

A Review of Swarna Yog (Swarn Bhasma, Guduchi Ghansatwa & Brahmi Ghrita) in Enhancement of Vyadhikshamatwa in the Children

Dr. Abhishek Kumar¹, Dr Ramesh Kumar Gautam²

¹MD Scholar, P.G. Department of Kaumarabhritya, State Ayurvedic College and Hospital, Lucknow, Uttar Pradesh, India

²Reader, P.G. Department of Kaumarabhritya, State Ayurvedic College and Hospital, Lucknow, Uttar Pradesh, India

Abstract: Health has always been regarded as the fundamental basis of life, since it is only through sound health that an individual can achieve the four puruṣārthas (objectives of human life). The healthy growth and transformation of a child into adulthood is a dynamic process influenced by multiple factors such as balanced nutrition, appropriate age-related development, genetic constitution, and protection from diseases. In the present era, where newer infectious diseases are constantly emerging and posing a serious threat to childhood health, there is an ever-increasing need to strengthen the natural defense mechanisms of the body from an early age. Enhancing the first line of defense in children not only reduces the burden of recurrent infections but also supports overall growth, development, and quality of life. In this context, the treasures of Ayurveda offer safe and time-tested interventions which can play a pivotal role in preventive pediatrics. Among these, Swarnaprashan-described as a form of Lehana Karma-is a unique traditional practice aimed at promoting Vyādhikṣamatva (immunity) and strengthening both physical and mental health in children. Its significance lies in the fact that it enhances resistance against infections without causing harmful adverse effects, thereby serving as a boon in the field of child health and preventive medicine.

Keywords: childhood, ayurveda, swarnprashan, Preventive health

1.Introduction

Ayurveda, the ancient science of life, is a vast repository of innumerable single drugs and polyherbal formulations, many of which have been specifically mentioned for their role in enhancing Vyādhikṣamatva (immunity). Among these, Swarna Prashana occupies a unique and distinguished place in pediatric care. It is a classical technique of administering processed gold in a safe and therapeutic form with the objective of promoting both immunity and intellect in children, thereby ensuring their healthy growth and protection from recurrent illnesses.

The concept of Rasāyana (rejuvenative therapy) in Ayurveda goes beyond mere disease prevention. Rasāyana preparations such as Swarna Prashana exert nonspecific yet comprehensive effects on the body by boosting the immune system, enhancing host resistance, and simultaneously improving overall health, vitality, and mental functions. Acharya Kāśyapa, in his authoritative treatise, specifically highlights the unique benefits of Swarna Prashana. He states that when administered daily for a period of one month, it not only makes the child highly intelligent (Medhāvī) but also prevents susceptibility to frequent illnesses.

The Bala Vardhana property of Rasāyana-which denotes the enhancement of immunity and strength-is especially significant in the context of pediatrics, as it directly contributes to improving resistance against a wide spectrum of infections. In light of these classical references and the increasing prevalence of recurrent systemic infections in children, the present study has been designed to scientifically evaluate the effect of Swarna Prashana on enhancing immunity and reducing the incidence of such recurrent illnesses in the pediatric population.

According to Charaka -

“न च सर्वाणि शरिराणि व्याधिक्षमत्वे समर्थानि भवन्ति।” (च०सू०28)

Every individual immune system is not capable for protection against disease.

व्याधिक्षमत्वं व्याधिवलं विरोधित्वं व्याधिउत्पादकं प्रतिबंधकत्वं। (चक्र०)

“Immunity provides protection against diseases and is antagonistic to strength & virulence of disease”, (Acharya Chakrapani).³

Children's physical and mental health are important to allow them to think properly, develop socially and learn new skills.

2.Material & Method

The available Classical literature of lehan karma has been collected from different Ayurvedic texts, Modern texts, reputed immunomodulator drugs from various journals, internet related information, research studies done in various institutions & other sources.

3.Discussion

In the present era, childhood health is increasingly challenged by a variety of socio-cultural and environmental factors. Modern lifestyle patterns characterized by irregular daily routines, consumption of fast food and nutritionally imbalanced diets, excessive screen exposure, and reduced physical activity have collectively contributed to a decline in the natural health reserves of children. The widespread use of genetically modified foods and exposure to environmental pollutants further complicate this situation, creating a milieu that adversely affects the normal growth and development of the pediatric population. In such a background, maintaining

and enhancing the physical vigor and mental strength of children has become not only a challenge for parents but also a significant public health concern for the government and health policymakers.

Among the various health problems encountered in childhood, recurrent infections remain one of the most common and debilitating issues. Respiratory tract infections (RTIs) and gastrointestinal/abdominal infections, in particular, are observed with alarming frequency in pediatric practice. These recurrent episodes not only impair the child's physical well-being but also interfere with schooling, cognitive development, and overall quality of life. Moreover, recurrent infections are a major cause of childhood morbidity and, in severe cases, mortality, thereby imposing a substantial burden on both families and healthcare systems. The repeated use of antibiotics to control such infections further poses the risk of antimicrobial resistance, making prevention and immune enhancement even more crucial in today's scenario.

Sushruta Samhita

Acharya Sushruta described four swarna yogas which enhance memory, vyadhi kshamatwa and intelligence in children.

सौवर्णं सुकृतं चूर्णं कुष्ठं मधु घृतं वचा । मत्स्याक्षक शंखपुष्पी मधुसर्पिः
सकाच्चनम् ॥
अर्कपुष्पी मधु घृतं चूर्णितं कनकं वचा । हेमचूर्णानि कैडर्यः श्वेता दूर्वा घृतं मधु
॥
चत्वारोऽभिहिता प्राशा श्लोकार्धेषु चतुर्ष्वपि । कुमारानां वपुर्मेधाबलबुद्धिविवर्धना
॥
(सु० शा० 10/72)

These are -

- 1- Swarna bhasma with Kustha, Vacha, Madhu & Ghrita.
- 2- Swarna bhasma with Brahmi, Shankpushpi, Madhu & Ghrita
- 3- Swarna bhasma with Arkapushpi, Vacha, Madhu & Ghrita.
- 4- Swarna bhasma with Kaidarya, Shweta durva, Madhu & Ghrita

Kashyap Samhita

द्रव्याणां लेहनीयानां विधिश्चैवोपदेश्यते ।
विघृष्य धौते दृषदि प्राङ्मुखी लघुनाऽम्बुना ॥
आमथ्य मधुसर्पिभ्यां लेहयेत् कनकं शिशुम् ।
सुवर्णप्राशनं ह्येतन्मेधाग्निबलवर्धनम् ॥
आयुष्यं मंगलं पुण्यं वृष्यं वर्ण्यं ग्रहापहम् ।
मासात् परममेधावी व्याधिर्निर्न च धृष्यते ॥
षडभिर्मासैः श्रुतधरः सुवर्णप्राशनाद्भवेत् । (का० सू०)

According to Kashyap the SOP of swarna prashan should sit facing the east direction, take swarna and rub it against the hard surface (stone) with water and then mix it with madhu & ghrita and given for licking. Benefits of swarna prashan are Medha, Agni, Bala, Ayushya vardhan, Mangalyam, Punya, Vrishyam, Varnyam & grahapaham further it has been mentioned that by administered for one month he/she becomes Param Medhavi and by using for six month child becomes Shrutadhara.

Astang Hridaya

Acharya Vagbhatta also described four Swarna yog and its duration for administration according to him use of Swarna bhasma up to one year, provides medha, bala and varna vriddhi in childhood age.

Drug Review

1- Swarna Bhasma

➤ Characteristics of swarn bhasm on ayurvedic parameters⁶ are following -

Ras- madhur, tikta, kashaya.

Gun- guru, snigdha, picchil.

Virya- sheeta

Vipak- madhur⁷

Karma^{6,8}- Hridya, kantiprad, balya, sanshran, guru, lekhan, buddhimedhasmritikara, vranaghna, vagvishuddhikar, Rasayana, Sarvadoshar.

Matra- 1/8 -1/4 ratti⁶

Anupan⁹- madhu, marichchurna & ghrit, trikatu churna & ghrit.

Apathya⁶ -Bilvaphala (bel)

➤ Modern Parameters

Composition¹⁰ of Swarnabhasma is as follows-

Gold	96.76%	Potash	0.16%
Silica	1.14%	Sodium chloride	0.078%
Iron	0.14%	Sulphate	0.15%
Lime	0.546%	Moisture	0.24%
Copper trace, Magnesia trace, Phosphate	0.78%		

■ Research work on swarn bhasm

- Researches show that gold particles having antioxidant property and T -lymphocyte activator property¹¹.
- Nano particles can also be absorbed through sublingual route directly into blood stream¹².
- In certain researches it has been found that swarnabhasma possesses free radical scavenging activity, analgesic activity and antistress effect¹³.

2 -BRAHMI GHRITA:

ब्राह्मीरसवचाकुष्ठशंखपुष्पीभिरेव च । पुराणं घृतमुन्मादालक्ष्म्यपस्मारपापनुत् ॥
(च. वि. 10/25)

S.No	Sanskrit Name	Botanical Name	Part Used
1.	Brahmi	<i>Bacopa monnieri</i>	Whole plant
2.	Sankh pushpi	<i>Convolvulus pluricaulis</i>	Whole plant
3.	Kustha	<i>Saussuria lappa</i>	Root
4.	Vacha	<i>Acorus calamus</i>	Rhizome

Research work

- Encouraging effect of *Brahmi Ghrita* in amnesia¹⁵
- Analytical Study of *Brahmi Ghrita*¹⁷
- A study to evaluate bacoside A in *Brahmi Ghrita* by HPTLC method¹⁹
- Beneficial effect of *Brahmi ghrita* on learning and memory capacity.¹⁸

3-Giloy GhanSatwa –**➤ Ayurvedic Aspect**

गुडूची कटुका तिक्ता स्वादुपाका रसायनी । संग्राहिणी कषायोष्णा लघ्वी
बल्याग्निदीपनी ।। दोषत्रयामतुर्द्धाहमेहकासांश्च पाण्डुताम् ।
कामलाकुष्ठवातास्रज्वरकृमिवमीहरेत्
(भा. प्र.)²⁶

Research work

- Anti- inflammatory activity²²
- Anti stress activity²³
- Immunobiological activities²⁴
- Mental disorder²⁵

4-Madhu**➤ Ayurvedic Parameters**

According to *Sushruta samhita* general properties of *Madhu* are-

Madhu (honey) is sweet (in primary taste) and astringent in secondary taste, dry cold kindles digestion, good for complexion and voice, light, bestows softness to body, scarificant, good for heart, aphrodisiac, unite fractures, clean and heal wounds, constipating, good for vision, clean the eyes, enters into minute channels, mitigates *pitta*, *kapha* and *medas*, cure diabetes, hiccup, dyspnea, cough, diarrhea, vomiting, thirst, worms and poison. Bestows happiness and mitigates all the three *doshas*. It mitigates *Kapha* due to easy digestibility, *Vata* and *Pitta* due to sliminess, sweetness and astringency.

Modern Parameters

Honey is the collection of nectar & pollen grains by bees. When honey is administered in low dose it gradually develops resistance for allergens in child. Honey mainly consists of sugar and water. It has high level of monosaccharide, fructose and glucose, vitamins and several minerals like iron, calcium, phosphate, potassium, magnesium.

Honey is characteristically acidic with pH 3.2 to 4.5, which is low enough to be inhibitory to several bacterial pathogens. Hydrogen peroxide is the major contributor to the antimicrobial properties of honey.

5-Ghrit**Ayurvedic Parameters**

According to *Sushruta samhita* general properties of *ghrit* are-

It is sweet, mild in action, soft, cold in potency, not increasing moisture in the tissues, lubricating, relieves upward movement in the alimentary tract, insanity, epilepsy, colic, fever and distension of abdomen, mitigates *vata* and *pitta*, kindles digestive fire, increase memory, wisdom, intelligence, complexion, voice, beauty, softness of the body, vitality, vigor, strength and span of life, it is aphrodisiac, good for vision, wards off sins and destroy poison and demons.

Ghrit is regarded as the best of all unctuous articles which imbibes the quality of drugs. (*Acharaya Charaka*)

Modern Parameters

It is rich in antioxidants and act as an aid in absorption of vitamin and minerals from the food, serving to strengthen the immune system.

Toxicity of materials used if any

No such serious toxic effect noted in any drug by previous researchers.

➤ Swarna Bhasma

1. Study of Dr. Vinarma Sharma - titled show that "toxicity study of *suwarn bindu prashana* in albino rats" [Results- No sign of toxicity in albino rats.]

2. Acute oral administration (continuous for 8 weeks on albino mice; 10mg/20gm b.w. /day) of *swarnabhasma* had not reported any toxic effects as assessed by liver function tests and histological investigations.

[Mitra A, Chakraborty S, auddy B et al. evaluation of chemical constituents and free radical scavenging activity of *swarnabhasma* (gold ash), an ayurvedic drug. *J ethnopharmacol*.2002;80:147-53.]{pubMed}

Guduchi Ghansatwa

No significant information on side effects is available so far. Nothing conspicuous has been done as yet in this aspect although many experiments have already been conducted on this plant. according to Ayurveda, herbs are taken in combination with other herbs with the opposing effect of the other or to enhance the particular effect of one herb with the herb of the other.

[Anonymous, quality standards of Indian Medicinal Plants, Vol.1 (co-ordinator A.K. gupta), (Indian Council of Medical Research, New delhi) 2003, 212]

➤ **Madhu & Ghrit**- No toxicity reported so far.

4.Conclusion

Swarnaprashana has been described in Ayurveda as a form of *Lehana Karma*, a traditional practice aimed at enhancing *Vyādhi-kṣamatva* (immunity) and promoting the holistic

development of a child. In this procedure, processed gold (*Swarna*) is administered to infants and children in combination with honey (*Madhu*), ghee (*Ghrita*), and other herbal drugs immediately after birth or during early childhood. This unique combination is believed to strengthen immunity, augment intellectual capacity (*Medhā*), and improve physical endurance, thereby protecting the child from recurrent illnesses.

Gold (*Swarna*) itself, though not an essential element of the human body, has been scientifically validated for its immunomodulatory and antioxidant properties. Classical Ayurvedic texts also highlight that the majority of formulations indicated under *Lehana Karma* contain *Swarna* as a vital ingredient, underlining its therapeutic significance. Modern experimental studies have further demonstrated that gold preparations influence immune responses by modulating host defense mechanisms and enhancing resistance against infections.

In addition to *Swarna*, other ingredients of *Swarnaprashana* synergistically contribute to its therapeutic benefits. *Brahmi Ghrita*, a well-known *Medhya Rasāyana*, is traditionally prescribed in conditions like *Unmāda* (psychosis) and *Apasmāra* (epilepsy) and is composed of *Brahmi* (*Bacopa monnieri*), *Vacha* (*Acorus calamus*), *Shankhapushpi* (*Convolvulus pluricaulis*), and *Kushta* (*Saussurea lappa*). All these ingredients are recognized for their *Medhya* (nootropic) and *Rasāyana* (rejuvenative) properties, thereby contributing to cognitive development and nervous system health.

Honey (*Madhu*), another crucial component, is composed of diverse pollen grains which possess antigenic activity. By stimulating the immune system, honey acts as a natural immunological primer in early life. Furthermore, the combination of *Ghrita*, *Madhu*, and *Swarna*—although classically categorized as *Viruddhāhāra* (incompatible combination)—when administered in meticulously prepared, minute quantities as described in *Swarnaprashana*, functions as a unique immunomodulatory complex that stimulates and strengthens the body's natural defense system.

The concept can be beautifully compared with agriculture: just as fertile soil, adequate nourishment, and proper sunlight yield high-quality fruits, similarly, administration of *Swarnaprashana* in the early formative years of life is believed to shape a healthy, intelligent, and disease-resistant individual, ensuring a good quality of life in the future.

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