



**GENERAL CONSIDERATION AND CLINICAL IMPORTANCE OF SWARNAPRASHAN:  
A REVIEW**

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**ABSTRACT**

The *Swarna* in micronized form play important role in ayurvedic system of medicine since it possess anti-oxidant, lymphocyte activation and growth enhancer properties. *Swarna* helps children to grow healthily. It also improves *dhi* (intellect), *dhriti* (restrain) and *smriti*. *Swarna* along with honey and ghee restore many vital function of body. Honey and *ghee* acts vehicle for the *swarna* and helps in transportation of *Swarna* through body. *Swarna* is one of the most non-reactive metals this make *Swarna* therapeutically useful and safe. The usefulness and safety of *Swarna* depends upon *shodhana* and size reduction process in particle size of the element. The *shodhana* purify metal *Swarna* and make it safe for the internal use, particle size reduction imparts towards the transportation of *Swarna* and facilitate absorption and metabolized of *Swarna* in body. The *shodhana* and size reduction process also affects therapeutic efficacy of *Swarna* since purification and transportation may affect interaction of *Swarna* particles with body organs. The other important aspect of utilizing metallic *Swarna* in human body is that it should be in ionic form. *Swarnaprashan* is one of the traditional therapeutic approach encompasses all required aspect of metallic formulation like; size reduction, *shodhana* and ionization. *Swarnaprashan* utilized to boost immunity and intelligence of children, this article summarizes important considerations of *Swarnaprashan* along with its clinical importance.

**KEYWORDS:** *Swarnaprashan, ayurveda, swarna, immunity.*

**INTRODUCTION**

*Swarna* is well for known for its therapeutic importance's and ancient literature of ayurveda described specific medicinal values of *swarna* along with other herbal medicine. *Swarna prashan* is one of the traditional treatment approaches practicing from ancient time in India. This involve administration of *swarna* along with herbs like *Vacha Churna (Acorus calamus)*, *Brahmi (Bacopa Monnieri)* Honey and *ghee* to the new born baby to enhance immunity and intellect. Scientifically *suvarnaprashana* is a form of *rasayana chikitsa*, and can be utilized to the children age up to one year. The overall process also possess therapeutic properties like; antioxidant, immunomodulatory, and antimicrobial property. *Swarnapraashana* should be done after birth preferably during first 6 months. *Swarna prashan* should be used with great care since improper practice may cause serious harmful effects, however ayurvedic texts also described various other remedies of gold powder like; *Suvarna bhasma Swarna Patra*, and *Kharaliya*.<sup>[1-3]</sup> *Swarna Praashana* possess following clinical importance:

➤ Improves physical strength and gives stamina.

- Improve grasping power.
- Improves digestive capacity.
- Imparts fair complexion.
- Reduced oxidative degeneration.
- Boost immunity and prevent chances of infectious disease.<sup>[4]</sup>

This article discuss some considerable aspects of *Swarna Praashana* practice to explore it's traditional knowledge.

**Preparation**

Traditionally it was advised to rubbed *shuddha suvarna* on rubbing stone with water and then utilized with *madhu* and *ghrita* as at fine colloidal suspension. Currently *suvarna bhasma* along with equal proportion of *ghrita* and *madhu* also advised to use.

**Pharmacokinetic of suvarnaprashana**

The literature mentioned that *Suvarnaprashana* possess efficient absorption and assimilation through body due to the reduction in size of gold; the gold nanoparticles in formulation offers large surface area for better absorption and assimilation. The therapeutic efficacy of *Suvarnaprashana* also attributed to its pharmacokinetic

profile. Study suggested that nanoparticles of *Suvarna* absorbed in small intestines and these nanoparticles may target the organs through *rakta pravaha*. The absorption of *Suvarnaprashana* may be interfering by *ahara* if administered after meal thus *Suvarnaprashana* advised to be administered on empty stomach.

#### ***Suvarna Prashana kala (Time of Therapy)***

The therapeutic efficacy of *Suvarnaprashana* can be best achieved if administered from birth to *kishoravastha* since this duration considered best suitable for growth and development. The age up to 14-16 years considered best for the termination of therapy. Traditional text described minimum duration of therapy for 6 months and may be extended up to 1 year on the auspicious day of Pushya Nakshatr of every month to get considerable results. The dose should be increased gradually starting initially from low dose (*Svarna Bhasma* less than 0.2mg per dose) for a period of 3 months.

#### ***Dosage***

The overall dosing of *Suvarnaprashana* therapy prescribed as per the practicing experiences of *vaidya* and ancient practitioner of traditional medicinal system mentioned as per their experiences age and growth dependent dosing of *Suvarnaprashana* therapy.

#### ***Precaution of Therapy***

The administration of herbo-mineral remedy need great care to be taken, the therapy involves utilization of pure form of *Swarna* which is done by *Shodhana* procedure; the *sudhikaran* and micronization of *Swarna* are essential process to avoid adverse effect of formulation. Text mentioned that if *Swarna* is administered without proper processing then it can cause serious harmful effects including skin problem, loss of potency and strength, it can also leads *mannroga* and even death. Thus *Suvarnaprashana* therapy must be applied with precautionary approaches.

#### ***Contraindications of Suvarnaprashana:***

*Suvarnaprashana* therapy should not be given to the children with organ transplants and going through immunosuppressive therapy. The *Suvarnaprashana* must not be given to the patient who suffered from liver and kidney disorders.<sup>[5]</sup>

### **MEDICINAL IMPORTANCE OF SUVARNAPRASHANA**

#### **➤ *Role in Growth and Development***

Study proved that *suvarnaprashana* therapy significantly improve weight both male and female children. It also affects overall body development process. Study observed significant weight gain in trial groups of male and female children as compared to control group. Appropriately made *swarna* in *virya*, *madhura* in *vipak* and *madhur* (sweet), *tikta* (bitter), *kashaya* (astringent) in *rasa* provides *bala* (strength) to the body. The body gain property of formulation attributed to the *brumhana karma* which with the help of *madhur* *rasa* and *madhur*

*vipaka* increases *rasadi dhatu*, *raktapravaha* and *mansadi* which overall contributed to the weight gain process of formulation. The study showed that *suvarnaprashana* maintained general health by increasing immunity level of the body. *suvarnaprashana* also improves digestion and metabolism process and keeps *tridoshas* in balance state and restore child health by resisting seasonal variances and thus improves growth and development process.<sup>[6]</sup>

#### **➤ *Role in Immunity***

Ayurveda mentioned *swarnaprashana* therapy as immunity enhancer during the process of growth and development in the children. *Acharya Kashyapa* is suggested that gold feeding for one month developed resistant towards the infectious disease and boost child immunity if continued up to six months. The immunity enhancer capacity of *swarna* attributed to the modulation in immune mechanism, so that morbidity is reduced.<sup>[3]</sup>

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