

Chyawanprash: A Traditional Indian Bioactive Health Supplements

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ABSTRACTS:

Chyawanprash (CP) is an Ayurvedic health supplement which is made up of a super- concentrated blend of nutrient-rich herbs and minerals. It is meant to restore drained reserves of life force and to preserve strength, stamina, and vitality, while stalling the course of aging. Chyawanprash is formulated by processing around 50 medicinal herbs and their extracts, including the prime ingredient, Amla (Indian gooseberry), which is the world's richest source of vitamin C. Chyawanprash preparation involves preparing a decoction of herbs, followed by dried extract preparation, subsequent mixture with honey, and addition of aromatic herb powders (namely clove, cardamom, and cinnamon) as standard. The finished product has a fruit jam-like consistency and a sweet, sour, and spicy flavor. Chyawanprash has been used to help strengthen your digestive system and promote food absorption, corrects hyperacidity, dyspepsia and flatulence, peptic ulcers and gastritis, boost memory power, promote cardio fitness by supporting your heart and helps in slow down the rate of normal aging and promote longevity. But there is no Chyawanprash is available in market which stimulates the appetite. Therefore, we were decided to prepare appetite stimulant Chyawanprash.

KEYWORDS: Chyawanprash, Vasa, Raktchandan, Dashmul, Amala, polyherbal herbal formulation supplements, Indian Gooseberry, nutraceutical.

1. INTRODUCTION

1. Chyawanprash (CP) (also known as chyawanaprasha, chyawanaprash, chyawanaprasam, and chyawanaprash) comprises two lexes, Chyawan and Prasha. The word Chyawan is the name of a sage, and also symbolizes degenerative change. Prasha denotes a drug or foodstuff that is suitable for consumption. Indeed, CP is a comprehensive metabolic tonic; it contains a variety of herbs and is used to promote health and prevent diseases. Chyawanprash is an ancient Indian formulation (a polyherbal jam), prepared according to a traditional Ayurvedic recipe, enriched with several herbs, herbal extracts and processed minerals. Chyawanprash possesses multiple health benefits and has been widely used since ancient times as a health supplement and as a medicine for enhancing immunity and longevity. Chyawanprash has been a part of every Indian's life from the day it was introduced, irrespective of sociocultural, political, and scientific factors. It was one of the most appreciated foods for its antiaging effects long before vitamins, minerals, and antioxidant supplements came into existence.
2. Chyawanprash consists of Amla/Amalaki pulp as a base and this is considered to be the most effective Rasayana for sustaining homeostasis. Chyawanprash that contains Amla has a mixed taste, combining sweet, sour, bitter, pungent, and astringent qualities. On regular intake, it maintains physiological

functions and rejuvenate the whole-body system. Currently there are various brands of Chyawanprash is available in market such as Dabur CP, Baidyanath CP, Zandu Sona Chandi CP, Zandu Kesari Jivan CP, Patanjali CP, etc.

2. These Chyawanprash is used as immunity booster, Strengthens the digestive system, Boost memories and correct hyperacidity. But there is no Chyawanprash is available in market which stimulates the appetite. Therefore, we were decided to prepared Chyawanprash which stimulates the appetite by adding herbal natural ingredients like Fenugreek, Peppermint, Cinnamon, Coriander, Nutmeg, Ginger, etc. All these ingredients are easily available in market and these are cost effective. Also in the Chyawanprash we have added herbal ingredients like Raktchandan, Karktmruni, Pipali, Nagarmotha and other various types of herbal ingredients. Which have multiple health benefits such as Antihyperglycemic effect, Carminatives, Anorexia, Indigestion, Worm infection, Antimicrobial activity.

2. FORMULATION & COMPOSITION OF CHYAWANPRASH :

A. Formula:

Sr. No	Contents	Quantity	Uses
1	Vasa	16gm	Antiulcer, bronchodilators, anti-allergic, respiratory disorder.
2	Raktchandan	16gm	Tonic, Anti-hyperglycemic, diaphoretic, antimicrobial, etc.
3	Dashmul	16gm	It is specially beneficial for respiratory system.
4	Pipali	16gm	Antitussive, Stimulant, Bronchodilator, Carminative, etc.
5	Bruhati	16gm	Cardiac tonic, Astringent, Carminative and helps in flatulence.
6	Kantkari	16gm	Mucolytic, Expectorant, Allergic bronchitis, etc.
7	Karktmruni	16gm	Expectorants, Carminative, Anorexia, cholagogue.
8	Draksha	16gm	Nutritive, Aphrodisiac, Cardio-tonic, Diuretic, Demulcent, Laxative
9	Haritki	16gm	Neurotrophic, Rejuvenative, Carminative
10	Kamor	16gm	To treat respiratory conditions,
11	Nagarmotha	16gm	Useful to manage various health issues like obesity, indigestion and worm infection.
12	Punarnava	16gm	Used as a diuretic in kidney disorders and helps to manage symptoms of spleen enlargement.
13	Nilkamal	16gm	It helps to reduce stress, enhance focus and concentration and boost the immune system.
14	Kaknasa	16gm	Hepatotonic, Cholagogue, Laxative, Anorexia, Indigestion & Constipation, etc.
15	Shatavari	32gm	Aphrodisiac, Nutritive, Tonic, Antiulcer, Antioxidant, good for eyes.

16	Ashwagandha	32gm	Aphrodisiac,Adaptogenic,Antioxidant,Cytoprotective,Neuroprotective
17	Vidarikand	48gm	Aphrodisiac,Tonic,Helps in nervous debility,Hepatic disorder
18	Varahkand	32gm	Aphrodisiac,Useful in acidity & ulcers.
19	Pippali	32gm	General debility,Diarrhoea & dysentery.
20	Dalchini	8gm	Anemia,General debility,Abdominal distension & anorexia.
21	Nagkeshar	4gm	Nutrient,Cardiotonic,Brain tonic,Carminative & appetizer.
22	Tamalpatra	8gm	Helps in general debility,Anorexia & indigestion,Uterine stimulant.
23	Vilaychi	20gm	General tonic,Useful in anorexia & flatulence.
24	Ghee	100gm	Increase the potency level of Chywanprash.
25	Honey	100gm	For balancing kapha dosha.
26	Khadisakhar	1kg	Easing the cough,Preventing the cold and strengthening a weak immune system.
27	Water	5lit	As a vehicle.
28	Peppermint	16gm	To soothe an upset stomach or aid to digestion.
29	Cinnamon	16gm	Powerhouse of antioxidants,Prevent irritable bowel syndrome,Appetitestimulant,etc.
30	Coriander	16gm	Irritable bowel syndrome,Contipation,Appetitestimulants,etc.
31	Nutmeg	16gm	Appetite stimulants.
32	Ginger	16gm	Arthritis,Coloic,Diarrhea,Heart conditions,Headaches,Painful menstrual periods,as well asappetite stimulants.
33	Fenugreek	16gm	To lower the blood sugar level,menstrual cramps in womens,high cholesterol.

Table 1. Represented formulation table of Chyawanprash

3. MEDICINAL HERBS USED IN THE FORMULATION OF CHYAWANPRASH



Fig 1. Represents different herbs which used in immunity booster in Chyawanprash



Fig 2. Represents different herbs which used as carminative in Chyawanprash formulation

4. STEPS INVOLVED IN THE PREPARATION OF CHYAWANPRASH:

1. Fresh Amalaki and other herbal ingredients were collected and cleaned to remove the foreign matter. The equal quantity of coarse drugs for decoction i.e from 1 to 34 (listed in table 1) were taken in a

stainless steel vessel (capacity 20 litre), specified quantity of potable drinking water was added.

2. 500 fruits (each weighing around 15-20 gm, total weight 8.5 kg) were collectively put into double folded 2 m cotton cloth, making it able to hanging and immersed in stainless steel vessel which contain herbal drugs and water.
3. Then it was subjected for heating on mild fire. When decoction reached the stage of completion, it is brought down from fire and filtered through clean cloth and marc is discarded.
4. For Batch A, fruits were taken out, seeds were separated from , paste was made by rubbing the pulp by palms on a plastic net.
5. Obtained paste was mixed with 500 gm ghee and 500 gm Tila oil in an iron pan and fried until ghee and oil starts separating from pulp. Pulp frying in iron pan with continuous stirring by using manpower was done during Batch A. While in Batch B, Mawa making machine was used for pulp frying. Sugar was added to the decoction and two thread consistencies was prepared.
6. At this stage fried pulp mixed to the and mixture was stirred vigorously till it attained semisolid consistency. The vessel was removed from the fire and were added and mixed thoroughly.
7. At the end, on cooling honey was added. Then the Chyawanaprash was packed in air tight plastic container.



Fig 4. Represented in-process formulation of Chyawanprash

5. OBSERVATION & RESULT :

1. Physicochemical analysis :

The Physicochemical analysis was performed according to the Indian Pharmacopoeia.

Test	Observation	Result
PH	The pH of each sample was determine by preparing a 1 percent w/v aqueous solution of the samples and was measured using a pH meter.	Basic

Viscosity	Check in Brookfield Viscometer.	Stable
Color	Dark Brown color.	Dark Brown
Taste	Sweet and Sour taste.	Sweet and sour

2. Evaluation test :

Test	Observation	Result
Ellagic test for phenol: 2gm Chyawanprash + 4 drops of glacial acetic acid + 4 drops NaNO ₂ shake the mixture.	Muddy dark brown precipitate appears.	Phenol is present.
Ferric chloride Test for Flavonoids: 5 drops of FeCl ₃ + 2 gm Chyawanprash.	Green color turns blue.	Phenolic hydroxyl group is present.
Sulphuric acid test for glycosides: 2.5 gm Chyawanprash + 2ml glacial acetic acid + FeCl ₃ + H ₂ SO ₄ .	Browning appears at liquid interface.	Presence of glycosides.
Wagner's test for alkaloids: Wagner's reagent + 2gm sample warm it for 1 min.	Reddish brown precipitate appears.	Alkaloids are present.
Braemer's test for tannin: 2gm sample + 2ml FeCl ₃ .	Dark blue / greenish grey color appears.	Tannins are present.

3. Assessment of overall safety and tolerability of Chyawanprash as per physician.

Score	No. of Participants
Excellent overall safety.	92.45
Good overall safety.	5.87
Fair overall safety	1.68

4. Results of Microbiological specification of Chyavnprash:

Parmeter	Pharmacopeial standard	Observation	Inferences
Total viable count	Maximum 10 ⁵ / gm	No growth	Acceptable
Enterobacteriaceae	10 ³ / gm	Absent	Acceptable
Total fungus count	Maximum 10 ³ / gm	Absent	Acceptable
Salmonella	None	Absent	Acceptable

5. Conclusion:

In the present study, as far as pharmaceutical part is concerned differences has been found in the preparation of two batches in terms time duration, yield, physio-chemical parameters such as loss on drying at 105 C, Total ash, Acid insoluble ash, Alcohol soluble extractives, Water soluble extractive and HPTLC. In all these parameters Chyawanprash prepared by pharmacy method is seems better than traditional method. Frying in non-polar media may convert ascorbic acid into its hydrolyzed form i.e. Gluconolactones. In view of physic-chemical parameters, polarity and relation of polarity with absorption of Gallic acid and ascorbic acid, it is concluded that Chyawanprash prepared by pharmacy method may possesses better efficacy than Chyawanprash prepared by traditional method. This claim needs to be validated by further research on experimental ground.

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