

Pushya Nakshatra Dates for Swarna Prashan

Date	Day	Remarks
15 th January 2025	Wednesday	
11 th February 2025	Tuesday	
10 th March 2025	Monday	
6 th April 2025	Sunday	
4 th May 2025	Sunday	
31 st May 2025	Saturday	
27 th June 2025	Friday	
25 th July 2025	Friday	
21 st August 2025	Thursday	
17 th September 2025	Wednesday	
15 th October 2025	Wednesday	
11 th November 2025	Tuesday	
8 th December 2025	Monday	

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.

Shree Dhootapapeshwar Limited

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धूतपपेश्वर
आयुर्वेद भेषज के १५० से अधिक वर्ष

Over
150
Years



— MAHA —
SWARNA
— YOG —

— MAHA —
**SWARNA
BRAHMA**
— YOG —



Intelligent



Healthy



Strong

II MedhayuBalwan Bhava II

Diet transition from 6 months to 3 years

6 months to 10 months

Milk and milk products- Cow milk, pure cow ghee

Fruits- Banana, Mango, Chickoo, Musk melon, Berries etc mashed and pureed to a paste. Apples can be cooked and mashed.

Cereals and Pulses- Gruel prepared from Shali rice, Moong dal (washed dried, dry roasted and then ground to coarse powder).

Vegetables- Pumpkin, carrot, spinach cooked, pureed and strained to form a soup.



10 months to 2 years

Milk and milk products- Cow milk, pure cow ghee, Navneet

Cereals and pulses- Rice, Wheat, Jowar, Moong Dal, Masoor Dal Khichadi made from Rice and dal, Chapati made from Wheat, Jowar

Vegetables- Carrot, Cucumber, Beetroot

Green leafy vegetables- Spinach, Amaranth, mint leaves, coriander, Tandulja

Cooked Vegetables- Pumpkin, Bottle gourd, Drumsticks, Okra, Cauliflower, Snake gourd, Ridge gourd, Green peas, Green beans

Dry fruits- Dried dates, soaked raisins, almonds, figs

Fruits- All seasonal fruits

Meat- Boiled egg, Chicken soup

Others- Honey, sugar, jaggery, turmeric, cumin powder, coriander powder



2 years to 3 years

Cereals and pulses- Rice, Wheat, Jowar, Nachni (Ragi), Bajra (Pearl millet) Moong dal, Toor dal, Masoor dal, Chickpea, Horsegram, Black gram, Soyabean, Maize (Corn)

Vegetables- All seasonal vegetables, Raddish, Onions, Garlic, Ginger, Capsicum, Tomato

Green Leafy vegetables- Dill, Green onions, Mustard greens

Milk and milk products- Cow milk, Buffalo milk, Pure cow ghee, Curd, Butter, Buttermilk, Paneer

Fruits- All seasonal Fruits, Dry fruits

Meat- Fish, Mutton easy to digest preparations such as soup.



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 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.