



आधुनिक योगाचे १५० से अधिक वर्षे

Over  
**150**  
Years



MAHA  
**SWARNA**  
YOG

MAHA  
**SWARNA  
BRAHMA**  
YOG



Intelligent



Healthy



Strong

**II MedhayuBalwan Bhava II**

## Benefits of Suvarna Prashan:

Acharya Kashyap has not prescribed Suvarnaprashan only as a Sanskaar but deemed it suitable for daily consumption too. Maharshi Kashyap has described the benefits of Suvarnaprashan as follows.



Medha Vardhan



Varnya



Bala Vardhan



Agni Vardhan



Vrushya



Ayush Vardhan

सुवर्णप्राशनं ह्येतन्मेधाग्निबलवर्धनम् ।  
आयुष्यं मङ्गलं पुण्यं वृष्यं वर्ण्यं ग्रहापहम् ॥  
मासात् परममेधावी व्याधिभिर्न च धृष्यते ।  
वङ्गभिर्मारोः श्रुतधरः सुवर्णप्राशनाद्भवेत् ॥  
- का.सं.सू. लेहनाध्याय

**Dosage** - As advised by your physician depending on child's age or physical condition or disease condition.

**To be avoided** - If children are suffering from cold, cough, fever, diarrhoea, poor digestion/ indigestion and bleeding disorders then Maha Swarna Yog/ Maha Swarna Brahma Yog should not be administered.

**Availability** - Pack of 30 tablets and 150 tablets.



Available at your nearest Ayurved Physician.  
For more information do contact on our helpline number.



Shunthi



Murudsheng  
(Avartani)



Yashtimadhu



Vacha

Herbs that  
can be  
used in  
management  
of general  
pediatric  
disorders:



Ashwagandha



Pippali



Musta



Bal Haritaki



Jatiphal  
(Nutmeg)



Turmeric root

## Pushya Nakshatra Dates for Swarna Prashan

Date	Day	Remarks
25 <sup>th</sup> January 2024	Thursday	
22 <sup>nd</sup> February 2024	Thursday	
20 <sup>th</sup> March 2024	Wednesday	
16 <sup>th</sup> April 2024	Tuesday	
14 <sup>th</sup> May 2024	Tuesday	
10 <sup>th</sup> June 2024	Monday	
7 <sup>th</sup> July 2024	Sunday	
4 <sup>th</sup> August 2024	Sunday	
31 <sup>st</sup> August 2024	Saturday	
27 <sup>th</sup> September 2024	Friday	
24 <sup>th</sup> October 2024	Thursday	
21 <sup>st</sup> November 2024	Thursday	
18 <sup>th</sup> December 2024	Wednesday	

Please consult your Ayurved Physician for Swarna Prashan with  
Maha Swarna Yog and Maha Swarna Brahma Yog

STAMP / SEAL OF DOCTOR

**Suvarna Prashan means..... Maha Swarna Yog.**

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