

## ESSENTIAL INSTRUCTIONS for SUVARN PRASHAN DOSE + ADMINISTRATION.

Drops in general = age in years. Minimum 1 drop even for age below 1 year.

*for eg 3 to 4 drops for a 3 and half years old child and 1 drop even for a 6 months old. As per current Ayurved Practice Suvarn Prashan is given from birth to 16 years of age.*

pls see video of [how to melt](#) and mix (link in main menu).

Best if drops are initially given everyday for 180 days (recommended by scriptures for additional benefits see faq) and of course at least once in 27 days coinciding with Pushya Nakshatras in date chart, whether or not 180 days or 6 months course is followed.

मासात् परममेधावी व्याधिभिर्न च धृष्यते ।  
षड्भिर्मासैः श्रुतधरः सुवर्णप्राशनाद् भवेत् ॥

above Sanskrit verses from Kashyap Samhita, Lehadhya, Sutra Sthaan... ( an Ayurvedic authority on Kaumar Bhritya or Pediatrics):

### Translation :

Given for 30 days makes the child super intelligent & protects from various diseases or impediments and if given 180 days or 6 months continuous the child may become *SHRUTI DHAR* (remembers even after hearing once)

- empty stomach best or gap of 2 hours after food esp when late.
- **child facing east and parents chanting Hare Krishna Maha Mantra with a feeling of gratitude unto Ayurvedic Acharyas as Maharishi Kashyap & definitely Mother Cow.**
- **no food or water ideally for 25 mins after drops.**  
( for new borns and very young infants food restrictions before and after may be relaxed by 50 % if essential.)  
when giving in later parts of the day empty stomach not essential. but a gap of 2 hours after food. avoid even in water till 25 mins after drops
- **sterilize dropper only once before first use in boiling hot water then dry and fit in bottles. No need to wash again.**

NO DROPS during fever above 101, diarrhoea, heavy vomiting, kidney or liver disease, **without the approval of a qualified Medical expert preferbaly from Ayurved.**

please order at at least 60 days before u about to finish [suvarnprashan@gmail.com](mailto:suvarnprashan@gmail.com) with subject : need bottles 2023. Along with that a call and an sms would also be better.

best wishes & Hare Krishna

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