

EFFECT OF SWARNA PRASANNA IN VIRAL DISEASES (ORAL ADMINISTRATION OF GOLD AS ELECTUARY) – A CONCEPTUAL STUDY

¹*Dr. Baladitya Gobinda, ²Dr. Sangita Prusty, ³Prof. Dr. Bijayalaxmi Pattanaik and ⁴Dr. Diptirekha Dash

¹PG Scholar Department of Kaumarbhritya.

²HOD & Reader Department of Kaumarbhritya.

³Professor in Department of Kaumarbhritya.

⁴Reader in Department of Kaumarbhritya.

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***Corresponding Author**

Dr. Baladitya Gobinda

PG Scholar Department of
Kaumarbhritya.

ABSTRACT

Swarna prasanna is metallic medicinal preparation widely use in ayurvedic pediatrics. Swarna Prasanna is the procedure where Swarna mixed with Medhya (brain tonics), Balya (strength promoting) and rasayana (Rejuvenating) drugs. According to Indian classical text, Swarna Prasanna has been proposed as potent medicine for immunotherapies and vaccine development due to its indefinite power to increase the intellect, digestive, metabolic power, strength and give long life. Swarna Prasanna is an immune booster for infants against any viral disease, and it is necessary to validates its safety and efficacy through systemic methodological research.

INTRODUCTION

Swarna Prasanna is now a days a topic of discussion and is being made popularised in india. Almost all ayurvedic private practitioners are involved in this procedure and serving the society. Kashyap Samhita lehana Adhyaya explain this procedure and its benefit in detail. The health care system prevailed in ancient world have hence suitably and efficiently used Swarna after properly understanding the potential of it. The benefit of Swarna Prasanna is categorised into three categories: intelligence, immunity, nutrition. Furthermore, it has been stated that by administering Swarna prasanna for one month, the child becomes parama medhavi (incredibly intelligent) and vyadhibhishch na ghrishyate(disease free), by

administering Swarna Prasanna for six month, the child becomes srutadhara(may recall anything he or she hear). Since then, Swarna has been used to advance long life and battle the aging process moreover it had helped on enhancing strength and vigour in children. According to ayurveda text, gold should be used after adequate purification because incorrectly purified gold can deplete strength and induce disease and even death. Acharya Sushruta mention administration of Swarna along with honey and ghee in one among the procedures of Jatakarma samskara that is, as a single dose at birth in the procedure of new born care. He provided the rational behind the practice that there will be no adequate secretion of breast milk for first four days after delivery and so as to support the baby with respect to preventive and nutritive aspects. Acharya Vagbhata advises to give a combination of herbal drugs in a specific shaped spoon as that of the leaf of holy banyan tree, made up of gold to the new born for increasing medha(intellect). Administration of Swarna along with other herbs is also mentioned by Acharya Vagbhata in jata karma samskara.

AIMS AND OBJECTIVES

To review the use of Swarna Prasanna in children and efficacy towards diseases in children.

MATERIAL AND METHODS

This review is in narrative format and consists of all publications relevant to swarnaprashana or Swarnabinduprasana, Suvarnabindu prashan, Suvarnavachayog or swarnavachayog that the authors search of major computerized medical databases.

Swarna Bhasma

Swarna Bhasma, also known as Suvarna Bhasma, is an ancient Indian medicine that contains nano and colloidal gold particles. It's considered one of the most expensive ayurvedic medicines because it can contain up to 98% gold. Swarna Bhasma has many potential therapeutic effects, including:

Anti-inflammatory

Nano-sized gold particles may have anti-inflammatory effects and influence signalling pathways associated with autoimmunity.

Immunomodulation Affect

Swarna Bhasma have immunomodulatory effect of immunomodulation. Gold inhibits stimulation of the immunoglobulin secreting cells. Gold inhibits the activation of the classical

and alternative complement pathways. Gold compound inhibit numerous cells and mediated immune responses to various mitogen and antigen. Inhibition may be due to the effect of gold on macrophages acting as helper cells in these reactions.

Memory and immunity

Studies suggest that taking small doses of Swarna Bhasma over time may enhance memory and immunity.

Anticancer

A clinical study found that Swarna Bhasma showed anticancer activity in patients with solid malignancies.

Ghrita

Ghrita is natural and unique product which is most beneficial to all. It combats with many diseases and keeps healthy. Clarified milk fat or butter is known as ghee. It is prepared by heating butter or cream to just over 100 degrees centigrade to remove water content by evaporation. The residue is filtered out as per ghee. Ghee contains approximately 8% lower saturated fatty acid which makes it easy to digest. The lower saturated fatty acid is the most edible fat and which are not found in any other edible oil or fat. Ghee contains vit- A, D, E, K. Vit-A & E are antioxidant. Ghee also contains 4.5% of linolic acid and essential fatty acid which promotes proper growth of human body. The melting point of ghee is 35 degree centigrade, which is less than the normal human body temperature. Its digestibility coefficient or rate of absorption is 96% which is highest of all oils and fats. Since active ingredients are mixed with ghee, they are easily digested and absorbed. Lipophilic action of ghee facilitate transportation to a target organ and final deliver inside the cell, because cell membrane also contain lipid.

Pharmacodynamics

Gana: Madhura skanda

Source: Jangama Sneha

Rasa: Madhura

Veerya: Sheeta

Vipaka: Madhura

Karma: Medhya and agni vardhaka

Action: Rasayana, vajikarana, rasavardhaka, swarya, varnya, bala vridhhi, abala, kshata and kheena, increase oja, medha smriti, agni and indriya bala.

Moreover, Acharya Charak has mentioned that the properties of ghee of animals are similar to their milk. Milk of cow is sweet in taste and has sheeta, mrudu, snigdha, pichhila, guru, manda, and pleasing properties. All these ten properties of milk are similar to that of oja. Therefore, it increases ojas and is jeevaniya i.e., it provides all the benefit of rasayana.

Madhu

Rasodbhava Madhu is said to be a potent Rasayana and hence conserves, transforms, and revitalizes energy in the body. Ashukari is the property of Madhu in penetrating faster to the cell level. It is used in leprosy and other Twak Vikara, Arsha, Kasa, bleeding disorders, Prameha of Kapha origin, Krimi Vikara, Worms, Sthoulya, Trishna, Chardi, Swasa, Hikka, Atisara, Vibandha, feeling of burning sensation, Vrina Vikara, Asthi Bhagna.

Madhu is generally the aggravator of Vata, Guru, Sheeta in potency and alleviator of Rakta, Pitta as well as Kapha. It promotes healing and depletion. It is Ruksha, Kashaya, and Madhura in Rasa. Warm Madhu or Madhu taken by an individual suffering from heat is fatal because, during the process of collection, it is contaminated with poisonous material from the bees themselves or from the various poisonous plants. Madhu should be taken in small quantities because it is Guru, Ruksha, Kashaya in Rasa, and Sheeta in potency.

Immunomodulatory effect of swarnaprasanna

Swarna Prasanna is a rasayana chikitsa and one of the Prasanna or lehana for healthy infant in terms of prevention and promotion, as well as for diseased infants in terms of cure. In ayurveda providing oral gold is an age-old and time-tested method for disease prevention. Swarna Prasanna satisfies ayurveda 1st goal, which is to take preventive steps (swasthasya swastha raksham). The tendency of our bodies to check microorganisms that cause diseases deactivate or weakens. This is referred to as vyadhikhamatva (immunity). Swarna prasanna is related to the smaller gold particles perhaps containing wide variation in shapes, sizes, charges and bio-molecular compositions. These particles retain high stability, low toxicity and immunogenicity conjugation due to the molecular ingredients finding ghee and honey. The molecular ingredients contain sugars, amino acids, proteins, lipids, vitamins and other components. Moreover, these components help in capping the gold particles in Swarna Prasanna which exhibits multiple interaction between the particle and membrane receptor

and antigen-presenting cells (APCs) such as dendritic cells. Targeting these dendritic cells consider to be one of the efficient strategy in promoting immunotherapies and vaccine development. Gold particle are the more promising ones which do not affect living cells and do not produce adverse effect. It is believed that gold is used in ayurvedic, herbal, and Herbo-mineral preparation for the treatment of chronic and degenerative disease without any side effect. The advantages of biodegradable gold particles are the utilization in the vaccinated organisms, high loading efficiency for the target substance, enhanced ability to cross various physiological barriers, and low systemic side effects. In all likelihood, the immune action of biodegradable nanoparticles and gold nanoparticles as capsular carriers are similar.

DISCUSSION

Swarnaprashana is a herbo-mineral preparation including plant extracts in Ghrita medium that is used in Balya, Rasayana, Medhya, and Tridosahara. Swarna Bhasma, the major ingredient of Swarnaprashana, stimulates phagocytosis, which enhances immunity. Swarna Bhasma has been used in both Ayurvedic and medical science for rejuvenation and immunomodulation in many chronic conditions. Traditional gold compositions are said to offer rejuvenating and antioxidant properties. Ghrita aids in the child's growth and development, as well as providing sustenance to the baby until lactation begins correctly. The only dravya that can cross the blood-brain barrier, according to Ayurveda, is Ghrita. Pollens, which are found in honey, are a moderate allergy. This activates the baby's active immunity, protecting it from allergy diseases, which are common in this age range. It can also be used as anupana (vehicle or medium for absorption of drugs). Madhu is used in Swarna prashanam because when given in small dosages to children as a toddler, it progressively develops tolerance to allergens and afterwards remains resistant to comparable allergens and unaffected by allergic illnesses.

CONCLUSION

Swarnaprashana is the administration of pure gold alone or different kinds of gold in combination with various herbs that improve immunity. The form of gold chosen should be based on features such as greater bioavailability, no adverse responses, and ease of preparation and administration, all of which should be standardised by scientific investigations. Improper dosage, duration, and condition will undoubtedly have negative consequences on the body, particularly in youngsters. Ayurveda one Swarnaprashana is giving good results in improving immunity in children to reduce recurrent health problem,

increasing learning abilities. Its response is also noted in delayed milestone development in a positive way.

Conflict of interest – Nil.

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