

SWARNA PRASHANA VIDHI- A BOON TO THE MANKIND

Dr. Ankush Kumar^{*1}, Dr. Priyanka Parmar², Dr. Divya Deepak Sharma³, Dr. Rahul⁴, Dr. Nitika Sharma⁵, Dr. Tanuja Bharti⁶

¹Assistant Professor Department of Balroga, Abhilashi Ayurvedic College and Research Institute, Mandi, Himachal Pradesh.

²Ayurvedic Medical Officer, Abhilashi Ayurvedic College and Hospital, Mandi, Himachal Pradesh.

³Associate Professor Department of Shalya Tantra, Abhilashi Ayurvedic College and Research Institute, Mandi, Himachal Pradesh.

⁴Associate Professor Department of Shalaky Tantra, Abhilashi Ayurvedic College and Research Institute, Mandi Himachal Pradesh.

⁵Assistant Professor, Department of Swathavritta, Dr. Vasant Parikh Ayurvedic Medical College Vadnagar.

⁶Assistant Professor, Dept of Rasa Shastra, Abhilashi Ayurvedic College And Research Institute Mandi, Himachal Pradesh.

*Corresponding Author: Dr. Ankush Kumar

Assistant Professor Department of Balroga, Abhilashi Ayurvedic College and Research Institute, Mandi, Himachal Pradesh.

Article Received on 18/02/2022

Article Revised on 11/03/2022

Article Accepted on 01/04/2022

ABSTRACT

Swarna Prashana" it is one of the techniques for Suvarna Prashana made sense of in Ayurveda as extraordinary strategy for helping insusceptibility and keenness of youngsters. In Kashyapa Samhita, helping memory, insight and invulnerability in infants is planned. It is portrayed under Jatakarma Samskara (neonatal consideration). One of the 16 fundamental Samskara portrayed in Ayurveda. Swarna Prashana satisfying the primary rationale of Ayurveda, for example preventive measures (swasthasya swasthya Rakshanm). Our body's inclination to check the miniature creatures who spread the illness and receptive or dropping down its power, this is known as Vyadhikshamtva (immunity). Prevention of sickness by helping the Immunity has generally been the main mark of conversation in clinical field and presently a-days swarna prashana fills in as oral resistance enhancer (oral antibody). It is an exceptional strategy for inoculation which is polished from old time, esteemed as kid medical care program which was for the solid country. Many examinations accessible to grasp the instrument of its activity on invulnerability adjustment and scholarly capacity. I added some additional data from antiquated texts.

KEYWORDS: Swarna Prashana Samskara, Vyadhikshamtva, Immunization, Immunitybooster etc.

INTRODUCTION

Swarna Prashana (oral organization of gold as electuary) is a special practice recorded in Ayurveda under the field of youngster medical services. Kashyapa Samhita, which is the definitive course reading of Kaumarabhritya (pediatrics), portrays this novel detailing under the setting of Lehana (licking strategy by electuary).^[1] It has been made sense of that gold ought to be pulverized alongside water, honey and Ghrita on a pre-washed and clean stone; confronting eastern heading and the blend ought to be given to the Shishu/baby in a semisolid form.^[2]

Among the advantages credited to this training, its impacts referenced on Medha (IQ), Agni (absorption and digestion) and Bala (actual strength and resistance) of a baby is noteworthy.^[3] As a particular result on the invulnerable framework in newborn child, it is

referenced that, it is equipped for restoring sicknesses with one month organization of definitions of gold.^[4] Although there are numerous mixes of home grown drugs depicted under a similar setting, such time-bound viability is referenced distinctly for gold.^[5]

In Charaka Samhita, under the setting of Jatakarma (essential infant care), organization of a combination of Ghrita and honey to the child by reciting otherworldly songs has been described which is supposed to be trailed by the commencement of breastfeeding.^[6] This technique is likewise said to work on the actual strength and resistance and render sound life to the newborn.^[7]

As a daily schedule, Swarna Prashana is being drilled by clinicians in different stages alongside home grown drugs engendering obscure cases which were not having logical basis.^[8] This incited the current concentrate as a fundamental endeavor to clinically assess the impact of

Swarna Prashana concerning immunomodulatory activity.^[9]

Presently a-days swarna prashana prominently known as an "Ayurvedic method of Vaccination" advanced by numerous Ayurvedic proficient and by legislature of few states. Swarna prashan is additionally called as Swarna Amrita Prashana, Swarna Bindu Prashana.^[10]

MATERIAL

The data collected from different articles, Textbooks, Manuscripts, Authentic websites.

AYURVEDIC REVIEW

- In Ayurveda science full text about pediatric portrayed in Kashyapa Samhita by Acharya Kashyapa. He portrays Swarna Prashana in Jatkarma Samskara for the neonatal consideration in Lehan-Adhaya of Sutrasthana which was composed before 600 B.C. He makes sense of the strategy for swarna prashana, ought to sit confronting the East bearing (poorva disha), take swarna and rub it against the hard surface^[11] like stone with water and afterward blend in with Madhu for example honey and Ghrita (cow's ghee) and given for licking. Advantages of swarna prashana are Budhi vardhanam, Medha vardhanam, (improvement of acumen), Agni vardhanam (improvement in absorption), Bala vardhanam (improvement in strength and insusceptibility), Ayushya vardhanam (improvement in life length, Mangalya, Punya (auspicious), Grahapaham (eases awful evil).^[12] By giving swarna to kid for one month makes him/her param Medhavi (ingenious) and for as long as a half year, youngster becomes Shruta Dhara (can recollect whatever she/he hears).^[13] Swarna Prashana ought to be given on Pushya Nakshatra. Pushya Nakshatra has an incredible significance in Ayurvedic clinical science. It is viewed as very auspicious day.^[14] The assortment of the medications and their utility on the body on this day is said to have unique significance as being extremely successful as far as action is thought of. On gross most likely the body on this day is in a superior situation to retain the medications for its ideal advantages and the medications utilized are more intense than the usual.^[15] Acharya Sushruta portrayed jatkarma samskara, it implies organization of swarna with ghrita and madhu. It is given as single portion upon entering the world as a piece of new conceived care.^[16] Acharya Sushruta depicted explanation for swarna prashana that there will be no sufficient emission of bosom milk for the initial 4 days after conveyance thus as to help the child concerning preventive and nutritive angles such practices are in dispensable.^[17] He has portrayed four swarna kalpa, which improve humoral invulnerability, body opposition supportive in appropriate development and advancement and upgrading the scholarly movement. These are following^[18]

- Swarna bhasma, Kustha, Vacha, Bramhi, honey, ghrita.
- Swarna bhasma, Bramhi, Shankhapushpi, honey, ghrita.
- Swarna bhasma, Arkapushpa, Vacha, Ghrita, honey.
- Swarna bhasma, Kaidarya, Sveta-durva, ghrita, honey.

AGE AND TIME FOR SWARNA PRASHANA

Notwithstanding, swarna prashana requires organization as soon as could be expected. A youngster with age 0-16 years is qualified for taking swarna prashana.^[19] The best appropriate opportunity to give swarna prashana to kids is early morning before sunrise.^[20]

DOSAGE OF SWARNA PRASHANA

Different traditional texts compose different measurements of swarna bhasma, which shifts from 15mg to 125mg, yet presently a days, the most acknowledged dose of swarna bhasma in Ayurvedic practice is 15-30mg two times everyday. As indicated by the estimation of swarna bhasma ought to be available in a solitary dose of swarna prashana.^[21] According to certain texts books as clarification for portion, the pediatric portion is from earliest stages to 5 years old is 5mg each day, from 5-10 years 10mg each day, from 10-16 years of age 15mg per day.^[22]

ROLE OF CONTENTS OF SWARNA PRASHANA AS IMMUNOMODULATORY EFFECTS

- Action of Madhu:- Madhu is fabricated from dust grains by honey bees. The explanation for adding Madhu in Swarna Prashana is that when Madhu is managed in low portion to newborn,^[23] when this kid develops step by step itself foster opposition for allergens and it stays unaffected by unfavorably susceptible problems.
- Action of Ghrita:- Ghrita has significant restorative worth in Ayurvedic texts. It increment mental capacity and it upgrade the capacity of medication added with it. It helps in development and improvement of child.^[24] It likewise gives sustenance to infant until lactation appropriately begins.
- Action of Swarna:- Swarna has the properties like that of Medha vardhanam, Agni vardhanam, Bala vardhanam, Vrushya, Ayushyakara, Grahapaham, and so forth these properties of swarna can be made use to fortify an individual.^[25] Gold improves memory power and insusceptibility as well. Oxide type of swarna for example swarna bhasma is effectively absorbable. Swarna might remain unabsorbed in the body and go about as incongruent substance or restricting material by assuming huge part in the feeling of insusceptible framework. Gold is now demonstrated for its invulnerable modulatory impacts in view of its antibacterial activity against various life forms however when it is blended in with madhu and ghrita, it improve its activity to animate body safe System.^[26]

ADVANTAGES OF SWARNA PRASHANA SANSKARA

Improve Vyadhikshamtva (insusceptibility) and Ojas:- When body interacted with etiological variables that cause sickness, our body has a cautious system which safeguard the body from that element and show opposition against that infection. This component occurred in the body, which forestalls the advancement of sickness or opposes a created illness, is called vyadhikshamtva (resistance) in Ayurveda.^[27] Swarna Prashana is strategy for expanding the kshamatva of the body by Yukti which will upgrade the body safe framework and dropping down the rotting system. Ojas is connected with vyadhikshamtva accordingly swarna prashana in a roundabout way improve ojas dhatu of body.

1. In Swarna Prashana Sanskara, Madhu and ghrita in equivalent portion alongside gold is given consistently, this creates opposition in the body for a visha. This equivalent hypothesis is utilized in immunization, this combination produce vague immunity.^[28]
2. Swarna Prashana has mending properties, which increment its restorative incentive for preventive as well as helpful purposes. It has resistant energizer, adaptogenic, memory promoter, mitigating, antiarthritic, anticancer, antibacterial, antiviral, antimutagenic, cancer prevention agent properties.^[29]
3. Swarna Prashana is extremely useful for further developing memory, maintenance power, knowledge, astuteness, mental elements of mind. It influences skin too. It further develops skin sparkle and forestalls skin illnesses.
4. Swarna Prashana develops actual fortitude, body development (level. weight) in youngsters and upgrades proactive tasks and furthermore further develops endurance for the equivalent.
5. Regular dosages of swarna prashana improves child's mind, getting a handle on power, sharpness, investigation power, memory reviewing in a special way.
6. It ignites stomach related fire, further develops absorption and diminishes related protests, improves child's craving and support early formative achievements.
7. Reduces nervousness, forcefulness, touchiness and consideration looking for behaviour^[30,31], and furthermore assists the kid with chemical imbalance, learning hardships, consideration inadequate turmoil, hyperactivity.^[32]
8. Animal investigations on swarna bhasma uncovered its resistant energizer, pain relieving, upper actions.^[33] It likewise utilized as apasmara drug, utilized in offspring of cerebral paralysis and numerous different problems connected with improvement of CNS.^[34]

CONCLUSION

In the present advanced world, it is provoking inquiry to each parent to keep up with physical, mental, social and profound strength of youngsters with practically no secondary effects. It is additionally the issue of each country as "kids are the fate of any country." Swarna Prashana helps close to nothing yet to tackle this issue, it serves to develops the youngster with best insusceptibility and scholarly execution. This ideas of swarna prashana depicted by Acharyas in Ayurvedic text needs trial learns at clinical level. Hypothesis of inoculation looks like to the ideas of Vyadhikshamtva. Inoculation improve humoral resistance and from above depiction of advantages of swarna prashana, it likewise do that. It is a methodology towards positive medical care program for youngsters by expanding the vyadhikshamtva (immunomodulation) where Acharya portrayed about vyadhikshamtva is "The individual's protection from sickness which incorporates both the limit of constriction of the showed infection as well as the counteraction of the un-showed one. It is an old vaccination strategy with no unfavorable impacts and gives a superior life satisfying WHO's meaning of „Health“ (for example physical, mental, social and otherworldly prosperity). Along these lines, Swarna Prashana Sanskara overall acknowledged as vaccination program for solid world. All things considered, it makes a youngster more grounded than most different kids.

REFERENCES

1. Bhaskaran JK, Patel KS, Srikrishna R. Immunomodulatory activity of *Swarna Prashana* (oral administration of gold as electuary) in infants - A randomized controlled clinical trial. *AYU*, 2019; 40: 230-6.
2. Sarma H, editor. *Kasayapa Samhita of Acharya Kashyapa, Sutra Sthana*. Ver. 25-28. Reprint Edition. Ch. 18. Varanasi: Chaukhamba Sanskrit Sansthan; 2019. p. 6.
3. [https://www.ayurtimes.com/suvarna-prashan-swarna-prashana/dr.Jagdev_Singh_March_17_Suvarna_prashana_\(swarna_prashana\),_2015](https://www.ayurtimes.com/suvarna-prashan-swarna-prashana/dr.Jagdev_Singh_March_17_Suvarna_prashana_(swarna_prashana),_2015).
4. Shri Satya Narayan Shastri (part 1) *Charak Samhita with elaborated Vidhyotini Hindi commentary Vimansthan Rasvamaniya adhyaya; Asta Ahar-vidhi vishesayatana, chapter 1 verse 21 (2); Varanasi Chaukhamba Bharty academy*, 2014; 680.
5. <http://swarnaprashana.org/> Swarna Prashana – An Ayurvedic natural way to build immunity and brain power for kids.
6. Vridha Jivaka, *Kashyapa Samhita, Sutra Sthana, Leha Adhyaya*. In: 10th edition Shri Satyapal Bhishagacharya, editor. Chaukhamba Sanskrit Sansthan: Varanasi, 2005; 4-5.
7. [http://www.ayurchikitsak.com/suvarna/Suvarna Prashana – Ayurchikitsak](http://www.ayurchikitsak.com/suvarna/Suvarna_Prashana_Ayurchikitsak).
8. Dr. Bhaskar Govind Ghanekar, *Sushruta Samhita Sharira Sthana with elaborated Ayurvedrahasyadeepikakhya Hindi commentary*,

- garbhinivyakaranm Shariram adhyaya, chapter 10 verse 13-14, reprint edition, 2013; 265-266.
9. Dalhana, Commentator. Sushruta Samhita, Sharira Sthana 10/13-15, 68-70, reprinted. Chaukhambha Oriantilia, Varanasi, 2005; 388-95.
 10. Dr. Bhaskar Govind Ghanekar, Sushruta Samhita Sharira Sthana with elaborated Ayurvedrahasyadeepikakhya Hindi commentary, garbhinivyakaranm Shariram adhyaya, chapter 10 verse 13-14, reprint edition, 2013; 313.
 11. https://www.ayurtimes.com/suvarna-prashan-swarna-prashana/dr.Jagdev_Singh, March 17, Suvarna prashana (swarna prashana), 2015.
 12. [easyayurveda.com/2005/03/05swarna-bindu-prashana/health_and_life_style_blog_by_dr._JV_Hebbar_B.A.M.S.,_M._D._\(Ayu.\)_PGDPSM](http://easyayurveda.com/2005/03/05swarna-bindu-prashana/health_and_life_style_blog_by_dr._JV_Hebbar_B.A.M.S.,_M._D._(Ayu.)_PGDPSM).
 13. Dr. Brahm Dutt Sharma, A review article on swarna prashana samskara w.s.r. immunisation. [http://www.ijaar.in/IJAAR, II](http://www.ijaar.in/IJAAR,_II).
 14. <http://infoayushdarpan.blogspot.in/2011/05/swarna-bindu-prashana.html>.
 15. Shri Satya Narayan Shastri (part 1) Charak Samhita with elaborated Vidhyotini Hindi commentary Sutrasthan Vividhashitapitiya adhyaya; Asta chapter 28 verse 6; Varanasi Chaukhamba Bharty academy, 2014; 570.
 16. http://www.slideshare.net/squadrock/swarna-prashan,PPT_published_9.10,_2014.
 17. Suvarna prashan- Immunity, concentration and Memory Booster for http://www.practo.com>health_feed>post, 31 Dec 2015.
 18. http://swarnaprashana.org/what-is-swarna-bindu-prashana/dr._Lakshmy,_june_7._swarnaprashana,_ark,_ghee,_honey,_swarna,_bhasma,_2014.
 19. <http://www.sscasrh.org/index.php/faq-a-health-library/article> by doctors/item/210-swarnabinduprashana-an-ayurvedic-immunisation-programme.
 20. Available from: <http://www.randomization.com>. [Last accessed on 2012 Apr 10; Last updated on 2017 Oct 07].
 21. Van Boxtel CJ, Santoso B, Edwards IR, editors. Drug Benefits and Risks: International Textbook of Clinical Pharmacology. 1st ed. Chichester: John Wiley & Sons, Ltd., 2001; 169.
 22. Shastri K, editor. Rasataranagini of Sadananda Sharma. Taranga, Ver. 81. 11th ed., Ch. 15. New Delhi: Motilal Banarasidas, 2009; 379.
 23. Szumilas M. Explaining odds ratios. J Can Acad Child Adolesc Psychiatry, 2010; 19: 227-9.
 24. Grantham-McGregor S. A review of studies of the effect of severe malnutrition on mental development. J Nutr., 1995; 125: 2233S-8S.
 25. Alexiou D, Grimani AP, Grimani M, Papaevangelou G, Koumantakis E, Papadatos C. Trace elements (zinc, cobalt, selenium, rubidium, bromine, gold) in human placenta and newborn liver at birth. Pediatr Res., 1977; 11: 646-8.
 26. Kauf E, Wiesner W, Niese S, Plenert W. Zinc, copper, manganese and gold content of the hair of infants. Acta Paediatr Hungarica, 1984; 25: 299-307.
 27. Jaspan HB, Lawn SD, Safrit JT, Bekker LG. The maturing immune system: Implications for development and testing HIV-1 vaccines for children and adolescents. Aids, 2006; 20: 483-94.
 28. Bajaj S, Ahmad I, Fatima M, Raisuddin S, Vohora SB. Immunomodulatory activity of a Unani gold preparation used in Indian system of medicine. Immunopharmacol Immunotoxicol, 1999; 21: 151-61.
 29. Bajaj S, Ahmad I, Raisuddin S, Vohora SB. Augmentation of non-specific immunity in mice by gold preparations used in traditional systems of medicine. Indian J Med Res., 2001; 113: 192-6.
 30. Jolliff CR, Cost KM, Stivins PC, Grossman PP, Nolte CR, Franco SM, *et al.* Reference intervals for serum IgG, IgA, IgM, C3, and C4 as determined by rate nephelometry. Clin Chem 0., 1982; 28: 126-8.
 31. Bandolier EBM Glossary; 2004. Available from: <http://www.bandolier.org.uk/booth/glossary/EER.html>. [Last accessed on 2013 May 18].
 32. Sistrom CL, Garvan CW. Proportions, odds, and risk. Radiology, 2004; 230: 12-9.
 33. Cook RJ, Sackett DL. The number needed to treat: A clinically useful measure of treatment effect. BMJ., 1995; 310: 452-4.
 34. Mitra A, Chakraborty S, Auddy B, Tripathi P, Sen S, Saha AV, *et al.* Evaluation of chemical constituents and free-radical scavenging activity of *Swarnabhasma* (gold ash), an Ayurvedic drug. J Ethnopharmacol, 2002; 80: 147-53.