



RESEARCH ARTICLE

A CONCEPTUAL STUDY OF CHYAWANPRASH AS RASAYANA

*¹Sharma Satakshi, ²Suman lata, ³Gupta Lokesh, ⁴Vardhan Swati and ⁵Kapil piyush

^{1,2}Ras Shastra Evum Bhaishajya Kalpana, Department CDL College of Ayurveda, Haryana, India

³Shalya Tantra, Department CDL College of Ayurveda, Haryana, India

⁴Rachna Sharir, Department CDL College of Ayurveda, Haryana, India

⁵Kaya Chikitsa, Department CDL College of Ayurveda, Haryana, India

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ABSTRACT

Every living creature, especially human being wants to live a long life and wants to have a healthy body, mind and spirit. Human beings quest for a life full of vitality and positive energy since time immemorial. For the sake of this, human beings have discovered the ways to slow down the aging process and rejuvenating the body. Maharishi Chyavana formulated the Chyawanprash to rejuvenate his body. Now, Chyawanprash becomes an important dietary supplement and Ayurveda recommends it to all. Chyawanprash is an ayurvedic medicine and a dietary supplement prepared by ancient methods. It stands at the forefront of Rejuvenation supplements and therapies. Rejuvenation and revitalizing the body has become a very important step toward a healthy life in today's hectic lifestyle. All people want to increase his capabilities and improve their life by some methods or supplements, which can help them to release out the toxins from the body and stress from the mind. Chyawanprash revitalizes and fulfills the nutritional needs of a person that may become insufficient due to bad eating habits and junk foods. A humble effort was done to prepare chyawanprash.

Key words: chyawanprash, rejuvenation, toxins, junk food, stress.

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INTRODUCTION

In the present scenario Rejuvenation and revitalizing the body has become a very important step toward a healthy life in today's hectic lifestyle. All people want to increase their capabilities and improve their life by some methods or supplements, which can help them to release out the toxins from the body and stress from the mind. Chyawanprash revitalizes and fulfills the nutritional needs of a person that may become insufficient due to bad eating habits and junk foods.

Chyawanprash has following medicinal properties:

- Rejuvenating
- Ergogenic & strengthening – enhancing physical performance
- Aphrodisiac
- Diuretic (slightly increase urination)
- Ecritic (promote discharge or ejection of waste matter from the body)
- Antioxidant

- Antiatherogenic (prevents atherogenesis and atherosclerosis)
- Cardiac tonic
- Cardioprotective
- Alterative – tending to restore health
- Spermatogenic
- Prevents skin diseases
- Antitussive
- Demulcent
- Haematinic (increases hemoglobin levels)
- Immunomodulatory
- Tonic and supplement

Aims and objectives

To prepare chyawanprash that acts as a rasayana which rejuvenates and revitalizes the human body.

MATERIALS AND METHODS

Dashmulachurna, Kakanasika, Bala, Jeevanti, vasa,, Mudgaparni, Mashparni, pippali, svadamstra, brahti, kantkari, srngi, tamalaki, draksha, agaru, haritki, ela, utpala, vidarikanda, vasamula, Pushkarmool, Punarnava, Chandansaar, Kalaagar,

*Corresponding author: Sharma Satakshi,
Ras Shastra Evum Bhaishajya Kalpana, Department CDL College of Ayurveda, Haryana, India.

- Kakadsingi 250 gm each.
- Amlagreen 65 kg
- Goghrita 4.5 kg
- Sharkara 70 kg
- Honey 3 kg

Chaturjata class and Vanshalochan 2.5 kg were bought from yamunanagar (Haryana). And Chyawanprash was prepared in the Pharmacy of CDL college of ayurveda, bhagwargarh, Jagadhri

Contents and preparation of chyawanprasha

Dashmulachurna, Kakanasika, Bala, Jeevanti, vasa,, Mudgaparni, Mashparni, pippali, svadamstra, brahti, kantkari, srngi, tamalaki, draksha, agaru, haritki, ela, utpala, vidarikanda, vasamula, Pushkarmool, Punarnava, Chandansaar, Kalaagar,

Kakadsingi 250 gm each.

- Amlagreen 65 kg
- Goghrita 4.5 kg
- Sharkara 70 kg
- Honey 3 kg
- Prakshepa dravya : Chaturjata class (Tripathi Brahmanand, 2007) and Vanshalochan 2.5 kg

Method of preparation

Amalaki was suspended in kwatha potali was suspended in the pot containing kwatha that pot is placed on fire.

Boiling of amlaki : The procedure is continued until the initial vol of water reduced $\frac{1}{4}$ vol

Separation of amlaki pulp: The separation of amlaki pulp was done with help of muslin cloth.

Frying of amlaki pulp

- majja(pulp) processed with ghee
- ghee started getting separated
- sugar syrup was prepared utilizing the concentration of kwatha
- syrup was made by gurupaka method
- Amalaki pulp was added To the solution of sugar having viscosity of two strings final

Preparation of chyawanprash

Cooled above awleha (Tripathi Brahmanand, 2007) preparation then added honey mixed properly chaturjata, vanshlochan with awleha and stored in closed container.(Fig. A TO G).



A. Raw Amla



B. Boiling of Amla



C. Boiled Amla



D. Rubbing of Amla to remove seeds



E. Prakshep Dravya



F. Adding of Prakshep Dravya



G. Prepared Chyawan Prasha

Conclusion

Now, Chyawanprash becomes an important dietary supplement and Ayurveda recommends it to all. Chyawanprash is an ayurvedic medicine and a dietary supplement prepared by ancient methods. It stands at the forefront of Rejuvenation supplements and therapies. Rejuvenation and revitalizing the body has become a very important step toward a healthy life in today's hectic lifestyle. All people want to increase his capabilities and improve their life by some methods or supplements, which can help them to release out the toxins from the body and stress from the mind. Amla is a nutrient rich fruit which is a common ingredient in Chyawanprash, that is a potent source of vitamin C and also contains Iron and Calcium. In Chyawanprash, dashmoora dravyas are also main ingredients, they are widely used in the ayurvedic treatment of pain in flanks, fever, bronchitis, cough with sputum and inflammatory conditions. Regular intake of Chyawanprash can prevent recurrent infections. It also prevent from imbalance of vata, kapha, cough, asthma. The Chyawanprash increased strength and freedom from weakness. Chyawanprash also supplies nutrients to the body cells such as vitamin C, and it is enhancing the immunity of a person. Ingredient sandalwood (chandana) has cooling properties and very useful in gastritis. Honey is referred as 'YOGAVAHI' in ayurveda (Shashtri Ambikadatta, 2003). It is an immunity boosting food, improves digestion, Good for skin health, useful in weight management. Praksepa dravyas like ela, nagakeshira etc this praksepa dravyas is beneficial improve strengthening action.

So Chyawanprash revitalizes and fulfills the nutritional needs of a person that may become insufficient due to bad eating habits and junk foods.

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