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CHYAWANPRASH

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ABSTRACT:-

Chyawanprash, a classical Ayurvedic Rasayana is famous for its purported health benefits. It includes immune system enhancement, antiaging effects, longevity and cognitive improvement. This work explores the composition, therapeutic properties. of Chyawanprash focusing on how it functions, its preparation and health promoting effects. Vitamin C correct the system, reduces bio-toxin, repair and help to heal the system. The best fruit to resource Vitamin C by cost is Amalaki. The season when fresh Amalaki is not available: its product Chyawanprash could be a choice not for Vitamin C supplement but for overall immunity growth too. With Amla as its base and synergetic rise of over 40 herbs. Chyawanprash provides a rich source of antioxidants and adaptogens. The study reaffirms Chyawanprash as a timeless health tonic suitable for addressing the challenges of modern-day health and wellness.

Keywords: *Chyawanprash. Rasayana. Amla. Emblica officinalis.*

INTRODUCTION:-

Chyawanprash, a classical Ayurvedic Rasayana is famous for its purported health benefits. It includes immune system enhancement, antiaging effects, longevity and cognitive improvement. This work explores the composition, therapeutic properties. of Chyawanprash focusing on how it functions, its preparation and health promoting effects. Vitamin C correct the system, reduces bio-toxin, repair and help to heal the system. The best fruit to resource Vitamin C by cost is Amalaki. The season when fresh Amalaki is not available: its product Chyawanprash could be a choice not for Vitamin C supplement but for overall immunity growth too. With Amla as its base and synergetic rise of over 40 herbs. Chyawanprash provides a rich source of antioxidants and adapt gens.

Synergistically working to enhance immunity, improve digestion, detoxify the body and balance the three doshas. Traditionally it has been used to boost immunity, improve digestion and combat ageing, making it a significant elixir for both physical and cognitive wellbeing. Chyawanprash can be consumed in all seasons, as it contains ingredients which are weather friendly nullifying the unpleasant effects due to extreme environmental and climatic conditions. In addition to its historical use, modern science has begun to validate many of its purported benefits, revealing its antioxidant, anti-inflammatory and neuroprotective properties.



Fig 1.1 CHYAWANPRASH

Acharyas have mentioned benefits of Chyawanprash as Medhya (grasping capacity), Smruti (capability to remember), kanti etc.

The two lexemes that make up Chyawanprash (also known as "Chyawanprash" and "Prasha") refer to 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. 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.

Preparation of Chyawanprash:-

The preparation of Chyawanprash, is a meticulous process that combines ancient Wisdom with contemporary understanding of herbal medicines its preparation involves the harmonious binding of herbs, fruits, and natural sweeteners to create a rejuvenating Rasayana. At the heart of Chyawanprash lies Amla (*Emblica officinalis*), a super fruit renowned for its high Vitamin C content and potent antioxidant properties. This primary ingredient is carefully processed alongside a variety of herbs such as Ashwagandha, Shatavari, and Guduchi, which are selected for their synergistic effects on immunity, vitality, and mental clarity. The addition of ghee, honey, and sugar not only enhances the palatability of the formulation but also serves as a medium for the absorption of fat soluble active compounds in the body.

Table:-1.1 INGREDIENTS OF CHYAWANPRASH

Name of Drug	Latin Term	Uses
Biliva	<i>Aegle marmelos</i>	Digestive and Anti-inflammatory and diuretics
Agnimantha	<i>Cleodendrum phlomidis</i>	Anti inflammatory and Diuretics
Shyonka	<i>Oroxylum Indicum</i>	Analgesic and arthritic.
Patala	<i>Stereospermum suaveolens</i>	Respiratory support and rejuvenation.
Gambhari	<i>Gmelina arborea</i>	Antipyretic and analgesic.
Shalaparni	<i>Desmodium gangeticum</i>	Nerving tonic and anti-inflammatory.
Prishniparni	<i>Uraria picta</i>	Anti-inflammatory and Antipyretic.
Brihiti	<i>Solanum indicum</i>	Respiratory and digestive support.
Kantakari	<i>Solanum xanthocarpum</i>	Bronchodilator and anti asthmatic.
Madhu	Honey	Wound healing, Antioxidant.

Ghrita	Clarified Butter	Wound healing and rejuvenation.
Chandan	<i>Santalum album</i>	Cooling antiseptic and antiseptic and beneficial .
Mahamedha	<i>Polygonatum verticillatum</i>	Enhances strength ,Immunity and overall rejuvenation.
Utpala	<i>Nysempha stellata</i>	Cooling and Soothing supports skin and digestive health.

Kakoli	Fritillaria Roylei	A rejuvenative herb that nourishes and strength of the body .
Vidari	Pureriia tuberosa	A Rejuvenative herbs that improves and herbs and vitality.

METHOD OF PREPARATION:-

Step 1: Selection and Preparation of Amla :-

Wash fresh Amla (Indian gooseberry).



Approximately 500 in numbers (each weighing around 15-20 gm, total weight around 6.5 kg).



Tie in a cloth and make a pottali tie it to a rod and keep.

Step 2: Preparation of Decoction:-

All the drugs mentioned in the table are taken in quantity of approximately 50 gm and make into coarse powder.



Take approximately 150 liters of water and make kwatha (decoction) by the herbs in water



Insert the pottali of Amla into kwatha and reduce till 1/4th. Remove the pottali and strain the kwatha and keep aside.

Step 3: Preparation of Amlapithi:-

Remove the Amla from pottali when they are soft. Remove seeds and grind it into a smooth pulp (Amla pithi) by rubbing the peels of Amla on a mesh, fibers are discarded.



Take a vessel add ghrita 1.4 kg into it and add this pulp (Amla pithi) into it, fry this pulp on manda agni till it turns brownish red and ghee starts separating, stir it continuously to avoid sticking

Step 4: Sugar Syrup Preparation:-

In the kwatha add approximately 5 kg of sugar in full Heat full till it turns into two string consistency.

Step 5: Avaleha consistency:-

Then add this pulp into the sugar kwatha.
Slowly combine the kwatha and pulp by stirring continuously to ensure even mixing and prevent sticking. Make it into avaleha consistency.

Step 6: Addition of Pakshepa Dravya:-

Add Pippali churna (approximately 100 gm), Vanshalochana (approximately 150 gm)



Sudamela, twak and patra in (approximately 10 gm each). Add Pippali churna (approximately 100 gm), Vanshalochana (approximately 150 gm).

Step 7: Addition of Honey:-

After preparation of avaleha cools down, mix honey (approximately 300 ml) in in quantity mix it properly.



And finally, a dark shining brown colour product which is in avaleha (fruit jam) consistency is prepared.

Step 8: Storage:-

Transfer to a clean dry jar in an airtight container.
Store in cool, dry place.



Fig 1.2 INGREDIANTS OF CHYAWANPRASH

Tips:-

Stir continuously during the cooking process to prevent burning. Maintain low to medium heat to preserve the medicinal properties. Use a thick bottomed vessel for even heating. Chyawanprash is to be consumed in a quantity that does not influence the hunger and appetite for food. It should be given to the agni imbalanced condition (i.e. pachana shakti and strength of individuals).

Uses:-

Chyawanprash is a combination of herbs and nutrients rich in gradients like Amla Such as a indi (Indian Gooseberry), honey and ghee. Traditionally used as a rejuvenator (Rasayana) Chyawanprash is celebrated for enhancing immunity promoting respiratory health and supporting overall vitality. Its multifaceted applications ranging from improving digestion to boosting cognitive function make it a vital component of natural wellness systems.

1. Boosts Immunity:- Chyawanprash is rich in antioxidants and Vitamin C, primarily derived from Amla (Indian Gooseberry), which helps strengthen the immune system. Regular consumption may protect against infections, including colds and respiratory ailments.

2. Enhances Respiratory Health:- It is known to support the respiratory system by clearing mucus and soothing the airways. Helps manage asthma, bronchitis, and other respiratory issues due to its anti-inflammatory properties.

3. Improves Digestion:- It promotes healthy digestion by stimulating gastric enzymes. Helps alleviate issues like indigestion, bloating, and constipation.

4. Promotes Skin Health:- The antioxidant-rich formulation helps maintain healthy, glowing skin by combating free radicals. Aids in reducing acne, dryness, and signs of aging.

5. Enhances Memory and Cognitive Function:- Contains herbs like Brahmi and Shankhpushpi, which are traditionally used to enhance memory, focus, mental clarity and reduce stress and anxiety.

6. Supports Cardiovascular Health:- Rich in flavonoids and nutrients that may help improve heart health by reducing bad cholesterol and enhancing blood circulation.

Formulation:- The production of chyawanprash entails making a herbal decoction and then applying a dried extract. Following the honey mixture, add the fragrant 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.
- 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.

MANUFACTURING PROCESS OF CHAWANPRASH:-

Since the standard operating procedure (SOP) of Chyawanprash is not clearly narrated in ancient literature, at present, the mode of production differs for each manufacturer. Current authoritative books of Indian system of medicine mention the use of 500 numbers of amla in a single lot. However, variation of amla size and the quantity of then obtained pulp is the major limiting factor of the soap and standardization. In Historical times, Amla was collected in forests. It was observed the amla fruit collected from forests has more concentration of vitamin C than the coming from cultivated fruit.

The weight of 500 fresh amla varies from 2.5-25.25 kg, as cultivated hybrid amla has a bigger size than wild collected amla. The Ayurvedic Formulary Of India (AFI) Consider the use of 2.5 kg of fresh amla has available, 500 such fruits would weigh approximately 6.5 kg.

Five -hundred Amla fruits (Each fruit having a weight of around 15-20 g , total weight 6.5 kg) are swethed in clean cotton cloth to form a bale (pottali) and submerge into the aforementioned combination of herb.

There after, the admixture is boiled until decoction is reduced to 1/4th . After taking of the potali, seeds are removed from Amla; the remaining pulpy portion is rubbed on a clean muslin cloth, Amla fibre are separated, and Amla pisthi (wet paste of Amla pulp).

After this Amla pisthi is mixed with Yamakadravyash (lipid:500gm cow ghee and sesame oil each) in an iron container and fried until gets brownish red and the Yamaka (lipid) start separating.

Sugar syrups is then prepared by adding sugar in the herbal decoction.

Amlapisthi is added to this decoction syrup and heated until attainment of viscosity of to strings. Then, when the heating is stopped, parkshepadravya (herbal powder of 150gm Vanshalochan ; 100gm Nagakesar ; Elaichi , Tamalpatra and Dalchini, 10gm each) are added and stir until homogeneous mixture is obtained After cooling the mixture , 250gm Honey (old, natural, pure) are uniformly mixed, and finish product is obtained and packed in air tight sterile container. Finally, the prepared CP is of a dark brown colour having wet paste like appearance and consistency the whole unit operating process of traditional CP preparation is depicted in unit operating process of traditional Chyawanprash After cooling the mixture , 250gm Honey (old, natural, pure) are uniformly mixed, and finish product is obtained and packed in air tight sterile container. Finally, the prepared CP is of a dark brown colour having wet paste like appearance and consistency the whole unit operating process of traditional CP preparation is depicted in unit operating process of traditional Chyawanprash preparation .

- (A) Raw material collection.
- (B) Fresh Amla taken.
- (C) Boiling in potali suspended in herbal decoction.
- (D) Amla pulp frying in Ghee and Sesame oil.
- (E) Fried until pulp goes brownish red and the lipid start separating.
- (F) Pisthi cooked in decoction syrup until the attainment of two string viscosity.
- (G) Upon cooling, parkshepa herbal powder and honey added and mixed homogeneously.
- (H) Finally, Chyawanprash prepared packed in air tight sterile container.

Boiling of Amla fruit with decoction and the subsequent cooking processes might be inducing pH change, release of acid soluble contain, hydrolysis cleavage of various bioactive molecule, extraction soluble material chemical, exchange with intracellular and extracellular chemicals of mixture and several suitable phytochemical interaction to make an ideal blend of this nutraceutical.

MODE OF ADMINISTRATION:-

Chyawanprash can be used by all age groups in every season as its ingredient nullify the unpleasant effects of intense weather and climate or environmental changes.

Chyawanprash should be taken in quantity such that it does not interfere with hunger appetite for food. The general doses of chyawanprash 12-28 gm is to be taken with milk 100-250 ml on an empty stomach in the morning .

However, it is advocated that individual suffering from asthma/ respiratory ailments should avoid intake of milk and curds . In such cases, the formulation can be administered with lukewarm water. It is recommended to chyawanprash with a year from the manufacturing date, as a study has indicated that chemical deterioration may occur during the storage period, resulting in loss of the therapeutics potency of the chyawanprash.

PHYTOCHEMICAL AND QUALITY SPECIFICATIONS OF CHYAWANPRASH :-

Chyawanprash is a semi-solid sticky paste with a brownish black appearance, chiefly having sweet and spicy odour, with a sweet and feel after taste with aroma of prakshepadravya. The taste is predominately governed by the flavours of honey, cow ghee (clarified butter), and a trifala a mixture of three myrobalans, and the aroma by cow ghee and certain spices viz. sandalwood, cinnamon, and cardamom. Limited studies are available on quality IS testing of C.P. A major part in the composition of C.P is amla, which is rich in vitamin C and polyphenolics, including flavonoids.

The phenolic compound of C.P possess antioxidant principle that are said to contribute a rejuvenating and tonic attribute of C.P.



Fig 1.3 PHYTOCHEMICAL OF CHYAWANPRASH

Pharmacological Activity

Chyawanprash traditional polyherbal formulation, is widely used as tonic, rejuvenator, anabolic, immunomodulator and memory enhancer. In the modern times it is used to cure cough, asthma and used as a tonic for heart disease.

It promotes growth in children. It increases the sexual power and aid in digestive. Amla fruit also offers calcium, phosphorous, iron, carotene, carbohydrates, thiamin and riboflavin. Amla has ascorbic acid conjugated to gallic acid and reducing sugars forming a tannoid complex, which is to be more stable.

When these compounds are ingested, Vitamin C is released into the body due to an inherent mechanism; several studies have proven its utility in improving body resistance and protecting against infection.

The observation made in the study also that the antioxidant profile of amla could be traced to Vitamin C like activity of its phenolic compounds and not just due to its Vitamin c content (10,11,12) Consumption of this fruit has a great effect in maintaining health because of its antioxidant properties.

Chyawanprash has been used as a Ramayana (health tonic), a rejuvenator and an immune builder. It has also show benefits in decreasing anxiety, stress and depression. Sugar and honey in Chyawanprash? The unrefined sugar and honey play an important role in chyawanprash. They work together as an anupan, which means "a carrier of herbs." They help the herbs absorb deep into the tissues.

In Ayurveda there are 6 tastes: sweet, sour, bitter, pungent and astringent. Each of the 6 tastes plays an important role in healing. Chyawanprash has 5 of the 6 tastes (no salty taste). The sugar and honey provide the sweet taste, which is rejuvenating. Without the sugar and honey, chyawanprash wouldn't work! Besides, there are only 7.8 grams of sugar per teaspoon and less than 1 gram of fat. Does it need to be refrigerated? No. chyawanprash does not need refrigeration.

The jar is about a 1-month supply. If you plan on keeping it open longer than 1 month, it should be refrigerated. According to the Charaka Samhita, the ideal way to use Chyawanprash is to first undertake cleansing of the body, perform meditation and religious ceremonies, and develop a cheerful disposition.

The herbal preparation should be consumed in a place where the room is clean, the temperature is mild, and one is out of direct sun (during the hot season). While the herbal honey helps correct the problems that have been caused by poor habits, correcting improper diet, in particular, is an important aid to the effects of all the rasayana.

It observed that the high intensity of heat destroyed the tannin content and has a negative impact on Vitamin C content in the final product of chyawanprash 13. There was a loss of 34.8% of vitamin C on frying the boiled amla pulp.

The loss of Vitamin C on may be due to high temperature of about 1400 c to 1500 c achieved during frying. Also such high temperature may destroy vitamin C as well as the constituents, which may be otherwise responsible for its stability

Need for Standardization

Standardized Formulations arose out of the need to create a uniform product for clinical trial. The primary reason standardized herbal extracts exist is because they are considered necessary to achieve as much control in double blind studies as is possible.

Standardization does have advantages. It produced a consistently strong product with guaranteed constituents. When you consider the quality of most commercial formulation, this at least assures that they have something in it and that correct herb is being used.

In the case of ayurvedic drug lack of quality control procedures exist. So a question is, how do these companies prepare quality chyawanprash? The original chyawanprash is lost somewhere in between the procedures of preparation and the methods of promotion.

More than this, the companies are manufacturing chyawanprash in large quantities and thus they need all those rare herbal ingredients in bulk amounts.

These arises the chance of adulteration. For them it is an easy way of preparation especially when there are no measures available to check the added ingredients or its quantities. This is the area, which needs to be addressed.

The issues involved are methods of manufacturing and the ways of promoting the chyawanprash. It is an age-old traditional medicine, which was prepared in a well thought out manner. Difficulties in Polyherbal formulation: - Standardization problem arises from the complex composition of drugs, which are used in the form of whole plant, parts of the plant(s), and of plant extracts.

Standardization of the presumed active compounds of drug in general does not reflect reality. Only in a few cases does drug activity depends up one single component. Generally, it is the result of concerted activity of several active components. Generally, it is the result of concerted activity of several active components as well as of inert accompanying substances.

Through these inert accompanying components do not directly affect pathological mechanism, it is reasonable to use the complex mixture of components provided by a medicinal plants because these inert components might influence bioavailability and excretions of the active components.

Further, by inert plant components the stability of the active component might be increased and the rate of side effects can be minimized.

Logic to write this article is awareness to the consumer regarding chyawanprash as a Health product and the developed method for their determination may be considered as an additional tool for quality control of chyawanprash.

Owing to the medicinal properties to a crude drug, it is necessary to maintain its quality and purity in commercial market. The establishment of perfect quality control profiles of herbal medicines based on physical, chemical, biological evaluation, backed with their stability and bioavailability parameters is the need of the hour in order to ensure the acceptance of phytopharmaceuticals as an integral part of modern drug therapy.

CONCLUSION:-

Natural health products that have therapeutic efficacy are becoming more and more important in clinical research since they are more cost effective and less side effects than traditional synthetic nutraceuticals.

Chawyanprash is one of the many goods in this library that is extremely valuable for both worldwide trade and therapeutic purposes. The review highlights the abundance of traditional medicines claims for chawanprash ; together with the scientific data that supports these claims . Its numerous preventative ,promotive, and curative health advantages and supported by evidence reported, demonstrating that it is an age old remedy with a contemporary remedy. Mechanistic research and adequate clinical reports are still missing , nevertheless.

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