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Review Article

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### *Kansya Bhasma and Swarna Bhasma: Pharmacological Properties and Ayurvedic Applications*

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#### Abstract

*Kansya Bhasma* and *Swarna Bhasma* are both much recommended Ayurvedic formulations prepared by the metal processing for the purpose of improved bioavailability and therapeutic efficacies. *Kansya Bhasma* containing copper and tin is highly prized for its marvelous medicinal values as anthelmintic, tonic for the eye, demulcent agent and stomachic effect. It shows marked usefulness against infestation caused by worms, ailments of the eyes and diseases of skin, etc. *Swarna Bhasma* which is prepared from refined gold is a classic *Rasayana* with rejuvenating, cardioprotective and neuroprotective actions. It is administered in the treatment of chronic diseases like tuberculosis, respiratory diseases, mental disorders and arthritis, etc. Both *Bhasmas* are purified and calcined to increase their strength and minimize toxicity. This review discusses pharmacological actions, therapeutic uses, and safety of these Ayurvedic preparations in light of their utility in holistic health care.

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#### 1. Introduction

*Rasashastra* is a specialized Ayurvedic branch dealing with the production and therapeutic use of medicinal preparations involving minerals and metals, most notably mercury. *Rasashastra* involves purification, processing, and mixing different metals, minerals, and herbs to produce highly effective medicines. This science works around *Rasa Dravyas*, which is minerals and metals employed in Ayurvedic preparations. It has an important role to play in the production of herbo-metallic medicines, which are a fundamental component of Ayurvedic therapeutics. This science produces nano-sized metallic preparations termed as *Bhasma*, which play vital role in Ayurvedic therapeutics. Considering this fact present article explored Ayurvedic and pharmacological perspectives of *Kansya Bhasma* and *Swarna Bhasma* [1-5].

#### **KANSYA BHASMA**

*Kansya Bhasma* is an Ayurvedic metal compound that is derived from bell metal, which in turn is primarily made up of about copper (major part) and tin (minor part). Traditionally, it is used in the treatment of intestinal worm infections, skin disorders and different eye diseases, etc.

*Kansya Bhasma* has significant medicinal actions such as anthelmintic properties, stimulation of the digestive system and strong demulcent activity.

*Kansya Bhasma* has therapeutic similarity with *Tamra Bhasma* and *Vanga Bhasma*. Although it possesses *Ushna Virya*, reduces *Pitta Dosha* because of its *Tikta* and *Kashaya Rasa*. Because of its *Laghu* and *Ruksha* nature, it might not be for the disorders of *Vata* and is mostly for the conditions of associated with vitiation of *Kapha-Pitta Dosha*. The availability of copper and tin in *Kansya Bhasma* offers some physiological advantages. Copper aids red blood cell development, facilitates the synthesis of collagen, plays a significant role in the production of energy, evokes bile secretion and enhances immunity to increase the motility of the intestine for relieving constipation. Tin gives benefits to the adrenal glands, improves digestion, stimulates hair growth, alleviates fatigue, has anti-cancer effects and assists in depression cases [1, 3, 5-7].

Its copper constituent also prevents and arrests age-related macular degeneration keeps the healthy state of flexible connective tissues of the eyes and guards the eyes against oxidative damage, etc. In optic neuropathy, it can prevent the deterioration of the vision further. In worm

infestations, the most effective form of treatment with *Kansya Bhasma* involves its use in combination with *Vaividang Churna* and other Ayurvedic medicines.

*Kansya Bhasma* can be administered with *Ajwain* and *Vaividang Churna* keeping gap between intake of drug and food. For internal abscesses, which necessitate the use of ordinary pus drainage as well as the intervention of surgery, *Kansya Bhasma* is a potent Ayurvedic treatment given its antimicrobial, antibacterial, and antiprotozoal action that causes pus dryness, blocks the spread of infection, and facilitates healing. It can be taken with honey for enhanced effects. *Kansya Bhasma* must always be taken with proper adjuvants and other Ayurvedic preparations specific to the ailment being addressed [4-6].

#### Precautions and Side Effects:

- ✓ Infants and pregnant women should not take it.
- ✓ Drug should not be taken in higher dose than recommended.

- ✓ *Kansya Bhasma* can cause side effects like anal fissure, nausea and dizziness.
- ✓ It is contraindicated in patients with renal impairment, renal failure and anal fissures, etc.

#### SWARNA BHASMA

*Swarna Bhasma* is monatomic gold, is an ancient Ayurvedic preparation that consists of colloidal and nano gold particles. It is known for its rejuvenating, antioxidant and cardio-protective effects, it also promotes overall well-being and general growth. It maintains cardiac function, improves intelligence, brightens the complexion and promotes longevity, etc. *Swarna Bhasma* is specifically useful in ailments like chronic fever, asthma, cough, tuberculosis, acidity, infertility, rheumatoid arthritis and microbial infection, etc. It also fortifies the body, increases stamina, and enhances mental health. Its therapeutic actions can be attributed to its Ayurvedic properties which are mentioned in **Figure 1**.

<b>Rasa:</b>	<i>Madhura</i>
<b>Guna:</b>	<i>Snigdha, Laghu and Ruksha</i>
<b>Virya:</b>	<i>Ushna</i>
<b>Vipaka:</b>	<i>Madhura</i>

**Figure 1.** Ayurvedic properties of *Swarna Bhasma*

*Swarna Bhasma* is *Madhura* in *Rasa*, this helps it to rejuvenate and nourish *Rasa* and *Rakta Dhatu*. Its sweet flavour causes cooling and soothing effects, balancing *Pitta* and *Vata Dosha*. Its *Guna* is *Snigdha* for smoothness and nutrition, *Laghu Guna* facilitates digestion and absorption and *Ruksha Guna* counteract excess moisture and heaviness in *Kapha* disorders. Its *Virya* is *Ushna*, but with proper preparation, it also has a cooling effect, and hence it is used to pacify both *Pitta* and *Vata Dosha*. Its *Vipaka* is *Madhura*, which increases nourishment and increases *Ojas*, which enhances immunity, longevity and vitality, etc [2, 4, 6-8].

*Swarna Bhasma* preparation requires careful trituration of pure gold with mercury to prepare an amalgam, followed by processing the amalgam with purified sulfur and castor leaves, and subjected to repeated *Putra pak* method in order to ascertain its purity and potency. This very effective formula is well-recorded in Ayurvedic literature for its ability to support cardiac health through the strengthening of cardiac muscles, enhanced circulation, thus lowering risks of heart attack and blood clots. It is also a mental tonic that removes anxiety, mental weakness while improving mental function. *Swarna Bhasma* is an immunostimulant with excellent antiviral, antibacterial, and antifungal actions, etc. *Swarna Bhasma* is believed to balance *Doshas*, nourish the essential body tissues such as plasma, blood, muscles, and reproductive fluid. Classically it is taken in small amounts combined with honey or *Ghee* [1, 8-10].

#### Side Effects and Precautions

- ✓ Excessive use can lead to irritation of the stomach.
- ✓ Long-term high doses can affect liver function.
- ✓ Certain reports indicate headaches and dizziness
- ✓ Avoid during pregnancy and lactation unless prescribed.
- ✓ Warning in patients with kidney disease, not indicated in patients with hypersensitivity to metals.

#### Conclusion

*Kansya Bhasma* and *Swarna Bhasma* are Ayurvedic preparations with varied therapeutic utility. *Kansya Bhasma*, rich in copper and tin, has a special anti-parasitic, dermatological, and ocular application. *Swarna Bhasma*, with its active rejuvenating and immunomodulatory action, is important for the treatment of chronic diseases as well as maintenance of overall strength. Although these preparations provide vast medicinal advantages, their correct preparation, regulation of dosage and appropriate administration are critical to guarantee efficacy and safety.

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### Conflict of Interest

The authors declare that there is no conflict of interest regarding the publication of this article.

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