

---

## A Short Review on Therapeutic Efficacy of Herbal Chyawanprash

**Shivani Patil\***

Tilak Ayurved Mahavidyalaya, Pune, Maharashtra, India.

**Corresponding Author\***

Email ID: shivani.patil0034@gmail.com

---

### ABSTRACT

*Chyawanprash is an Ayurvedic health supplement comprised of a highly concentrated mixture of minerals and nutrient-rich herbs. It is intended to replenish depleted life energy stores (ojas), maintain strength, stamina, and vitality, and slow down the ageing process. Around 50 medicinal herbs and their extracts are processed to create Chyawanprash, which has the world's richest source of vitamin C, Amla (Indian gooseberry), as its main component. The process for making chyawanprash begins with the manufacture of a herbal decoction, followed by the preparation of dried extract, a honey mixture, and the typical addition of fragrant herb powders (cinnamon, cardamom, and clove). The final result has a consistency similar to fruit jam and tastes sweet, sour, and spicy. It is necessary to do scientific research on Chyawanprash to determine its medicinal effectiveness. There is a need to put together the fragmented knowledge that is currently accessible about the medicinal potential of chyawanprash. In order to illustrate the importance of Chyawanprash in treatments, information from ancient Ayurvedic scriptures and treatises, as well as ethnobotanical, ethnopharmacological, and scientifically confirmed literature, has been collected. The topic-related citations were screened.*

---

### INTRODUCTION

Chyawanprash, often spelt Chyavanaprasha, is made up of the two lexes "Chyawan" and "Prasha". Chyawan is both the name of a sage and a metaphor for "degenerative change." Prasha refers to a substance or food that is fit for ingestion. Chyawanprash, which contains a variety of herbs and is meant to support health and ward against disease, is a thorough "metabolic" tonic. Chyawanprash is a traditional Ayurvedic composition from ancient India that is similar to a polyherbal jam and is supplemented with a variety of herbs, herbal extracts, and processed minerals. Chyawanprash has been around for generations and is regarded by many experts as a crucial health ingredient. Since ancient times, chyawanprash has been used both as a medicine to improve immunity and length of life and as a health supplement due to its many positive health effects. Regardless of societal, political, or scientific considerations, chyawanprash has been a part of every Indian's life since it was first introduced. Long before vitamins, minerals, and antioxidant supplements were developed, it was one of the foods most valued for its antiaging properties [1-3]. Rasayana, a subdiscipline of Ayurveda, consists of several specialised methods for extending life, avoiding diseases and ageing, stopping degenerative processes, and fostering optimum health. The most significant Rasayana formulation among all those listed during the classical and mediaeval eras is unquestionably CHYAWANPRASH. Since it first appeared on the market for consumer goods in the 1950s, this composition has advanced significantly as an over-the-counter product.

It is well-liked for having numerous health advantages and taking care of the preventive, promotional, and curative aspects of health [4]. Amla/Amalaki (*Phyllanthus emblica*/Indian Gooseberry) pulp is the main component of Chyawanprash, which is regarded as the most potent Rasayana for maintaining homeostasis. Amla-containing chyawanprash has a complex flavour that combines elements of sweetness, sourness, bitterness, pungentness, and astringency. It rejuvenates the entire human system when consumed regularly and preserves physiological functions [5]. Practitioners of traditional Ayurveda refer to CHYAWANPRASH as a "Ageless Wonder". The CHYAWANPRASH recipe has stood the test of time and continues to be useful in reducing health difficulties in the modern world. According to Charaka Samhita's description of CHYAWANPRASH, "It is the premier Rasayana, beneficial for allaying cough, asthma, and other respiratory ailments; it nourishes the weak and degenerating tissues, promotes vigour, vitality, and is anti-aging" [6]. According to ancient texts, taking this tonic regularly promotes intelligence, memory, immunity, health, endurance, improved senses, great sexual strength and stamina, improved digestion, improved skin-tone and glow, and restores/maintains the normal biofunctions of Vata (body humour regulating all movements, circulations, and neuroconductive actions) [7]. The Chyawanprash's herbal and spicy components aid in the circulatory system's recovery, which facilitates the evacuation of toxins from distal tissues and visceral organs. Chyawanprash has a number of health advantages. It promotes strength to the digestive tract, digestive organs, cardiovascular, respiratory, and cerebrospinal systems, neuronal circuits, renal, and reproductive tissues and is a superb ergogenic (improving physical performance), tonic, rejuvenator, anabolic, immunomodulator [9–10].

### Ingredients of Chyawanprash

Chyawanprash is a potent antioxidant paste, prepared through the synergistic blending of around 50 herbs and spices. Typically, Chyawanprash includes four classes of herbal drugs: The *Dashmula* class (ten roots); the *Chaturjata* class (four aromatic plants); *Ashtavarga* (threatened medicinal herbs from the Northwest Himalayas, which are not commercially available in the modern era); and a general class. The Chyawanprash formula is described in the ancient Ayurvedic texts, namely, Ashtanga Hridayam, Charaka Samhita, Sangandhara Samhita, which are dedicated to clinical management. The dominant ingredient is *Amla*, a citrus fruit that is a highly renowned and potent botanical in Ayurveda. The main ingredients of Chyawanprash, along with their botanical identities, key active biomolecules and specific therapeutic roles, are detailed in Figure 1 and Table 1 [15].

**Table 1. Ingredients used in Preparing Chyawanprash**

S.No.	Ingredients	Quantity (in gms)
1.	Amla	750 gm
2.	Honey	85 gm
3.	Sugar or Jaggery powder	750 gm
4.	Clarified butter (or) ghee	250 gm
5.	Sesame oil	65 ml
6.	Bay leaves	05 gm
7.	Dry Ginger	10 gm
8.	Cardamom	25 gm
9.	Sandalwood	10 gm
10.	Dashmool	05 gm
11.	Triphala	12 gm
12.	Pepper	05 gm

13.	Cloves	05 gm
14.	Nutmeg	05 gm
15.	Cinnamon	05 gm
16.	Prawal Bhasma	2.5 gm
17.	Nagkesar	2.5 gm

**Table 2: Ingredients of CHYAWANPRASH with Their Botanical Identities and Specific Therapeutic Roles.**

<b>Medicinal Plants</b>	<b>Health Benefits for Increasing Immunity in Body</b>
<b>Amla</b>	Immunomodulatory, rejuvenative, neuroprotective, hepatoprotective, antioxidant, cardiogenic, enhance general vitality, cognition and promotes longevity
<b>Natural Honey</b>	Anti-infective, immunomodulator, wound healing, antioxidant, antiaging, relieves cough and cold, antiseptic, sore throat, antiulcer
<b>Sugar or Jaggery</b>	Sweetener, provides calories/energy
<b>Sesame Oil</b>	Nutritive, demulcent, aphrodisiac, antioxidant, wound healing, radioprotective, anti-inflammatory
<b>Bay Leaves</b>	Stimulant, antiulcer, antimicrobial, antidepressant, anticancer, digestive, hepatoprotective
<b>Cardamom</b>	Stimulant, stomachic, tonic, appetizer, useful in nausea, heartburn and intestinal spasms
<b>Sandalwood</b>	Tonic, aphrodisiac, antipyretic, anti-hyperglycemic, diaphoretic anticancer, protective and antimicrobial effect on genitourinary and bronchial tract mucosa
<b>Dashmool</b>	Anti-inflammatory, Anti-rheumatic or Anti-arthritis, Analgesic, Antispasmodic, Adaptogenic, Antioxidant, Neuroprotective, Anti-paralytic, Uterine tonic, Uterine Detoxifier
<b>Triphala</b>	Anti-inflammatory, protective against cancer, dental diseases, useful for weight loss, natural laxative.
<b>Pepper</b>	Antioxidant and anti-inflammatory properties, cancer prevention, relieves gum problems, helps decrease Vitiligo, useful in weight loss.
<b>Clove</b>	Antiseptic, antimicrobial, aromatic, stimulant and anti-inflammatory
<b>Nutmeg</b>	Antioxidant, disease preventing, and health promoting properties
<b>Cinnamon</b>	Anti-microbial and anti-parasitic activity, lowering of blood glucose, blood pressure and serum cholesterol, anti-oxidant and free-radical scavenging properties, anti-gastric ulcer effects, anti-inflammatory activity, wound healing properties.
<b>Prawal Bhasma</b>	Eye disorders, chronic respiratory diseases, cold, cough, bleeding disorders, painful micturition and leucorrhoea, toxic condition, excessive sweating
<b>Nagkesar</b>	Urinary tract disorders, gout, excessive itching. It is used in relieving swelling, edema and inflammation due to its anti-inflammatory properties. It improves digestion and appetite.

## **PROCEDURE**

Make the powder of all the above-mentioned ingredients, mix them properly and keep it inside a bowl. Take the Amla to wash them properly and pat dry using a clean cotton cloth. Once Amla is dry, take a fork and prick the Amla from all the sides. This should be done so that Amla gets cooked properly. Put these Amla in a pressure cooker with water and cook till the two whistles. Once it cools, de-seed the Amla and mash the Amla properly, so that there should be no lump. Take the pan; once the pan is heated add the ghee, sesame oil, and the powder Jaggery or (sugar). Now, add the mashed Amla and cook it on low flame till you see the moisture of mixer evaporates. Add all the mixed powdered ingredients to this. Switch off the flame and mix this powder with the Amla paste and add honey to this mixture. Mix the honey thoroughly. Once this mixture is cool, transfer this into a clean glass jar. Herbal chavanprash is prepared.

## **Chyawanprash: A Nutraceutical and Efficient Medicine**

The term ‘nutraceutical’ was coined in 1989 by Stephen De Felice as “a food or part of a food that provides medical or health benefits, including the prevention and/or treatment of disease.” Chyawanprash has been a consistent part of Indian tradition both as a functional food and nutraceutical for the past 5000 years, with constant zeal and vivacity, and has survived owing to its peerless health benefits [16–17]. Chyawanprash is reported to have rich vitamin, protein, dietary fiber, energy contents, carbohydrate, low fat contents (no-trans and zero percent cholesterol), and appreciable levels of major and minor trace elements (mg/100g), such as Fe, Zn, Co, Cu, Ni, Pb, Mn, vitamin C, tannic acid, other vitamins A, E, B1, B2, and carotenoids that act as micronutrients for health-invigorating purposes. It also provides several essential phytoconstituents, namely, flavonoids, alkaloids, saponins, antioxidants, piperine, phenolic compounds, *etc* [17]. The synergistic antioxidant effects of vitamin C along with vitamin E and carotenoids are well known. The rich nutritive composition and antioxidant biomolecules of Chyawanprash act both singly as well as synergistically for immuno-modulation, body building, health restoration, and prevention of oxidative damage (a leading cause of several degenerative diseases) [18].

## **Strength and Fitness Benefits**

Vata, Pitta, and Kapha are the three doshas that are balanced by chyawanprash. The precise effects of the herbs in Chyawanprash on the level of supplementing micro- and macronutrients, on metabolism, and on tissue nourishing are well known from an Ayurvedic perspective [18]. Long before vitamins, minerals, and antioxidant supplements were available, chyawanprash was one of the most popular meals due to its anti-aging effects. It is an Ayurvedic remedy that strengthens the immune system and guards against illnesses. Long before vitamins, minerals, and antioxidant supplements were available, it was a popular cuisine due to its anti-aging effects.

Some incredible health benefits of taking the ancient Indian health supplement every morning.

1. It clears respiratory passages
2. It improves digestion and eases constipation
3. It enhances energy
4. It purifies the blood and eliminates toxins
5. It normalizes blood pressure
6. It is good for cholesterol
7. It improves complexion

8. It may help improve alertness and concentration
9. It can help protect the body against infections
10. Rejuvenates all tissues in the body
11. Supports overall strength and energy
12. Promotes muscle mass
13. Builds Ojas for supporting a healthy immune response and youthfulness
14. Supports healthy function of the heart and respiratory systems
15. Tonifies the reproductive system
16. Kindles Agni (digestive fire)
17. Gently encourages elimination
18. Supports optimal urinary health

### **Other Preventive, Promotive and Curative Health Benefits**

Chyawanprash promotes higher protein synthesis and calcium absorption, which strengthens bones and teeth and enhances muscle tone. Additionally, it aids in weight gain and fosters growth in young people. Its strong herbs, such Amla, Guduchi, and Ashwagandha, have a significant Rasayana impact that balances the body's natural processes and modifies neuroendocrine-immune activity. It functions as a natural cleanse and removes blood pollutants. It imparts splendour, exquisiteness, youthfulness, wisdom, vigour, and shine, which enhances hair development, skin tone, heals dermal infections, and improves personality traits [19].

### **CONCLUSIONS**

A natural health product with therapeutic potential, chyawanprash, is becoming more and more important in healthcare. Regarding therapeutics and international trade, it is incredibly valuable. Its extensive preventive, promotional, and curative health advantages show it to be an old remedy with a new treatment. Chyawanprash is an Ayurvedic superfood and healer par excellence that boosts the immune system and revives the psychosomatic system. It is a great, nutrient-rich, and risk-free health tonic that is advantageous for people of all ages and genders.

### **REFERENCES**

1. Parle M., Bansal N. Traditional medicinal formulation, *Chyawanprash*—A review. *Ind. J. Tradit. Knowl.* 2006; 5:484–488.
2. Trivedi R.P. Bhaishajya Kalpana. Dhanvantari Karyalaya; Aligarh, India: 1951. p. 260.
3. Sharma R.K., Charak S. Chikitsa Sathanam. Volume II. Motilal Banarasidas; Varanasi, India: 1954.
4. Sharma P.V. Caraka Samhita. second ed. Volume II. Chaukhamba Orientalia; Varanasi, India: 1992. pp. 3–10.
5. Ram G., Amrit S., Khem R. Sri Krishan Das. Sri Vanketshwar Steam Press; Bombay, India: 1948. p. 3.
6. Mehta P.M. Realms of Ayurveda by Pandit Shiv Sharma. Arnold-Heinemann Publishers; New Delhi, India: 1979. History of Indian Medicine.66p
7. Rao R.S.K. Encyclopaedia of Indian Medicine-Historical Perspective. Volume I. Popular Prakashan; Bombay, India: 1985. 25p
8. Panda H. Handbook on Ayurvedic Medicines with Formulae, Processes and Their Uses. National Institute of Industrial Research; New Delhi, India: 2002. p. 10.
9. Bates D. Knowledge and the Scholarly Medical Traditions. Cambridge University Press; Cambridge, MA, USA: 1995. 325p

10. Anonymous. The Ayurvedic Formulary of India. Ministry of Health & Family Welfare; New Delhi, India: 2003. p. 37.
11. Balakrishna A., Srivastava A., Mishra R.K., Patel S.P., Vashishtha R.K., Singh A., Jadon V., Saxena P. Astavarga plants—Threatened medicinal herbs of north-west Himalaya. *Int. J. Med. Arom. Plants*. 2012;2:661–676.
12. Panigrahi J., Gantait S., Patel I.C. Concurrent production and relative quantification of vasicinone from in vivo and in vitro plant parts of Malabar nut (*Adhatoda vasica* Nees) *Biotechnology*. 2017;1:280. doi: 10.1007/s13205-017-0882-7.
13. Nair C.J., Ahamad S., Khan W., Anjum V., Mathur R. Development and validation of high-performance thin-layer chromatography method for simultaneous determination of polyphenolic compounds in medicinal plants. *Pharmacogn. Res*. 2017;9:S67.
14. Ismail S., Maulidiani M., Akhtar M., Abas F., Ismail I., Khatib A., Ali N., Shaari K. Discriminative analysis of different grades of gaharu (*Aquilaria malaccensis* Lamk.) via 1H-NMR-based metabolomics using PLS-DA and random forests classification models. *Molecules*. 2017;22:1612. doi: 10.3390/molecules22101612.
15. Rathod Jaimik D., Pathak Nimish L., Patel Ritesh G., Jivani N.P., Bhatt Nayna M. Phytopharmacological properties of *Bambusa arundinacea* as a potential medicinal tree: An Overview. *J. Appl. Pharm. Sci*. 2011;1:27–31.
16. Nayak P., Thirunavoukkarasu M. A review of the plant *Boerhaavia diffusa*: Its chemistry, pharmacology and therapeutical potential. *J. Phytopharmacol*. 2016;5:83–92.
17. Kumar S., Kumari R. Cinnamomum: Review article of essential oil compounds, ethnobotany, antifungal and antibacterial effects. *Open Access J. Sci*. 2019;3:13–16.
18. Saha S. Honey-The natural sweetener become a promising alternative therapeutic: A review. *South Ind. J. Biol. Sci*. 2015;1:103–114.
19. Chyawanprash: A Traditional Indian Bioactive Health Supplement. Rohit Sharma, Natália Martins, Kamil Kuca, Ashun Chaudhary, Atul Kabra, Meda M. Rao and Pradeep Kumar Prajapati. *Biomolecules* 2019, 9(5), 161.