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Effect of *Swarna Prashana* (Oral Administration of Gold as Electuary) in Children: A Conceptual Study.

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ABSTRACT:

A type of electuary that falls under the heading of pediatrics is described in the classics of Ayurveda as *Swarna Prashana* (oral administration of gold as electuary). In the Kashyapa Samhita, it is intended to aid infants' memory, intuition, and invulnerability. It is depicted in terms of *Jatakarma Samskara*, or new-born consideration. One of the 16 basic *Samskaras* that Ayurveda describes. As an illustration of how *Swarna Prashana* satisfies the main tenets of Ayurveda, see preventative measures. *Vyadhikshamtva* (immunity) is our body's propensity to detect the microscopic organisms that propagate disease and are responsive or losing their potency. The main topic of discussion in the medical industry has historically been how to prevent disease by boosting immunity, and these days, *swarna prashana* serves as an oral resistance booster (oral antibody). The current conceptual study demonstrates how *Swarnaprashana* improves immunity while also increasing cognitive and illness prevention. *Swarnaprashana* has numerous effects and can be given to children for better overall growth and development.

Keywords- *Swarna Prashana*, immunity, gold, children

INTRODUCTION

In Indian systems of medicine, gold compounds are highly esteemed and frequently used for their tonic and revitalising properties. Gold offers therapeutic benefits that are both curative and preventative.¹ *Swarnabhasma* administration in various forms has been recommended for new-borns and kids in Ayurveda. In the Ayurvedic medical system, gold is used as red colloidal solution or refined metallic fine powder (perhaps as nanoparticles), both of which are produced through a difficult procedure including the use of herbal extracts and even other metals.² *Swarnaprashana*, a chapter of the Kashyap Samhita, is a description of the oral administration of gold to children. Three kinds of advantages of *Swarnaprashana* include

intelligence, immunity, and nutrition. Additionally, it has been said that giving *Swarnaprashana* to a child for one month makes them intellectual and disease-free, while giving it to a child for six months makes them *Shrutdhara* (capable of remembering anything they hear).³ After birth, it is indicated in *Lehan karma* (Supplementary feeding to improve the nutrition, immunity, and intelligence) and *Jatkarma* (New-born care).^{4,5} Gold may help to improve a child's digestive abilities, strength and immunity, intelligence, complexity, and lifespan as they get older.⁶ One of the steps of the *Jatakarma Sanskara* (Birth ritual) was the administration of *Swarna* (gold) along with honey and ghee, according to Acharya Sushruta.⁷ The medication



is administered in a single dose during the new-born care process at the moment of birth. *Swarnaprashana* (Gold licking), which is a component of the *Jatkarma Sanskara* (Birth ritual), is also mentioned by Acharya Vagbhatta and other Acharyas right after the birth.⁸ The ancient Ayurvedic Acharya placed more emphasis on the body's development of a defense mechanism against disease than on the illness itself. Acharya took additional care in paediatric conditions to boost the child's immune system from the moment of his birth.⁹ It is among the earliest uses for gold nanomedicine. *Swarnaprashana* as a therapy has been shown in clinical and pharmacological trials to have immunomodulatory, nootropic, and therapeutic properties.¹⁰

MATERIAL & METHODS

Material related to *Swarnaprashana* is collected from text book of Ayurveda, commentaries and modern medicine respectively. The index, non-index medical journals has also referred to collect information of relevant topic.

Conceptual Study

Swarn Prashan

Swarn Prashan is known that *swarna bhasma* can boost immunity and memory when given for a set period of time in very small doses. *Swarna prashana* can be readily absorbed as an oxide.¹¹ Despite the fact that *swarna bhasma* is the most basic form, there are a lot of misunderstandings about how it should be mixed and absorbed. Then, it's up for debate how the basic *ashudha swarna* absorbs in its unrefined state. Due to its important role in immune system stimulation, *swarna* may thus remain unabsorbed in the body and function as an incompatible substance or binding material in this instance.¹² Due to its antibacterial action against many species, gold has previously demonstrated its immunomodulating benefits. However, when combined with different types of honey and clarified butter, it broadens its spectrum of action and stimulates the body's immune system.¹³ It is given orally, preferably first thing in the morning, on an empty stomach. It is administered from infancy until the age of sixteen. Two drops are administered up to six months and four drops after six months, along with clarified butter and honey. It can be administered every day for no less than 30 days or more than 180 days. As an alternative, it can be administered for a minimum of 30 doses every *pushya nakshatra* (every 28 days). From the first day of life to the age of five, it can be given to every child. Children with low immunity, low

intelligence, poor memory, and dyslexia will benefit more from it. It is not recommended for youngsters with fever, diarrhoea, indigestion, etc.¹⁴

Contents of *Swarna Prashan*

Ayurvedic paediatrics frequently uses the metallic medication known as *Swarna Prashana*. *Swarna Prashan* (gold nanoparticle), *Gou Ghrita* (cow ghee), *Madhu* (honey), and other *Medhya Dravyas* (drugs which boost intellectual, memory) are the key components of *Swarna Prashan*.¹⁵

Immunomodulatory effects of *swarna prashana's*

1. **Madhu**-Madhu was included in *Swarna Prashana* for this reason: when Madhu is provided in low portions to new-borns, while this child develops gradually, it fosters resistance to allergens and does not experience adversely susceptible issues.¹⁶
2. **Ghrita** -According to Ayurvedic scriptures, ghrita has tremendous healing value. It improves both mental ability and the effectiveness of any drug that is taken along with it. It aids in the growth and development of children. Additionally, it provides food for the baby until nursing actually starts.¹⁷
3. **Swarna**- It has qualities similar to those of *Medha Vardhanam*, *Agni Vardhanam*, *Bala Vardhanam*, *Vrushya*, *Ayushyakara*, *Grahapaham*, and so forth. These qualities of swarna can be used to strengthen a person.¹⁸ Gold also enhances memory function and resistance. Oxide-type *swarna*, like *swarna bhasma*, is readily absorbed. Swarna may not be absorbed by the body and act as an obstructive or constricting substance by playing a significant role in the sensation of invulnerability. As a result of its antibacterial activity against many life forms, gold is currently known for its invulnerable modulatory effects. However, when combined with *madhu* and *ghrita*, it increases its ability to activate the body's defense system.¹⁹

Use of *Swarna Prashana Sanskara*

When *Madhu* and *ghrita* are constantly administered along with gold in *Swarna Prashana Sanskara*, it produces resistance in the body for a *visha*. This analogous theory is used in vaccination; the results induce nebulous immunity.²⁰

1. *Swarna Prashana* contains reparative qualities that increase its restorative incentive for both preventative and beneficial purposes. It possesses qualities that function as a resistive energizer, adaptogen, memory enhancer,

mitigator, anti-arthritic, anti-cancer, antibacterial, antiviral, antimutagenic, and cancer prevention agent.²¹

2. *Swarna Prashana* is very helpful for enhancing memory, power of maintenance, knowledge, shrewdness, and mental parts of mind. It affects the skin as well. It promotes skin radiance and wards against skin conditions.
3. *Swarna Prashana* improves proactive activities, increases physical development (level of weight) in children, and also further builds endurance for the same.
4. Regular intake of *swarna prashana* enhances a child's mental abilities, including concentration, focus, sharpness, investigative ability, and memory review in a unique way. It increases a child's desire and supports early developmental accomplishments by igniting the stomach-associated fire, promoting absorption while reducing related complaints.
5. Reduces anxiousness, forcefulness, touchiness, and attention-seeking behaviour and also helps the child with chemical imbalance, learning difficulties, attention deficit disorder, and hyperactivity.

DISCUSSION

The formative and most important years of life are those of infancy or childhood. A solid foundation for the future construction of life is provided by proper growth, psychosocial development, and a condition of health free from illness at this time. The science of ayurveda is mainly focused on giving children a better life through preventative and promotional strategies. According to Kashyap, a child's health and illness depend on the *Lehana*.²² *Lehana* is a traditional method for giving *Swarna* and other helpful medications to kids orally in order to improve their health and ward off various ailments. Four *Swarnayogas* (formulas) have been mentioned by the Acharyas for promoting a child's healthy growth and development. *Swarnabhasma* (gold), ghee, and honey are present in all four yogas.²³ *Swarnaprashana* enhances metabolism and digestion, which maintains the equilibrium of the *Tridoshas*. As a result, the children don't experience seasonal variations, which promotes healthy development. According to the current study, *Swarnaprashana* raises the body's immunity level, which may aid in healthy growth and development. According to recent studies, gold particles have antioxidant characteristics and can activate T lymphocytes, which can control the immunological response to an antigen. This impact of *Swarna* may help children grow healthily and reduce the incidence of illness.

CONCLUSION

Swarnaprashana acts on multiple levels and can be given to for better growth and development, protection from diseases by improving immunity, and during brain growth for proper brain growth and improving cognition. The current conceptual study establishes the role of *Swarnaprashana* in enhancing cognition and protection against diseases by enhancing immunity.

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