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## Chyawanprash: An Ayurvedic Bioactive Immune & Curative Health Supplement

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### Abstract:

Chyawanprash is a well-known antidepressant remedy, a nutritious jam, widely recommended by Ayurveda for its various health benefits such as helping to cleanse the accumulated stool by promoting digestion and excreting and retaining energy, strength, and vitality, while preventing the aging process. Chyawanprash is made by processing about 50 medicinal herbs Prepared according to the instructions suggested in the Ayurvedic texts. Chyawanprash is widely sold and eaten in India as a food supplement. Chyawanprash is known for building muscle strength and strength without overpowering Capha. It has the same value as the rasayana of all cells in the body and strengthens the vatta, pitta and kapha doshas. It also helps to slow down the aging process, improve memory, good heart rate and improve the health of the digestive, digestive and respiratory system.

### Introduction:

Chyawanprash (CP) is an Ayurvedic health supplement made up of a highly concentrated combination of herbs and minerals rich in nutrients. It is designed to restore the body's energy reserves (ojas) and to retain strength, vigor, and vitality, while preventing the aging process. Chyawanprash (also labeled chyaanaprasha, chyawanprash, chyavanaprasam, chyawanprash and chyawanprash) is a mixture of cooked sugar, honey, ghee, Indian gooseberry (amla) jam, sesame oil, berries and various herbs and spices. Prepared according to the instructions suggested in the Ayurvedic texts. Chyawanprash is widely sold and eaten in India as a food supplement. Chyawanprash contains two lexes, "Chyawan" and "Prasha". The name Chyawan is the name of an expert, and it also symbolizes 'descending change'. Prasha means a

drug or food that is ready to be consumed. Indeed, CP is a complete 'metabolic' tonic; contains a variety of herbs and is used to promote health and prevent disease. Chyawanprash is an ancient Indian composition (multi-ingredient jam), prepared according to traditional Ayurvedic recipes, enriched with several herbs, herbal extracts, and used minerals. It is considered by many experts to be an important health supplement.

### Origin:

Chyawanprash composition and ancient product. Various ancient Indian texts such as the Mahabharata, Puranas, etc., state that Ashwini Kumar's brothers, the twins, who were Raja Vaidya (Royal Physicians) at the Devas in the Vedic period, first prepared for what Chyavana Rishi did in his Ashram e- Dhosi Hill near Narnaul, Haryana, India, hence the name Chyawanprash. The earliest known

formula for chyawanprash comes from Charaka Samhita, an ancient Ayurvedic book dating back to the first millennium BCE Myth and Story by Chyawanprash. Chyawanprash is linked to the story of Rishi Chywana and the events surrounding his story. Chywana spent most of his time pursuing enlightenment, which eventually attracted the Devas, or gods. In their fear of Chywana's devotion and the high chance of being admitted to the Heavens - which they did not really want - they tried to stop his actions by calling the beautiful Menaka. Menaka quickly sought out Chywana and that is where the Chyawanprash story really began. Menaka worked hard to prevent Chywana from deep meditation, providing beautiful flowers and delicious food as distractions. After months of this, Chywana gradually focused on the beauty and gentleness of Menakā, and abandoned his original goal of enlightenment. It was not long before Chirwana and Menakā were together, though this was not without its challenges. It was not only that Menakā was much younger than Chirwana but also immortal, which does not make a good pair.

Chywana quickly abandoned his habits and went into the bush to find a way to solve their problem. After preparing the elixir, Chywana returned with a full recovery. Instead of living as an adult, he had a very young appearance and a new life-style rent. Thanks to this mysterious drug that we now know as Chyawanprash, Chywana and Menaka lived together and continued, as they say, to live happily ever after. This is the story of how Chyawanprash and its connections with the youth became known.

#### Composition:

Chyawanprash is a combination of cooked sugar, honey, ghee, Indian juice jam, berries and various herbs and spices. Prepared according to the instructions suggested in the Ayurvedic texts. The recipe for chyawanprash is mentioned in the manuscripts labeled ayurvedic viz treatment. Ashtangahridayam, Charakasamhita, Sarngadhara Samhita. Amla is the main ingredient in Chyawanprash which makes it rich in Vitamin C (445 mg / 100g). The amount of herbs used can vary from 25 to 80 but the main ingredient of all Chyawanprash is amla and other main ingredients.

#### Ingredients of Chyawanprash:

Sr No.	Medicinal Plant	Major active biomolecule for CP	Common name	Therapeutic role
1	Phyllanthus emblica	punicafolin and phyllanemblinin A, phyllanemblin and other polyphenols, such as flavonoids,	Amla	antioxidant, antibacterial, antifungal, antiviral, diuretic, acrid, cooling, refrigerant,
2	Ocimum tenuiflorum	Eugenol (1-hydroxy-2-methoxy-4-allylbenzene), carvacrol, limatrol, caryophyllene, methyl carvicol.	Tulsi	Antioxidant, inflammatory bowel condition , rheumatoid arthritis, heart condition, antidiabetic, mitigating stress, soothes fever, headache, sore throat, cold, cough, flu.
3	Phoenix sylvestris	protein, sugars, vitamin C , pectin , phosphorus , calcium , magnesium, potassium and iron.	Kharik	aphrodisiac, sweetener and diuretic
4	Azadirachta indica	imbolinin, nimbin, nimbidin, nimbidol, sodium nimbinat, gedunin, salannin, and quercetin.	Neem	Antimicrobial, antiseptic, used in leprosy, eye disorders, intestinal worms, stomach upset, loss of appetite, skin ulcers, cardiovascular disease, antidiabetic.
5	Prunus dulcis	lipids , proteins, carbohydrates , vitamin E	Badam	Antioxidant, controls blood sugar level, preserving memory longer by boosting alertness.
6	Crocus sativus	Zeaxanthin, lycopene, and various $\alpha$ - and $\beta$ -carotenes, crocin, picrocrocin, safranal, crocetin, zeaxanthin.	Kesar , saffron	Antioxidant, flavouring agent.
7	Aegle marmelos corr	marmelosin, luvangetin, psoralen, tannins, marmin	Bel, bilva	Antidiabetic, Antidiarrheal, Antidysentric, Antihyperlipidemic, Antioxidant, Antiviral, Antibacterial
8	Premna integrifolia	Alkaloids, carbohydrates, amino acids, steroids,	Agnimanth, Agia.	Laxative, anemia, fever, astringent, inflammations, cardiotoxic, carminative, digestive.

	Linn	flavonoids, glycosides		
9	Oroxylum indicum	pinobanksin, lupeol, 2 $\alpha$ -hydroxyl lupeol, echinulin, adenosine, and dimethyl sulfone baicalein, oxoxylin and pinostrobin	Shyonak	antiseptic, astringent nephroprotective, cardi tonic
10	Stereospermum suaveolens	p-coumaric acid, oleic, palmitic, stearic acid, lapachol, dehydro alpha-lapachone	Paatla	Anti-Inflammatory, antihyperglycemic, antioxidant, blood purifier, antianemic
11	Desmodium gangeticum	Flavonoids, alkaloids, ptericarpeneoids	Shalaparni	Anthelmintic, tonic, febrifuge, digestive, anticatarrhal, in inflammatory conditions
12	Uraria picta	Alkaloid, flavonoid, steroid, terpenoid, phenols.	Prishniparni Pithavan, Shankarjata	Antiseptic, anti-inflammatory, Analgesic, antitumor, antiemetic, anticholinergic, antiarrhythmic.
13	solanum xanthocarpum	alkaloids, phenol, flavonoids, sterol, saponins	kantakari	antioxidant, anticancer and anti HIV agents
14	habenaria intermedia	phenanthrene, bibenzyl, flavone, sterol, terpenes, alkaloids	Riddhi, Vrddhi	emollient, and used as intellect promoting, aphrodisiac, depurative, anthelmintic, rejuvenating, tonic.
15	Microstylis muscifera	carbohydrates, proteins, total sugars, and phenols	Jeevaka	rejuvenating tonic, styptic aphrodisiac, and antioxidant.
16	Microstylis wallichii	eicosenoic acid and eicosadienoic acid	Rishabhaka	rejuvenating tonic, styptic aphrodisiac, and antioxidant.
17	Boerhavia diffusa L.	b-Sitosterol, a-2-sitosterol, palmitic acid, ester of b-sitosterol, tetracosanoic, hexacosanoic, stearic, arachidic acid, ursolic acid	Punarnava	diuretic, laxative, expectorant, antispasmodic
18	Polygonatum cirrhifolium	saponins, alkaloids, phenols, flavonoids, tannins	Meda	antimalarial, antipyretic, anti-inflammatory, anticonvulsant, lipoxygenase, urease inhibition, diuretic
19	Amomum subulatum	1,8 cineole, $\alpha$ -terpineol $\beta$ -pinene, $\alpha$ -pinene linalool oxide and limonene	Ela (Brihat)	Stimulant, astringents, stomachic.
20	Ipomoea digitata L.	Ergoline alkaloids, indolizidine alkaloids, phenolics compounds, coumarins, norisoprenoids, diterpene, isocoumarin.	Vidarikanda	aphrodisiac and antimicrobial agent
21	Adhatoda vasica Nees	Vasicine, Vasicine acetate, vasicinone, vasicoline, 2-acetyl benzylamine and adhatoda 1,2,3, trimethyl benzene, borneol	Vasa	Treatment of asthma, joint pain, lumbar pain, sprains, cold, cough, eczema, malaria, rheumatism, swelling and venereal diseases.
22	Lilium polyphyllum D. Don	flavonoids, alkaloids, soluble polysaccharides and steroidal saponins	Kakoli	soothing, astringent rejuvenative and an immunity booster.
23	Fritillaria roylei Hook	fritillaria, imine, peiminine, peimisine, verticillium.	KsheeraKakoli	anti-asthmatic, anti-rheumatic, antitussive
24	Tinospora cordifolia (Willd.)	Giloin, Tinospora acetate, Tinosporal acetate, Tinosporidine, Heptacosanol, Octacosanol, sinapic acid, Tinosponone	Guduchi	anti-periodic, antispasmodic, anti-microbial, anti-osteoporotic, anti-inflammatory, anti-arthritis, anti-allergic, and anti-diabetic
25	Terminalia chebula Retz.	Galic acid, chebulinic acid, ellagic acid, chebulagic acid, chebulic acid, methyl gallate.	Haritaki	hepatoprotective, neuroprotective, cytotoxic, antidiabetic, anti-inflammatory
26	Aquilaria agallocha	2-(2-phenylethyl)-4H-chromen-4-one derivatives, terpenoids, flavonoids	Agaru	acid, anodyne, aphrodisiac, aromatic, astringent, bitter, cardi tonic, carminative, stimulant and fragrant
27	Tribulus terrestris L.	flavonoids, flavonol glycosides, steroidal saponins, and alkaloids.	Gokhru, Gokshura	Aphrodisiac, mood elevator, diuretic and cardi tonic
28	Solanum indicum auct. non L.	scopoletin, N-(p-trans-coumaroyl)tyramine, and N-trans-feruloyltyramine,	Brihati	Acrid, astringent, carminative, stomachic, resolvent, demulcent, diuretic, emmenagogue, febrifuge, and cardi tonic.

		Diosgenin, Lanosterol, Trilinolein.		
29	Inula racemosa Hook.f.	sesquiterpene lactones- Alantolactone (ALT), and isoalantolactone (IALT), inunal, isotelekin, 5- $\alpha$ -epoxy alantolactone, 5- $\alpha$ -epoxy isoalantolactone, isoinunal, telikin.	Pushkarmool	Aromatic tonic, febrifuge, and expectorant with anti-inflammatory, carminative, diuretic, and antiseptic properties. Chronic bronchitis and rheumatism
30	Phyllanthus fraternus	lignans niranthin, nirtetralin, phyltetralin lignans phyllanthin and hypophyllanthin	Bhumymlaki	Laxative, Antioxidant, cholagogue, hepatoprotective, anticancer, antiviral antimalarial,
31	Pistacia integramma	alkaloids, flavonoids, tannins, saponins and sterols terpenoids, sterols and phenolic compounds	Karkataka Sringi	antiasthmatic, astringent and expectorant, antibacterial, antiprotozoal, anthelmintic and antimicrobial
32	Piper longum L.	Alkaloids, lignanoids, terpenoids, sterols, and volatile oils.	Pippali	Insecticidal and acaricidal activity, Antifungal activity, Antiamoebic activity, Antiasthmatic activity.
33	Mesua ferrea L.	betulinic acid and 1,8-dihydroxy-3-methoxy-6-methyl-anthraquinone	Nagakesara	antiseptic, anti-inflammatory, blood purifier, anthelmintic, cardiostonic, diuretic, expectorant, antipyretic, purgative, antiasthmatic, antiallergic
34	Cinnamomum tamala	pinene, myrcene, camphene, p-cymene, limonene, eugenol and methyl eugenol, methyl ether	Tejpatra	Antidiarrheal, antitumor, anti-inflammatory, anti-arthritic, antiparasitic, gastrourinary, antitumor, antiparasitic, antioxidant, chemo preventive, and gastro protective.
35	Vitis Vinifera	malic, oxalic, fumaric, ascorbic, citric and tartaric acid, phenolic acids, lipid, enzymes, carotenoids, terpenes, and reducing or non-reducing sugars	Draksha	Demulcent, cooling, sweet, laxative, stomachic,. Antioxidant activity, Antidiabetic, Antimicrobial and antiviral, Anticarcinogenic activity, Hepatoprotective activity
36	Hedychium spicatum	Sitosterol and its glucosides, furanoid diterpene-hedychenone and 7-hydroxyhedychenone, and essential oils like cineole, terpinene, limonene, phellandrene, p-cymene, linalool and terpineol as major constituents.	Shati	Aromatic, acidic, bitter, pungent, carminative, stomachic, stimulant, expectorant, anti-asthmatic, antiseptic, and anti-inflammatory.
37	Phaseolus trilobus	Vitexin, kaempferol, Luteolin, quercetin.	Ranmoong, Mugdaparni	Antidiabetic, used in treating oligospermia, gout, gastritis, neuropathy, fever, worm infestation
38	Polygonatum cirrhifolium	$\alpha$ -bulnesene, linalyl acetate, eicosadienoic, pentacosane, piperitone, docosane, diosgenin, santonin and calarene.	Mahameda, Vasucchidra, Tridanti	Antitussive, carminative and tonic, used to treat pain, fever, inflammation, allergy, and weakness.
39	leptadenia reticulata	proteins, reducing sugars, gums, ketohexoses, pentoses, and volatile compounds, leptadenol, leptidin $\beta$ -sitosterol, $\beta$ -amyrin acetate	Jivanti, Jivaniya, Jivapushpa, Hemavati,	Stimulant, restorative, nutrient, anticancer, aphrodisiac, improves vision, immunity, diuretic, appetizer, anticancer and antibacterial properties.
40	Cyperus rotundus Linn.	cyperene, humulin, $\beta$ -selinene, zierone, campholenic aldehyde, a-pinene, longiverbenone, $\beta$ -vatirenene, copaene, limonene	Nagarmotha, Mustak, Musta	Astringent, diaphoretic, diuretic, analgesic, antispasmodic, aromatic, carminative, antitussive, emmenagogue, litholytic, sedative, stimulant, stomachic, vermifuge, tonic and antibacterial.
41	martynia annua	Alkaloids, tannins, saponins, glycosides, flavonoids, anthocyanins, amino acid, steroids and phenols.	Ulatkanta kakanasika	Hepatotonic, cholagogue, laxative, anorexia, indigestion, constipation
42	Teramnus labialis	Potassium, magnesium, calcium, and phosphorus, lysine, leucine + isoleucine,	Rushyaprokta, Mahasaha, Kamboji,	aphrodisiac, stomachic, Nerve tonic, astringent to the bowels, antipyretic and galactagogue.

		arginine, valine and histidine, free phenols, tannins, L-DOPA, hydrogen cyanide and phytic acid were present in minute quantities.	Mashaparni	
43	Elettaria cardamomum	protocatechualdehyde, protocatechuic acid, 1,7-bis(3,4-dihydroxyphenyl)hepta-4E,6E-dien-3-one, alpha-terpinyl acetate, 1,8-cineole, linalyl acetate, limonene, and linalool, limonene, 1,8-cineole, terpinolene, ; and myrcene.	Sukshma, upkuchika, tutha, korangi.	Analgesic effects, Anti-cancer, Anti-inflammatory, Anti-microbial, Antioxidant, Antispasmodic, Anti-ulcer, Dermatological effects.
44	Santalum album	$\alpha$ -Santalol and $\beta$ -santalol and santenone.	Chandan, indian sandalwood.	Antipyretic, antiseptic, anti scabietic, and diuretic properties.
45	Bambusa arundinacea	90% silica. Potash, calcium, carbonate, aluminium and yeast.	Vanshalochana	Adaptogeni, Antacid Anti-arthritic, Antibacterial, Anticancer, Anti-gout Anti-hypertensive, Anti-inflammatory,
46	Pueraria tuberosa	alkaloids, carbohydrates, steroids, glycosides, tannins, terpenoids, flavonoids, coumarins and anthocyanidins	Vidarikand, Vidari	Aphrodisiac, cardio-tonic, galactagogue and diuretic.
47	Nelumbo nucifera	megastigmane, nelumnucifoside A, eudesmane sesquiterpene, nelumnucifoside B, eight alkaloids (15-22), and 11 flavonoids (23-33)	Kamal, kumuda, padmini.	antioxidant, hepatoprotective, immunomodulatory, anti-infective, hyperlipidemic, and psychopharmacologic
48	Apis mellifera	resin, wax, essential oils, phenolic acids, flavonoids, terpenes, aldehydes, alcohols, fatty acids, and phytosterols	Madh, madhu, honey.	Antioxidant, antibacterial, antiviral, anti-inflammatory, immunomodulating, vasodilative, hypotensive.
49	Rock candy	Fructose, galactose, glucose, xylose, maltose, lactose, sucrose, free sugars, reducing sugars.	Mishri, sharkara, Khadisakhar.	Energy booster, decongestant, expectorant.
50	Theobroma cacao	Theobromine, caffeine, Xanthines, Phenolics, fats and sugar.	Chocolate	Antioxidant lowers blood pressure, Reduce Heart Disease Risk, Improves Brain Function.
51	Clarified butter	Lipids, water, nonfat solids. Fatty acids ,palmitic, stearic and myristic acids ,Monounsaturated fatty acids, and the major component was oleic acid, vaccenic acid , conjugated linoleic acid (CLA cis-9, trans-11)	Ghruta,	Anti-Inflammatory, antioxidant, immunity booster, improves heart health.

### Manufacturing procedure of Chyawanprash:

**Equipment** - Grate, large bowls, pans, scales, sieve, over turners, large jars, clean cloth.

#### Procedure -

Grind all the ingredients together and mix with 2 times water in a large bowl Estimate the level. Then add remaining water. Wash the amla clean. Take them and tie them in a clean cloth. It was a rag dipped in a puddle of extract. Hang it, put the pan

on the grate. The amount of fire is moderate Stir through. Turn off the fire when the extract is complete.

Drain and strain. Leave the amla powder and separate the amla gar Seeds should be discarded. Peel a squash, grate it and squeeze the juice. I.e. its soft pulp will get it. Return this pulp to ghee. Add caster sugar to the extract. Put it on a low flame and prepare it at once. Amalki Kalk in this dish. Add

and mix well. Finally add honey and mix again. Take it and fill it with incense.

Appearance - Brown  
Smell - Mixed  
Defectivity - Gallstones (vata-pitta)

**Observation** - Consistency-- Semisolid (Avaleha)

### Mode of administration:

Chyawanprash can be taken alone, can be transferred to milk or water, or can be spread on toast, bread, or crackers - just like any other jam. Taking chyawanprash with warm milk (or almond milk, if the milk is not suitable) helps to maintain its firmness and deep tissue regeneration. The usual dose of chyawanprash is 1-2 teaspoons, once or twice a day, or as prescribed by the provider your health care provider. Children can take 1/2 teaspoon daily. However, it is recommended that people suffering from asthma / respiratory illnesses should avoid eating milk and curd. In such cases, the formation can be controlled by warm water. It is recommended that CP be consumed within one year of the date of production, as studies have shown that chemical degradation may occur in the latter period, resulting in a loss of CP energy. Chyawanprash can be eaten on an empty stomach in the morning or before meals; if taken twice a day, then one can take it 30 minutes before dinner or two hours after dinner. Taking 1-2 tablespoons of

Chyawanprash and warm milk prevents colds and improves the immunity of children due to its rich content of vitamin C.

### Quality assurance:

Free cracking activity of ethyl acetate, alcohol and watery pieces of fresh amla fruit, ice amla powder and Chyawanprash determined the DPPH method of testing. Freeze dried amla ice and fresh amla fruit have shown excellent efficacy of removing all the extracts such as vitamin C. Chyawanprash extraction has shown a very low level of activity compared to its extraction of ethyl acetate. The absorption activity of ethyl acetate extract from Chyawanprash is much higher (EC ug / ml) compared to that of pure vitamin C (EC ug / ml). All three samples of the Chyawanprash market show similar activity even though vitamin C is lacking. The result shows that the free hacking function in the form of a DPPH (diphenylpicrylhydrazyl) assay can be used as one of the quality control parameters of Chyawanprash.

### Physiochemical evaluation of chyawanprash:

Sr no	Analytical Parameter	In-Lab Preparation		Marketed sample
		C1	C2	M1
1	+Angle of rotation (0.05% solution)	-10	-14	-17
2	Conductivity (mv) (5% solution)	227	202	208
3	Crude fat (Hexane fraction)	0.583%	0.96%	0.87%
4	Extractive values Water soluble Methanol soluble	68.15% 80.78%	62.38% 72.26%	64.90% 69.60%
5	Ester value hexane fraction	3.225	4.301	1.722
6	Free fatty acid hexane fraction	0.2805	0.374	0.328
7	Lignane contents	4.213%	6.421%	6.75% w/w
8	L.O.D.	8.98%	11.22%	15.5%
9	pH (5% solution)	3.08	3.50	3.38
10	Refractive index at 29 ° c 68% humidity (5% solution)	1.3338	1.335	1.339
11	Saponification value (hexane fraction)	3.5062	4.675	2.050

12	Silica fraction	0.135%	0.198%	0.508%
13	Spectrum measurement	272,731 nm	276,731 nm	272,732 nm
14	Total acidity (% in term of anhydrous citric acid )	0.030%	0.028%	0.050%
15	Total ash	12.19%	17.88%	16.18%
16	Total calories (kcal/g)	1.972	2.675	1.002
17	Total carbohydrate	50.66%	68.438%	63.63%
18	Reducing sugar-(Anthrone reagent)	85.41%	86.109%	92.68%
19	Total fibers	2.154%	3.27%	3.377% w/w
20	Total nitrogen (N g/kg) (Kjeldahl's method)	0.773	0.4365	0.088
21	Total Protein (g/ kg)	4.83	2.728	0.55
22	Total Solid (Brix) (5% solution)	4%	3.5%	4.2%
23	Total Tannin (Folin-Denis reagent)	1.804%	1.465%	2.89%
24	Wt/ml (1% solution)	0.9969	0.9994	1.005

### Phytochemical and quality specification of chyawanprash:

Chyawanprash is a strong, sticky, dark brown color, especially with a sweet and bitter aroma, which has a pleasant and disturbing after-flavor and aroma of Prakshep Dravya (seven herbal powders). The taste is strongly influenced by the taste of honey, cow ghee (specified butter), and Triphala (a combination of three myrobalans), and the aroma of cow ghee and certain spices. Sandalwood, cinnamon, and cardamom. Limited studies are available for CP quality testing. A major component of CP formation is Amla, which is rich in vitamin C and polyphenolics, including flavonoids. Phenolic compounds of CP have antioxidant properties that are said to contribute to the rejuvenation and tonic properties of CP. Advanced liquid chromatography (HPLC) analyzes have identified many phenolics acting on CP, namely, gallic acid, protocatechuic acid, catechin, caffeic acid, vanillic acid, chlorogenic acid, syringic acid, rutin, ferulic acid, and quercitrin, may account for its therapeutic activity. In contrast, each pharmaceutical company has its own internal definitions of CP quality, which is not public. The Ayurvedic Pharmacopoeia of India (API) has published a monograph on CP and a brief preparation and various physicochemical tests and

assay as standard standard standards. These include definition, identification (such as microscopy, thin chromatography (TLC), physicochemical parameters (loss of loss, total ash, acid-insoluble ash, extractor-soluble extractive, water-soluble extraction (pH)), assay, microbial limit, and test aflatoxin. The Ayurvedic Pharmacopoeia of India states that CP should not contain at least 0.5% of gallic acid when tested, based on a legally prescribed procedure.

### Vitamin C source from amla (Indian Gooseberry):

Vitamin C or Ascorbic acid is a natural antioxidant that helps protect against cancer, heart disease and depression. Vitamin C helps maintain a healthy immune system. Vitamin C is needed for growth and repair of tissue in all parts of the body. It is expected to be high in Chyawanprash as the basic ingredient amla contains 10 times more vitamin C than oranges. Amla, which is rich in vitamin c (445mg / 100gm), is the main ingredient (35%). A 1997 study found that vitamin c was not present in tested CP samples and may have been destroyed during the cooking of amla pulp and cow ghee in the pharmaceutical process.

### Health benefits of chyawanprash:

Many of Chawanprash's health benefits come from its main ingredient, Amla Berry. However, the skillful addition of other ingredients to the jam, making it a powerful rasayana. The various herbs and spices work together to support each other's beneficial effects while honey, jaggery, sesame oil and ghee act as yogavahis, bringing beneficial nutrients from each ingredient to body cell depth, improving absorption and efficiency.

### **Supports Immunity and Detoxification:**

Chyawanprash is best known for its body support, which is why it is so popular in the autumn and winter months<sup>1</sup>. Amla Berry, also known as Amalaki, is the main ingredient and base of Chyawanprash. It has a sour, sour taste and is an extremely rich source of vitamin C. Stress and bad lifestyle habits such as smoking, drinking and poor eating habits can reduce vitamin C stores and lower the immune system. Numerous studies have shown vitamin C to have a positive effect on strengthening the immune system. In addition, amla berry has been shown to have adaptogenic properties, which help the body, adapt to stress and regulate the immune system.

Chyawanprash also supports the removal of liver, or toxins from the blood and increases the production of ojas, making it a powerful medicine to boost your immune system naturally. Ojas is a hidden root that is said to be the ultimate product of complete digestion, which controls youth, beauty, energy, sleep, digestion and reproductive health.

### **Strength and Energy:**

Ingredients at Chyawanprash improve healthy muscle mass by supporting protein synthesis and nutrient absorption. Chyawanprash's ability to strengthen the immune system and remove harmful toxins and free radicals, dedicated to supporting normal body strength and energy. Supports healthy muscle mass and tone all body tissues.

### **Respiratory Health:**

Udana vata, a subdosha of vata dosha, governs the lungs, which become more susceptible to bacterial and viral infections during the fall and winter months. During vata season, the lungs are more prone to infection, leading to dry coughs and colds. Chyawanprash is an excellent respiratory tonic as

it protects the body from infection by nourishing the mucous membranes and supporting clear respiratory pathways.

### **Supports Healthy Glucose Levels, Cholesterol Levels and Weight:**

A study comparing the effects of Chyawanprash with vitamin C on blood cholesterol and blood glucose found that Chyawanprash had a greater effect on reducing both compared to vitamin C alone. In addition, amla berry has also been shown to have important properties of lowering cholesterol in weight loss. Another ingredient in Chyawanprash, black sesame oil, contains monounsaturated and polyunsaturated acids (PUFAs) that help lower cholesterol. And has been shown to support weight loss, which in turn can help lower blood pressure.

### **Promotes Healthy and Radiant Skin:**

A study published in the American Journal of Clinical Nutrition has shown an association between a vitamin C diet and lower chances of wrinkles, dry skin, and other signs of aging. It can promote premature aging. Another study published in the Journal of Integrative Medicine revealed that regular use of Chyawanprash could have a positive effect on slowing down skin reactions.

### **Memory:**

Depression can be a very common consequence of aging, however, modern scientific research has shown Chyawanprash to have positive effects on memory and cognitive health, due to its high antioxidant activity. In addition black sesame oil and ghee, two ingredients in herbal jam, are rich sources of alpha linolenic acid, which has been shown to have important protective properties.

### **Digestion and Metabolism:**

Ancient wisdom and modern science would agree that there is a direct link between digestion and body health. According to Ayurveda, the digestive process begins with a taste. Chyawanprash incorporates five of the six flavors - sweet, sour, bitter, stinging and hard - leaving a salty texture. From the moment we taste our food, our body begins to produce digestive juices and enzymes needed for digestion. The inclusion of six flavors in your diet will help curb your cravings and



prevent overeating by making you feel more satisfied. In addition, Chyawanprash ignites Agni, or digestive fire, without exacerbating pitta dosha, and supports healthy elimination. Warm spices such as long black peppers, cardamom, saffron, ginger and cinnamon in Chyawanprash tonify Agni while licorice and ghee balance with pitta dosha heat. Digestion and metabolism are both controlled by pitta and work harmoniously.

### **Reproductive Health:**

Chyawanprash is a rasanana that works on all tissues, or dhatus, of the body - Rasa (blood plasma), rakta (blood), mamsa (muscle), meda (adipose), asthma (bone), majja (bone marrow), and shukra (reproductive). In this way, it helps to strengthen and expand all dhatus and can work to support reproductive health and energy.

### **Heart Health:**

The rich linolenic oils from black sesame oil and ghee in Chyawanprash have been shown to have heart-protective effects on the heart. Ghee is a rich source of conjugated linolenic fat (CLA), which has been shown to protect arterial plaques and carcinogens. In addition, an article published in the journal *Phytotherapy Research* found that the amla berry has protective effects against oxidative damage due to stroke and vascular disease.

### **Toxicity and safety:**

Those with diabetes should be careful when taking chyawanprash because of its high sugar content from unrefined sugarcane sugar and honey. Due to the lack of safety data, pregnant women should consult a doctor before taking chyawanprash as a supplement. Some online sources recommend reducing the dose by half of pregnant women, although no scientific studies have examined this in detail. Some reviews mention feelings of heat after eating chyawanprash, probably because of the strong combination of herbs in chyawanprash. Taking chyawanprash with hot milk can alleviate this feeling. Also, there are no scientific studies that explain this in detail.

### **Drug interactions:**

No reported contact between chyawanprash and other drugs. However, it is still recommended to consult a doctor if you wish to take chyawanprash in combination with other medications due to the

variety of herbs found in chyawanprash. Always consult your doctor before prescribing and informing them of all the drugs and ingredients you are using or considering.

### **Why standards of CP is necessary:**

Based on available market samples a significant difference has been found in the selection of ingredients in many products. This also explained the variation in texture quality, from smooth pasting to flexibility. Sometimes it affected the range of colors, which ranged from light exposure to very deep brown. Of course it was also made with a variety of flavors, but which was heavily influenced by high levels of sugar.

We have found three reasons to be able to stay with that: single customer acceptance. It seems that some of the medicinal content of the product makes it very bitter, as it is not only enjoyable but also very unacceptable, so it looks like a price increase to make the product more acceptable. Second, sugar acts as a barrier, so it does

It is easy for consumers to continue using it as long as they wish, and without having to worry about following any storage or shelf restrictions. Third, and most importantly, there were no official limits on how much sugar was needed

Making it a test is worthwhile, so the product didn't break any levels by adding a sugar level, of course. Another argument that has plagued them is that at least one teaspoon of the product is consumed per day, which is why sugar is introduced in a day, each dose being harmless.

### **Chyawanprash perspective on building immunity:**

Chyawanprash is an herbal jam that is said to help boost your immune system. This powerful immune system is made up of structures based on ancient writings. It contains Vitamin C which can help protect you from colds and chronic illnesses. It contains antioxidants that help restore energy to make you feel younger. It helps to improve the efficiency of the digestive system and increases Ojas, resulting in higher security.

Eating Chyawanprash regularly helps you increase your fever. You can take two to three teaspoons of Chyawanprash twice a day, after meals or as prescribed by your doctor. Taking milk is said to make it work better. The unique combination of

ingredients in this herbal jam helps to improve the body's ability to fight infections. This product can be taken before the changing times when people are often sick. It is said to be a safe health supplement that even children can take.

### Conclusion:

Written clinical studies from electronic and Ayurvedic literature have proven that people who take CP regularly for a while show improvements in general health and immunity. The broader health benefits of the various herbs used in this formulation and increase their therapeutic efficacy in treating respiratory issues. Chyawanprash is a traditional herbal remedy sanctified with illicit health benefits. It has high value in strengthening the immune system, improving heart function, in treating libido, improves fertility, improves hair and skin health, increases digestion. and issues. With the right dosage, a person can eliminate the side effects and enjoy many health benefits.

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