



A REVIEW ON CHYAWANPRASH

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1.1. Abstract:

Originally Chyawanprash is a cooked mixture of sugar, honey, ghee, Indian gooseberry (Amla) jam, sesame oil, berries and various herbs and spices. It is prepared as per the instructions suggested in Ayurvedic texts. Chyawanprash is widely sold and consumed in India as a dietary supplement. The chyawanprash is a powerful herbal remedy that literally lives up to its fame and is an absolute answer to almost all health anomalies. Since ancient time the formulation has been used by Ayurvedic healers to prevent overall immunity and enhance the longevity of a person. It has some rejuvenative properties. Boosting immune system and treats any lung and breathing problem, aid in digestion, enhance cardiac functioning and improve memory and brain function.

Keywords – Chyawanprash, Composition, Formulation, Health benefits.

1.2. Introduction:

Chyawanprash:

The two lexemes that make up Chyawanprash (also k The terms "Chyawanprash" and "Prasha" refer ton own as chyavanaprasha, chyavanaprash, chyavanaprasam, and chyawanaprash). In addition to being the name of a sage, Chyawan also represents "degenerative change." A medicine or food item designated as "Prasha" is one that is fit for ingestion. In fact, chyawanprash is a complete "metabolic" tonic that is meant to prevent and improve illness. It is made up of several different herbs. An old Indian recipe called chyawanprash, or polyherbal jam is made using an Ayurvedic technique and enhanced with a variety of herbs, herbal extracts, and processed minerals. For generations, chyawanprash has been used as a dietary supplement and is now considered a necessary complement by many specialists. The two lexemes that make up Chyawanprash (also k The terms "Chyawanprash" and "Prasha" refer ton own as chyavanaprasha, chyavanaprash, chyavanaprasam, and chyawanaprash). In addition to being the name of a sage, Chyawan also represents

"degenerative change." A medicine or food item designated as "Prasha" is one that is fit for ingestion. In fact, chyawanprash is a complete "metabolic" tonic that is meant to prevent and improve illness. It is made up of several different herbs. An old Indian recipe called chyawanprash, or polyherbal jam is made using an Ayurvedic technique and enhanced with a variety of herbs, herbal extracts, and processed minerals. For generations, chyawanprash has been used as a dietary supplement and is now considered a necessary complement by many specialists. Long before supplements containing vitamins, minerals, and antioxidants were developed, this cuisine was highly valued for its anti-aging properties. It is well-liked for having several health advantages and taking care of the preventive, promotional, and curative facets of well-being. The base of chyawanprash (*Phyllanthus emblica*/Indian gooseberry) is Amla/Amlaki (pulp of the fruit) and is thought to be the best Rasayana for maintaining homeostasis. When taken regularly, it rejuvenates every system in the body and preserves physiological processes.



Fig.no:1.2: Chyawanprash

1.3. Composition:

It is made up of an astounding 12 essential elements that are present in every composition. Amla, Tulsi, Pippali, Safed Chandana, Elaichi, Kesar, Arjun, Ashwagandha, Brahmi, Ghrita, Neem, and Shahad are among these twelve ingredients.

1.3.1. Amla:

Phyllanthus emblica aids in digestive improvement, immune boosting, and acidity relief. It helps regulate blood glucose levels and is beneficial for diabetes as well.



Fig.no:1.3.1: Amla

1.3.2. Neem:

Azadirachta indica popularly referred to as Margosa and Neem. Eye disorders, stomach problems, Leprosy, appetite loss, cardiovascular disease, fever, skin ulcers, diabetes, and liver infections are among the conditions for which it is utilized.



Fig.no:1.3.2: Neem

1.3.3. Ashwagandha:

Ashwagandha, or *Withania sumnifera*, is an herb used medicinally that has a strong effect on both health and athletic performance. Such as — strain, stress, exhaustion, discomfort, diabetes, and GIT disorders.



Fig.no:1.3.3: Ashwagandha

1.3.4. Tulsi:

A powerful antioxidant is holy basil, often known as Tulsi. It is used to treat heart problems, inflammatory bowel disorders, excessive blood pressure, etc. Chewing Tulsi leaves helps relieve fever, headaches, colds, coughs, flu, and other order diseases.



Fig.no:1.3.4: Tulsi

1.3.5. Honey:

Shahad, or honey, is a powerful source of phytonutrients that can be used to cure respiratory disorders, improve digestion, improve the condition of the skin and hair, help with weight loss, and soothe sore throats, among many other uses.



Fig.no:1.3.5: Honey

1.3.6. Ghee:

Ghee, or clarified butter, is one of the most prized meals and a great source of energy. It is extremely important for maintaining body temperature, aiding in weight loss, unclogging blocked noses, improving digestion, and stimulating heart activity.



Fig.no:1.3.6. Ghee

2. Formulation:

The production of chyawanprash entails making a herbal decoction and then applying a dried extract. Following the honey mixture, add the fragrant herbs (cinnamon, clove, and cardamom). About fifty herbs are used to make chyawanprash, one of which being Amla, the plant that contains the most vitamin C. The

formulation's herbs are prepared by boiling them in water, then adding dried extract, honey, and powdered aromatic herbs. The following procedures are taken in order to prepare Chyawanprash:

- Gathering raw materials.
- I took some fresh Amla.
- Amla boiled in pottali by decoction of herbs.
- By using muslin fabric Amla pulp are separated.
- Amla boiling in pottali suspended on herbal decoction
- Ghee and sesame oil are used to fry Amla pulp until it turns a brownish-red colour and the lipids begin to separate, and used for the treatment of health problems.



Fig.no:2. Formulation of chyawanprash

3. Health benefits:

In the Ayurvedic tradition, this nourishing herbal jam has long been a dependable source of strength and rejuvenation due to its rich source of antioxidant and vitamin C. It strengthens immunity, gives the body energy and vitality, and tones and nourishes the entire body.

The body is additionally supported by the chyawanprash in the following ways:

3.1. Enhance immune functioning:

The chyawanprash supports healthy immune system activity and fortifies the body's defences. It aids in the body's normal production of white blood cells and haemoglobin.

3.2 Preserve youthfulness:

According to traditional wisdom, chyawanprash supports healthy aging and enhances attractiveness, intelligence, and memory by nurturing and safeguarding Ojas, the source of energy.

3.3. Provide strength and energy:

Chyawanprash gives the body its whole vigour, vitality, and energy back. It promotes the development of healthy, toned muscular mass.

3.4. Rejuvenates and tissue:

Known as a Rasayana, or revitalizing mixture, it nourishes and tones every body part, maintaining young and enhancing general health and wellbeing.

3.5. Support heart and respiratory system:

Because chyawanprash nourishes the mucous membranes and keeps the respiratory passages clear and clean, it is very beneficial for the lungs. It is regarded as a health tonic as well.

3.6. Support healthy digestion and elimination:

It promotes appropriate digestion, evacuation, and metabolism by toning the GI tract and igniting a healthy digestive fire.

3.7. Fortifies reproductive system:

It restores crucial sexual energy and the reproductive system. More broadly, chyawanprash promotes good libido, fertility, and the development of general sexual strength.

4. Conclusion:

Natural health products that have therapeutic efficacy are becoming more and more important in clinical research since they are more cost-effective and have less side effects than traditional synthetic nutraceuticals. Chyawanprash is one of the many goods in this library that is extremely valuable for both worldwide trade and therapeutic purposes. This review highlights the abundance of traditional medicinal claims made for chyawanprash, together with the scientific data that supports these claims. Its numerous preventative, promotive, and curative health advantages are supported by reported evidence, demonstrating that it is an age-old remedy with a contemporary remedy. Mechanistic research and adequate clinical reports are still missing, nevertheless. Controlled studies on the effects of the primary active substances are necessary, notwithstanding the longstanding use of Ayurvedic medicine and the documented efficacy evidence. and their antagonistic or synergistic impact to elucidate their mode of action. Additionally, even if they may not be the best versions, this could improve the chyawanprash brands that are now on the market. Given actuality, given the lack of relevant scientific evidence, rigorous adherence to the age-old formula alone is not a guarantee of success. However, the current data can be applied to both clinical and future research endeavours. In summary, chyawanprash is an Ayurvedic super food and master healer that boosts immunity and revives the psychosomatic system. It is an excellent, safe, and nutritious health tonic that is good for people of all ages and genders.

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