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## Review Paper

# A Review On: Chyawanprash as A Traditional Preventive Approach Against Covid-19

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### ABSTRACT

COVID-19 is a dangerous disease caused by the coronavirus called SARS-CoV-2. It was first discovered in 2019, which is why it is named COVID-19. This disease affected millions of people around the world, causing severe illness and many deaths. To improve immunity and protect the body from infections, people also use Chyawanprash regularly. Chyawanprash is a traditional Ayurvedic herbal preparation made from various nutritious herbs, spices, and minerals. Its main ingredient is Amla (Amalaki), which helps maintain the balance of Kapha and Pitta in the body. It is known for increasing strength, stamina, energy, and overall vitality. Chyawanprash also helps improve the body's immune system and supports healthy digestion and removal of waste products. It has many health benefits such as protecting the liver, improving heart health, enhancing memory and brain function, and maintaining hormonal balance. Chyawanprash is also helpful in managing cough, asthma, bronchitis, tuberculosis, and other respiratory infections. Due to its rich antioxidant content, it protects body cells from damage and slows down the aging process of organs like the heart, lungs, liver, and skin. It also supports tissue repair, strengthens bones, and helps maintain healthy blood sugar and cholesterol levels

### INTRODUCTION

COVID-19 is a complex pandemic marked by high death rates, lasting health effects, the risk of vaccine escape, and the rise of new variants. It has created a significant public health crisis for people around the world. At the same time, COVID-19's effects on biomarkers and the stress it has put on

healthcare resources highlight the need for new and comprehensive methods to tackle the pandemic. Recent outbreaks of pathogens, including the Nipah virus, Zika virus, Ebola virus, and various strains of coronaviruses, have occurred in different parts of the world alongside the COVID-19 pandemic. The new pathogen from

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Wuhan, China was identified as a novel strain of coronavirus (2019-nCoV) because it is different than previously known coronaviruses. It was subsequently named severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). Its effects on human health, especially in causing severe respiratory and heart problems, highlight its threat to public health and other organ systems. Chyawanprash is a combination of two terms: "chyawan," which means degenerative, and "prash," which means representing a drug. This raises the question of whether Chyawanprash, an Ayurvedic Rasayana drug, can act as a preventive measure against symptomatic infections with SARS-CoV-2 among frontline healthcare workers, who are at a higher risk of exposure to COVID-19. Chyawanprash is a popular and commonly used Rasayana preparation. It was part of an advisory issued in March 2020 by the Ministry of AYUSH, Government of India, to help boost the general immunity of the population. Rastogi et al. have proposed a practical plan for Ayurvedic interventions in COVID-19 pandemic. They endorsed the recommendation of Chyawanprash in unexposed asymptomatic cases and exposed asymptomatic cases.

Chyawanprash is a common Ayurvedic health product prepared from a mix of nutrient rich herbs and minerals. It is a one stop supplement that maintains the body's strength and stamina. Chyawanprash is made of about 50 medicinal

herbs. One of them is Amla which is a rich source of Vitamin C. The important herbal ingredients of CP are Ashwagandha, Amla, Bala, Guduchi, Pippali, Shatavari, Gokshru, Brahmi etc. CP exhibits a number of pharmacological effects including antioxidant, antiaging, immuno-booster, antidiabetic, cardiogenic, rejuvenator of respiratory system, digestive, aphrodisiac, nootropic, etc.

The objective is to compare the efficacy of including chyawanprash as a conventional preventive regimen versus using only the standard preventive regimen in changing the proportion of confirmed COVID-19 infection in frontline health care workers. Chyawanprash is a traditional ayurvedic system. The polyherbal jam consists of herbs, herbal extracts, and processed minerals. Its main ingredient is amla, or *Phyllanthus emblica*, commonly known as Indian gooseberry. The polyherbal jam consists of herbs, herbal extracts, and processed minerals. Its main ingredient is amla, or *Phyllanthus emblica*, commonly known as Indian gooseberry. It forms the base and considered as a potent rasayana promoting homeostasis. This rasayana refers to rejuvenative therapies in Ayurveda. Chyawanprash containing amla is having a wide range of tastes like sweet, sour, bitter, pungent, astringent tastes. Regular consumption is said to help with physiological functions and rejuvenate the whole body system.



Figure No = 1

**Objective of the study:**

The present study was carried out to assess the effect of chyawanprash in reducing the risk of COVID-19 infection in healthcare workers exposed to COVID-19 patients.

**Origin:**

It all takes place in the forest and in the distant past, some 3,000 years ago. This story starts off with an elderly sage, Chyawan, finding the woman he loves. Chyawan wants to get married and have a family, but being an old sage, he had many physical restrictions that prevented him from doing so. Luckily, Chyawan had access to some of the best Indian Ayurvedic physicians who were able to provide him with a solution.

The physicians prescribed to him Chyawanprash, which translates to “the diet of Chyawan.” Chyawanprash is a concoction made up of about 50 components that help the body function normally, act as antioxidants, and support the

workings of the immune system. It contains Amla, which is popularly known as the Indian gooseberry.

In more depth, below is what John Doulliard, an Ayurvedic healer in Boulder, Colorado, says regarding the love story of Chyawan. Using emotion as its key element, this story has great potential to be remembered throughout the ages through its use of metaphorical language about love that cannot be attained. In his discussion of the history of Chyawanprash, Doulliard also mentions the health benefits of Amla that make it possible for mentalist notions to be connected to the medicine.

**Composition:**

Chyawanprash is a traditional ayurvedic herbal jam made from amla as the main ingredient along with herbs spices, ghee, honey and sugar.

**Table No = 1 Composition of chyawanprash**

Sr. No	Ingredient	Role in Chyawanprash
1.	Amla ( <i>Embolica officinalis</i> )	Rich source of vitamin c, immunity booster
2.	Sugar/ Jaggery	Sweetening agent, preservative
3.	Honey	Natural sweetener, antioxidant
4.	Ghee	Nourishment, improves absorption
5.	Sesame oil	Base ingredient
6.	Ashwagandha	Strength and vitality
7.	Pippali	Improve digestion
8.	Cardamom	Flavoring agent
9.	Cinnamon	Antioxidant, Flavoring
10.	Nagkesar	Aromatic herb
11.	Vanshlochan	Respiratory support
12.	Shatavari	Rejuvenative tonic
13.	Guduchi	Immunity support



14.	Brahmi	Memory enhancer
15.	Mulethi	Respiratory health, soothes throat



Figure No = 2

### Ayurvedic indication of chyawanprash :

Chyawanprash is a well-known traditional preparation in Ayurvedic medicine, which has been effectively used as Rasayana to increase life span and maintain health in general. Chyawanprash plays an important role in maintaining the balance of all three doshas – Vata, Pitta, and Kapha, hence aiding in the normal functioning of the body. It is effective for increasing Vyadhikshamatva and physical strength as well as resistance against infection and seasonal diseases. However, Chyawanprash is particularly helpful for treating diseases affecting the lungs like coughs, colds, asthma, bronchitis, allergic rhinitis, and recurring infections of the respiratory tract due to its bronchodilator and expectorant action. Apart from this, it enhances digestive power, or Agni, stimulates hunger and metabolism, and aids nutrient absorption in cases of debility and malnutrition. Moreover, Chyawanprash nourishes the body tissues and skin complexion, ensures reproductive health, and improves mental capacity. Because of its antioxidants and rejuvenation effects, it assists in

preventing premature aging and reducing stress levels, thus reenergizing patients suffering from long-term illness. It is suggested that chyawanprash be taken by children, adults, and elders for promoting wellness and resistance to diseases.

### How to Take Chyawanprash :

- **Adults:** One or two teaspoons per day, preferably in the morning on an empty stomach or in warm milk.
- **Children above five years of age:** Half a teaspoon will do just fine.
- **Elders:** Not more than one teaspoon should be consumed unless advised otherwise.

While using it as an immune booster or general health booster, regularity of consumption becomes more important rather than the amount used. According to Ayurvedic medicine, one must consume it every day, just like brushing their teeth every day, but this time inside of themselves.

There are people who simply consume it by the spoonfuls and some add it to warm milk or even toast!

**Chyawanprash Nutrition :**

This amazing combination of health is loaded with various nutritious ingredients like antioxidants, such as Vitamin C, protein, fibre, sodium, and an abundance of alkaloids and saponins, which is

good for heart, blood vessels, and high cholesterol levels. Despite containing all these amazing herbs and spices, this formula is totally free from any kind of cholesterol content, trans-fats, or even very few fats calories.

**Table No = 2 : 10 grams of chyawanprash contains :**

Protein	150mg
Carbohydrate	7.5grams
Sugars	3.5 to 5.5 grams
Calories	34cal
Sodium	5mg
Phenolic Compound	535mg
Alkaloids	80mg
Dietary Fibers	500mg
Fats	750mg
Antioxidants	280mg
Flavonoids	20mg
Cholesterol	0mg
Piperine	4.2mg
Trans Fats	0mg
Saponins	5.24grams
Saturated Fats	300mg
Calories From Fats	7cal
Vitamin C	2.2 to 3.5mg

**Chyawanprash effectiveness against COVID – 19 :**

Chyawanprash is an ayurvedic formulation that is known to enhance immunity and vitality. Chyawanprash became one of the most consumed herbal health supplements during the coronavirus pandemic since it is made up of various natural herbs including Amla, Guduchi, Pippali, Ashwagandha, among others. All these herbs contain anti-inflammatory ,antioxidants and can boost the immune system of the body.

- Supports Respiratory Health

COVID- 19 mainly affects the respiratory system, especially the nose, throat, and lungs. Chyawanprash may help keep the respiratory tract healthy and moist. It can help reduce mucus accumulation, clear air passages, and support easier breathing. Regular use may also help in reducing cough, cold, throat irritation, and breathing discomfort.

- Boosts Immunity

Chyawanprash is rich in vitamin c and herbal antioxidants, especially from amla. These nutrients help strengthen the immune system. A stronger immune system can better fight infections caused by viruses, bacteria , and other harmful microorganisms. This is why chyawanprash was considered useful during COVID – 19 as an immunity enhancer.

- Anti- inflammatory Action

COVID- 19 may cause inflammation in the body, especially in the lungs. Chyawanprash contains herbs with anti- inflammatory properties that may help reduce swelling, irritation, and discomfort. This may help support recovery and maintain healthy body function.

- Help Reduce Weakness and Fatigue

Many people with viral infections feel tired, weak, and low in energy. Chyawanprash is considered a rejuvenating tonic (Rasayana) in Ayurveda. it may



help improve energy levels, reduce weakness, and increase stamina. It can also help the body recover faster after illness.

- Useful in Recurrent Cough and Cold

People who often suffer from repeated cough, cold, allergies, or seasonal respiratory infections may benefit from regular use of chyawanprash. It may help improve resistance against common respiratory problems and maintain better lung health.

- Rich in Antioxidants

Chyawanprash contains many natural antioxidants from herbs and fruits. Antioxidants help protect body cells from damage caused by free radicals. During infections like COVID-19, oxidative stress increases in the body, so antioxidant support may be beneficial.

- Supports Heart and General Health

Some studies suggest that chyawanprash may support heart health, blood circulation, and overall wellness. Since COVID-19 can affect general health, maintaining a strong body with good nutrition and immunity is important.

## CONCLUSION:

Chyawanprash is a traditional Ayurvedic Rasayana formula known for its strong immunomodulatory, antioxidant, rejuvenating, and respiratory-supporting qualities. Ingredients like Amla, Ashwagandha, Guduchi, Pippali, Brahmi, and Shatavari contribute to its potential in boosting immunity and promoting overall health. During the COVID-19 pandemic, Chyawanprash received attention as a health supplement due to its ability to improve the body's natural defenses and support respiratory health. Studies mentioned in this article suggest that regular use of Chyawanprash may help reduce fatigue, enhance resistance to respiratory infections, and aid recovery by lowering oxidative stress and inflammation. It may also benefit frontline healthcare workers and the wider population by

strengthening immunity and supporting physical and mental health. While available studies show positive results, more large-scale randomized clinical trials are necessary to provide strong scientific evidence of its direct effectiveness against SARS-CoV-2 infection. Thus, Chyawanprash can be viewed as a helpful preventive and supportive Ayurvedic supplement for boosting immunity and overall health during viral outbreaks like COVID-19. However, it should complement standard preventive measures, such as vaccination, hygiene practices, and medical care, rather than replace conventional treatment.

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