

USE OF SWARNA PRASHAN AS IMMUNOMODULATOR IN PEDIATRICS

Vinod Kumar Swami*

Associate Professor, Dept of Kaumarbhritya, Kalawati Ayurveda Medical College & Research Centre, Gorha Kasganj.

Article Received on
08 Sept 2021,

Revised on 28 Sept 2021,
Accepted on 18 October 2021

DOI: 10.20959/wjpr202113-22140

*Corresponding Author

Dr. Vinod Kumar Swami

Associate Professor, Dept of
Kaumarbhritya, Kalawati
Ayurveda Medical College
& Research Centre, Gorha
Kasganj.

ABSTRACT

In the form of pandemic Covid-19 spreaded vishad (Unpleasant situation) to the world. It is a metallic grounding extensively used in *Ayurveda* paediatrics. In south part of India it is religiously used as Ayurveda Immunization. If we look towards the ingredients of this they are swarna prashan (Gold preparation), *gou ghrita* (Cow ghee), *Madhu* (honey), and other *Medhya Dravyas* (Brain tonic). If we look towards the Ayurveda texts, it has been proposed as a powerful remedy which work as immunomodulation. In Ayurveda we call as *Ojovardhak* action. It's converted in to Ayurveda vaccine due to its indefinite size, shapes, charges, and surface functionality because in this suwarna is to be used in nano forms and that to be after purification. Hence in this

Review article, we describe the possible action mentioned in Different texts of Ayurveda and researches done on it.

KEYWORDS:— *Suwarna, Immune system, Oja, Infants.*

INTRODUCTION

Ayurveda immunization is one of the most attractive iconic now a days due to pandemic. Our prime minister has promoted our Indian system of medicine alot during this pandemic in the whole world. In *Ayurveda*, administration of the *swarna bhasma* (gold preparation) in Infants and children is considered to be a inimitable practice termed as *swarna prashana* (Intake of purified gold preparation).^[1] If we see the term swarna which means gold and prashana means to consume or ingest. Hnece, swarna prashana means the form of swarna which is consumed in the form of medicine or we can say ingesting gold in the prescribed dose and quantity is told to be swarna prashan.^[2] In Ayurveda it is told by *Acharya Charak* (Father of Indian

medicine) in chapter 23rd of chikitsa sthana said that for the purification of Heart, gold is to be given in 1 Shana matra after poisoning because it acts as antidote. Gold (swarna) is said to be great metal among other 6 famous metals categorized which is mainly used for preventive and curative medicinal purposes.

If we see the benefits told by the advantages and benefits of children, who consumed swarna prashana, improve their digestion, strength, brain and lifespan.^[3,4] In the previous study it is proved that nanoparticles absorbs very quickly by the body and it works very fast as therapeutic and help in giving immunity better in human beings specially in children and infants.^[5] These nanoparticles can be come from various modes like electrochemical radiation, photochemical method, and biological techniques. Nanoparticles synthesized for therapeutics using physical and chemical techniques have major limitation, but if they are given in chemical form to the body than they may lead to hazardous disease like Cancer etc.^[6] To conquer this restriction, synthesis of these particles using another forms which is human friendly such as proteins, peptides etc might be done reducing the lethal nature of the arranged nanoparticles. In another study it si proved that nanoparticles also have these properties like antibacterial, anti inflammatory and anticancerous action properties.^[7,8] The ingredients in swarna prashan like swarna have anti poisonous action and another ingredients which are proved by various researches as best antidotes are *ghee* and *madhu* which according to *Ayurveda* already proved as it help in enhancing the medicinal property of other drug but when these two are mixed in inappropriate ration.^[9,10] Presently, if we see that the whole world is troubled one of the greatest pandemics in a century caused by a this virus. As a result, we can see and have seen that COVID-19 patient exhibit severe acute immune response causing cytokine release syndrome which leads to emergencies like acute respiratory distress, pneumonia etc. In the future, to avoid this kind of pandemic situation, and prevention of 3rd wave we have to take care of our immunity.^[11] Using *Swarn prashana* assuage the current disease and also help in taking care of future prospective. That is why an attempt has made to see the researches done for *swarna prashan* and get highlighted by this paper for the prevention of future prospective of upcoming third wave of corona. Rest other is the main person who take care of us is God who is the supreme and heal power that can defeat any virus.

Swarna prashan

When this is to be administered in very low dose for a particular time, it is known to increase the recall power along with immunity.^[12] We have seen its ingredients that Swarna prashana is easily absorbable in oxide form. Lots of confusion s were there but when we see. simple ashudha swarna in the crude form all the question gets clear. So here, swarna may remain unabsorbed in the body and act as an incompatible substance or required material by playing a significant role in the stimulation of the immune system.^[13] It has already proved its immune-modulator property because of its antibacterial action when it is given along with honey and ghee as anupaan.^[14] It should be given orally on an empty stomach, preferably in the early morning. It can be given from birth up to 16 years of age. It is given with clarified butter and honey in a dose of two drops up to 6 months and four drops after 6 months. It can be given daily for a minimum of 30 days and maximum of 180 days. Classically given at time of pushya nakshtra. it can be given orally to all children from day 1 up to 5 years and is best for children with low immunity, disease of psychologically impaired children like dyslexia etc.^[15] One of the most contraindications are fever, seivour cough dysentery etc

Basic nature

It is proves to be non toxic when given in prescribes dose.^[16]

DISCUSSION AND CONCLUSION

Ayurveda, being a life science, tells a huge contract upon avoidance from disease and defence of physical condition. One of the main methods to improve immunity in children is 'Swarnaprashana'. It is called by such names like, Swarna amruta prashana, Swarna prashana, Swarna prashan, Swarn prashan, Swarna bindu prashana or Suvarna prashan. if we see the various environmental changes, it is very important for parents to focus on improving immunity in children to help them to grow up into strong, healthy and intelligent individuals. Swarnaprashana is one such method, mentioned in the classics, which enhances health and intelligence naturally. In this combination *swarna bhasm* are administered by honey, ghee, and herbs. This irregular form of the *swarn abhasma* may induce the passive immunity.^[17] In general, but the main thing of concern is viruses like flu have undergo several mutations naturally or induced by man which leads to change the vaccination forms everytime but by god grace human system which acquired non-specific immunity is always ready to defend against any such viruses that enter or develop in our system and got immunity against that virus. The only thing which we should take care is take suitable things which doesnot harm

us like warm water, *yoga pranayam* etc. along with that intake of rasayana like *suvarna yoga*, *Suvarna prashan* is one among those.^[18] It is evident that gold nanoparticles are efficiently interacting with the target cells in terms of immunological responses and cytotoxicity.^[19]

Swarna prashan is proved to be non toxic and help in enhancing immunity, if we talk about its safety and efficacy which are told in classical texts of *Ayurveda* and are proved by scientist too. In the previous review we have highlighted the possible action of *swarna* along with its *anupana* like honey and *ghee*. It is also supposed in previous eras that *swarna prashana* helps the kids to grow up with a better immune system and scholar presentations. It is told in *Ayurveda* that if *sahaj oja bala* which is given by mother naturally is impaired than “*vyadhikshamatvam*” (passive immunity), i.e., the individual’s confrontation to any communicable illness which includes both the capacity of attenuation against manifest disease and confrontation to the offspring of the next generation. In previous days immunization method with no unfavourable result and provide a good life with bodily, mental, and social health. So *swarna prashana samskara* should be conventional as vaccination program. Last and important thing which a practitioner should concern is appropriate diagnosis with best treatment can serve a patient better.

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. Sonia B, Vohora S. Anti-cataleptic, anti-anxiety and anti-depressant activity of gold preparations used in Indian systems of medicine. *Indian J Pharm*, 2000; 32(6): 339–346. [Google Scholar]
3. Pandey G SS Traditional medicine in South-East Asia and Indian Medical Scienc. 1997 ed: sri sadhguru publications, 1997; 430.
4. Jyothy KB, Sheshagiri S, Patel KS, Rajagopala S. A critical appraisal on Swarnaprashana in children. *Ayu*, 2014; 35(4): 361–365. doi: 10.4103/0974-8520.158978. [PMC free article] [PubMed] [CrossRef] [Google Scholar]
5. Paul W, Sharma CP. Blood compatibility studies of Swarna bhasma (gold bhasma), an Ayurvedic drug. *Int J Ayurveda Res*, 2011; 2(1): 14–22. [PMC free article] [PubMed] [Google Scholar]

6. Singh P, Pandit S, Mokkapati V, Garg A, Ravikumar V, Mijakovic I Gold nanoparticles in diagnostics and therapeutics for human cancer. *Int J Mol Sci*, 2018; 19(7). [PMC free article] [PubMed]
7. Chopra A, Saluja M, Tillu G. Ayurveda-modern medicine interface: a critical appraisal of studies of Ayurvedic medicines to treat osteoarthritis and rheumatoid arthritis. *J Ayurveda Integr Med*, 2010; 1(3): 190–198. doi: 10.4103/0975-9476.72620. [PMC free article] [PubMed] [CrossRef] [Google Scholar]
8. Dykman L, Khlebtsov N. Gold nanoparticles in biomedical applications: recent advances and perspectives. *Chem Soc Rev*, 2012; 41(6): 2256–2282. doi: 10.1039/C1CS15166E. [PubMed] [CrossRef] [Google Scholar]
9. Farooqui AA, Farooqui T, Madan A, Ong JH, Ong WY. Ayurvedic medicine for the treatment of dementia: mechanistic aspects. *Evid Based Complement Alternat Med*, 2018; 2018; 2481076. doi: 10.1155/2018/2481076. [PMC free article] [PubMed] [CrossRef] [Google Scholar]
10. Cooper R. Honey for wound care in the 21st century. *J Wound Care*, 2016; 25(9): 544–552. doi: 10.12968/jowc.2016.25.9.544. [PubMed] [CrossRef] [Google Scholar]
11. Schrofel A, Kratosova G, Safarik I, Safarikova M, Raska I, Shor LM. Applications of biosynthesized metallic nanoparticles - a review. *Acta Biomater*, 2014; 10(10): 4023–4042. doi: 10.1016/j.actbio.2014.05.022. [PubMed] [CrossRef] [Google Scholar]
12. Cheng X, Sun R, Yin L, Chai Z, Shi H, Gao M Light-triggered assembly of gold nanoparticles for photothermal therapy and photoacoustic imaging of tumors in vivo. *Adv Mater*, 2017; 29(6). [PubMed]
13. Guo J, Rahme K, He Y, Li LL, Holmes JD, O'Driscoll CM. Gold nanoparticles enlighten the future of cancer theranostics. *Int J Nanomedicine*, 2017; 12: 6131–6152. doi: 10.2147/IJN.S140772. [PMC free article] [PubMed] [CrossRef] [Google Scholar]
14. <https://shreshthaayurveda.com/swarnaprashana/>
15. Mohaptra S, Jha CB. Physicochemical characterization of Ayurvedic bhasma (Swarna makshika bhasma): an approach to standardization. *Int J Ayurveda Res*, 2010; 1(2): 82–86. doi: 10.4103/0974-7788.64409.
16. Patil A, Dindore P, Aziz A, Kadam A, Saroch V Clinical effect of suvarna bindu prashan. *J Ayurveda Integr Med Sci* (ISSN 2456–3110), 2017; (3): 11–8% V 2.
17. Ghose A, Panda P. Clinical efficacy of Shatapushpa (*Anethum sowa* Kurz.) powder in the management of Artava kshaya (oligomenorrhoea) *Ayu*, 2010; 31: 447–450.

doi: 10.4103/0974-8520.82039. [PMC free article] [PubMed] [CrossRef] [Google Scholar]

18. Faraday M. The Bakerian lecture: experimental relations of gold (and other metals) to light. *Philos Trans R Soc Lond Ser I*, 1857; 147: 145. [Google Scholar]
19. Sanjay Khedekar AP, Patgiri B, Nariya M, Prajapati PK. Immunomodulatory activity of Swarna Prashana in Charle's Foster albino rats. *J Ayurveda Med Sci*, 2016; 1(2): 6. [Google Scholar]