



## POSITIVE AUGMENTED EFFECT ON CHILDREN'S IMMUNITY OF SWARNAPRASANA

\*Dr. Priyanka Joshi and Dr. Shubhangi Chandanpat

India.

Corresponding Author: Dr. Priyanka Joshi

India.

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### ABSTRACT

As per the Acharya Kashyapa, Suvarnaprasana Therapy is lead to improve memory, brainpower and immunity in infants. Conventionally Shuddha Suvarna has been advised to be emulsified with madhu and ghrita to attain a well colloidal suspension. Suvarnaprasana is getting extensively popular, being administered on the Pushyanakshatra of every month in India. The effect of Suvarnaprasana in infants mentioned in Samhitas that the quick inclusion & absorption of gold nano-particles contain in the Suvarna bindu. Scientific researches on nanoparticle confirm that it can by-pass digestion and are directly absorbed via the sub-lingual route in to the blood flow. Gold nanoparticles have been found to be absorbed in the small intestines and nanoparticles less than 58 nm in size reached the target organs via blood. Suvarnaprasana has been prescribed to be given on empty stomach to assure utmost absorption without intervention of food. Slightest break of 2 hours should be given after intake food for administering Suvarnaprasana. It has an outstanding capacity in enhancing community health by ensuring healthy childhood. Suvarnaprasana is a completely Rasayana Chikitsa, oversee for the physical, mental, intellectual & Spiritual health of the children. It can be carefully prescribed to newborn and kids up to 16 years of age. There is vital necessity of standardizing the arrangements, dose, period and manner of administrations. It requires be popularizing and promoting as a proactive and preventive therapy in society.

**KEYWORDS:** Swarnaprasana, Pushyanakshatra, Kashyapsamhita, Rasayana.

### INTRODUCTION

Since thousands of years the significance of metals and minerals was well-acquainted to mankind. One of the most ancient metals even used for precautionary and remedial purposes is gold. With respects to its early understanding to Indians, an earliest reference is found during primitive period, stated as Hiranya Dharana and Inner effect of Hiranya,<sup>[2]</sup> (substitute of Swarna) in Vedic era, specifically in Atharva veda.

The ancient Indian literature, Manusmriti, state that a Dwija (brahmin) must observe Samskara (purificatory) like Jatakarma with Hiranya madhusarpi (procedures at birth) and Chudakarana (ceremony of tonsure) to avoid the impurities, which might be exist in the Bija (sperm and ovum). It has also been cited about Swarna bhasma lehya for new born baby, which is prepared to lick the blend of gold, honey, and ghee by reciting Mantra (divine hymns).<sup>[3]</sup>

At the developing phase of kids, Hiranya or Swarna is also being endorsed to be given alone or along with different herbal medicines like vacha, Sankhapuspi, Bramhi etc. for obtaining better Agni (peptic power and

digestion), Bala (bodily strength and immunity), Medha (mental power), Varna (skin ton or colour), Ayu (life expectancy) etc.<sup>[4]</sup>

Among Sapta Lohas "Swarna" has been recognized as one of the essential Dhatus (seven metals). It is characterized under Shuddha Loha (pure metal)<sup>5</sup>, which have preventive and protective qualities together. Swarna is exposed for inside use even before formation due to its Rasayana (rejuvenator) and Vajikarana (aphrodisiac) abilities so as to produce a healthy baby. Subsequently of conception, it is play significant role in Pumsavana Karma (way to get the wanted gender of the baby and for the appropriate intra- uterine progress and progress of the fetus). After birth, Lehana karma (additional feeds) and Swarna have been said to have a major role to play in Jatakarma Samskara. The texts of Ayurveda revealed that after proper purification any form of Swarna can be used internally. The kind of Swarna to be used, method of course of various forms, their positive effects and salutary indications are also noticeably illuminated in Ayurvedic texts.

### Administration

Under Jatakarma Samskara, Acharya Vagbhatta has also elucidated Swarnaprasana, in it he mention that soon after birth Swarna should be consider as one of the procedures of new born care, in which a baby should be recommended to lick the mixture of madhu and ghrita mixed with Swarna invigorated with sacred mantras three times a day in order to achieve medha (mental power), Ayu (long life), Bala (good power).<sup>[6]</sup> administration of Swarna along with other herbs like Shankhpushpi (*Convolvulus pluricaulis Choisy*), Kushtha (*Saussurea costus Clarke*), Vacha (*Acorus calamus L.*), etc., with honey and ghee for a period of one year its suggested by Acharya Sushruta. In the same context that can be considered as a child of the age group in whom development of reproductive system is not yet complete, this term known as Kumara. In all above references, it is said that along with honey and ghee Swarna should be administered. Very similar to above references, a preview of administration of Swarna in new born is also found in the text RasaratnaSamuchaya.<sup>[7]</sup>

### Swarna Prasana's Dosage Procedures For Administration<sup>[9]</sup>

Referring to Ayurvedacharya, Churna (powder), Bhasma (ash), Patala/Mandala (leaf/foil) etc. are specific forms of Swarna for internal administration.

### Swarna Prasana's Dosage

Kashyapa samhita has not been stated particular dose of swarnaprasana. Conversely, according to age in the same context from birth, he has specified general dosage of children. As per some other existing references about per day dose of Swarna Bhasma from various texts are as recorded below:

As per references of Rasatarangini,<sup>[9]</sup> 1/4 th -1/8 th Ratti (15-30 mg). As per Rasaratna Samuchaya -2 Gunja (250 mg). Acharya Sushruta,<sup>[10]</sup> stated, Sharira sthana 1 Gunja (125 mg)/as per body age. Astanga hrudaya refer that, utara sthana,<sup>[12]</sup>-1 Harenu. As per Bhaishajya ratnavali,-1/32 Ratti (3.9 mg).<sup>[13]</sup>

### Significance of Lehana Karma

The Act of licking or lapping up with the tongue is known as Lehana. Children are so vulnerable to infections. Many primitive customary procedures existing to fight it and defend from the inimical surroundings in which drug is assorted with honey or Ghrita are given. The method is called Lehana. It is the best methods of administrating drugs in children perhaps it upsurges the lusciousness of the drug taken with it.

### Importance of Lehana Karma

It provides sufficient nutrition which boosts the growth and development rapidly. Also it's encouraged healthiness, skin tone and power (immunity). It safeguards from several infections along with developing brainpower and speech. The term Swarnaprasana had developed by Acharya Kashyapa

for administration of gold. This inimitable formula has been expounded where gold could be triturated along with water, honey, and ghee on a hygienic stone facing eastern direction and prepared the Shishu (newborn) lick the same.

### Benefits of Swarnaprasana

Medha, Agni Bala Vardhanam (Improvement of intellect, digestion, metabolism, immunity, and physical strength), Ayushyam (Promoting lifespan), Vrushyam (Aphrodisiac), Varnyam (Enhancement of color and complexion), Grahapaham (Protection from evil spirits and microorganisms).

If it is administered for 1 month, the baby will become Parama Medhavi (highly intelligent) and "Vyadhibhir Na Cha Drusyate" (will not be affected by any disease). If it is administered for 6 months, the baby will become "Srutadhara" (will be able to remember the things, which are just heard). All the benefits are indicating the enhancement of all favourable factors required for proper growth and development of children, which is considered to be rapid during Shaishavavastha (infancy).

### Purpose of Safety

Even minor inattention in the administered drug leads to severe adverse effects in children because of their really sensitive body systems, which are quiet under rapid growth and progress. If gold is administered in impure form which is obvious from the explanation of Shodhana (refinement) of Swarna in precise, Ayurveda Acharya were insightful of all the serious adversative effects. Mentioned that if Swarna is administered without appropriate processing, it will culminate strength and power of the individual and it will lead to appearance of a clutch of diseases.<sup>[14]</sup> If Swarna is administered in contaminated form, it can also cause mental disorders and even demise.<sup>[15]</sup>

### Scientific Review

Scientific research on neonates, the blend of Madhu-Ghrita- Swarna- Vacha demonstrate a substantial effect on immunity, it is being trigger the response of immunological system by a amplification in the aggregate proteins and serum IgG levels. Another findings discloses that colloidal gold absorb or acceptable in gastrointestinal tract is reliant on particle size, smaller components cross the gastrointestinal tract in better way. It can be administered in any age group as a general tonic.

Considering all the above quoted orientations it can conclude that the act of this noble metal gold is performing at several stages i.e. as an overall health developer or in definite to boost of brainpower, metabolism, immunity, physical power, fecundity, skin tone, etc.

### CONCLUSION

The right period from which it can initiate is Shaishaba Avastha. Due to the under developed immune system

Children are more susceptible to infection. Throughout this crucial time period of children our effort should be specified to prevent diseases and to improve physical, intellectual, social health.

As the suitable vehicle (Anupana/Sahapana) Rasayana and Lehana drugs used in proper dose are always more effective. Swarnaprasana therapy is accomplishing the both Lehana and Rasayana effect on children. Thus, for the precautionary and remedial purposes of children's wellbeing swarnaprasana remedy is very crucial. The assortment of the form of gold (Swarna) should be created upon the aspects such as, better bio-availability, no contrary reactions, easier in preparation and administration & systemized by scientific methods.

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