

A Review Article on “Swarnaprasanna”- An Ayurvedic Immunity Booster for Children

Dr. Tikina Padhan¹, Dr. Susmita Panda², Dr. Dipteerekha Dash³,
Prof. Dr. Bijaylaxmi Pattnaik⁴, Dr. Sangita Prusty⁵

^{1,2}Final Year PG Scholar, ³Reader, ⁴Professor, ⁵Reader & HOD,

^{1, 2, 3, 4, 5}PG Department of Kaumarabhritya, Gopabandhu Ayurveda Mahavidyalaya, Puri, Odisha, India

ABSTRACT

Swarnaprasanna is an unique metallic medicinal preparation that widely used in *Ayurvedic* practices. According to *Maharsi Kashyap*, administration of *Shodhita Swarna Bhasma* in children is known as *Swarnaprasanna*. The main ingredients of *Swarnaprasanna* are *Shodhita Swarna Bhasma, Madhu, Bramhi Ghrita*. Administration of *Swarnaprasanna* in children helps in improving intellect power, physical strength, immunity, complexion, fertility, digestion and metabolism and life span.

This review proposes that the benefits of *Swarnaprasanna* can be achieved in health promotion as well as immunity booster, enhancement of intellectual power, physical strength and immunity, complexion, fertility, digestion and metabolism. *Acharyas* recommends only purified and processed form of gold for internal administration. To conclude, *Swarnaprasanna* is an immunity booster for children against any disease, and it is necessary to validate its safety and efficacy through systemic methodological research.

KEYWORDS: *Swarnaprasanna, Ayurveda, Immunity booster*

INTRODUCTION

In *Ayurved*, administration of gold particles in children is considered to be an unique practice termed as “*Swarnaprasanna*”¹. The term ‘*Swarna*’ refers to gold and ‘*prasanna*’ refers to consuming or ingesting by licking. Though this practice was widely used in ancient era, by the timing of following modernization it is going to be vanished from practitioner hands. To promote such an effective and valuable practice in an aim to make our future generation more efficacious in all aspects of physical, mental and social wellbeing and effort should be made.

“*Swarnaprasanna*” refers to the act of consumption or ingestion gold in the form of licking. The process in which *Swarnbhasma* with other herbal extracts taken in the form of semi-liquid and given to the children through their mouth is called as “*Swarnaprasanna*”.

How to cite this paper: Dr. Tikina Padhan | Dr. Susmita Panda | Dr. Dipteerekha Dash | Prof. Dr. Bijaylaxmi Pattnaik | Dr. Sangita Prusty "A Review Article on “Swarnaprasanna”- An Ayurvedic Immunity Booster for Children" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-7 | Issue-6, December 2023, pp.90-92, URL: www.ijtsrd.com/papers/ijtsrd60116.pdf



Copyright © 2023 by author (s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



Gold is one among seven pure metals used for preventive and curative purposes. The children consume *Swarnaprasanna*, improve their intellectual power, digestion, metabolism, physical strength, immunity and life-span².

Materials And Methods:

To study the review topic ‘*SWARNA-PRASANNA-An Ayurvedic immunity booster for Children*’ as per classical guidelines, the literature research performed using classical texts, different journals of scholars from Google, Google scholar, Research Gate, Pub Med.

Importance:

According to *Maharshi Kashyap*- “*Swarnaprasanna*” improves intellectual power, digestive fire and metabolic power, strength. Gives long life; is auspicious, virtuous, and aphrodisiac;

increase complexion and eliminates the evil effects of *grahas*. By feeding the gold for one month, the child becomes extremely intelligent and is not attacked by the diseases and by using for six months, is able to retain what-so-ever the child hears³.

Contains of Swarnaprasanna:⁴

Swarnaprasanna itself a *Rasayana*. But to enhance effect of *Swarnaprasanna*, *Swarnaprasanna* can be mixed with *Medhya*, *Balya* and *Rasayana* drugs. That is, selections of the drugs are aimed for both physical and mental well being of the child. This is rightly done as growth and development of the body is directly related with growth of the CNS. This should be given for a stipulated time period with repeated administration.

There is a lot of confusion with *Swarnaprasanna* explained in the *Lehana adhyaya* and *Swarnaprasanna* in the context of *Jatakarma Samskara*. Probably, *Jatakarma Samskara* is the occasion where *Swarnaprasanna* has been initiated and *Lehana* looks to be the continuation of the same. *Lehana* procedure is explained for the growing kids while *Jatakarma Samskara* is for the newborns. *Lehana* is responsible for *Sukha* and *Dukha* of the kid which means it brings a healthy life.

Method of Administration:

According to *Maharsi Kashyap*, gold should be rubbed on a washed stone with a little quantity of water facing towards east then churned with honey and *ghrita*³. Here the method of only gold-licking is described, but in further description various other recipes are also mentioned, which indicates that all these should be started with similar procedure.

Dosage⁷:

For ease of calculation and administration, the children are classified into following age groups and calculated an average dose to be administered to their age group children.

It had been recommended that a study have to be planned to evaluate and to justify administration of the following doses:-

<u>Age</u>	<u>Range of dose of Swarna bhasma</u>	<u>Average recommended dose</u>
0-1 year	1.2-2.4 mg	1.8 mg* 2 mg
2-6 years	2.1 – 9.9 mg	6 mg
7-12 years	5.85 – 15 mg	10.43 mg*10 mg
13-16 years	7.8 – 17.1 mg	2.5 mg

Discussion:

*Swarna*⁸ – Gold is considered as very precious in *Ayurveda*. But, when *swarna* is converted into *Swarnabhasma* as explained in *Ayurveda*, *Swarnabhasma* exhibits following properties like –

*Swarnabhasma*⁸ has moisturizing and unctuous effect on body.

Susruta and *Vagbhatta* have prescribed gold along with various drugs to the new born child immediately after birth. *Susruta* has advised its use after emesis of liquor-amni, but before massage and bath while *Vagbhatta* have indicated it after massage and bath but before emesis. (Su.su-10/13; A.H.U-1/8-11; A.H.U-1/1-10). The drugs are advised to be given through spoon made of gold by *Vagbhatta* (A.S.U-1/8; A.H.U-1/8.2-10.1). The basic concept of this gold-licking is entirely different as it is used only once in *Jatakarma samskara* performed just after birth. *Susruta* and *Vagbhatta* have further prescribed four gold preparations (Su.s-10/68-70, A.H.U-1/47.2-49.1) for prolonged use⁵.

But in today practice,

Swarnabhasma is mixed with *Brahmi ghrita*⁵ which is an intellect promoter medicine.

Brahmi – *Bacopa monniers*

Vacha-Acorus calamus

Sankhapushpi – *Convolvulus pluricaulis*

Kustha – *Sassurca lappa* etc.

So, *Swarnaprasanna* is mixture of *Brahmi ghrita*, *Swarnabhasma* and *Madhu*. Practically mixing proportion is 1 part of *Swarnabhasma*, 33 parts of *Brahmighrita*, 66 parts of *Madhu*.

Time and Duration:

Everyday morning in empty stomach or on the day of “*Pushya-Nakshatra*”⁶ from birth to 16 years of age children.

It is madhura in taste, helps as rejuvenative and immunity booster.

Improves complexion and growth of the body.

Helps in total body system and increase immunity of cells.

Does detoxification of the body.

Has ability to cure different diseases and general weakness.

SuddhaMadhu- It has antimicrobial, immune-enhancing and wound healing properties. When *madhu* is administered in low doses in children, the child gradually develops resistance for allergens.

Suddha Medhyaushadhi Siddha Ghrita: *Ghrita* has the unique property of acquiring the *gunas* of *dravyas* which are added to it. So mixing of *Medhyadravyas* with *ghrita* helps in potentiating the mental ability of child.

Swarnaprasanna proposed as the old fashion of rubbing gold with stone and licking might not be able to attract such a big mass. Public shows positive response when the same is presented in drop form, as it is more convenient to the people. Principles of *Ayurveda* are eternal and planned thousands of years back and the present generation may not be familiar with it. So, it is our duty to reproduce it in a most acceptable form. So, modified method of *Swarnaprasanna* must be constituted after reading the pulse of the society.

Benefits of use of *Swarnaprasanna*³:

1. Immune system towards disease becomes stronger.
2. Increase physical strength and growth of the body.
3. Grasping power, analysis power and recall memory becomes sharper.
4. Improves digestive power.
5. Tones up skin colour and texture.
6. Protects the baby from different kinds of diseases, allergies.

Conclusion: *Swarnaprasanna* is a unique method in *Ayurveda* as immunity and memory booster for proper growth and mental development, used for different curative and preventive aspects, its safety and efficacy are well supported by the classical texts of *Ayurveda*. It is the ancient immunization technique with no adverse effect and provides a good life with physical, mental and social health. So in immunization programs, *Swarnaprasanna* should be accepted. Just like good food, good land, good sunlight gives good quality of fruit, *Swarnaprasanna* also gives good quality of life in future. This is one of

the method or opportunity, where we can make the future of the child prosperous, bright, disease free and the success rate is variable. This also depends on the underlying condition of the child. A mentally retarded baby will definitely have lower effects when compared to a normal baby. So the dose of *Swarnaprasanna* can be enhanced for these types of children. Food habits of the kid, family background, living standard may be responsible for the variations in effects. However, its safety and efficacy need to be validated through systematic methodological research.

References:

1. Brown CL, Bushell G, Whitehouse MW, Agrawal DS, Tupe SG, Paknikar KM, Tiekink ERT. Nanogoldpharmaceutics. *Gold Bull.* 2007;40(3):245-250. Doi:10.1007/BF03215588. [CrossRef] [Google Scholar]
2. Jyothy KB, Sheshagiri S, Patel KS, Rajgopala S. A critical appraisal on *Swarnaprasanna* in children. *Ayu.* 2014;35(4):361-365. Doi: 10.4103/0974-8520.158978. [PMC free article] [PubMed] [Crosref] [Google Scholar]
3. Prof. P.V. Tewari, Kashyapa Samhita or Vriddhajivakiya Tantra, Text with English translation and commentary, Sutra sthana, Chapter no.18, Shloka no. 25-28, Chaukhamba Visvabharati, Varanasi, p.7.
4. Dr. Shrinidhi kumar Acharya, Acharya's Text book of Kaumarabhritya, Chaukhamba orientalia, Varanasi, Edition 2017, p.673.
5. Prof. P.V. Tewari, Kashyapa Samhita or Vriddhajivakiya Tantra, Text with English translation and commentary, Sutra sthana, Chapter no.18, Shloka no. 25-28, Chaukhamba Visvabharati, Varanasi, p.7 (commentary).
6. Kaviraja Ambikadutta Shastri, **Sushruta Samhita** edited with "*Ayurveda Tattva Sandipika*" Chikitsa Sthana Chapter no. 28, Shloka no.10-11, Chaukhamba Sanskrit Sansthan, Varanasi, Reprint 2016.
7. *Swarnaprasanna* protocol, Dr. SRRAU, Jodhpur, Rajasthan.
8. Thakur Nthusingh, Rasatantrasara and Siddhaprayoga sangraha, part 2, Krishnagopal Ayurveda Bhawan, Rajsthan, p. 2.