

*Review*

# Medicinal Plant Profile of Chyawanprash: An Ancient Ayurvedic Preparation

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Chyawanprash has been used traditionally in Ayurvedic supplements 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. It also cleanse your blood and aid in the elimination of toxins, rejuvenate and promote a healthy-looking complexion, support healthy bones and teeth through calcium absorption, help tone your muscles through protein synthesis, provide relief from occasional menstrual discomfort and boost your immune system to improve vigor, vitality, wisdom, and glow. But nowadays many pharmaceutical and herbal companies deviate from the original formula given in ayurveda. This review highlights on the details of different Indian medicinal plants used in the preparation of chyawanprash and their composition and formula, followed in ancient ayurveda.

**Key words:** Chyawanprash, polyherbal formulation, medicinal plants in chawanprash, herbal supplements.

## INTRODUCTION

Medicinal plants offer alternative remedies with tremendous opportunities to generate income, employment and foreign exchange for developing countries (Rawat and Uniyal, 2004). Many traditional healing herbs (Wagh et al., 2004) and their parts have been shown to have medicinal value and can be used to prevent, alleviate or cure several human diseases (Dhar et al., 1999). India is one of the leading countries in Asia in terms of the wealth of traditional knowledge systems related to herbal medicine and employs a large number of plant species which includes Ayurveda (2000 species), Siddha (1121 species), Unani (751 species) and Tibetan (337 species) (Kala, 2002).

Regarded by many connoisseurs as the ultimate health supplement, Chyawanprash has been around for thousands of years. It is the traditional ayurvedic herbal jam and polyherbal formulation prepared according to the

ancient ayurvedic formula with multiple health benefits. Chyawanprash is one of the most popular ayurvedic preparations placed under 'Rasayana' group of drugs which aims at maintaining physique, vigour, and vitality, while delaying the aging process (Govindrajana et al., 2007; Sharma, 1954; Shastri, 1996). Chyawanprash is named after a great sage Chyawan, who first prepared the formulation to impart youth, charm and longevity (Mehta, 1979; Ramchandra, 1985).

Literature survey has done in depth by both traditional and modern textbooks, different search engine available on internet which suggests that, Chyawanprash has been used traditionally in ayurvedic supplements to help strengthen your digestive system and promote food absorption, corrects hyperacidity, dyspepsia and flatulence, peptic ulcers and gastritis (Ram et al., 1948), boost memory power (Parle and Bansal, 2011), promote

cardio fitness by supporting your heart and helps in slow down the rate of normal aging and promote longevity. It also cleanse your blood and aid in the elimination of toxins, rejuvenate and promote a healthy-looking complexion, support healthy bones and teeth through calcium absorption, help tone your muscles through protein synthesis, provide relief from occasional menstrual discomfort and boost your immune system to improve vigor and vitality, wisdom, and glow.

Chyawanprash is prepared by incorporating around 50 herbs including Amla, which is richest source of vitamin C, which is most useful rasayana for maintaining homeostasis (Wagh and Wagh, 2010). Chyawanprash is admixture of at least five tastes such as sweet, sour, bitter, pungent and astringent due to Amla. In Chyawanprash, honey works as 'a carrier for herbs', called as Yogavahi, helps in absorption of various herbs in tissues (Tripathi, 2003; Chuneekar, 2009).

### Formulation composition of Chyawanprash

Just like many other herbal formulas in the marketplace today, Chyawanprash ingredients vary widely. Very few manufacturers in India still follow the original formula entirely due to the difficulty in obtaining some of the necessary herbs and the time involved in its preparation. However, it is interesting that all of these herbs do indeed still exist. The National Institute of Ayurvedic Medicine (NIAM) goes to the trouble of obtaining all these medicinal plant materials and follows the scriptural directions in preparing this wonderful tonic. The ingredients which improve all aspect of health included in the formulation of Chyawanprash given in Table 1 (Ayurvedic Pharmacopoeia of India, 2007).

### Method of preparation of Chyawanprash

In absence of standard operating procedure (SOP) in ancient times, the method of preparation of Chyawanprash varies from manufacturer to manufacturer and place to place. There are herbal components obtained from herbs and non herbal component generally acts as a vehicle. Standard method of preparation is described in Ayurvedic Herbal Pharmacopoeia of India, 2007. This method of preparation is shown schematically in Figure 1.

### Medicinal Plants Used in formulation of Chyawanprash

#### A. Herbal component of chyawanprash

1. Ayurvedic name: Bilva (Sharma, 2003; Trikam, 1979; Rao et al., 2003s; Figure 2); Botanical name: *Agele*

*marmelos*; Common/English name: Bengal quince; Part(s) used: Root/st. bark; Properties: Nutritive, astringent and anti-dysenteric agent, anti-inflammatory and antiulcer; Clinical uses: Useful in chronic dysentery, diarrhea and dyspepsia.

2. Ayurvedic name: Agnimantha, Arni (Sharma, 2003; Trikam, 1979; Figure 3); Botanical name: *Premna integrifolia*; Part(s) used: Root/ st. bark; Properties: Helps in indigestion and as laxative; Clinical uses: Used in indigestion and cough.

3. Ayurvedic name: Syonaka (John, 2001; Worrior et al., 1995; Figure 4); Botanical name: *Oroxylum indicum*; Common/English name: Indian trumpet; Part(s) used: Root/ st. bark; Properties: Astringent, stomachic, anti-inflammatory, anti-amoebic agent and diuretics; Clinical uses: It is known to help in general debility,

diarrhoea and dysentery. 4. Ayurvedic name: Gambhari (Sharma, 2003; Trikam, 1979; Gupta and Shaw, 2009; Figure 5); Botanical name: *Gmelina arborea*; Common/English Name: Coomb teak; Part(s) used: Root/ st. bark; Properties: Demulcent, galacto-gogue and laxative agent, antiviral and hypoglycemic; Clinical uses: Promotes lactation, constipation and indigestion.

5. Ayurvedic name: Patala or Paral (Binutu et al., 1996; Onegi et al., 2002; Ghani, 1998; Muchanti and Chandrasekhar, 2011; Figure 6); Botanical name: *Stereospermum suaveolens*; Part(s) used: Root/ st. bark; Properties: Antimicrobial, antiprotozoal, diuretic and cardiac tonic, and antiulcer; Clinical uses: It is known to help in general debility, dyspepsia and flatulence, fever, excessive thirst, cough and asthma.

6. Ayurvedic name: Bala (Agharkar, 1991; Silva, 2006; Chopra and Diwan, 1999; Figure 7); Botanical Name: *Sida cardifolia*; Part(s) used: Root; Properties: Stomachic, aphrodisiac and tonic, hypoglycemic and hepatoprotective; Clinical uses: It is known to help in nervine and general debility, it is also a prime herb used in Parkinson disease.

7. Ayurvedic name: Salaparni, Sariva (Bakshi et al., 2001; Jabbar et al., 2001; Singh et al., 2005; Figure 8); Botanical name: *Desmodium gangeticum*; Part(s) used: Whole plant; Properties: Alterative, nutritive and digestive agent, antileishmanial; Clinical uses: General debility, nervine tonic, cardiac and blood respiratory disorders.

8. Ayurvedic name: Prsniparni (Sharma, 2003; Trikam, 1979; Sharma, 1996; Figure 9); Botanical name: *Uraria picta*; Part(s) used: Whole plant; Properties: Tonic, rheumatic conditions; Clinical uses: Anti-inflammatory and intermittent fevers. 9. Ayurvedic name: Mudgaparni, Van- Mug, Mataki (Lindley, 1981; Khare,

**Table 1.** Formula of Chyawanprash (Ayurvedic Pharmacopoeia of India, 2007).

Sr.No.	Common name	Botanical Name	Herbal/ Non Herbal component used	Amount
1.	Bilva API	<i>Aegle marmelos</i>	Rt./ St. Bk.	48 g
2.	Agnimantha API	<i>Premna integrifolia</i>	Rt./ St. Bk.	48 g
3.	Syonaka API	<i>Oroxylum indicum</i>	Rt./ St. Bk.	48 g
4.	Kasmari ( Gambhari API)	<i>Gmelina arborea</i>	Rt./ St. Bk.	48 g
5.	Patala API	<i>Stereospermum suaveolens</i>	Rt./ St. Bk.	48 g
6.	Bala API	<i>Sida cardifolia</i>	Rt.	48 g
7.	Salaparni API	<i>Desmodium gangeticum</i>	Pl.	48 g
8.	Prsniparni	<i>Uraria picta</i>	Pl.	48 g
9.	Mudgaparni API	<i>Phaseolus trilobus</i>	Rt./ Pl.	48 g
10.	Masaparni API	<i>Teramnus labialis</i>	Rt./ Pl.	48 g
11.	Pippali	<i>Piper longum</i>	Fr.	48 g
12.	Svadamstra (Goksura API)	<i>Tribulus terrestris</i>	Pl.	48 g
13.	Brhati API	<i>Solanum indicum</i>	Pl.	48 g
14.	Kantakari API	<i>Solanum surattense</i>	Pl.	48 g
15.	Srngi API	<i>Pistacia integerrima</i>	Gl.	48 g
16.	Tamalaki (Bhumyamalaki API)	<i>Phyllanthus amarus</i>	Pl.	48 g
17.	Draksa API	<i>Vitis vinifera</i>	Dr. Fr.	48 g
18.	Jivanti API	<i>Leptadenia reticulata</i>	Rt.	48 g
19.	Puskara API	<i>Inula racemosa</i>	Rt.	48 g
20.	Agaru API	<i>Aquilaria agallocha</i>	Ht. Wd.	48 g
21.	Abhaya ( Haritaki API)	<i>Terminalia chebula</i>	P.	48 g
22.	Amrta ( gudci API)	<i>Tinospora cardifolia</i>	St.	48 g
23.	Rddhi API	<i>Harbenaria intermedia</i>	Rt. Tr.	48 g
24.	Jivaka API	<i>Malaxis acuminata</i>	Pseudo-bulb	48 g
25.	Rsabhaka API	<i>Malaxis muscifera</i>	Rt. Tr.	48 g
26.	Sati API	<i>Hedychium spicatum</i>	Rz.	48 g
27.	Musta API	<i>Cyperus rotundas</i>	Rt. Tr.	48 g
28.	Punarnava (Raktapunarnava API)	<i>Boerhaavia diffusa</i>	Pl.	48 g
29.	Meda API	<i>Polygonatum cirrhifolium</i>	Rt. Tr.	48 g
30.	Ela (Suksmaila API)	<i>Elettaria cadamomum</i>	Sd.	48 g
31.	Candana (Svetacandana API)	<i>Santalum album</i>	Ht. Wd.	48 g
32.	Utpala API	<i>Nymphaea stellata</i>	Fl.	48 g
33.	Vidari (kanda) API	<i>Pueraria tuberosa</i>	Rt. Tr.	48 g
34.	Vrsamula ( Vasa API)	<i>Adhatoda vasica</i>	Rt.	48 g
35.	Kakoli API	<i>Lilium polyphyllum</i>	Rt.	48 g
36.	Kakanasika API	<i>Martynia annua</i>	Fr.	48 g
37.	Amalaka ( Amalakai API)	<i>Phyllanthus emblica (Emblica officinalis)</i>	P.	5 kg
38.	Jala API for decoction Reduced to	<i>Water</i>	Non-Herbal component	12.29 l 3.07 l
39.	Ghrta API	<i>CLARIFIED BUTTER FROM COW'S MILK</i>	Non-Herbal component	288g
40.	Taila ( Tila API)	<i>Sesamum indicum</i>	oil	288g
41.	Matsyandika ( Sarkara API)	<i>Sugar</i>	Non-Herbal component	2.4g
42.	Madhu API	<i>Honey</i>	Non-Herbal component	288g
43.	Tugaksiri ( Vamsa API)	<i>Bambusa bambos</i>	Siliceous deposit	192g
44.	Pippali API	<i>Piper longum</i>	Fr.	96g
45.	Tvak API	<i>Cinnamomum zeylancium</i>	St. Bk.	48 g

Table 1. Contd.

46.	Ela API	<i>Elettaria cardamomum</i>	Sd.	48 g
47.	Patra (Tegapatra API)	<i>Cinnamomum tamala</i>	Lf.	48 g
48.	Kesara (Nagakesara API)	<i>Mesua ferrea</i>	Stamen.	48 g

Rt: Root, St.:Stem, Bk.:Bark, Lf.: Leaf, Fr.:Fruit F.: Flower, Rz.:Rizome, Sd.:Seed, Wd.:Wood, Tr.:Tree/Bush, P.:Powder Pl:Plant.

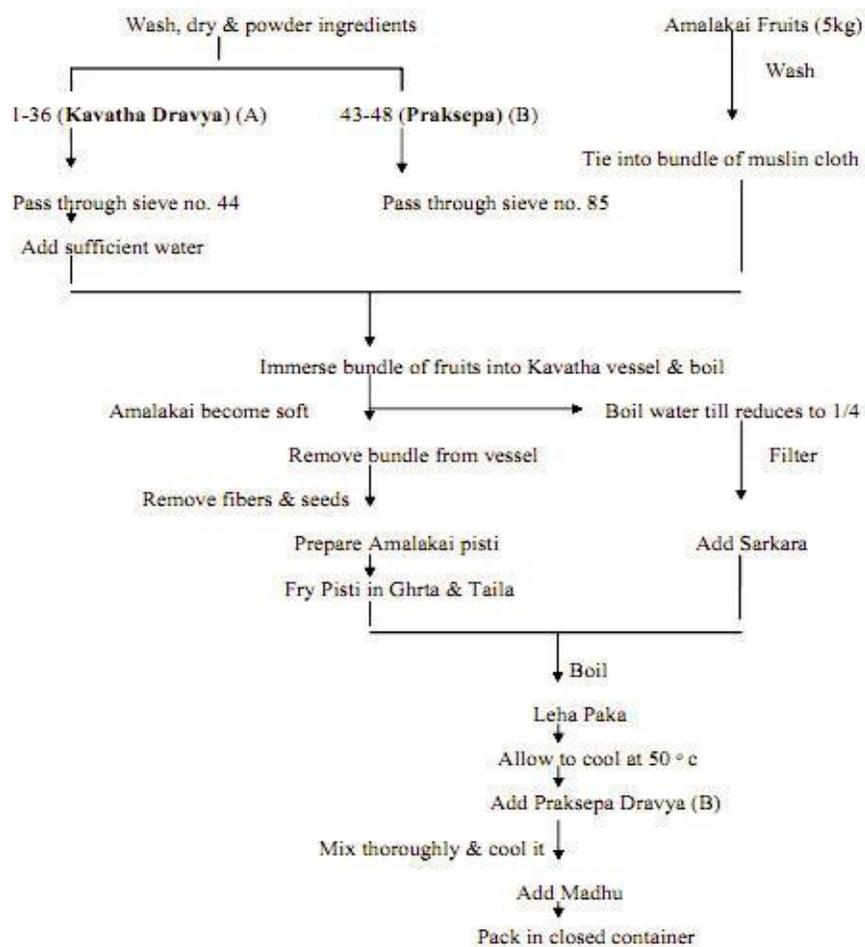


Figure 1. Method of preparation of Chyawanprash.



Figure 2. Bilva (*Aegle marmelos*).



Figure 3. Agnimantha or Arni (*Premna integerifolia*).



Figure 4. Syonaka (*Oroxylum indicum*).



Figure 7. Bala (*Sida cardifolia*).



Figure 5. Gambhari (*Gmelina arborea*).



Figure 8. Salaparni, Sariva (*Desmodium gangeticum*).

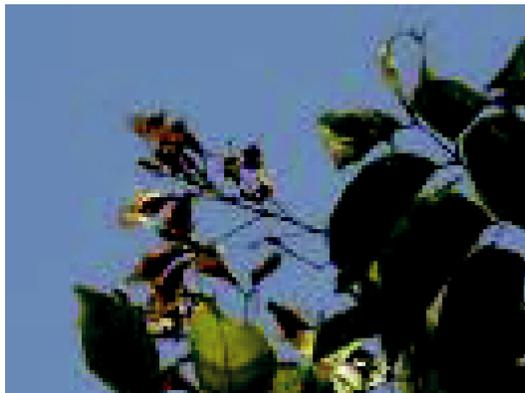


Figure 6. Patala or Paral (*Stereospermum suaveolens*).



Figure 9. Prsniparni (*Uraria picta*).

2007; Fursule et al., 2010; Figure 10); Botanical name: *Phaseolus trilobus*; Part(s) used: Root/ whole plant; Properties: Aphrodisiac, antibilious and mild sedative agent, hepatoprotective and antioxidant; Clinical uses: General debility, malnutrition and aphrodisiac.

10. Ayurvedic name: Masaparni (Sridhar et al., 2006; Vasagam et al., 2011; Figure 11); Botanical name:

*Teramnus labialis*; Part(s) used: Root/ whole plant; Properties: Antioxidant and anti-inflammatory. Clinical uses: It is known to help in general debility, malnutrition and fatigue.

11. Ayurvedic name: Pippali (Sharma, 2003; Trikam, 1979; Agrawal et al, 2000; Figure 12); Botanical name: *Piper longum* Common/English name: Indian long pepper; Part(s) used: Fruits; Properties: Tonic, appetizer



**Figure 10.** Mudgaparni, Van- Mug, Mataki (*Phaseolus trilobus*).



**Figure 13.** Svadamstra, Gokhshura, Gokhru (*Tribulus terrestris*).



**Figure 11.** Masaparni (*Teramnus labialis*).



**Figure 14.** Brhati, Vanavrintaki (*Solanum indicum*).



**Figure 12.** Pippali (*Piper longum*).

and carminative agent and antiulcer; Clinical uses: Expectorant, analgesic and it is useful in respiratory conditions

12. Ayurvedic name: Svadamstra, Gokhshura, Gokhru. (Selvam, 2008; Jiji et al., 2009; Ahmad et al., 2009; Figure 13); Botanical name: *Tribulus terrestris*; Common/English name: Small caltrops; Part(s) Used: whole plant; Properties: Aphrodisiac, diuretic, tonic, antihyperlipidemic; Clinical uses: General and cardiac

tonic and aphrodisiac.

13. Ayurvedic name: Brhati, Vanavrintaki (Sultana et al., 2011; Sharma, 2003; Trikam, 1979; Figure 14); Botanical name: *Solanum indicum*; Common/English name: Indian nightshade; Part(s) used: whole plant; Properties: Cardiac tonic, astringent and carminative agent, Immunomodulator; Clinical uses: Weakness, nausea and bronchospasm.

14. Ayurvedic name: Kantakari, Chhoti kateri, Kashtakari. (Salar et al., 2009; Sheeba, 2010; Figure 15); Botanical name: *Solanum surattense*; Common/English name: Yellow berried nightshade; Part(s) used: Whole plant; Properties: Antimicrobial and Hypoglycemic; Clinical uses: Mucolytic, expectorant, allergic bronchitis, asthma and common cold.

15. Ayurvedic name: Srni, Karkatsinghi (Padulosi et al., 2002; Figure 16); Botanical name: *Pistacia integerrima*; Part(s) used: Galls; Properties: Expectorant, carminative and cholagogue agent; Clinical uses: It is known to help in cough, asthma and anorexia and it gives strength to mucus membrane.



**Figure 15.** Kantakari, Chhoti kateri, Kashtakari (*Solanum surattense*).



**Figure 18.** Draksa (*Vitis vinifera*).



**Figure 16.** Ayurvedic Name: Srni, Karkatsinghi (*Pistacia integerrima*).



**Figure 19.** Jivanti (*Leptadenia reticulata*).



**Figure 17.** Tamalaki, Bhumyamalaki (*Phyllanthus amarus*).

16. Ayurvedic name: Tamalaki, Bhumyamalaki (Bagalkotkar et al., 2006; Sharma, 2003; Trikam, 1979; Figure 17); Botanical name: *Phyllanthus amarus*; Part(s) Used: whole plant; Properties: An appetizer, cholagogue and laxative; Clinical uses: Liver tonic, oedema, hepatoprotective and antiviral.

17. Ayurvedic name: Draksa (Bombardelli and

Morazzonni, 1995; Ceriello et al., 2000; Sreemantula et al., 2005; Figure 18); Botanical name: *Vitis vinifera*; Common/English name: Grapes; Part(s) used: Fruits; Properties: Anti-oxidant and laxative; Clinical uses: nutritive, Stomachic, demulcent, anorexia, hepatoprotective, dyspepsia and constipation.

18. Ayurvedic name: Jivanti (Bawra et al., 2010; Nema et al., 2011; Figure 19); Botanical name: *Leptadenia reticulata*; Part(s) used: Root; Properties: Cooling, eye tonic, nutritive and aphrodisiac drug; Clinical uses: Used in eye diseases, seminal-debility and general weakness.

19. Ayurvedic Name: Puskara, Pushkarmool (Mahmood et al., 2010; Lokhande et al, 2007; Figure 20); Botanical name: *Inula racemosa*; Part(s) used: Root; Properties: Cardiac tonic, digestive, carminative, anti-septic and diuretic agent; Clinical uses: dyspepsia, indigestion, chronic cough and general debility.

20. Ayurvedic name: Agar, Agarkashta (Kim et al., 1997; Figure 21); Botanical name: *Aqualaria agallocha*; Part(s) used: Ht.Wood; Properties: Aromatic, nervine tonic, antihistaminic, stimulant, Anti-inflammatory; Clinical uses: Helps in nervine as well as general debility, abdominal distention, anorexia and indigestion.



**Figure 20.** Ayurvedic Name: Puskara, Pushkarmool (*Inula racemosa*).



**Figure 23.** Guduchi (*Tinospora cordifolia*).



**Figure 21.** Ayurvedic Name: Agar, Agarkashta (*Aqualaria agallocha*).



**Figure 24.** Rddhi (*Hebenaria intermedia*).



**Figure 22.** Haritaki, Abhaya, Harde (*Terminalia chebula*).

21. Ayurvedic name: Haritaki, Abhaya, Harde. (Dahanukar et al., 1983; Figure 22); Botanical name: *Terminalia chebula*; Common/English name: Chebulic Myrobalan; Part(s) used: Fruits; Properties: General and nervine tonic, digestive, carminative and cytoprotective; Clinical uses: Neurotrophic, infertility and cardiac liver disorders

22. Ayurvedic name: Guduchi (Sultana et al., 1995; Singh et al., 2003; Figure 23); Botanical name: *Tinospora cordifolia*; Common/English name: Heart Leaf Moon Seed; Part(s) used: Stem; Properties: Potent immuno-modulator, antioxidant, antispasmodic, anticancer; Clinical uses: degenerative disorders and anemia.

23. Ayurvedic name: Rddhi (Singh 2006a; 2006; Figure 24); Botanical Name: *Hebenaria intermedia*; Part(s) Used: Sub. Root, trichomes; Properties: Cooling agent, Spasmolytic.



**Figure 25.** Jivaka (*Malaxis acuminata*).



**Figure 26.** Rsabhaka (*Malaxis muscifera*).



**Figure 27.** Sati, Kachur (*Hedychium spicatum*).

24. Ayurvedic name: Jivaka (Singh, 2006; Figure 25); Botanical Name: *Malaxis acuminata*; Part(s) used: leaves; Properties: Cooling, febrifuge and spermopiotic; Clinical uses: As cooling agent.

25. Ayurvedic Name: Rsabhaka (Singh, 2006; Figure 26); Botanical name: *Malaxis muscifera*; Part(s) used: leaves; Properties: Cooling, febrifuge and spermopiotic; Clinical uses: Used in burning sensation.



**Figure 28.** Musta, Nagarmotha (*Cyperus rotundus*).



**Figure 29.** Punarnava, Raktapunarnava.

26. Ayurvedic name: Sati, Kachur (Singh, 2006; Figure 27); Botanical name: *Hedychium spicatum*; Part(s) used: Rhizomes; Properties: Nutritive, appetizer, digestive and carminative; Clinical uses: It is known to help in anorexia, cardiac disorders and dyspepsia.

27. Ayurvedic name: Musta, Nagarmotha (Singh, 2006; Figure 28); Botanical Name: *Cyperus rotundus*; Common/English name: Nut grass; Part(s) used: Root, trichomes; Properties: Alterative, general and nervine tonic, carminative and liver stimulant agent. Clinical uses: Conjunctivitis, chronic diarrhea, anti-bacterial.

28. Ayurvedic name: Punarnava, Raktapunarnava (Rawat et al., 1997, Gaitonde et al., 1974; Figure 29); Botanical name: *Boerhaavia diffusa*; Common/English name: Spreading hogweed; Part(s) used: Whole plant; Properties: Cardiac tonic, hematinic and diuretic, hepatoprotective; Clinical uses: Helps in anemia, anti-inflammatory.

29. Ayurvedic name: Meda (Figure 30); Botanical Name: *Polygonatum cirrhifolium*; Part(s) used: Root, trichomes; Properties: Sweet, cooling, increases Kapha and Shukra.; Clinical uses: It is useful in phthisis, burning sensation in the body and fever, it also increases milk in ladies.



**Figure 30.** Meda (*Polygonatum cirrhifolium*).



**Figure 32.** Candana, Svetacandana (*Santalum album*).



**Figure 31.** Ela, Elaichi (*Elettaria cardamomum*).



**Figure 33.** Utpala (*Nymphaea stellata*).

30. Ayurvedic name: Ela, Elaichi (Korikanthimathm et al., 2000; Figure 31); Botanical name: *Elettaria cardamomum*; Common/English name: Cardamum; Part(s) used: Seeds; Properties: Carminative and appetizer agent, antimicrobial, cardiac and general tonic; Clinical uses: helpful in indigestion, nausea, anorexia and flatulence.

31. Ayurvedic name: Candana, Svetacandana (Sindhu et al., 2010; Parekh et al., 2005; Figure 32); Botanical name: *Santalum album*; Common/English name: Sandal wood; Part(s) used: Ht. wood; Properties: An aromatic, nervine sedative, astringent and disinfectant to mucous membranes of genito-urinary and bronchial tracts; Clinical uses: It is known to help in mental tension, burning micturition and skin diseases.

32. Ayurvedic Name: Utpala (Bhandarkar, 2004; Rajagopal et al., 2008; Figure 33); Botanical name: *Nymphaea stellata*; Part(s) used: flowers; Properties: Antihepatotoxic, antidiabetic, antihyperlipidemic; Clinical uses: Used in diabetes, eruptive fever.

33. Ayurvedic name: Vidari, kanda ( Pandey and Tripathi, 2010; Rao et al., 2008; Figure 34); Botanical name: *Pueraria tuberosa*; Common/English name: Wild yam; Part(s) used: Root, trichomes; Properties:

Antioxidant, nootropic; Clinical uses: help in nervous debility, hepatic disorders and constipation.

34. Ayurvedic Name: Vrsamula, Vasaka (Asholkar et al., 1992; Subhashini and Arunachalam, 2011; Ganga et al., 2011; Figure 35); Botanical name: *Adhatoda vasica*; Common/English name: Malabar Nut Tree; Part(s) used: Root; Properties: Wound healing expectorant and diuretic, antiepileptic; Clinical uses: It is known to help in respiratory tract infection and cardiac disorders. It is useful in all types of cough.

35. Ayurvedic name: Kakoli (Singh, 2006; Dhyani, 2007; Figure 36); Botanical name: *Lilium polyphyllum*; Part(s) used: Sub. root; Properties: Cooling and spermopiotic, aphrodisiac and diuretic; Clinical uses: It destroys Vatta, Pitta, fever and burning.

36. Ayurvedic name: Kakanasika, kakanasa (Sermakkani and Thangapandian, 2010; Mali et al., 2002; Figure 37); Botanical name: *Martynia annua*; Part(s) used: Fruits; Properties: Antimicrobial, antifertility agent and antioxidant; Clinical uses: Hepatotoxic, cholagogue and constipation.

37. Ayurvedic name: Amalaki (Parle and Dhingra, 2003; Jose and Kuttan, 2000; Fukuda et al., 1986; Figure



Figure 34. Vidari, kanda (*Pueraria tuberosa*).



Figure 38. Amalaki (*Phyllanthus emblica*).



Figure 35. Vrsamula, Vasaka (*Adhatoda vasica*).



Figure 39. Tugaksiri (*Bambusa bambos*).

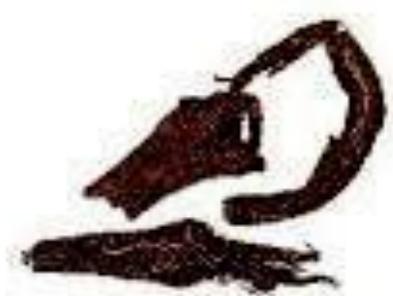


Figure 36. Kakoli (*Lilium polyphyllum*).



Figure 37. Kakanasika, kakanasa (*Martynia annua*).

38); Botanical Name: *Phyllanthus emblica*; Common/English name: Indian Gooseberry; Part(s) used: Fruits; Properties: Rejuvenative, general, nervine and cardiac tonic, a rich source of vitamin C and antioxidant; Clinical uses: Immunomodulatory, antioxidant, anti-bacterial, anti-inflammatory, and anti-ulcer.

38. Ayurvedic name: Tugaksiri (Koffi et al., 2009; Figure 39); Botanical name: *Bambusa bambos*; Properties: Appetizer, stimulant, aromatic and hypotensive.

39. Ayurvedic name: Tvak (Tailang et al., 2008; Figure 40); Botanical name: *Cinnamomum zeylanicum*; Common/English name: Cinnamon; Part(s) used: Stem bark; Properties: Expectorant, analgesic, useful in respiratory conditions, diuretic; Clinical uses: Anorexia, general debility and abdominal distension.

40. Ayurvedic name: Tegapatra (Edwards, 1993; Chakraborty et al., 2010; Liman et al., 2010; Figure 41); Botanical name: *Cinnamomum tamala*; Common/English name: Cinnamon; Part(s) used: Leaves; Properties: Nervine tonic, digestive, carminative, antidiabetic and



Figure 40. Tvak (*Cinnamomum zeylanicum*).



Figure 44. Taila.



Figure 41. Tegapatra.



Figure 42. Nagakesar (*Mesua ferrea*).



Figure 43. Taila (*Sesamum indicum*).

appetizer agent; Clinical uses: Carminative, digestive, useful in G.I. conditions and halitosis.

41. Ayurvedic name: Nagakesar (Laloo and Alakh, 2011; Sharma, 2003; Trikarn, 1979; Figure 42); Botanical name: *Mesua ferrea*; Common/English name: Iron wood tree; Part(s) used: Stemen; Properties: Nutritive, cardiac and brain tonic, carminative and appetizer; Clinical uses: Skin conditions and Hemorrhoids.

#### B. Non-herbal and other component of chyawanprash

1. Ayurvedic name: Ghrta, Ghee (Figure 43); Common/English name: Clarified butter; Part(s) used: Milk; Properties: Best brain tonic, nutritive, alterative, aphrodisiac, digestive and eye tonic. It is an immunomodulator drug; Clinical uses: Ghrta is a digestive which to improve absorption and assimilation. It nourishes ojas, tejas and prana. It improves memory power and lubricates the connective tissue. Ghee makes the body flexible and, in small doses, is tridoshic. Ghee is a Yogavahi—a catalytic agent that carries the medicinal properties of herbs into the seven dhatus or tissues of the body (a carrier for herbs). Ghee neutralizes pitta, vata and kapha. Persons who already have high cholesterol or suffer from obesity should be cautious in using ghee. Ghee is not to be used when there are high ama (toxic) conditions.

2. Ayurvedic name: Taila (Figure 44); Botanical name: *Sesamum indicum*; Common/English name: sesame oil, til oil; Part(s) used: fruit, see; Properties: Antioxidant; Clinical uses: Used in dry cough, asthma, inflammatory conditions, ulcers, urinary diseases, migraine and Vertigo.

3. Ayurvedic name: Matsyandika, Sarkara (Figure 45); Common/English name: Unrefined cane Sugar; Properties: Sweetening agent; Clinical uses: It imparts taste, natural preservative, aids in absorption of drugs.

4. Ayurvedic name: Madhu (Figure 46); Common/English name: Honey; Properties: Sweetening agent, bactericidal; Clinical uses: Mild laxative, antiseptic



Figure 45. Matsyandika, Sarkara.



Figure 46. Madhu.

and ulcer.

## Conclusion

Chyawanprash is the most popular and highly sale Ayurvedic product in India. In this review we have discussed the original formula of Chyawanprash according to Ayurvedic Pharmacopoeia of India. Chyawanprash is undergoing a lot of changes in its original formula. To get hold in the market, every company marketed their product with some added ingredients and call them as special product. Even metals like gold and silver are added to it for some miraculous effect. But, also it can adversely affect people, as metal in excess amount is harmful to the body. The original Chyawanprash is lost somewhere in between the procedures of preparation and the methods of promotion to make it more special than competitors' product. If an ingredients other than traditional formula is added it can no more be called as Chyawanprash. Thus the companies are making use of the latest technology to prepare a traditional quality product. Food and Drug Administration should take care about the matter related to standardization and adulteration of such popular ayurvedic product made by different manufacturers.

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