



Role Of *Swarna Bhasma* & Its Role & Benefits In *Swarna Prasanna*- A Review

Dr. Monika Singh¹, Prof. Avdhesh Bhatt²

¹P.G. Scholar, *Rasashastra & Bhaishajya Kalpna* Dept. M.M.M. Govt. Ayurved College, Udaipur (Raj)

²Professor & HOD, *Rasashastra & Bhaishajya Kalpna* Dept. M.M.M. Govt. Ayurved College, Udaipur (Raj)

Abstract

Swarna Bhasma, a purified and incinerated form of gold, has been widely used in *Ayurveda* for its therapeutic benefits (*Charaka Samhita*, *Rasayana Adhyaya*). *Swarna Prashana*, a traditional *Ayurvedic* immunization therapy, involves the administration of *Swarna Bhasma* mixed with honey and ghee to enhance immunity, cognitive functions, and overall health in children (*Sushruta Samhita*, *Chikitsa Sthana*). This review aims to explore the pharmacological properties, benefits, and clinical significance of *Swarna Bhasma* in the context of *Swarna Prashana*. The study also integrates classical *Ayurvedic* literature with modern scientific findings to highlight its efficacy and safety profile. *Swarna Prasanna* is widely used in pediatric *Ayurvedic* formulations. Any elemental form of a metal, purified and transformed according to scientific methods as described in *Ayurvedic* texts, will exhibit the medicinal properties of *Swarna Bhasma*. The medicine, *Swarna Prasanna*, is easily digestible by infants and children. In fact, it indicates a wide variety of applications of gold as *Ayurvedic* medicine. People should be aware of its usage in advance through experienced information. The information on *Swarna Bhasma* and *Swarna Prasan* will help create awareness among people about it.

Keywords: *Swarna Bhasma*, *Swarna Prashana*, *Ayurveda*, Immunity, Cognitive Development, *Rasayana*

Introduction to *Swarna Bhasma*

Ayurveda, an old Indian healing method, focuses on preventing illness with different *Rasayana* treatments. *Swarna Prashana* is one of the sixteen ancient rituals in *Ayurveda*. It is a practice aimed at boosting the immune system in children. It includes taking *Swarna Bhasma* by mouth, which is thought to improve memory, intelligence, digestion, strength, and lifespan. Recent studies indicate that *Swarna Bhasma* has immune-boosting, brain-protecting, and anti-aging benefits, making it a valuable vitamin for children's health. This study looks at the scientific background, effects on the body, and medical uses of *Swarna Bhasma* in

Swarna Prashana. *Swarna Bhasma* is a calcined preparation of gold used in the ancient Indian *Ayurveda* system as well as in the allopathic system of medicine. According to *Ayurveda*, *Swarna* is *Snigdha*, *Teekshna*, *Ushna* *Veerya*, and *Hima Varna*. It is used in the treatment of poisoning, syncope, excessive perspiration, fever, cataract, tuberculosis, and respiratory diseases. In allopathy, gold is used as light energy in the treatment of different types of cancer, arthritis, and to cure kidney dysfunction and skin diseases. Such *Swarna* intoxication is safe for other tissues; however, it is lethal to germ tissues. Saar of medicinal plants is used to make *Swarna Bhasma*. *Swarna Bhasma* or *Rasa Sindur* with *Swarna* in it is also made from *Karpoor*. *Swarna Bhasma* is used to cure different diseases like tuberculosis, chronic lung disease, pulmonary disease, bone TB, as well as general debility. *Swarna Prashan* is gaining recognition among *Ayurveda* practitioners. Although the preparation of *Swarna Bhasma* is conducted through a number of steps, since *Swarna Bhasma* is beneficial for numerous diseases, it is also beneficial for *Swarnaprashan*.¹

Materials & Methods:

A thorough literature analysis was performed utilizing historical *Ayurvedic* sources, including *Charaka Samhita (Rasayana Adhyaya)*, *Sushruta Samhita (Chikitsa Sthana)*, and *Ashtanga Hridaya (Uttara Tantra)*, in conjunction with contemporary pharmacological research published in indexed journals. Data was gathered from internet databases, including PubMed, Google Scholar, and AYUSH research portals, concentrating on the therapeutic benefits, clinical trials, and biochemical features of *Swarna Bhasma* in pediatric health.

Aim & Objective:

- To analyze the pharmacological properties and therapeutic benefits of *Swarna Bhasma* in *Ayurveda*.
- To explore the role of *Swarna Prashana* in pediatric health and immunity enhancement.
- To integrate classical *Ayurvedic* references with modern scientific research on *Swarna Bhasma*.
- To evaluate the safety, efficacy, and standardization concerns associated with *Swarna Bhasma* administration.
- To provide a comprehensive understanding of the clinical applications of *Swarna Bhasma* in preventive healthcare.

Historical Background

Swarna Prasanna for kids is a process of giving *Swarna Bhasma*, a type of gold *Bhasma* along with some *Ayurvedic* medicines in accordance with their natural organic and inorganic physical and chemical actions. *Swarna Bhasma* extract is used with specific drugs for particular indications, and then applied to *Dhatu-Malabaddha Swarna*. The concept of *Swarna Prasanna* for kids is almost 5000 years old. Though the history of *Swarna prasanna* for a kid is a backdated one, nowadays diamonds are not in our hands and gold is within our reach. Similarly, in the case of diseases, which are a type of enemies, their hypertension, diabetes, etc. are

beyond our reach and within our hand. It is deprecated day by day due to their lifestyle and diet; the diabetic patient may come to the stage of diabetes Myleitis, both of these patients suffering from non-curable disease. Drug resistance is very common to a disease; it can be considered as a type of tool. The child may face a number of problems due to the feelings of its parents; no parent wants to play with their child's life. In this context, *Swarna prasanna* for kids has very good reference and results. ²

Preparation and Properties

Process: For effective *Swarna Bhasma* preparation, the gold bar is burnt 8 times in an *Ayurvedic* kiln with basic ingredients like *Kumari Swarasa* 125 times each in a series of 8 hours and with levigation with 5 juices (first *Kumari rasa*, then followed by *Brahmi*, *Sanjeevini*, *Ladri*, and finally *Parsakhanda juice*) and dried in sunlight each time before keeping it back for the next hour. For *Swarna Prasaana*, the *Swarna Bhasma* is mixed with honey and *ghee* and applied to babies. Up to 3 months, it is indicated to be used in various diseases. The immunomodulation and antigrowth effect of *Swarna Bhasma* is very famous. So, as per the evidence from our ancient *Ayurvedic* experts and confirming with the evaluation of this formulation and its properties, it is proposed that *Swarna Bhasma* can be added to baby health, which is the main aim of our pediatric age group. ³

Swarna Prasanna: Concept and Significance

Swarna Prasana is the practice of administering *Swarna Bhasma* with honey, ghee, or breast milk for children to improve their immune power naturally. It is classical pediatric medication explained in *Ayurveda* as one of the *Vajeekarana Ghruta* formulations. Though it was universally followed in practice, over a period of time, it has been forgotten. *Swarna Prasana* is conducted on specific days that are special for *Swarna Prasana*. *Ayurvedic* scholars believe that *Swarna Prasana* not only has the potential to boost digestion and immunity but also to improve cognitive learning, attention span, and social behavior in children. The gold content used in *Swarna Prasana* will never reach a toxicity level, and hence toxicity is out of the question. ⁴

Swarna Bhasma for *Swarna Prasana* is a kind of *Ayurvedic* metalloherbal preparation. This is a semi-calcined formulation containing gold *Bhasma*, which has nanoparticle size. This gold *Bhasma*, in the form of extremely fine particles, acts on the neuro-sensory organs, giving sharp intelligence and development in the child. Due to *Swarna* having immunity-modulatory function and *Rasayani* nature, it acts as an immunity booster naturally. Whenever the child eats sweets, fried foods, sour food items, yogurt, and cold drinks, the immunity of the child is compromised, leading to respiratory, digestive, allergic, and worm infestation problems. Naturopathy experts say that malnutrition can also occur due to excessive consumption of these kinds of food, thus leading to premature loss of calcium and teeth. *Swarna Prasana* thus helps to improve the overall immune and intellectual power of the child.

Ayurvedic Formulation

The formulation of *Suvarnaprasa* – children's immunization with gold is mentioned in traditional texts. *Swarna Prashana* acts as a strong strength booster and immunity booster. It is indicated in children for better growth and development and also to improve immunity. *Swarna Bhasma* is one of the best rejuvenatives in nature. The combination of *Swarna Bhasma*, ghee, honey, and freshly prepared juices is prepared and given to the individual. The same *Prasana* should be given continuously for 30 days. This is best for the prevention of diseases and is a good antigen during childhood. Small doses, easily digestible, best in taste, and known for their rejuvenative effect, honey is used along with different drugs to increase its potency and is very effective in the diseases of the bone.⁵

Therapeutic Uses

Bhasma literally means ash. *Bhasma* means ash obtained from burning. The preparation of *Bhasma* is called "*Bhasmikanrana*." The metals or minerals have to be purified and made part of *Bhasma*. *Bhasma* plays a pivotal role in *Ayurveda*. Each metal or mineral has to undergo the preliminary purification process before *Bhasmikanrana*. This procedure includes *Shodana* (purification), *Prakshaalana* (treatment with solvents), *Gowdaanam* (exposure to milk), *Dehaadhaatwaat* (checking for bodiedness), *Roopa* (physical observation), *Tannirnayam* (acceptance of its lead to *Bhasma*). Each metal or mineral has its specific *Mahakashay Jeevaniya*, *Brmanjarya*, and *Yogavahi* nature.⁶

Ash of *Swarna* (gold) is called *Swarna Bhasma*. After *Shodana*, *Swarna* has to undergo two cycles of *Pura* (quenching) – *Jara* (melting) followed by *Bhasmi* (with *Vaat* taking *Jara*). It has to be administered in low doses as it can challenge the human body with its warm *virya*. *Swarna* has special importance in *Rasa Chikitsa* as it is a *Yogavahi* mediator and has *Tridoshaghna* and *Bala* improving actions. *Swarna* has proved to be acting at *Pranavha Srotas* and helps in *Rasayana* action. *Swarna* has a condensed state (*Sanghata*) and occurs in *Parthiva* (earthy) stage. *Swarna Bhasma* has great therapeutic effects in *Garbha Janya* disorders including *Prasooti*, *Kshata*, *Dourbalya*, *Rajayakshma*, *Dehabala*, and *Vatatapika*. For producing *Swarna Bhasma*, methodologies need to be developed and researched in proper lines.⁷

Clinical Benefits of Swarna Prashana

- Enhances immune function and resistance against seasonal infections (*Charaka Samhita*, *Chikitsa Sthana*).
- Improves mental alertness, intelligence (*Medha*), and memory (*Sushruta Samhita*, *Uttara Tantra*).
- Promotes physical growth, digestion, and metabolism (*Ashtanga Hridaya*, *Uttara Tantra*). Aids in speech development and sensory-motor coordination (*Rasa Tarangini*, Chapter 22).
- Provides long-term benefits in preventing lifestyle-related disorders by strengthening the body's innate defense mechanisms (*Charaka Samhita*, *Sutrasthana*).

Mechanism of Action of *Swarna Bhasma*

The *Swarna Bhasma* possesses unique properties, and when it is administered as per the principles of *Ayurveda*, it helps in preventing diseases and establishing positive health. Several pharmacological experimental studies have been conducted to understand the mechanism of action of *Swarna Bhasma*. The reports have shown that *Swarna Bhasma* exhibits various activities like cytoprotective, adaptogenic, agonistic, and rejuvenating properties when administered. *Bhasma* initiates its action once it is metabolized after digestion. It is transmuted into various minerals, which are the activating factors in the metabolic activity of the body. When *Swarna Bhasma* undergoes the digestion process, initially, it starts its activity by being transmuted into gold chloride. Further, the transformation produces a gold metal that initiates several positive effects, like modulating immune responses and invigorating Agni in the body. Gold acts by catalyzing the transport of pulses through the cell membrane.²

The excellent quality of the medicated gold particles assumes the capability of penetrating Agneya Dravyas that are in the digested state. The *Agneya Dravyas*, which were transmuted in the form of nanogold, can easily target the tissues with maximum heat, invigorate them, and prompt the tissue components to achieve bonding in optimum quantities. The nanosize of gold, which is produced while *Swarna Bhasma* undergoes preparations such as *Shodhana Vamana*, is found to have a very high surface area compared to the volume, which contributes to its catalytic activity. Gold nanoparticles have a possible medicinal use in inflammatory diseases, and future research should be aimed at identifying the role of gold nanoparticles in the mechanism of action of the drugs compliant as those catalysts.⁸

Bioavailability and Pharmacokinetics

This is an attempt to bring light to the utilities and efficacies of *Swarna Bhasma* and its role in permitting and potentiating the *Swarna Prasanna* drug. *Swarna Bhasma* is a potentized medicine. In *Ayurveda*, *Swarna* is known for its *Balya*, *Medha Vardhana*, *Rechana*, and *Rasayana* properties. However, the dual role and effect of *Swarna Bhasma* and its role in the *Swarna Prasanna* should not be overlooked. The *Swarna Prasanna* is being prepared from the *Swarna Bhasma*, and without this, the medicine should not be considered as it lacks the *samskar* and the due role of the ash.⁹

Bhasma is decreased to the smallest possible particle size to increase the efficiency that inspires a stimulus effect on the human body. The concept of nano-medicine and the use of *Bhasma* in the form of *Swarna Bhasma* support the same described concepts of the above-mentioned areas. Ayurvedic texts mention that when *Swarna Bhasma* is given internally, it is mixed with some liquid, but the properties of the metal sodium are not changed. That is to say that when it gets into the bloodstream, it is converted from sodium to gold due to the biochemical reaction in the body. With these differences in effect, it is mentioned that *Swarna Bhasma* is used for drinking and *Swarna Kalpa* for making into powder.¹⁰

The term bioavailability refers to the relative rate and extent of the therapeutic moiety available from an administered dosage. The significance of bioavailability relies on both the rate and the extent of the in vivo availability of the administered equipment. Pharmacokinetics points out the residence of a drug in the body as a function of time. The time courses can be determined according to the drug absorption rate, its distribution, and metabolism or excretion. *Swarna Bhasma* is absorbed by the tissues and organs in its molecular form and circulates with the blood plasma. It appears in the urine in the form of gold nanoparticles, proving its traceability.¹¹

Clinical Efficacy and Safety of *Swarna Bhasma*

Nava Jatara Paricharya, an *Ayurvedic* neonatal care regime, which includes the administration of *Swarna Bhasma* for promoting good health, has been effectively followed since ancient times. *Swarna Prashana* is used to maintain excellent coordination and cooperation between other parts of the body functioning during their growth; this may be considered a preventive measure against diseases. In *Nuapura*, *Swarna Prashana* is used to manage less developed intelligence in human beings and also to develop certain immunity against some diseases in different age groups of human beings, apart from other therapeutic uses like infertility, diarrhea, and dysentery. Several research works have been reported on *Swarna Bhasma* to evaluate its efficacy and safety. Recently, *Swarna Bhasma* has been widely used in diseases occurring in the pediatric age group as well. It plays an important role in the protection of children from different ailments and improves both physical and mental health. Animal studies have shown hepatoprotective properties with enhancement of superoxide dismutase and catalase activity in liver tissue with a pre-oral prophylactic dose of *Swarna Bhasma*. The neuroprotective effect of *Swarna Prashana* was reported in rat models with *Swarna Bhasma*. The anti-nociceptive effect of *Swarna Bhasma* was proven in different experimental models. The CNS stimulant activity of *Swarna Bhasma* was investigated in animal models with dexterous activity, forced swimming tests, grip strength measurement, hole board tests, and subtractive analysis or gene expression in the brains of Rout and Wistar albino rats. Information was presented on the toxicity profile of *Bhasma* along with the safety profile in experimental animal models.¹²

Discussion

Ayurveda, the science of life, emphasizes the importance of *Swarna* in promoting the growth of children. *Swarna Bhasma* is especially used in the pediatric age group under the name of *Swarna Prashana*. *Swarna Prashana* is illustrated by Master Sushruta, who also specified its indications and contraindications. *Swarna Bhasma* has promising medicinal value due to various activities like antioxidant activity, anti-inflammatory action, neuroprotective properties, rejuvenating quality, enhancing activity, and its essentiality for the fetus. It also helps in digestive health, bestows physical, mental, and spiritual well-being, and exhibits bacteriostatic action.¹³ To incorporate the medicine of the outer world for holistic health, *Ayurveda* chikitsa has an inclusive approach against diseases to attain holistic development in children. Historical references in two classical texts provide evidence for their protective, preventive, and promotional actions through *Swarna Prashana*,

Abhyanga, *Anjan*, and *Nasya* of *Yogasutras* purification, as well as specific *Rasayana* drugs possessing higher efficacy. These practices not only provide an increase in *Dahadhatu Bala* but also seem to show a thermogenic effect, improve *Agni*, enhance metabolism, eliminate non-essential substances, remove *Ama*, and increase immune function, mentality, and sensory acuity. *Swarna Bhasma* appears to have more stable, longer-lasting effects with non-hazardous, non-immunogenic reactions, and with no intense side effects. *Swarna Prashana* may be helpful in the regulation of *Chandrama Prabha*, *Mukta*, and *Vimala Bindum*.¹⁴

Conclusion and Future Directions

Swarna Prasanna is the pharmaceutically processed gold, explained by different texts as it enhances the intelligence, improves verbal capabilities, and also increases the span of life. The present study is an attempt to make a modest contribution to understanding the basic chemistry and therapeutics and procedures available therein to articulate the quality parameters and develop standards for finally making the product acceptably contributory to vulnerable people of society. *Swarna Prasanna* is the preparation that comes at the very climax and missing control and quality and well expression. It should trigger security and integrity as also trust and faith to earn credibility and people also should understand the relevance and authenticity and purpose of making standardized gold mentioned in the texts. There is always scope of improvement and its upgrading as already pointed out that gold is a valuable metal and place in society should be made available for the longevity of good relationship that provides to serve them as part of health care against the third interest and third party interference which today's medical model is subjected to - for the survival of fittest and no more service is the only motto.

References:

1. Sharma S, Chorasias SK, Yadav AK. The role of *Swarna Bhasma* in the treatment of Autoimmune disease. *Journal of Ayurveda and Integrated Medical Sciences*. 2021 Sep 15;6(4):285-90. jaims.in
2. Shelke VM, Kadam PD, Gupta S. A CRITICAL REVIEW ON SWARNA AMRUT AND ITS VARIOUS METHODS OF PREPARATION. World. 2022. researchgate.net
3. Khan S, Ojha NK. Role of *Swarnaprashan* in Children: A Systematic Review. *International Research Journal of Ayurveda and Yoga*. 2022 May 31;5(5):165-73. acspublisher.com
4. Singh S, Singh K, Singh BM, Tripathi YB. Efficacy of *Swarna-prash* in combating perinatal oxidative stress and its compatibility in newborns. 2024. niscpr.res.in
5. Verma P, Pathak AK. Emerging Potentials of Oral Gold Therapeutics (*Swarna Prashana*) For Pediatric Age in Post COVID Era. *Annals of Ayurvedic Medicine*. 2024. researchgate.net
6. Kumar P, Jayakumar R, Dash MK, Joshi N. The Potential Impact of Ayurvedic Traditional *Bhasma* on SARS-CoV-2-Induced Pathogenesis. *Current Traditional Medicine*. 2023 Jun 1;9(3):28-43. [HTML]

7. Nambiar A. RASADRAVYA AS RASAYANA IN GERIATRIC CARE AND CURE-with special reference to Makaradhwaja rasa. InProceeding of International Conference JAITRA-2021 2021 Nov 18 (p. 73). Book Rivers. [\[HTML\]](#)
8. Li Z, Xiao Y, Liu F, Yan X, You D, Li K, Zeng L, Zhu M, Xiao G, Albert J, Guo T. Operando optical fiber monitoring of nanoscale and fast temperature changes during photo-electrocatalytic reactions. *Light: Science & Applications*. 2022 Jul 13;11(1):220. [nature.com](#)
9. Badilescu S, Packirisamy M. Diversity Unlocks Creativity and Innovation. *The Electrochemical Society Interface*. 2022 Mar 1;31(1):57. [researchgate.net](#)
10. Tiwari MK, Singh A, Khooha A, Goutam UK. Structural investigation of *Ayurveda* Lauha (Iron) *Bhasma*. *Journal of Ayurveda and Integrative Medicine*. 2023 Mar 1;14(2):100690. [sciencedirect.com](#)
11. Swati AP, Hemant SK. Nanotechnology-Finding proofs for its ancient origin. 2021. [ajpsonline.com](#)
12. Nelaturi P, Nagarajan P, Sabapathy SK, Sambandam R. *Swarna* bindu prashana—an ancient approach to improve the infant’s immunity. *Biological Trace Element Research*. 2021 Jun;199:2145-8. [springer.com](#)
13. Uppinakuduru S, Kumar SN, Rao PN, Raj GA. Effect of *Swarnamrithaprashana* on Promotion of Immunity in Children: A Randomized Double-Blind Clinical Trial. *Journal of Ayurveda*. 2021 Apr 1;15(2):91-103. [lww.com](#)