



Review Article

DIFFERENT THERAPEUTIC ANGLES OF COMMONLY USED SWARNA KALPA

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ABSTRACT

Ayurveda being the science of life, primarily focuses on enhancing health of healthy individuals and removal of disease causing entities in a diseased person. *Swarna* (gold) has substantial therapeutic value, which has been indicated in different classics of Ayurveda. *Swarna* (gold) is desired by every human for many centuries. The desire is not only for its ornamental or commercial value but also because of its great medicinal value by which it increases strength and immunity. *Swarna* is converted into suitable dosage forms like *Parpati*, *Pottali*, *Vati* etc. *Swarna kalpas* are the unique blend of herbomineral formulations where Gold is used as one of the main ingredient. *Swarna kalpas* are widely used as therapeutic as well as life saving agents (in some emergencies). These formulations are helpful in treating many chronic disease conditions but it also acts miraculous when used for *Rasayana* purpose. In this review most commonly used *Swarna kalpas* such as *Yogendra ras*, *Rasraj Ras*, *Vasant Kusumakar ras*, *Swarna malini vasant* are discussed on the basis of different therapeutic angles.

INTRODUCTION

Ayurveda is the science of life through which a prolonged and healthy living can be attained. It aims at disease free living by removing the root cause of the disease. *Swarna* (gold) has substantial therapeutic value, which has been indicated in different classics of Ayurveda^[1]. To achieve these therapeutic indications *Swarna* is converted into suitable dosage forms like *Parpati*, *pottali* or *Bhasma*. These medicinal forms of *Swarna*^[2] posses *Madhur*, *Tikta rasa*, *Madhur Vipaka*, *Guru*, *Snigdha Guna* and *Sheeta Virya* and acts as natural aphrodisiac, cardiac tonic, immunity booster, improves intelligence, memory and speaking capacity and is rejuvenating, anti-aging.^[3]

It is also known to have an excellent effect on nervous system. It is also known to be a potent anti-inflammatory and cardioprotective. Recent studies have demonstrate that *Swarna* plays an important role in treatment of cancer by improving patients quality of

life and also increasing the progression free survival and overall survival.^[4] Hence, we can say that *Swarna* has a broad range of therapeutic Indications and hence we can see various formulations mentioned in Ayurveda have of *Swarna* as a main component. *Swarna kalpa* are useful in all age groups from a new born baby to elderly people, for upkeep of well-being as well as treatment of diseases.

Thus because of such therapeutic value many formulations have *Swarna* as one of the main ingredients. Hence here in this article the commonly used formulations of *Swarna* and its therapeutic effect is taken into consideration.

AIM

To study the most commonly used *Swarna Kalpa* and its different therapeutic angles.

OBJECTIVE

1. To study *Swarna kalpa* with reference to its different therapeutic angles
2. To study other allied contents and properties of mentioned *Swarna kalpa*. (herbal^[5] and mineral ^[6] contents both)
3. To study *Karmukatva* of *Swarna kalpa* in the context of Ayurvedic and modern aspect.

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MATERIALS

Classical textbooks of Ayurveda, modern literature, available research update, scientific information and papers available on internet etc were searched and analyzed.

Review of commonly used Swarna kalpa

1. *Yogendra Ras (Bhaishajya Ratnavali)*^[7]
2. *Rasraj Ras (Bhaishajya Ratnavali)*^[8]
3. *Vasant Kusumakar Ras (Rasendra Saar Sangraha)*^[9]
4. *Swarna Malini Vasant (Bhaishajya Ratnavali)*^[10]

METHODOLOGY**Table 1: Yogendra ras - B.R.- Vatavyadhi Chikitsa**

Contents	Parts	Properties
<i>Rasasindoor</i>	2	<i>Saptadhatuposhak, Yogavahi, Rasayan, Vishdoshnashak, Dahashamak, Balya, Vatshamak</i>
<i>Lauha bhasma</i>	1	<i>Guru, Lekhana, Raktabrudhikar, Balya, Rasayana, Aamvata, Pittashanmak, Apsmar, Kshayroga</i>
<i>Swarna bhasma</i>	1	<i>Rajyakshma, Sanniipataj Jwar, Hrudaykampan, Murcha, Ojovardhak, Rasayana, Vishanashak, Hrudyta, Vatashaman, Murcha</i>
<i>Abhraka bhasma</i>	1	<i>Snighda, Jwar, Rajyakshma, Shwas, Kasa, Vatapitta Shamak, Mastishka Balya</i>
<i>Mukta bhasma</i>	1	<i>Sheeta, Dahashamak, Bala and Budhivardhak, Pittaprapakshamak, Asthibalwardhak, Unmad, Mansik Aaghat, Jirna Jwarz Aayuvardhak, Vrushya, Raktpitta, Kshayhar</i>
<i>Vanga bhasma</i>	1	<i>Tikta, Ushna, Ruksha, Meha, Kaphashamak, Medoghna, Kriminashak</i>
<i>Bhavana Dravya - Kumari swarasa</i>	Q.S.	<i>Tikta, Sheeta, Netrya, Rasayana, Balya, Vrushya, Tridoshashamak, Yakrut-Pleeha vridhhi, Visha, Jwar, Twak Vikara</i>

This formulation is *Yogavahi* in nature and hence helps in curing many diseases. Thus this formulation is named as *Yogendra ras*.

Table 2: Rasraj ras - B.R.- Vatavyadhi Chikitsa

Contents	Parts	Properties
<i>Rasasindoor</i>	4	<i>Saptadhatuposhak, Yogavahi, Rasayan, Vishdoshnashak, Dahashamak, Balya. Vatshamak</i>
<i>Abhraka satva</i>	1	<i>Snighda, Jwar, Rajyakshma, Shwas, Kasa, Vatapitta Shamak, Mastishka Balya</i>
<i>Swarna bhasma</i>	½	<i>Rajyakshma, Sanniipataj Jwar, Hrudaykampan, Murcha, Ojovardhak, Rasayana, Vishanashak, Hrudyta, Vatashaman, Murcha</i>
<i>Lauha bhasma</i>	¾	<i>Guru, Lekhana, Raktabrudhikar, Balya, Rasayana, Aamvata, Pittashanmak, Apsmar, Kshayroga</i>
<i>Raupya bhasma</i>	¾	<i>Snigdha, Rasayan, Vata Putta Shamak, Jirnajwara, Rajyakshma, Apsmar</i>
<i>Vanga bhasma</i>	¾	<i>Tikta, Ushna, Ruksha, Meha, Kaphashamak, Medoghna, Kriminashak</i>
<i>Vajigandha choorna</i>	¾	<i>Tikta, Kashay, Vrushya, Balya, Rasayana, Shwitra, Shoth, Kshay, Vaat-Kapha shamak</i>
<i>Lavanga choorna</i>	¾	<i>Tikta, Laghu, Sheeta, Netrya, Kaas, Shwas, Hikka, Trishna, Chhardi, Shoolaghna</i>
<i>Jatikosha</i>	¾	<i>Tikta, Ushna, Laghu, Grahi, Rochak, Krumi, Kaas, Shwas, Peenas, Mukhavairasya, Kapha-vaat shamak</i>
<i>Ksheerkakoli</i>	¾	<i>Madhur, Sheeta, Guru, Shukrala, Daha, Raktapitta, Jwar, Vaatshamak</i>
<i>Bhavana dravya Kakmachi Swarasa Kumari Swarasa</i>	Q.S	<i>Tikta, Snigdha, Tridoshaghna, Rasayana, Netrya, Swarya, Shukrala, Hikka, Hrudrog, Kushtha, Arsha. Tikta, Sheeta, Netrya, Rasayana, Balya, Vrushya, Tridoshashamak, Yakrut-Pleeha vridhhi, Visha, Jwar, Twak Vikara.</i>

This formulation acts like *Raja* (king) in treating chronic diseases which are otherwise difficult to treat. Hence this formulation is named as *Rasraj ras*.

Table 3: Vasant kusumakar ras - R.S.A.S- Rasayana- Vajikaran Prayog

Contents	Parts	Properties
Abhraka satva	4	Snighda, Jwar, Rajyakshma, Shwas, Kasa, Vatapitta Shamak, Mastishka Balya
Praval bhasma	4	Laghu, Pittashamak, Rasadhatuposhak, Dipana Pachana Tridoshprakop Shamak
Mukta bhasma	4	Sheeta, Dahashamak, Bala and Budhivardhak, Pittaprapakopshamak, Asthibalwardhak, Unmad, Mansik Aaghat, Jirna Jwarz Aayuvardhak, Vrushya, Raktpitta, Kshayhar
Vanga bhasma	3	Tikta, Ushna, Ruksha, Meha, Kaphashamak, Medoghna, Kriminashak
Nag bhasma	3	Agnideepak, Prameha, Kandu, Shoth, Bhagandar
Lauha bhasma	3	Guru, Lekhana, Raktabrudhikar, Balya, Rasayana, Aamvata, Pittashanmak, Apsmar, Kshayroga
Raupya bhasma	2	Snigdha, Rasayan, Vata Putta Shamak, Jirnajwara, Rajyakshma, Apsmar
Swarna bhasma	2	Rajyakshma, Sanniipataj Jwar, Hrudaykampan, Murcha, Ojovardhak, Rasayana, Vishanashak, Hrudy, Vatashaman, Murcha
Bhavana dravya – Cow milk Vasa Swarasa Haridra Swaras Ikshu Swaras Shatavari Swaras Laksha Swaras Usheer Swaras Kadali kanda and Pushpa Swaras Shweta kamal Swaras Malati pushpa Swaras	Q.S.	Madhur, Sheet, Snigdha, Vaat-pitta shamak, Jara Tikta, Kashay, Hrudy, Laghu, Sheet, Kaas, Shwas, Trishna, Chhardi, Jwar, Prameha, Kushtha Katu, Tikta, Ruksha, Ushna, Varnya, Shoth, Twak-Dosha, Prameha, Dushta Asra, Vrana, KaphaPitta Shamak Madhur, Snigdha, Sheet, Mutral, Balya, Vrushya, Raktpitta, Kapha Vardhak Tikta, Guru, Sheet, Balya, Vrushya, Rasayana, Medhya Sheet, Snigdha, Balya, Varnya, Vrana, Visarpa, Ura-kshata, Vyanga, Hikka, Kaas, Jwar Tikta, Sheet, Laghu, Pachan, Jwar, Hrudrog, Trushna, Visarpa, Kapha-pitta shamak Madhur, Sheet, Snigdha, Vrushya, Brunhan, Ruchikar, Manmsa Krut, Kshut-Trut, Netraamaya Sheet, Madhur, Trushna, Daaha, Visha, Vaat shamak Tikta, Laghu, Danta Shiro Akshi Mukha rog, Visha, Vaat
Kesar Kasturi	Q.S.	Tikta, Katu, Snigdha, Shirorook, Vami, Varnya, Vyanga Katu, Tikta, Ushna, Guru, Vrushya, Visha, Chhardi, Daurgandhya, Kapha-vaat shamak

As the Vasant season arrives, different beautiful flowers bloom and there is exquisite beauty, freshness in the whole nature. Energized atmosphere is present everywhere. The same effect on our body is achieved with this formulation. Hence the formulation is named as Vasant Kusumakar Ras.

Table 4: Swarna malini vasant - b.r. Jwar Chikitsa

Contents	Parts	Properties
Swarna bhasma	1	Rajyakshma, Sanniipataj Jwar, Hrudaykampan, Murcha, Ojovardhak, Rasayana, Vishanashak, Hrudy, Vatashaman, Murcha
Mauktik bhasma	2	Sheet, Dahashamak, Bala and Budhivardhak, Pittaprapakopshamak, Asthibalwardhak, Unmad, Mansik Aaghat, Jirna Jwarz Aayuvardhak, Vrushya, Raktpitta, Kshayhar
Hingul	3	Rasayana, Balya, Yogavahi, Krumihara
Maricha	4	Katu, Ushna, Deepak, Pachak, Strotoshodhaka
Kharpar	8	Katu, Tikta Rasa, Deepak, Rasashodhak, Balya
Bhavana Dravya- Navaneeta Nimbu Swaras	Q.S.	Vaat-pitta shamak, Vrushya, Varnya, Balya, Arsha, Ardit, Kasa Amla, Laghu, Deepan-Pachan, Krumi, Arochak, Agnimandya, Vaatroga

The word *Vasanta* evokes the image of sprouting of new foliage, flowering and fruit bearing of trees and a very pleasant ambient weather, neither hot nor cold. The terms *Malati* and /or *Malini* indicate the use of scented and sheeta virya flowers and it has *Swarna bhasma* in it as one of the main ingredient. Hence the formulation is named as *Swarna Malini Vasant*.

Table 5: Properties of Swarna Kalpas

Suvarna kalpa	Matra	Anupana	Kalavadhi	Gunadharmas	Rogagnata
<i>Yogendra Ras</i>	½-2 ratti	<i>Triphala Ras Sita Godugdha</i>	Max 40 days	<i>Yogwahi Vaatpittaghna Sarvarog-Kulantak</i>	<i>Prameha, Bahumutrata, Mutraghata, Apsmar, Murchha, Unmad, Yakshma Gudagata roga, Pakshaghat, Shoola, Amlapitta, Timir, Bhaskar, Karshya</i>
<i>Rasraj Ras</i>	¼-1 gunja	<i>Ksheer, SharkaraJaal</i>	Max 40 days	<i>Balya Vajikara Bhogya</i>	<i>Sarva-Vaatvikara, Pakshaghat, Ardit, Hanustambha, Aaptantrak, Bhrama Dhanustambh, Aaptanak, Badhirya</i>
<i>Vasant Kusumakar Ras</i>	½- 2 gunja	<i>Sita Madhu Ghrita</i>	Max 40 days	<i>Balya, Ayurvedhak Kamad Kantikar Pushtikar</i>	<i>Putraprasavkarak, All types of Prameha and Kshaya, Vali-Palita, Smrutibhransha, Somaroga</i>
<i>Swarna Malini Vasant</i>	¼-1 gunja	<i>Pipalli Madhu, Dugdha, Ghrit, Ashawagandha Ghrit</i>	Max 40 days	<i>Sarva Roge Vasant^[12] Rasayan Balya Tridoshaghna</i>	<i>Jeerna jwar, Visham jwar, Manodaurbalya, Kaas, Shwas, Hikka, Dhatugat daurbalya, Garbhavastha, Yakrut-pleeha vikar</i>

Table 6: Modern Point of View ^[11]

Swarna kalpa	Modern point of view
1. <i>Yogendra Ras</i>	<ol style="list-style-type: none"> 1. It acts as a catalyst (<i>Yogavahi</i>) when administered with other medicines. Thus used in wide variety of conditions. 2. It is used to treat diabetes, diseases related to urinary tract, frequent urination. 3. It is also used to treat fistula, piles, epilepsy, psychotic conditions, paralysis. 4. It relieves abdominal colic, gastritis, eye diseases. 5. It helps to strengthen nerves and muscles. 6. It is also a natural aphrodisiac and rejuvenative medicine.
2. <i>Rasraj Ras</i>	<ol style="list-style-type: none"> 1. Used in the treatment of neuro-muscular conditions such as paralysis, hemiplegia, locked jaw, facial palsy, hearing defects, dizziness, seizures, arthritis, shoulder dislocation pain, trigeminal neuralgia, headache, migraine, vascular headache, multiple sclerosis and such other diseases caused due to <i>Vata</i> imbalance. 2. It helps to strengthen nerves and muscles and acts as a rejuvenative medicine. 3. Also used in the treatment of Rheumatoid arthritis, osteo arthritis. Post viral fever, when the patient complains of body, muscle and joint pains, Bursitis.
3. <i>Vasant Kusumakar Ras</i>	<ol style="list-style-type: none"> 1. It is an excellent rejuvenative and anti aging medicine. 2. It is used in the treatment of memory loss, diabetes and diseases related to urinary tract and also widely used to treat polyurea. 3. It improves memory, concentration, skin complexion, strength and immunity. 4. It is indicated in cough, cardiac disorders, liver and kidney disorders. 5. Also used for the treatment of psoriasis.
4. <i>Swarna Malini Vasant</i> ^[12]	<ol style="list-style-type: none"> 1. It is used to treat chronic fever. 2. It is an excellent rejuvenative and anti aging medicine. 3. It is also used to treat cough, cold, bronchitis, tuberculosis and chronic Asthma.

DISCUSSION

Swarna i.e., gold is desired by every human for many centuries. The desire is not only for its ornamental or commercial value but also because of its great medicinal value by which it increases strength and immunity. It also helps nourish brain cells, improves memory and rids the body of toxins. Most of the *Swarna kalpa* contains *Rasasindoor* as an ingredient. It is *Shadrassa yukta*, *Ushana* in *Veerya*, *Madhura* in *Vipaka* and has got *Guru*, *Snigdha*, *Vajeekara* and *Sarvarogahara* properties^[13]. *Bhavana of Kumari* has mentioned for many *Kupipakwasayan*, *Pottalirasayan* & *Khalvirasayana*. After *Bhasmaprakriya*, *Amrutikaran Samskara* is done to remove its *Apakwadosha* (incomplete burnt impurities).^[14] Drug delivery of *Swarna bhasma* is done in a specific way in which *Bhasma* particles are mixed with media like honey, ghee, etc. The hierarchical nano-structured gold *Bhasma* particles have high surface area and when mixed with honey or ghee, presumably release their agglomeration and get uniform dispersal and separation of particles, resulting in larger surface area.

Swarnabhasma is a *Rasashastriya* medicine which is in use since ancient times for medicinal purposes. *Swarnabhasma* is reported to promote longevity, combat aging process, enhance strength and potency. It has been used as a tonic, hepatotonic, cardiostimulant, nervine tonic, detoxifier, and an anti-infective drug. It is also used for treating anemia, dyspepsia, epilepsy, neurasthenia, memory loss, bronchitis, asthma, tuberculosis, and rheumatic arthritis. This indicates the diverse target action of the drug. Gold *Bhasma* has been investigated in a preliminary study for cancer management. Various studies conducted globally, have focused on the use of gold nanoparticles in the management of cancer. Nano-structuring of gold enhances the surface area as well as activity. The present investigation shows that the entire process from *Rasashastra* confers the unique nanostructure to gold and same is responsible for its medicinal potential. This nanomedicine is highly stable.^[15]

Ayurveda describes different combination of herbomineral compounds in order to cure diseases. These formulations play critical role in facilitating absorption of other nutrient and correcting the disease process. It is observed that herbomineral compounds are more stable and interactive as compared to plain mixtures as they show faster therapeutic results and also has longer shelf life. *Swarna kalpa* are such kind of herbomineral compounds which does not only cure the specific disease but also provides many health benefits. *Swarna* (gold) has been used to enhance strength and potency, promote longevity and combat the aging process in humans. It is used as pure metal, *Bhasma*

and other dosages form by ancient to the contemporary sciences for therapeutic purposes. In *Brihatrayi*, it was mainly used externally for the formation of *Yantra* etc., and after development of *Shodhan*, *Maran* (*Rasa Shastra* procedure) process, internal use became possible in wide range of disorders like *Jwara* (fever), *Yakshma* (tuberculosis), *Prameha* (diabetes), *Vata Vyadhi* (neurological disorders) and diseases of gastrointestinal tracts with varying percentage. It also shows *Rasayana* effect as *Swarna* itself possess properties of *Rasayana*. The word *Rasayana* (*Rasa + Ayana*) refers to nutrition and its transportation in the body^[16]. It is nutrition at microcellular level. It brings about the normalcy of *Rasa dhatu* and thereby maintains other *Dhatus* in equilibrium for a longer period. Thus helps in preventing ageing (*Jaranashan*) and provides longevity and also enhances individual resistance power against diseases.

Swarna kalpas taken after proper medical prescription also help in strengthening *Vyadhikshamatva* (immunity) which is right now like the utmost important thing to every single human being. *Swarna kalpas* have much deeper strength of action. It enhances *Dhatvagni* which in turn helps in *Dhatu poshan karma* as well as *Ojovardhan* and thus shows the *Rasayana* effect and cures many chronic diseases. Other herbal or mineral drug contents boost the action specificity of that particular drug.

CONCLUSION

Swarna and its different formulations form point of attraction to mankind. *Swarna kalpas* are indicated in many disorders i.e., they are acting as broad spectrum drugs in current era. Thus even at present *Swarna kalpas* are used for its miraculous effect. Newer diseases, newer pathophysiologies, newer pandemics are arising rapidly on this current era; hence to fight back or to maintain health *Swarna kalpas* can prove beneficial along with the other needful treatment. Looking at the current scenario, treatment of any disease would not be complete without using *Rasayana*. Hence taking clue from this literary review new and more potential applications of *Swarna kalpas* can be searched out.

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