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. Swarnaprasana 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 + Abhara bhasma + Swarna Bhasma + Swarnamakshik bhasma + Brahmi Churna + Kantakari + Shankhpushpi + 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 newborn 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
Swarna Prashan
Swarna Prashanam 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 Samkara (neonatal care). Swarna Prashanam satisfies Ayurveda's first goal, which is to take preventive steps (Swasthasya Swasthya Rakshanam). The tendency of our bodies to check the microorganisms that cause diseases deactivates or weakens. This is referred to as Vyadhistham (immunity). Disease prevention through increased immunity has traditionally been one of the most essential parts of infant development. Swarna Prashanam 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. Swarna Prashanam 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 Medhavardhana (improving intellect), Agnivardhana (improving digestion and metabolism), Balavardhana (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). Swarna Prashanam'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 vaana but before abhyanga and snana, according to Acharya Sushruta. Swarna Prashanam, 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 + Shankpushpi+ Manjistha+ Haridra are the constituents of Swarna Prashanam) 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 Swarna Prashanam. As per our classical Ayurveda texts and observed by our panel of doctors Swarna Prashanam should be form in Awaleha to better absorption & bioavailability.

Table no 1. Content of Swarna 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 Vyadhistham (immunity) in

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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 Yuki. 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. 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. 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. 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 Prashana has the properties like that of Medhavardhanam, Agnivardhanam, Balaavardhanam, Ayushyakara, Grahapaham etc. These properties of Swarna can be made use to strengthen an individual. 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. 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. 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 Tridoshahara. Swarna Bhasma, the major ingredient of Swarnaprashana, stimulates phagocytosis, which enhances immunity. 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 prashanaam 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, antimarial, antioxidant antileukemic, and mutagenic. Haritaki and Kustha have immunomodulatory effects and increase the permeability of the medicine delivery mechanism.

**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.

Acknowledgements - Nil
Conflict of Interest – None
Source of Finance & Support - Nil

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How to cite this article: Garg NK, Sharma D, Chand T, Bansal S “Immunomodulator Effect Of Swarna Prashana (Oral Administration Of Gold As Electuary) - A Conceptual Study” IRJAY. [online]2022;5(6); 178-182.Available from: https://irjay.com
DOI link- https://doi.org/10.47223/IRJAY.2022.5628
Table no 1. Content of Swarn Prashan

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<th>Sr.no</th>
<th>Name Of Raw Drug</th>
<th>Quantity</th>
<th>Used part</th>
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<tr>
<td>1.</td>
<td>Swarn Bhashm</td>
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<td>Swarnmakshik Bhashma</td>
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<td>5.</td>
<td>Gau-ghrita</td>
<td>q.s.</td>
<td>Ghrita</td>
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**Kwath Dravya**

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<tbody>
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<td>1.</td>
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<td>5 gm</td>
<td>Panchang</td>
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<td>2.</td>
<td>Kantkari (Solanum xanthocarpum)</td>
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**Kalka Dravya**

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<td>Shankhpushpi (Convolvulus pluricaulis)</td>
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<td>2.</td>
<td>Bhrahmi (Bacopa monnieri)</td>
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<tr>
<td>3.</td>
<td>Haritaki (Terminalia chebula)</td>
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<td>4.</td>
<td>Manjistha (Rubia cordifolia)</td>
<td>50 mg</td>
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<td>5.</td>
<td>Haridra (Curcuma longa)</td>
<td>50 mg</td>
<td>Rhizome</td>
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<td>6.</td>
<td>Kooth (Saussurea leppa)</td>
<td>10 mg</td>
<td>Root</td>
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