



Immunomodulator Effect of *Swarna Prashana* (Oral Administration of Gold as Electuary) -A Conceptual Study

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ABSTRACT:

Swarna Prashana (the oral administration of gold as an electuary) is a unique Ayurvedic treatment in the field of children. The canonical textbook of *Kaumarabhritya* (paediatrics), *Kashyapa Samhita*, illustrates this unusual formulation in the setting of *Lehana* (licking procedure by electuary). It has been explained that gold should be triturated with water, honey, and Ghrita on a pre-washed and clean stone facing east, and the semisolid concoction should be presented to the *Shishu*/infant. Swarna has been used in a variety of forms and doses throughout history, including raw gold, pure metal, gold foils, red colloidal solution, Swarna Patra, Swarna Parpati, and *Bhasma*, to name a few. Swarnaprashana is a practise in which Swarna and herbs are given to children orally in the form of a liquid, semi-solid, or paste. *Madhu + Ghrita + Abharak bhasma + Swarna Bhasma + Swarnamakshik bhasma + Brahmi Churna + Kantakari + Shankpushpi + Haritaki + Haridra + Kootha* are the constituents of *Swarna prashana*. In Present Conceptual study describe the Immunomodulator effect of *Swarna Prashana* in detail according to Ayurveda.

Keywords- *Swarna Prashana*, Immunomodulator effect, *Swarna Prashana*

INTRODUCTION

Gold has been used in medical treatments since ancient times because it is regarded to have healing properties.¹ In ancient Ayurvedic writings, gold was used to treat ailments, either alone or in combination with other medicinal ingredients.² Following a thorough understanding of Swarna's capabilities, the ancient world's

health-care system made effective use of it. Since then, Swarna has been used to prolong long life and fight the ageing process.³ It had also aided in the development of the strength and energy of children. Swarna has been used in a variety of forms and doses throughout history, including raw gold, pure metal, gold foils, red colloidal solution,



Swarna Patra, Swarna *Parpati*, and *Bhasma*, to name a few.⁴ The *Rasayan* (Rejuvenation) characteristic of *Bhasmas* of metals (incinerated metal) promotes immunity and bodily firmness.⁵ *Swarna Bhasma* (incinerated gold) is a *Kantikara* (complexion) remedy that also boosts *Medha* (intelligence), *Smriti*, and *Mati* (attentiveness).⁶ *Swarna Bhasma* is used to treat bronchial asthma, worm infestations, rheumatoid arthritis, schizophrenia, anorexia, diabetes, ophthalmic disorders, tuberculosis, anaemia, cough, memory, grief, fever, mental stress, dyspnoea, debility, sterility, poisoning, muscular dystrophy, and nervous system diseases.⁷ *Swarna Bhasma* has been prescribed for use in children in a variety of forms, including honey, and ghee.⁸ Despite the fact that several herbal medication combinations are given in the same context, time-bound efficacy is only indicated for gold. The administration of a mixture of Ghrita and honey to the new born by reciting spiritual hymns has been described in the Charaka Samhita under the context of *Jatakarma* (basic new born care), which is supposed to be followed by the initiation of breastfeeding.⁹ This procedure is also said to improve the physical strength and immunity and render healthy life to the new born.

AIMS AND OBJECTIVE

To evaluate, elaborate and discuss the Immunomodulator effect of *Swarna Prashana*.

MATERIAL AND METHOD

Material related to *Swarna Prashana*. is collected from ayurvedic texts books, modern text books, index medical journals and website.

Conceptual Study

Swarn Prashan

Swarnaprashanam is a *Rasayana chikitsa* and one of the *Prashana* or *Lehana* for healthy infants in terms of prevention and promotion, as well as for diseased infants in terms of cure. In Ayurveda, providing oral gold is an age-old and time-tested method for disease prevention. It dates back to 1000 B.C. and is classified as one of Ayurveda's 16 important Samskara (neonatal care) under *Jatakarma* Samskara (neonatal care). *Swarnaprashanam* satisfies Ayurveda's first goal, which is to take preventative steps (*Swasthasya Swasthya Rakshanm*). The tendency of our bodies to check the microorganisms that cause diseases deactivates or weakens. This is referred to as *Vyadhikshamtva* (immunity). Disease prevention through increased immunity has traditionally been one of the most

essential parts of infant development. *Swarnaprashanam* is a natural immune booster that may be taken orally. It is a one-of-a-kind vaccination procedure that has been used since Vedic times and is currently used in areas of India. *Swarnaprashanam* can be used from birth to sixteen years of age to achieve the best therapeutic results, such as improving memory, intelligence, and immunity. He has clearly explained the administration of Swarna (gold) to children for *Medhavaradhana* (improving intellect), *Agnivaradhana* (improving digestion and metabolism), *Balavaradhana* (improving immunity and physical strength), *Ayushyam* (promoting longevity), Mangalam (auspicious), *Punyam* (virtuous), *Varnya* (improving complexion), *Vrishya* (fertility), *Grahapaham* (promoting longevity), Mangalam (protection against infectious organisms). *Swarnaprashana's* classically detailed benefits include *Maasathparamamedhavi* (a child will be extremely intelligent if fed for one month), *Vyadhibhirna cha drishyate* (a child will not be attacked by any disease), and *Shadbhirmasesruthadhara* (a child will not be attacked by any disease if fed for one month) (if fed for six months, child will be able to retain whatever he hears).¹⁰ Swarna must be combined with Madhu (honey) and Ghrita (ghee) in one of the *Jathakarma samskara* processes, according to Acharya Sushruta.¹¹ It should be used after *garbhambu vama* but before *abhyanga* and *snana*, according to Acharya Sushruta. *Swarnaprashana*, he noted, aids a child's physical and mental growth, as well as encourages *Bala and Budhi* (memory).¹² This herbo-mineral elixir is a combination of herbs and minerals. i.e. *Madhu + Ghrita + Abharak Bhashm + Swarna Bhasma + Swarnmakshik Bhashma + Haritaki Churna + Brahmi Churna + Kantkari+ Kooth + Shankhpushpi+ Manjistha+ Haridra* are the constituents of *Swarnaprashana*) is being prepared in the my Centre. *Swarna Bhasma* and honey are added to this Ghrita and triturated on the day of *Pushya Nakshatra*. The bowl is placed in warm water to retain the consistency of *Swarnaprashana*. As per our classical Ayurveda texts and observed by our panel of doctors *Swarnaprashana* should be form in *Awaleha* to better absorption & bioavailability.

Table no 1. Content of *Swarn Prashan*

Immunomodulator effect of *Swarna Prashana*

When etiological factors come in contact with the body, they try to produce disease. At the same time the body opposes the etiological factor to protect the body or show resistance against disease. This power of the body, which prevents the development of diseases or resist a developed disease, is called *Vyadhikshamatva* (immunity) in

Ayurveda.¹³ We can increase body resistance by increasing *Ojus*. As we know that Doshas maintain the body in the state of homeostasis only with the support of *Ojus*. According to Acharya Charaka, *Bala* (strength) is synonym of *Ojus* and of three types- *Sahaja*, *Kalaja* and *Yuktikrita*. In *Yuktikrita*, one can improve the *Ojus* by *Yukti*.¹⁴ Thus, *Swarna Prashana* is the method of increasing the *Kshamatva* of the body immune cells and lowering down the decaying process. According to Ayurvedic concept, Ghrita and Madhu mixed in equal quantity is an example of *Matra Virudha* and acts as *Visha* in body.¹⁷ The same substance by its continuous administration in small doses makes the body adaptable, is called *Satmya*. The *Swarna Prashana Samskara* is an example of *Virudha Satmya*.¹⁵ Any incompatible (*Virudha*) substance which may be antigenic, on continuous exposure child becomes *Virudha Satmya* suggests that seronegative state is converted into seropositive state and formation of antibody is complete. Regular contact of such elements makes the body desensitized and in future there will be less effect due to formation of antibodies. Adaptiveness and modification subsequently develop as it acts as antigenic substances to the body and child will be priorly sensitized have healthy future. The same theory is used in vaccination.¹⁶ In *Swarna Prashana Samskara*, Madhu and Ghrita in equal dose along with gold is given at regular intervals, this develops resistance in the body for any type of *Visha*. In other words, this mixture produces non-specific immunity. Swarna has the properties like that of *Medhavaradhanam*, *Agnivardhanam*, *Balavardhanam*, *Ayushyakara*, *Grahapaham* etc. These properties of Swarna can be made use to strengthen an individual.¹⁷ Gold enhances memory power and immunity too. *Swarna Bhasma* is easily absorbable. Swarna may remain unabsorbed in the body and act as incompatible substance or binding material by playing significant role in the stimulation of immune system. Gold is already proved for its immunomodulatory effects because of its anti-bacterial action against different organisms but when it is mixed with Madhu and *Ghrita*, it enhances its action to stimulate body immune system.¹⁸ Madhu is manufactured from pollen grains by bees. The reason behind adding Madhu in *Swarna Prashana* is that when Madhu is administered in low doses to new born, the child gradually develop resistance for allergens and it remains unaffected by allergic disorders.¹⁹ Ghrita has important medicinal value in Ayurvedic texts. It increases mental ability and it enhances the function of drug added with it. It helps in growth and development of child. It also

provides nutrition to new born until lactation starts properly.

DISCUSSION

Swarnaprashana is a herbo-mineral preparation including plant extracts in Ghrita medium that is used in *Balya*, *Rasayana*, *Medhya*, and *Tridosahara*. *Swarna Bhasma*, the major ingredient of *Swarnaprashana*, stimulates phagocytosis, which enhances immunity.²⁰ *Swarna Bhasma* has been used in both Ayurveda and medical science for rejuvenation and immunomodulation in many chronic conditions. Traditional gold compositions are said to offer rejuvenating and antioxidant properties. Ghrita aids in the child's growth and development, as well as providing sustenance to the baby until lactation begins correctly. The only dravya that can cross the blood-brain barrier, according to Ayurveda, is Ghrita. Pollens, which are found in honey, are a moderate allergy. This activates the baby's active immunity, protecting it from allergy diseases, which are common in this age range. It can also be used as *anupana* (vehicle or medium for absorption of drugs). Madhu is used in *Swarna prashanam* because when given in small dosages to children as a toddler, it progressively develops tolerance to allergens and afterwards remains resistant to comparable allergens and unaffected by allergic illnesses. *Brahmi* and *Shankhpushpi* have been demonstrated to aid memory and concentration issues. The anthraquinones found in *Manjistha* have many biological activities, such as antimicrobial, hepatoprotective, antifungal, immunomodulatory, hypotensive, anti-inflammatory, analgesic, antimalarial, antioxidant antileukemic, and mutagenic.²¹ *Haritaki* and *Kustha* have immunomodulatory effects and increase the permeability of the medicine delivery mechanism.²²

CONCLUSION

Swarna prashana can be administered to babies and children as young as 16 years old for their physical, mental, and cognitive well-being. *Swarna prashana*'s immunomodulatory impact should be backed up by a well-designed clinical trial that includes biomarkers. Clinical experiments including immunological profile determination could pave the way for wider adoption in the National Health Program to benefit children. Finally, Ayurveda can improve people's quality of life through health promotion approaches by developing an integrated and multi-sectorial strategy for population-based

Preventive and Immunomodulatory treatments in this study.

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Table no 1. Content of *Swarn Prashan*

Sr.no	Name Of Raw Drug	Quantity	Used part
1.	<i>Swarn Bhashm</i>	3 mg	<i>Bhashm</i>
2.	<i>Swarnmakshik Bhashma</i>	6 mg	<i>Bhashm</i>
3.	<i>Abharak Bhashm</i>	15 mg	<i>Bhashm</i>
4.	<i>Madhu</i>	10 gm	<i>Bhashm</i>
5.	<i>Gau-ghrita</i>	q.s.	<i>Ghrita</i>
<i>Kwath Dravya</i>			
1.	<i>Bhrahmi</i> (<i>Bacopa monnieri</i>)	5 gm	<i>Panchang</i>
2.	<i>Kantkari</i> (<i>Solanum xanthocarpum</i>)	5 gm	<i>Panchang</i>
<i>Kalka Dravya</i>			
1.	<i>Shankhpushpi</i> (<i>Convolvulus pluricaulis</i>)	200 mg	<i>Panchang</i>
2.	<i>Bhrahmi</i> (<i>Bacopa monnieri</i>)	100 mg	<i>Panchang</i>
3.	<i>Haritaki</i> (<i>Terminalia chebula</i>)	100 mg	Fruit
4.	<i>Manjistha</i> (<i>Rubia cordifolia</i>)	50 mg	Stem
5.	<i>Haridra</i> (<i>Curcuma longa</i>)	50 mg	Rhizome
6.	<i>Kooth</i> (<i>Saussurea leppa</i>)	10 mg	Root