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RESEARCH ARTICLE

HELPING KIDS THRIVE WITH AYURVEDA: A DETAILED CLINICAL STUDY OF BABYORGANO BAALPRASHAN SWARNAPRASHAN DROPS FOR IMMUNITY AND WELLBEING

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ABSTRACT

Background: This study aimed to evaluate the efficacy and safety of BabyOrgano *Baalprashan Swarnaprashan* Drops in enhancing immunity, promoting growth and improving overall well-being in children aged 5–15 years. **Objectives:** A total of 30 children (15 males, 15 females) participated in this observational study. Participants were primarily from the 5–10 years age group (n=24), with a smaller cohort aged 11–15 years (n=6). **Methods:** Anthropometric measurements, immune markers, frequency of illness episodes, and clinical impressions were assessed over a 90-day period. **Results:** Anthropometric parameters showed with a 3.12% increase in body weight, 0.38% in height, and respective improvements in WAZ (31.22%) and HAZ (22.52%). Chest circumference and mid-upper arm circumference increased by 2.21% and 2.78%, respectively. **Conclusions:** Anthropometric parameters showed positive trends improvement in body weight, height, WAZ, HAZ, chest circumference & mid-upper arm circumference. Clinical Global Impression – Improvement (CGI-I) scores reflected significant improvements, improved stamina, and immunity. BabyOrgano *Baalprashan Swarnaprashan* reduced the burden of illness, enhanced immune function, and promoted overall well-being in children. These results support its use as a better and effective pediatric health supplement.

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INTRODUCTION

Childhood is a critical period for both physical and mental development, laying the foundation for lifelong health and well-being. During this phase, children undergo rapid growth and significant changes that are influenced by various factors, including nutrition, environment, and social interactions. A child's immune system plays a crucial role in their overall health, significantly impacting both cognitive and physical development. It is well recognized that immune system and cognitive function may be linked through brain development. The term "cognition" describes an individual's ability for thought, learning, and remembering past experiences. It establishes the foundation for perception, reasoning, creative problem-solving, and potentially intuitive talents (1). Healthy nutrition and physical activity are critical for children due to their significant impact on overall well-being, growth, and development. The nutritional needs of this age group are elevated relative to their body size, driven by the demands of growth and the requirements for bodily maintenance and physical activity (2). The nutritional status during early life can significantly impact future metabolic programming and body composition. Research has demonstrated that diet and nutrition during infancy can influence the body's metabolic programming. Consequently, the prevalence and outcomes of various metabolic disorders, including obesity, hypertension, and cardiovascular diseases, have been linked to factors such as birth weight, growth patterns, feeding practices, and body composition in early childhood (3). A well-balanced diet and traditional remedies can play a significant role in supporting the cognitive and physical growth of children. Incorporating natural ingredients like *Shankhapushpi, Brahmi, Vacha, Bala*, *chitrak, Manjishtha, Amalaki, Haritaki, Bibhitaki, Madh* and *Swarna Bhasma* into a child's routine may support cognitive enhancement, improve memory, and promote overall physical growth. *Brahmi* is used in the traditional medicinal system to treat various brain related health problems and as a memory enhancer (4). *Shankhapushpi* is an indigenous and significant herb known for its potential to enhance nervous system function. In Indian tradition, *Shankhapushpi* is a well-trusted natural remedy, and is used in children concomitantly with cow milk or honey for memory improvement.

Many Ayurvedic practitioners continue to utilize it as a natural tonic to promote cognitive development in children (5). *Vacha* helps in stimulating brain cell and helps in preventing various disease in children, it helps in maintain brain stem cells and helps in growth of brain during children (6). *Swarna bhasma* can improve quality of life and can be safely administered as a recipe for immunomodulation in children.

Its benefits can be achieved at various levels as it is beneficial for their physical, mental, and intellectual wellbeing (7). The application of Baby Organo *Baalprashan Swarnaprashan* Drops, which included *Shankhapushpi, Brahmi, Vacha, Bala, Chitrak, Manjishtha, Amalaki, Haritaki, Bibhitaki, Madh*, and *Swarna Bhasma*, was well-established in Ayurvedic tradition, where these components were recognized for their roles in improving cognitive function, enhancing immunity, and supporting overall growth and development in children. Although these ingredients had a historical track record and preliminary studies indicated their individual benefits, there was limited modern scientific validation regarding the clinical safety and efficacy of these formulations in pediatric populations. Therefore, a single-arm, open-label clinical study was designed to assess the efficacy and safety of BabyOrgano *Baalprashan Swarnaprashan* Drops in promoting physical growth, immunity, and wellbeing in children.

MATERIALS AND METHODS

The use of BabyOrgano *Baalprashan Swarnaprashan* drops, containing *Shankhapushpi, Brahmi, Vacha, Bala, Chitrak, Manjishtha, Amalaki, Haritaki, Bibhitaki*, *Madh*, and *Swarna Bhasma*, was deeply rooted in Ayurvedic tradition, where these ingredients were valued for enhancing cognitive function, boosting immunity, and promoting overall growth and development in children. Despite their historical usage and demonstrated individual benefits in preliminary studies, modern scientific validation of these formulations in pediatric populations was limited, particularly in terms of clinical safety and efficacy.

Given the critical physical and cognitive development in children aged 5 to 15 years, it was essential to provide evidence-based supplements that supported optimal growth and immune function. This single-arm, open-label clinical trial provided valuable data on the efficacy of BabyOrgano *Baalprashan Swarnaprashan* drops in enhancing immunity,promoting growth, development, while ensuring their safety for long-term use. This study aimed to fill the current gap in evidence, offering insights that could have informed both clinical practice and the broader acceptance of traditional Ayurvedic interventions for child health.

Primary Objective: The primary objective of the study was to assess the changes in immunity, growth, development and profile.

- Height, weight, chest circumference and mid-upper arm circumference at screening, day 30, day 60 and day 90.
- Weight and height (WHO z-score) at screening and day 90.
- Immunity profile - number of recurrent acute upper respiratory tract infection (URTI), number of sick days per month assessed, number of days required to recover from episode of infection at screening, day 30, day 60 and day 90.

Secondary Objectives: The secondary objectives of the study were to evaluate the improvement in growth, stamina, immunity and safety assessment through monitoring adverse events, tolerability, and compliance throughout the study.

- Immunity, Stamina and Growth by Clinical global impression–improvement scale score by parent and investigator at day 90.
- Immunoglobulins A and G at screening and end of study.

Study design: This was a single-arm, open-label clinical study assesses the efficacy and safety of BabyOrgano *Baalprashan Swarnaprashan* Drops in promoting physical growth, immunity, and wellbeing in children. Treatment duration was of 90 days.

Allocation of participants in study groups: A total of 34 participants were screened, enrolled, and out of these 30 participants completed the study. Participants were advised to administration of 2 drops of BabyOrgano *Baalprashan Swarnaprashan* Drops for participants aged 5–10 years, and 3 drops daily for participants aged 11–15 years for 90 days

Study Methodology: This was a single-arm clinical trial evaluating the efficacy and safety of BabyOrgano *Baalprashan Swarnaprashan* Drops in promoting physical growth, immunity, and wellbeing in children. In this study, potential participants were screened based on inclusion and exclusion criteria, and 34 participants were enrolled. The study included a single group, receiving BabyOrgano *Baalprashan Swarnaprashan* Drops. The intervention involved the daily administration of 2 drops for participants aged 5–10 years, and 3 drops daily for participants aged 11–15 years. Food was avoided for at least 15 minutes after administration.

The treatment duration was 90 days. Assessment of concomitant diseases and medications was performed at screening. Changes in height, weight, chest circumference, and mid-upper arm circumference, as well as changes in immunity profile—number of recurrent acute upper respiratory tract infections (URTI), number of sick days per month assessed, and number of days required to recover from episodes of infection—were assessed at screening, day 30, day 60, and day 90.

Assessment of changes in weight and height (WHO z-score) and changes in immunoglobulins A and G was performed at screening and day 90. Improvement in growth, stamina, and immunity, as evaluated using the Clinical Global Impression–Improvement scale score by parents and investigators, was assessed at day 90. The safety of the investigational treatments, in terms of adverse events (AEs) and serious adverse events (SAEs), was assessed at baseline, day 30, day 60, and day 90 (end of the study). Treatment compliance and tolerability were assessed at day 30, day 60, and day 90.

Product Study Profile: Composition along with the content details is expressed in the table - 1.

Table 1. Active Ingredients of BabyOrgano *Baalprashan Swarnaprashan* Drops

S.N.	Name of Ingredients	Scientific Name	Quantity
1	*Brahmi*	*Bacopa monnieri*	0.0039 gm
2	*Vacha*	*Acorus calamus*	0.0048 gm
3	*Shankhapushpi*	*Convolvulus pluricaulis*	0.0039 gm
4	*Bala*	*Sida cordifolia*	0.0039 gm
5	*Chitrak*	*Plumbago zeylanica*	0.0019 gm
6	*Manjishtha*	*Rubia cordifolia*	0.0019 gm
7	*Amalaki*	*Phylanthus embilica*	0.0048 gm
8	*Haritaki*	*Terminalia chebula*	0.0048 gm
9	*Bibhitaki*	*Terminalia balerica*	0.0048 gm
10	*Madh*	N/A	0.9653 gm
11	*Suvarna Bhasma*	N/A	0.000048 mg

Table 2. Demographic details

Parameter	No. of Participants	Age (years)
Male	15	8.93 ±1.86
Female	15	8.76 ±1.88
Age groups	No. of Participant	
5-10years	24	
11-15years	06	

Age data is represented as Mean ± S.D. Male, female and age groups data is represented as number of participants.

Dosage and Duration of the Treatment: 2 drops of BabyOrgano *Baalprashan Swarnaprashan Drops* daily for 5-10 years of participants and 3 drops of BabyOrgano *Baalprashan Swarnaprashan Drops* daily for 11-15 years of participants on an empty stomach preferably in the morning. Avoid giving Food for 15 min at least.

Study Visits/Follow-Ups

Schedule of the study will be as follows:

- Screening visit (-7 to day 0)
- Baseline Visit 1: Enrolment
- Follow-up visit 2: Day 30 ± 5
- Follow-up visit 3: Day 60 ± 5
- Follow-up visit 4: Day 90 ± 5 (end of the study)

Study Assessment

Primary efficacy assessment: The primary efficacy evaluation involved measuring changes in height, weight, chest circumference, and mid-upper arm circumference at the following time points: screening, day 30, day 60, and day 90. Weight and height were further analyzed using WHO z-scores at screening and day 90. Additionally, immunity profiles were assessed by monitoring recurrent episodes of URTI, the number of sick days, and recovery durations at specified intervals— screening, day 30, day 60, and day 90.

Secondary efficacy assessment: The secondary efficacy assessment was done by evaluating in growth, stamina, and immunity through the Clinical Global Impression–Improvement Scale scored by both parent and investigator at day 90. Additionally, changes in immunoglobulins A and G will be assessed at screening and at the end of the study

Statistical methods

Demographic and Baseline Information: Demographic data is represented as Mean ± S.D, with male, female, and age group distributions shown as participant counts.

Analysis of Efficacy Parameters: The data's normality was assessed using the Kolmogorov-Smirnov test. Anthropometric parameters are described as Mean ± SD (percent change) analyzed using the student's t-test. Immunity profile data, similarly presented, includes percent change and changes from baseline, analyzed via the Student's t-test and Wilcoxon Signed-Rank Test. CGI-I and vital parameters are expressed as Mean ± SD.

Safety Analysis: The tolerability and compliance was expressed in terms of percentage and adverse event in terms of number of participants. Statistical analysis has been done by using SPSS software.

Study Participants: Details regarding participants shown in Figure – 1.

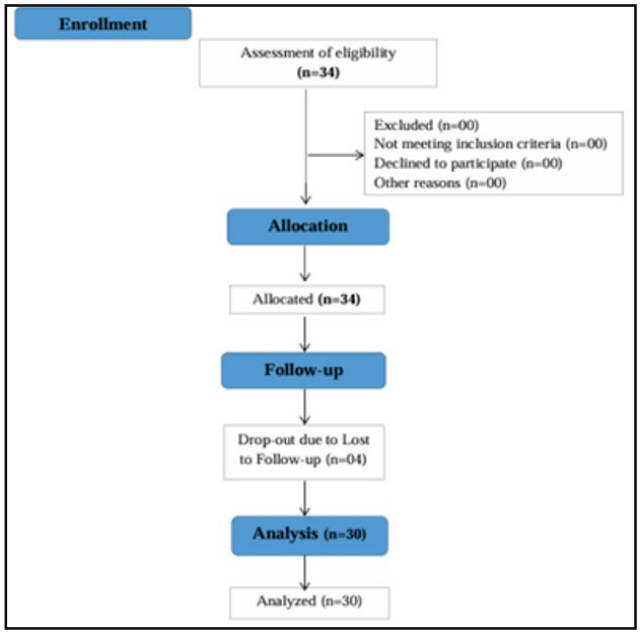

Figure 1. CONSORT diagram for the study

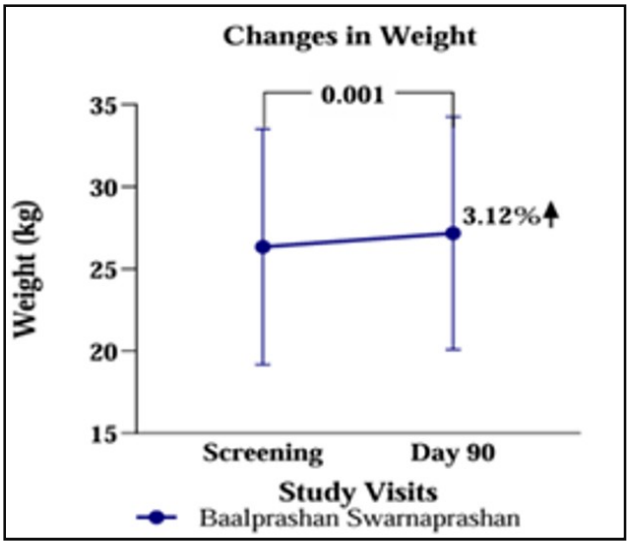

Figure 2. Assessment of changes in weight over the period of 90 days

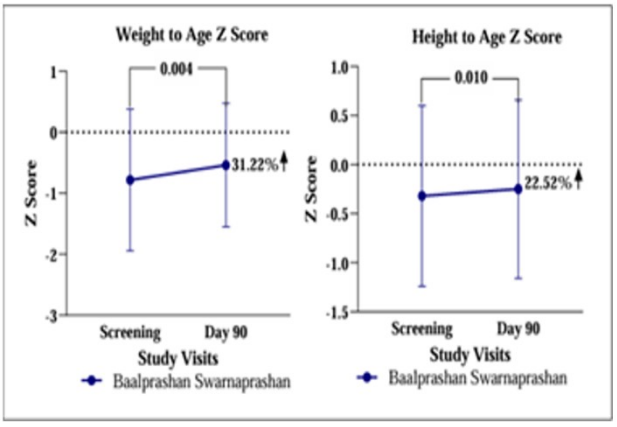

Figure 3. Assessment of changes in Weight-for-Age Z Score and Height-for-Age Z Score over the period of 90 days

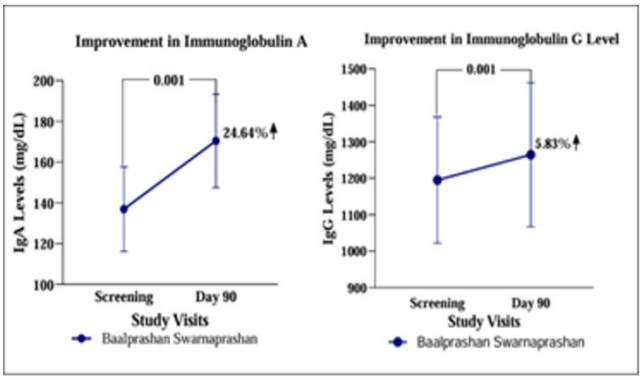

Figure 4. Assessment of changes in Immunoglobulin A & G levels over the period of 90 days

RESULTS AND OBSERVATIONS

Assessment of demographics: A total of 30 males and female children completed the study and data was analyzed. Among these, 15 were males and 15 were females. The average age for males was 8.93 ± 1.86 years, while for females, it was 8.76 ± 1.88 years. Furthermore, participants were categorized by age groups: 24 individuals were in the 5–10 year's age range, and 6 individuals fell within the 11– 15 year's age range. The demographic details are shown in table - 2.

Assessment of anthropometric parameters: The BabyOrgano *Baalprashan Swarnaprashan* resulted in significant improvements across all anthropometric parameters between screening and Day 90, indicating enhanced growth (table- 3). Body weight increased by 3.12%, reflecting gains, while height showed a slight but significant increase of 0.38%, consistent with normal growth patterns. WHO Z scores, frequently utilized in child development assessments, to evaluate the degree to which a child's height and weight deviate from the mean values corresponding to their gender and age, offering valuable insights into pediatric progress. The World Health Organization (WHO) employs Z-scores, also known as standard deviation scores, to evaluate and monitor children's nutritional status. These scores measure an individual's height or weight as a standard deviation from the mean of a reference population, enabling a standardized assessment across diverse populations. Height-to-age Z-score and weight-to-age Z-score are common metrics in pediatric nutrition evaluations, aiding in distinguishing stunted or underweight children. These measures are frequently used for monitoring pediatric growth due to their ability to accommodate age-related fluctuations, allowing for the detection of deviations in weight and height compared to expected values for age. The utilization of Z-scores across populations ensures a uniform evaluation by considering inherent variability in growth patterns. WHO establishes growth guidelines based on a large, multi-country sample of well-nourished, healthy children, serving as the reference population for Z-score computations (20,21).

The data presented in the table 2 indicates, in the study group of children aged 5 to 15 years, the Weight-for-Age Z Score (WAZ) at screening was -0.780 ± 1.162, which increases to -0.537 ± 1.012 after 90 days of treatment, reflecting a 31.22% change. This indicates a controlled or balanced weight gain. The Height-for-Age Z Score (HAZ) at screening was -0.32 ± 0.92, showing a statistically significant improvement of 22.52% over the 90-day period. Additionally, chest circumference increased by 2.21%, and mid-upper arm circumference rose by 2.78%, both supporting significantly improved physical development. These findings underscore the effectiveness of BabyOrgano *Baalprashan Swarnaprashan* in promoting healthy growth and overall well-being in children. (Figure – 2 & 3)

Assessment of Immunity Profile: Children with at least one episode of recurrent acute URTI within one month prior to screening were analyzed. The frequency of recurrent acute URTI episodes significantly decreased over the 90-day study period. Compared to baseline, the number of episodes was significantly reduced by 26% at Day 30, 36% at Day 60, and 44% at Day 90, indicating a progressive decline in URTI occurrence following intervention.The number of sick days per month significantly declined throughout the study. At screening, subjects reported an average of 3.50 ± 0.97 sick days per month. A significant reduction was observed at Day 30 (27.61% decrease), Day 60 (36.19% decrease), and Day 90 (1.30 days; 62.85% decrease). These findings suggest that the intervention effectively decreased illness duration over time.

The time required for recovery from illness also demonstrated a significant reduction. At screening, the average recovery time was 6.23 ± 1.91 (Approx 6 days) days. A significant reduction was observed at Day 30 (23.76% decrease), Day 60 (57.92% decrease), and Day 90 (2.17 ± 1.49 days i.e. approx 2 days; 67.82% decrease). These results indicate that the intervention enhanced recovery efficiency, reducing the duration of illness episodes over time. The findings suggest that the intervention led to a significant and sustained reduction in URTI episodes, sick days, and recovery time over 90 days. The progressive improvements observed highlight the potential benefits of the intervention in reducing infection burden and enhancing overall health resilience in the children (Table - 4).

Assessment of Immunity Panel: The effect of the intervention on immune function was evaluated by measuring IgA and IgG levels at baseline and after 90 days of treatment. A significant increase was observed in IgA levels, which rose from 136.93 ± 20.68 mg/dL at screening to 170.43 ± 22.89 mg/dL at Day 90, reflecting a 24.64% increase. Similarly, IgG levels showed a 5.83% increase, rising from 1194.97 ± 173.1 mg/dL at screening to 1264.63 ± 197.7 mg/dL at Day 90 (table - 5). These findings indicate a significant enhancement in immune response, suggesting that the intervention contributed to improved immunity over the 90-day period. The observed improvements align with the reduction in recurrent acute URTI episodes, sick days, and recovery time, further supporting the role of the intervention in enhancing overall immune resilience. (table – 5) (Figure – 4)

Assessment of Clinical global impression–improvement scale (CGI-I): The CGI-I scale is a widely used tool designed to assess the degree of improvement or worsening in a patient's condition relative to their baseline state following treatment. In this study, the CGI-I was adapted to a 5-point scoring scale: Excellent (05), Very Good (04), Fairly Good (03), Fairly Bad (02), and Very Bad (01). At the end of the study, the CGI-I scores were assessed separately by investigators and parents to evaluate changes in growth, stamina, and immunity. The investigator-reported CGI-I scores on Day 90 showed mean values of 4.23 ± 0.43 for growth, 4.17 ± 0.53 for stamina, and 4.20 ± 0.48 for immunity, reflecting a consistent "Very good-excellent" rating across all parameters.

Table 3. Assessment of anthropometric parameters

S. N.	Parameters	Duration	Observation	P value within group
1	Body Weight (kg)	Screening	26.34 ± 7.16	<0.001
		Day 90	27.16 ± 7.080 (3.12%)	
2	Body Height (cm)	Screening	130.2± 11.56	0.003
		Day 90	130.7 ± 11.53 (0.38%)	
3	Weight to Age (Z Score)	Screening	-0.780 ± 1.162	0.004
		Day 90	-0.537 ± 1.012 (31.22 %)	
4	Height to Age (Z Score)	Screening	-0.32 ±0.92	0.010
		Day 90	-0.25±0.91 (22.52%)	
5	Chest Circumference (cm)	Screening	60.23 ± 5.28	<0.001
		Day 90	61.57 ±5.18 (2.21%)	
6	Mid - upper arm circumference (cm)	Screening	16.89 ± 1.51	<0.001
		Day 90	17.36±1.45 (2.78%)	

Data are presented as Mean ± SD (percent change), CFB=Change from baseline. Within-group comparisons were performed using the student's t-test (dependent). Statistical significance was set at P < 0.05.

Table 4. Assessment of Immunity Profile

No. of recurrent acute URTI past month		P Value
Screening	1.67 ± 0.66	
Day 30	1.23 ± 0.63 (26%)	0.023
Day 60	1.07± 0.58 (36%)	0.004
Day 90	0.93± 0.64 (44%)	<0.001
No. of sick days (past month)		
Screening	3.50 ±0.97	
Day 30	2.53±1.33 (27.61%)	0.002
Day 60	2.23 ± 1.14 (36.19 %)	<0.001
Day 90	1.30 ± 0.92 (62.85%)	<0.001
No. of days required to recover		
Screening	6.23 ± 1.91	
Day 30	5.13 ± 0.76 (23.76%)	0.002
Day 60	2.83 ± 1.64 (57.92%)	<0.001
Day 90	2.17 ± 1.49 (67.82%)	<0.001

Data are presented as Mean ± SD (percent change), CFB=Change from baseline. Within-group comparisons were performed using the student's t-test (dependent) & Wilcoxon Signed-Rank Test. Statistical significance was set at P < 0.05.

Table 5. Assessment of Immunity Panel

Visits	Immunoglobulin A Level (mg/dL)	Immunoglobulin G Level (mg/dL)
Screening	136.93 ± 20.68	1194.97± 173.1
Day 90	170.43 ± 22.89 (24.64%)	1264.63 ± 197.7 (5.83%)
	<0.001	<0.001

Data are presented as Mean ± SD (percent change), CFB=Change from baseline. Within-group comparisons were performed using the Student's t-test (dependent). Statistical significance was set at P < 0.05.

Table 6. Assessment of CGI-I score

Visits	Growth	Stamina	Immunity
Investigator Score			
Day 90	4.23± 0.43	4.17± 0.53	4.20± 0.48
Parent Score			
Day 90	4.50± 0.51	4.43± 0.50	4.37± 0.49

Data are presented as Mean ± SD

Table 7. Assessment Vital Parameters

Visits	Systolic BP (mmHg)	Diastolic BP (mmHg)	Heart Rate (bpm)	Body Temperature (°F)	Respiratory Rate (breaths per minute)
Screening	104.67± 6.42	71.87± 4.20	81.9 ± 5.79	97.55±0.54	18.07± 1.39
Day 30	105.57 ±6.27	74.17 ± 4.75	80.9 ± 5.22	97.42±0.49	18.33±1.470
Day 60	104.50± 6.21	71.33± 5.07	79.17 ±5.55	97.27±0.57	18.03±1.520
Day 90	105 ± 5.09	70.67 ±2.54	79.77± 4.01	97.35± 0.37	17.9± 1.24

Data is represented as Mean± SD.

In comparison, parent-reported CGI-I scores, with mean values of 4.50 ± 0.51 for growth, 4.43 ± 0.50 for stamina, and 4.37 ± 0.49 for immunity, indicating a "Very good-excellent" rating which is a greater improvement in these domains (table - VI). These results highlight a positive treatment response as perceived by both investigators and parents, in all assessed categories. (table – 6)

Assessment Vital Parameters: The study assessed vital parameters including systolic blood pressure, diastolic blood pressure, heart rate, body temperature, and respiratory rate over 90 days. All parameters remained stable and within normal physiological ranges for pediatrics, indicating no adverse systemic effects during the intervention period (table - 7).

DISCUSSION

A single-arm clinical trial assessed the efficacy and safety of BabyOrgano *Baalprashan Swarnaprashan* Drops in promoting growth, immunity, and wellbeing in children. Thirty participants aged 5–15 years received daily doses based on age (2 drops for ages 5–10 and 3 drops for ages 11–15) over a 90-day period. The study demonstrated significant improvements across various parameters following 90 days of BabyOrgano *Baalprashan Swarnaprashan* administration. Anthropometric assessments revealed enhanced growth, with a 3.12% increase in body weight and a 0.38% increase in height. WHO Z-scores indicated balanced weight gain, 31.22% decrease in WAZ and positive linear growth 22.52% improvement in HAZ. Chest circumference and mid-upper arm circumference also increased by 2.21% and 2.78%, respectively, supporting improved physical development. Immunity outcomes showed substantial progress, with recurrent URTI episodes reduced by 44%, sick days decreased by 62.85%, and recovery time shortened by 67.82%. Immunoglobulin levels further supported these findings, as IgA increased by 24.64% and IgG by 5.83%, indicating enhanced immune resilience. Clinical evaluations using the CGI-I scale highlighted marked improvements in growth, stamina, and immunity, with all participants rated "Very Good" or "Excellent" by Day 90. Vital parameters remained stable within normal pediatric ranges, ensuring the intervention's safety. Compliance was excellent, with no cases of non-compliance or serious adverse events reported, while tolerability was consistently rated as "Excellent." These results collectively suggest that BabyOrgano *Baalprashan Swarnaprashan* effectively promotes healthy growth, strengthens immunity, and enhances overall well-being in children aged 5–15 years. Baby Organo *Baalprashan Swarnaprashan* is a meticulously crafted Ayurvedic blend that integrates powerful ingredients like *Brahmi* (*Bacopa monnieri*), *Amalaki* (*Phyllanthus emblica*), *Haritaki*, (*Terminalia chebula*) and *Bibhitaki* (*Terminalia bellerica*) to foster physical growth, strengthen immunity, and enhance overall well-being in children aged 5–15 years. *Brahmi* has been scientifically shown to improve memory and cognitive functions in school-aged children (6–8 years), demonstrating notable improvements in immediate memory and perception over three months. *Shankhapushpi* further supports cognitive development, with its efficacy rooted in traditional usage and validated by experimental models (8). *Triphala's* components exhibit robust antioxidant and immunomodulatory properties, with *Amalaki* specifically researched for boosting immunity and reducing infections in pediatric populations. Additionally, *Vacha* (*Acorus calamus*), highlighted in *Praakaara* Yoga regimens, contributes to immune modulation by enhancing antibody production (9).

Complementing these benefits, *Bala* (*Sida cordifolia*) and *Chitrak* (*Plumbago zeylanica*) are traditionally utilized to promote musculoskeletal strength and support digestion, adhering to Ayurvedic principles for comprehensive growth and development (10). *Manjishtha* (*Rubia cordifolia*), revered in traditional Ayurvedic texts, stands out for its blood-purifying and detoxification properties, which are further corroborated by modern pharmacological studies (11). Together, these ingredients embody the holistic essence of Ayurveda, blending ancient wisdom with modern immunological insights to ensure balanced growth, robust immunity, and resilience during the crucial developmental stages of childhood. Strengths of the study include its structured intervention period of 90 days, age-based dosage regimen, and the use of comprehensive assessment methods. However, the study exhibits certain limitations. Its single-arm design, lacking a control group, restricts the ability to attribute the observed effects solely to the intervention. The limited sample size of 30 participants raises concerns about the generalizability of the findings. The study on BabyOrgano *Baalprashan Swarnaprashan* Drops highlighted its efficacy in promoting growth, strengthening immunity, and enhancing overall well-being in children aged 5–15 years. Key improvements included growth parameters like body weight, height, chest, Weight to Age Z Score, Height to Age Z Score and mid-upper arm circumference, alongside enhanced immune resilience reflected in reduced illness episodes, sick days, and recovery time, as well as increased immunoglobulin levels. Clinical progress and safety were affirmed, with all participants demonstrating marked improvement and excellent compliance throughout the 90- day intervention period.

CONCLUSION

Demographic Distribution

- The study included 30 children (15 males, 15 females) with an average age of 8.93 ± 1.86 years for males and 8.76 ± 1.88 years for females.
- The majority (24 participants) were in the 5-10 years' age group, while 6 were in the 11-15 year's age group.

Anthropometric Improvements

- Body weight increased by 3.12%, and height showed a 0.38% improvement, aligning with normal growth patterns.
- Weight-for-Age Z Score (WAZ) increased by 31.22%, indicating controlled weight gain, while Height-for-Age Z Score (HAZ) improved by 22.52%, signifying positive linear growth.
- Chest circumference increased by 2.21%, and mid-upper arm circumference showed a 2.78% rise, supporting overall physical development.

Immunity Enhancement

- A significant reduction in recurrent acute URTI episodes was observed 26% reduction at Day 30, 36% reduction at Day 60 and 44% reduction at Day 90.
- Sick days per month significantly declined from 3.50 days to ~ 1 days (62.85% decrease).
- Recovery time from illness reduced by 67.82%, improving from ~ 6 days at screening to 2 days at Day 90.
- Immunoglobulin A (IgA) levels increased by 24.64%, from 136.93 mg/dL to 170.43 mg/dL.
- Immunoglobulin G (IgG) levels increased by 5.83%, from 1194.97 mg/dL to 1264.63 mg/dL.
- These findings align with reduced illness episodes and enhanced immunity.

Clinical Global Impression – Improvement Scale: The CGI-I Scale highlighted positive outcomes, with both investigators and parents reporting noticeable improvements in schildren's growth, stamina, and immunity. These findings reflect a very good to excellent response to BabyOrgano *Baalprashan Swarnaprashan* Drops.

- The study demonstrates that BabyOrgano *Baalprashan Swarnaprashan* significantly improves growth, immunity, and overall well-being in children aged 5-15 years.
- The intervention led to improved anthropometric measures, reduced illness burden, faster recovery times, and enhanced immune function, supporting its potential as a beneficial health supplement for pediatric populations.

Conflicts of Interest: The sponsor had no role in study design, data analysis, interpretation of data, or manuscript preparation. The authors declare no other conflicts of interest.

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