

Email: csjmu@media.ac.in

TEL: 0512-2080024

: 0512-2582251



CHHATRAPATI SHAHU JI MAHARAJ UNIVERSITY

PRESS RELEASE

Kalyanpur, Kanpur

Uttar Pradesh-208024

Date: 15/02/2022

Ayurveda Acharya Dr. Vandana Pathak organised a Swarn Parhsan Sankara for children between the age of 6 -16 years at the Department of Health Sciences, Chhatrapati Shahu Ji Maharaj University.

This purpose of this camp was to promote the benefits of traditional medicines along with ascertaining the physical and mental health of children with no side effects.

Dr Vandana Pathak while explaining about Swarn Prashan Sanskar said that this a single remedy for many problems. Swarn Prashan is made by several hours of mortification by mixing Swarna Bhasma, Vacha, Giloy, Brahmi Ghrita, Gaughrit, Madhu etc. She also told that this Sanskara helps in retention, concentration, mental and physical development, while also improving intelligence, digestive power and strength. Furthermore, she advised children and their family members to abstain from junk foods because they are the root cause for many diseases and abnormality in children and adults. Addingly, she said that during this season fasting is not recommendable as the body need more energy to acclimatise with the environment. At this camp, 31 children were given Swarn Prashan.

Besides explaining about the benefits of Swarn Prashan Sanskar, she also held an interactive session with the children who attended the camp consulting with them about their current physical and other problems. The convenor of this program was Director Dr. Praveen Katiyar. Dr. Shudhanshu Rai, Dr. Ajay Yadav, Dr. Warshi Singh, Mr. Anurag Mishra, students and employees of the department were also present at this camp

Dr Vishal Sharma

Media Incharge

VishalSharma@csjmu.ac.in