

## PHYSIO-CHEMICAL STUDY AND EFFECT OF SWARNAPRASHANA

Sunita Meena<sup>1</sup>, Nana Burdak<sup>2</sup>, Mahendra Prasad<sup>3</sup>

1 P.G. scholar, Department of Kriya Sharir, National Institute of Ayurveda, deemed to be university (DU), Jaipur

2 P.G. scholar, Department of Kriya Sharir, National Institute of Ayurveda, deemed to be university (DU) Jaipur,

3 Associate Professor, Department of Kriya Sharir, National Institute of Ayurveda, deemed to be university (DU), Jaipur

Corresponding Author: [sm4726706@gmail.com](mailto:sm4726706@gmail.com)<https://doi.org/10.46607/iamj0311052023>

(Published Online: May 2023)

## Open Access

© International Ayurvedic Medical Journal, India 2023

Article Received: 12/04/2023 - Peer Reviewed: 24/04/2023 - Accepted for Publication: 09/05/2023.



## ABSTRACT

The administration of Swarna (gold) in children for the benefits of improving intellect, digestion and metabolism, physical strength, immunity, complexion, fertility, and life span. There are various formulations of gold and even herbal drugs explained by different *Acharya* (Seer) for prolonged usage in children. *Swarna Prashana* (immunomodulator substances containing gold, honey and ghee) in children can be mainly implicated in two contexts of *Ayurveda*: *Lehana* (supplementary feeds) and *Jatakarma Samskara* (newborn care). It enhances the immunological status and subjective as *Agni Deepak* (enhances digestion), intellect, memory, and many other *dhatu* (body tissue) related functions. It has defensin and immunoglobulin.

**Keywords:** *Swarna Prashan*, Immunity, Intellect

## INTRODUCTION

*Ayurveda* is a heritage property and has a unique value in health. *Ayurveda* has amalgamated since birth and has certain rules. A baby born then needs environmental modification; in this regard, it needs to survive for life and be protected from various

diseases. The natural way of protection has been mentioned in different lexicons. *Swarna Prashan* (immunomodulator substances containing gold, honey and ghee) is one of them, so it is trying to highlight the topic of *Swarna Prashan*.

**Concept of Swarna Prashan:** Gold is one among the *Sapta Loha*<sup>1</sup> (a group of seven metals). *Shuddha Loha*<sup>2</sup> (purified metal) has *Rasayana*<sup>3</sup> (rejuvenator), *Vajikarana*<sup>4</sup> (aphrodisiac), *Pumsavana Karma*<sup>5</sup> (progeny having good qualities), *Lehana*<sup>6</sup> (supplementary feeds) and *Jatakarma Samskara*<sup>7</sup> properties. *Swarna Prashan* is one of the sixteen rites to be performed for better health as a human being. We have a tradition of licking honey on the tongue when a child is born with gold or silver bars. The process in which *Swarna bhasma* (ash of gold) and other herbal extracts are taken in the form of semi-liquid and given to the children through their mouth is called *Swarna Prashana*.

**Benefits of Swarna Prashan:** It enhances immunity power and develops resistance against common infections, a strong defence mechanism that acts as a safety shield against diseases and complaints occurring due to seasonal change and other prevailing infections. It builds physical strength and body growth (height and weight) in children, enhances physical activities, and also improves stamina. Regular uses of *Swarna Prashan* improve a child's intellect, grasping power, sharpness, analysis power, and memory recall. It also influences digestive fire and improves digestion. From a mental point of view, it reduces anxiety, aggressiveness, irritability, and attention-seeking behaviour. Due to its character, it is not recommended for exfoliative dermatitis, diarrhoea, or oral ulceration. *Swarna Bhasma* was found to be safe at all levels tested. Food and water consumption were not affected at the highest given dose, i.e., 13.5 mg/kg body weight. No major alterations were observed during histopathological evaluation.

#### **Need of Swarnaprashan in the Modern Era**

The nutrition of every tissue in our body depends on the nutritional value of the food consumed. Our dietary habits play an important role in the well-being of our bodies. Any shortfall in these will result in decreased immunity in the child, because of which he frequently falls prey to various diseases. *Swarna prashan*, a remedy mentioned in *Ayurveda* thousands of years ago, plays an important role in improving the immunity power of children and also enhances their physical and intellectual development. Parents should concentrate

on improving the immunity of their children to help them grow into strong, healthy, and intelligent individuals. Negligence to maintain proper dietary habits in children due to any reason ends up in nutritional deficiencies in *Sharir dhatus*. Immunity, which is not even completely developed in children, further weakens. This leads to frequent illnesses in children and also takes a long time to recover. *Swarna Prashan* is recommended in order to protect children from such situations. *Swarna Prashan* means administering *Swarna* (Gold *Bhasma*) to children by mixing it with honey, ghee, etc. It's a unique method of immunisation that helps children boost their intellectual power and produces nonspecific immunity in the body to fight against general disorders.

**Dose:** A daily dose of *Swarna Prashana* should be given for a minimum of 1 month and a maximum of 3–6 months. Monthly once for a minimum of 30 months to a maximum of 90 months on the day of *Pushya Nakshatra* (*pushya nakshatra* day comes once in 27 days). *Nakshatra* has a special effect on gold and medicine in *Pushy Nakshatra*. Every morning on an empty stomach. After giving the drops, maintain a gap of 15 minutes before giving any solid food. The drops should be given by the parents to the baby on an empty stomach. From birth to two years, 2 drops are provided, and from two to sixteen years, up to 4 drops.

#### **Importance of Swarna Prashan Drops**

*Maharshi Kashyapa* says *Swarna Prashana* improves intelligence, digestive fire, and physical power. It gives a long, spiritual, holy, and saintly life. It has rejuvenating effects and tones up the skin. It improves immunity in such a way that the child is protected from bacterial and viral infections.

#### **Ingredients for Swarna Prashan**

Ash of Gold, *Vacha*, *Shankha pushpi*, *Brahmi*, *Guduchi satva*, *Yashtimadhu*, *Ashwagandha*, *Ghee*, and *Honey*. The pure extract of Gold (24 carats) ash, Ghee, Honey, and Herbal extract of medicinal plants like *Vacha* (*Acorus calamus*), *Shankhapushpi* (*Convolvulus pluricaulis*), *Brahmi* (*Bacopa monnieri*), *Guduchi Satva* (*Tinospora cordifolia*), *Yashtimadhu* (*Glycyrrhiza Glabra*), and *Ashwagandha* (*Withania somnifera*).

**Properties:** Gold is an immunomodulator (enhances the immune system), and *Bala* enhances life potency and enriches the texture of the skin. Another component of *Swarna Prashan* is Ghee, which also boosts the immune system and is rich in vitamins A and E, which help fight free radicals and promote good health. CLA (Conjugated Linolenic Acid) in Ghee lowers the level of bad cholesterol (low-density lipoprotein) and triglycerides in the body. Ghee (vitamin A) also improves our vision. It detoxifies the body by dissolving the toxins, which are then excreted out of the body through faeces. Butyric acid is the most important element in Ghee and has also been linked to the stimulation of T-cell production, which are the heavy-hitting cells of the immune system. *Dosha shaman of Vata* and *Pitta Vikar* (balances the *Vata* and *Pita* doshas), *Rasa*, *Shukra*, *Oja Vardhank Dhee*, *Dhruti*, *Smruti*, *Medha vardhak*, and *Agni vardhaka*

Honey contains a protein made by bees called defensin-1, which is the most active germ-killing. palatable for children, contains high levels of nutrients and glucose, *Chakshushya* (Aphrodisiac in nature). *Rakta*, *Pittahara* (taking care of blood and *pitta* imbalance)

## CONCLUSION

This study reveals that neonates having the *Madhu-Ghrita-Swarna-Vacha* combination show a significant effect on humoral antibody formation, and it acts on the immunological system. It triggers the response of the immunological system through a rise in total proteins and serum immunological levels.

## REFERENCES

1. Kashinath Shastri., Rasatarangini. 11th ed. New Delhi: Motilal Banarasidas; 2009, Lachhmandas Publications; page- 361–67
- 2., Kashinath Shastri, Rasatarangini, 11th ed. New Delhi: Motilal Banarasidas; Lachhmandas Publications; 2009, Page-13
3. Dalhana, Commentator. Susruta Samhita, Chikitsa Sthana, Kshudraroga Chikitsa, Varanasi Chaukhamba Orientalia publication; 2005, reprint ed; pp. 501
4. Dalhana, Commentator. Susruta Samhita, Chikitsa Sthana, Kshudraroga Chikitsa, Varanasi Chaukhamba Orientalia publication; 2005, reprint ed; pp. 501-2
5. Chakrapanidatta, Commentator. Charaka Samhita, Sharira Sthana, Jatisutriya Adhyaya, 8/19 Varanasi: Chaukhambha Sanskrit Sansthan; 2004; p. 343
6. Shri Satyapal Bhashagacharya, Vridha Jivaka, Kashyapa Samhita, Sutra Sthana, Leha Adhyaya, 10th edition Chaukhambha Sanskrit Sansthan: Varanasi; 2005. pp. 4–5.
7. Dalhana, Commentator, Susruta Samhita, Sharira Sthana, 10/13-15, Varanasi: Chaukhamba Orientalia; 2005, reprint ed; pp. 388–95
8. Shri Satyapal Bhashagacharya, Vridha Jivaka, Kashyapa Samhita, Sutra Sthana, Leha Adhyaya, 10th edition Chaukhambha Sanskrit Sansthan: Varanasi; 2005

**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: Sunita Meena et al: Physio-Chemical Study and Effect of Swarnaprashana. International Ayurvedic Medical Journal {online} 2023 {cited May 2023} Available from:

[http://www.iamj.in/posts/images/upload/1025\\_1027.pdf](http://www.iamj.in/posts/images/upload/1025_1027.pdf)