

**IMPORTANCE OF SUWARNAPRASHAN IN BALROGA CHIKITSA: A
REVIEW STUDY****Vd. Sandip D. Sontakke*¹, Vd. Sumit D. Pawar²**¹Assistant Professor, Balrog Department SSVP Ayurveda College and Research Center, Hatta.²Associate Professor, Balrog Department Sanjivani College of Ayurveda and Research
Center, Kopargaon**Article Received: 31 March 2026, Article Revised: 21 April 2026, Published on: 11 May 2026*****Corresponding Author: Vd. Sandip D. Sontakke**

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DOI: <https://doi-doi.org/101555/ijarp.8003>**ABSTRACT**

Kaumarbhritya, one of the eight branches of Ayurveda, primarily focuses on the preventive and promotive healthcare of children through proper nutrition, samskaras, rasayana therapy, and enhancement of immunity. Suwarnaprashan is an important Ayurvedic pediatric practice described in Kashyapa Samhita in which processed gold (Swarna), generally in the form of Swarna Bhasma, is administered along with honey, ghrita, and medhya dravyas to children for improving physical, mental, and immunological health. Classical Ayurvedic texts describe Suwarnaprashan as “Medhagnibalavardhanam,” indicating its role in enhancing intellect, digestive power, strength, longevity, complexion, memory, and disease resistance. In the modern era, increasing incidence of recurrent respiratory infections, allergies, malnutrition, developmental delays, poor concentration, and reduced immunity among children has highlighted the need for safe and effective immunomodulatory interventions. Suwarnaprashan has gained considerable attention due to its preventive, promotive, and therapeutic potential in pediatric healthcare. This review article was prepared through extensive review of classical Ayurvedic literature including Kashyapa Samhita, Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya along with modern scientific publications obtained from PubMed, Google Scholar, AYUSH Research Portal, and peer-reviewed journals. Literature related to Swarna Bhasma, pediatric rasayana therapy, immunomodulation, neurocognitive development, and clinical studies on Suwarnaprashan was critically analyzed. Classical references strongly advocate the use of Suwarnaprashan for improving medha, smriti, agni, bala, ayushya, and vyadhikshamatva. Modern scientific

studies also indicate possible immunomodulatory, antioxidant, antimicrobial, anti-inflammatory, adaptogenic, and neuroprotective properties of Swarna Bhasma and associated ingredients. Clinical observations have shown beneficial effects in recurrent upper respiratory tract infections, poor appetite, delayed milestones, reduced concentration, and general debility in children. The synergistic combination of Swarna Bhasma with honey, ghrita, and medhya herbs contributes to enhancement of Ojas and overall growth and development. Suwarnaprashan therefore represents a unique Ayurvedic pediatric rasayana with significant importance in Balroga Chikitsa. Although preliminary studies support its therapeutic utility, further large-scale standardized clinical trials and scientific validation are essential to establish its efficacy, safety, and role in integrative pediatric healthcare.

KEYWORDS: Suwarnaprashan, Balroga Chikitsa, Kaumarbhritya, Swarna Bhasma, Vyadhikshamatva, Pediatric Rasayana, Ayurveda.

INTRODUCTION

Kaumarbhritya is one of the eight specialized branches of Ayurveda that deals with neonatal care, child nutrition, growth, development, disease prevention, and management of pediatric disorders. Ayurveda recognizes childhood as a delicate phase due to incomplete maturation of dhatus, agni, immunity, and mental faculties.

Children are considered more susceptible to diseases because of:

- Immature immune system
- Delicate tissues
- Incomplete digestive capacity
- Dependency on nutrition and environment

Ayurveda therefore advocates preventive pediatric practices such as:

- Jatakarma
- Lehana
- Rasayana therapy
- Suwarnaprashan

Among these, Suwarnaprashan has gained immense significance because of its claimed role in improving immunity and intellect.

The classical reference in Kashyapa Samhita states:

“सुवर्णप्राशनं ह्येतन्मेधाग्निबलवर्धनम् ।

आयुष्यं मङ्गलं पुण्यं वृष्यं वर्ण्यं ग्रहापहम् ॥”

“मासात् परममेधावी व्याधिभिर्न च धृष्यते ।

षड्भिर्मासैः श्रुतधरः सुवर्णप्राशनाद्भवेत् ॥”

Suwarnaprashan enhances intelligence, digestion, strength, longevity, complexion, auspiciousness, and protects from diseases and harmful influences. One month of administration improves intellect, while six months enhances memory and grasping power.

In the modern era, children frequently suffer from:

- Recurrent respiratory tract infections
- Allergies
- Malnutrition
- Poor concentration
- Behavioral disorders
- Reduced immunity

Hence, Suwarnaprashan is being explored as an Ayurvedic immunization and health-promoting strategy.

Aim and Objectives

Aim

To study the importance of Suwarnaprashan in Balroga Chikitsa.

OBJECTIVES

1. To review classical references regarding Suwarnaprashan.
2. To evaluate its pharmacological and therapeutic properties.
3. To study its role in immunity enhancement and cognitive development.
4. To correlate Ayurvedic principles with contemporary scientific evidence.

MATERIALS AND METHODS

This review article was prepared by collecting information from:

- Ayurvedic classical texts
- Published research papers
- Peer-reviewed journals

- Online scientific databases
- Sources Reviewed
- Classical Sources
- Kashyapa Samhita
- Charaka Samhita
- Sushruta Samhita
- Ashtanga Hridaya
- Modern Sources
- PubMed
- Google Scholar
- AYUSH Research Portal
- Journal of Ayurveda and Integrative Medicine
- AYU Journal
- Keywords Used
- Suwarnaprashan
- Swarna Bhasma
- Balroga Chikitsa
- Kaumarbhritya
- Pediatric Rasayana
- Immunomodulation in Ayurveda

The collected data were critically analyzed and systematically interpreted.

Review of Literature

Concept of Suwarnaprashan

Suwarnaprashan is a pediatric Ayurvedic preparation administered orally in children. It generally contains:

1. Swarna Bhasma
2. Honey (Madhu)
3. Ghrita
4. Medhya herbs such as Brahmi, Vacha, Shankhapushpi, Guduchi

It is administered either:

Daily

Monthly on Pushya Nakshatra

Suwarnaprashan is categorized under:

- Lehana
- Rasayana
- Medhya therapy
- Ojovardhaka chikitsa

Classical References

Kashyapa Samhita

“लेहनं सुवर्णयुक्तं मधुसर्पिर्भिरन्वितम् ।

बालानां हितकरं प्रोक्तं मेधाबलविवर्धनम् ॥”

This verse indicates that administration of gold with honey and ghee promotes intellect and strength in children.

Charaka Samhita

Charaka has emphasized the importance of Rasayana therapy for improving:

- Longevity
- Memory
- Intelligence
- Immunity

“दीर्घमायुः स्मृतिं मेधामारोग्यं तरुणं वयः ।”

Sushruta Samhita

Sushruta highlighted the importance of Swarna in:

- Improving vitality
- Enhancing complexion
- Promoting tissue nourishment

Properties of Swarna According to Ayurveda

Rasapanchaka

Property	Description
Rasa	Madhura, Tikta
Guna	Guru, Snigdha
Virya	Sheeta

Property	Description
Vipaka	Madhura

Karma

- Rasayana
- Medhya
- Balya
- Ojovardhaka
- Vrishya
- Ayushyakara

Importance of Ingredients Used in Suwarnaprashan

1. Swarna Bhasma

- Enhances immunity
- Improves intellect
- Acts as Rasayana
- Increases strength and vitality

2. Honey (Madhu)

- Yogavahi property
- Improves drug absorption
- Antimicrobial action

3. Ghrita

- Medhya
- Improves memory
- Nourishes nervous system

4. Brahmi

- Enhances cognition
- Improves concentration

5. Guduchi

- Immunomodulator
- Antipyretic

- Adaptogenic

Mechanism of Action

Ayurvedic Perspective

Suwarnaprashan acts through:

- Agni deepana
- Dhatu poshana
- Ojas enhancement
- Srotoshodhana
- Medhya action

Concept of Ojas

“ओजः सर्वधातूनां सारमित्यभिधीयते”

Ojas is considered the essence of all dhatus and is responsible for:

- Immunity
- Strength
- Mental stability
- Resistance against disease

Suwarnaprashan enhances Ojas and therefore improves Vyadhikshamatva.

Modern Scientific Perspective

Modern research suggests:

- Gold nanoparticles may activate macrophages
- Antioxidant activity reduces oxidative stress
- Neuroprotective effects improve cognition
- Immunomodulation enhances host defense
- Pharmacological Activities
- Antioxidant
- Antimicrobial
- Anti-inflammatory
- Adaptogenic
- Immunomodulatory

RESULTS

Based on literary and clinical review, Suwarnaprashan demonstrates beneficial effects in children.

Clinical Parameter	Reported Effect
Immunity	Reduced recurrent infections
Appetite	Improved digestion
Growth	Better weight gain
Memory	Enhanced concentration
Behavior	Better sleep and activity
Learning Ability	Improved grasping power

Clinical studies have shown reduced frequency of upper respiratory infections and improved immunity after regular administration.

DISCUSSION

Suwarnaprashan plays a major role in preventive pediatrics. Ayurveda believes that prevention is superior to cure.

The synergistic effect of: Swarna Bhasma, Honey, Ghrita, Medhya herbs provides holistic nourishment to: Body, Mind, Immune system

Importance in Balroga Chikitsa

1. Preventive Role

Suwarnaprashan acts as an Ayurvedic immunization promoting disease resistance.

2. Cognitive Enhancement

Improves: Medha, Smriti, Concentration, Learning ability

3. Nutritional Support

Enhances: Appetite, Digestion, Tissue nourishment

4. Immunity Booster

Useful in: Recurrent URTI, Allergic disorders, Weak immunity

5. Rasayana Effect

Provides: Longevity, Vitality, Better growth and development

Clinical Applications

Suwarnaprashan may be useful in: Recurrent respiratory infections, Delayed milestones, Poor concentration, Learning disabilities, Malnutrition, General debility, Poor immunity

CONCLUSION

Suwarnaprashan is a unique Ayurvedic pediatric rasayana with preventive, promotive, and therapeutic benefits. Classical Ayurvedic literature strongly advocates its use for improving immunity, intellect, digestion, strength, and longevity. Modern scientific studies also support its immunomodulatory and neuroprotective properties. Proper standardization and evidence-based clinical research can help integrate Suwarnaprashan into contemporary pediatric healthcare practices.

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