



SWARNA PRASHAN: LITERATURE STUDY

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Abstract

Acharya Kashyapa has described Swarnaprashan in Kashyap Samhita. Swarnaprashan means intake of Swarna bhasma in purified form and with medhyaasadhivavya. Swarnaprashan helps to increase intelligence, memory and immunity in children. It is given as an oral medication on pushyanug nakshatra of every month. It can be given from birth to 5 years of age. Acharya Vaghbat has described Swarnaprashan under Jatamatraparicharya and formulation consist of Swarna, Ghrita, Madhu and Vacha. It helps in growth and development of children.

Introduction

The Ayurvedic medicinal system has been in vogue since vedic period or even earlier many years back. Ayurvedic medicinal system advocates a holistic approach to the human health care. In early the treatment of diseases was done mainly by chanting prayers, hymns and use of single herbal decoction but with advance of time and experience more complex and durable drugs were prepared by Acharyas with help of Asawa, Arista kalpaghreeta for internal and external use.

Later on,samhita to mention the use of some primary metals like gold, silver, copper and iron as a medical purpose. In Rasratnasamuccaya use of gold silver, copper and iron has been clearly mentioned as pure metal and also mention purification methods of metals i.e.,shodan, marana and mardana. Acharya knows the properties of metal and using these valuable properties they get known which medicine are also used with these metals for better effect of herbal medications for betterment of humankind.

Effect of pure metals, their minerals metal with herbs on human health began around 7 century AD. In ancient Ayurvedic texts there is mention of bhasma. Siddha Nagarjuna has been called the father of preparation of bhasma.

Swarna i.e., gold is used with different herbs in swarnaprashana to get desirable effect specially in children. Swarnaprashan is one of the 16 samskara which were described in ancient scriptures. Swarnaprashana is a rasayana which is explained in Ayurveda it helps to increase immunity and memory of children. Ayurveda explain swarnaprashan while modern medicine explains about vaccines. Acharya Kashyapa has described Swarnaprashanvidhi in details with its benefits in Kashyap Samhita.

Aim

Study the Swarnaprashan samskara in detail.

Objective of literature:

1. Study the literature of swarnaprashan samskara from Kashaya Samhita.
2. Study the other related literature of swarnaprashan from other text.

Swarna Prashan

Acharya Kashyapa first coined the term Swarna Prashana and mentioned administration of swara as a medicine with different herbs Swarna Prashana is mentioned in Lehanadhya. Lehana is administration of various herbs drugs ghee preparation and gold as a supplementary feed to boost the immunity, physical strength and growth development. As per the Acharya Vaghbhata Swarna Prashana is unique formulation of herbs honey, ghee, vacha and swarnai.e., gold as medicine under Jatakarma Samskara.

Dosage

Acharya Kashyapa has not mentioned the specific doses of swarnabhasma. He has mentioned the general doses of swarnabhasma for children.

According to different acharyas doses of swarnabhasma are as follows-

1. 1/8 - 1/4 Ratti (15-30 mg)- Rasa Tarangini
2. 2 Gunja (250 mg)- Rasa Ratna Samuchya
3. 1 Gunja (125 mg)- Sushruta Sharirasthan

In general, the dose of Swarnaprashan

- 1/8 – 1/4 of a Ratti (15- 30 MG for Adults).
1 Ratti = 125 MG.



Pediatric Dose Is

0-5 Year: 1-3 Mg/ Day

5-10 Years: 3-5 Mg/DAY

10-16 Years: 5-10 Mg/Day

Benefits of Swarna Prashana

सुवर्णप्राशनं हि एतत्मेधाग्निबलवर्धनम् । आयुष्यमंगलं पुण्यं वृष्यं ग्रहापहम् ॥

मासात्परममेधावीव्याधिभिर्न च दृश्यते । षड्भिमासैः श्रुतधरसुवर्णप्राशनात् भवेत् ॥

(काश्यपसंहिता, सूत्रस्थानम् 18/4-5)

suvarṇaprāśanaṃ hi etatmedhāgnibalavardhanam | āyusyaṃ māṅgalam puṇyaṃ vṛṣyaṃ grahāpaham ||
māsātparamamedhāvīvyādhibhirna ca dṛśyate | ṣaḍbhimāsaiḥ śrutadharasuvārṇaprāśanātbhavet ||
(kāśyapasamhitā, sūtrasthānam 18/4-5)

Benefits

1. If Swarnaprashan is administered for 1 month to the baby he will become ParamaMedhavi (highly intelligent)
2. As said in Samhita, Vyadhibhir Na Cha Drusyate (will not be affected by any disease) that means it helps to improve immunity so child get less diseased.
3. The baby will become Srutadhara if administered for 6 months. (will be able to remember the things).
4. Improves immune system, physical strength and digestion power of child.
5. Improves grasping and retention power, memory and concentration.
6. Tones up skin and imparts fairer complexion (shining of skin)
7. Protects children from illness that occur due to seasonal change like seasonal rhinitis by boosting immunity.
8. Protects children from allergic disease.

Pharmacodynamic properties of Swarna Prashan

According to Ayurvedic literature

Gold

Rasa: Kashaya, Tikta, Madhura, Katu

Guna: Guru, Singdha, Picchila

Veerya: Sheet (Cold)

Vipaka: Madhura (Sweet)

Properties: Sweet in taste.

Beneficial for heart and eyes.

Improve intellectual power.

Helpful in punsavanasanskara.

Helpful to cure diseases like anaemia, tuberculosis, diarrhea, colitis, heart disease, murcha, developmental milestone, ADHD, cosmetic disorders.

Traditional preparations of gold are comprised with rejuvenating and antioxidant properties. Previous studies revealed that it had properties like analgesic, immunostimulant adaptogenic, glycogen sparing property, restoration of stress, and depression⁷.

It is considered as the good rejuvenator, promotes longevity, and prevents aging⁸ Swarna Bhasma is prepared by Putapaka method as a standard method of preparation as explained in the ancient text which involves mainly three steps i.e., Shodhan (Purification of gold), Bhavna (wet grinding) and Maran (incineration under temperature).

Gold nano particles (GNP) enhance drug delivery system of the medicine³⁰. Swarna Bhasma is constituted with globular gold particle of size 56-57 nm and thus due to its small size these particles would be able to reach the target site through blood after introduction of drug⁹⁻¹⁰. Hence it can carry the other drugs with its and gives desirable effect of Swarna Prashan.



Honey

- Has hydrogen peroxide and gluconic acid which are antibacterial in action.
- Develop resistance against allergens.
- Due to high sugar content, it has osmotic pressure unfavorable to bacterial growth and proliferation.
- It's aromatic and phenolic compound may contribute in overall antimicrobial activity.
- Fresh honey helps to increase mass.
- Treat wound, allergies and having anti-inflammatory effects.

Ghrita

- Pacifies pitta and vata.
- Beneficial for rasa, shukra and ojas.
- Pacifies burning sensation.
- Ghrita has omega 6 and omega 3 fatty acid which are good for neurological health and brain development.

Mechanism of action of Swarna Prashan

- There is always change in shapes, sizes, charges and bio-molecular composition of swarnaprashan.
- Due to the molecular ingredients found in ghee and honey particles retain high stability, low toxicity and immunogenicity conjugation.
- There is interaction between the particles and membrane receptor of antigen presenting cells (APCs) like as dendritic cells.
- Dendritic cells are targeted which is one of the effective strategies in promoting immunotherapies and vaccine development.
- Immature dendritic cells will uptake and internalize the swarnaprashan particles in the cytosol. - Immature dendritic cells differentiate into mature dendritic that causes expression of CD83 and CD86 and morphological changes in the maturation of dendritic cells.
- Dendritic cells present multiple antigens to the T-cells.
- To exhibit immunogenic response, activated dendritic cells and T - cells require soluble cytokines including IL-7, IL-6, IL-10, IL-23, TNF and IFN

Swarna prashan application in development of immunomodulation is of prophylactic and therapeutic vaccination.

Ghee can transfer through blood brain barrier which helps the swarnaprashana to reach brain cells and stimulate the brain cells.

Immunomodulation Effect of Swarna Prashan

- Madhu + Ghrita + Swarna + Vacha combination in infant shows good response on immunological system by rise in total proteins and serum IgG level.
- Gold nano particles modulate the immunological response when present with an inflammatory challenge.
- Gold nano particles reveal that it conjugates with antigen to influence the activation of T cell which act as drug carrier has antioxidant and restoration property.

Benefits of swarnaprashana

- Gold strengthens the body, beneficial for heart (hridya), good for eyes (chakshusaya), improves intellectual power, rejuvenative (rasayan), also helpful to cure many diseases.
- It improves the recurrent attacks of common cold, fever and reversible asthma.
- Swarnaprashana Sanskar may reduce the recurrent attacks of infections and help to improve digestive and metabolic power.
- Improves immunity and prevents recurrent cold, cough and fever.
- Help in very critical, life threatening conditions and pandemic covid-19 in pediatric age group. (Further study need in covid 19 conditions as swarnaprashan is immunity booster.)
- Intelligence, memory and oratory skills.
- Enhances focus, attention span and retention and recall capacity of the mind.
- Improves complexion and imparts healthy glow.
- Improves digestion, sense of hearing and vision.
- Seen to be useful in children with temper tantrums, Hyperactivity, Agitation, ADHD, Developmental delay, Non-inflammatory CNS disorder.



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