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Review Article

Preparation And Formulation of Chamanprash by Ashwagandha and Almond

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ABSTRACT

Chyawanprash is a classic herbal jam from ayurveda that is famous for its positive effects on health, especially in improving immunity and increasing overall energy levels. This research centers on making chyawanprash with the inclusion of ashwagandha (*withania somnifera*) and almonds (*prunus dulcis*), known for their nutritional and healing benefits. Traditional methods were used in the formulation process of the modified chyawanprash, and evaluations in sensory, nutritional, and biochemical aspects were done to assess its efficacy. The findings showed increased antioxidant properties, enhanced nutritional value, and favorable sensory characteristics, indicating that incorporating ashwagandha and almonds greatly improves this classic recipe.[1] the final result tastes sweet, sour, and spicy, and has a consistency similar to fruit jam. To fully comprehend cp's therapeutic potential, more research is necessary. There is a need to compile the fragmented knowledge that is currently accessible about the treatment potential of cp. Therefore, an attempt was made to gather the fragmented data that highlights the importance of cp in treatments from ancient ayurvedic writings and treatises as well as ethnobotanical, ethnopharmacological, and scientifically confirmed literature. Citations that were pertinent to the subject were vetted.[2].

INTRODUCTION

The terms "chyawan" and "prasha" make up chyawanprash (cp), sometimes referred to as chyavanaprasha, chyavanaprash, chyavanaprasam, and chyawanaprash. In addition to being the name of the plant, chyawan also means "degenerative

change." a food item or medication that is fit for eating is referred to as prasa. In fact, cp is a complete "metabolic" tonic that is meant to protect and enhance health. It is made up of a range of herbs. A traditional ayurvedic recipe is used to produce chyawanprash, an ancient indian formulation known as a polyherbal jam that is

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enhanced with various herbs, herbal extracts, and processed minerals. Cp has been used for millennia and is considered by many experts to be a necessary health supplement. Because of its many health advantages, chyawanprash has been used for centuries as a medication to increase longevity and immunity as well as a dietary supplement[3]. The time of the vedas over 2000 years ago, the chyawanprash recipe has remained one of the most well-known and often used remedies in india^{1,3,4}. About fifty therapeutic plants, minerals, sugar, honey, ghee, indian gooseberry jam, etc. Are used to produce chyawanprash^{4,5,6}. Many ayurvedic components included in chyawanprash support immune system function, guard against infections, and supply energy and nourishment⁶. Chyawanprash has a number of health advantages¹. Since ancient times, it has been widely utilized as a medication to boost immunity and lengthen life and as an ayurvedic health supplement¹. Every indian has consumed chyawanprash since it was first introduced, regardless of societal, political, or scientific considerations.[4]. Rasayana, a division of ayurveda, encompasses various specialized methods with the goal of extending life, preventing aging and illnesses, eradicating degenerative processes, and fostering optimal health. Among the rasayana concoctions documented in classical and medieval eras, cp unquestionably stands out as

the most significant. Since its introduction to the consumer market in the 1950s, this formulation has made significant strides as an over-the-counter product. It is widely recognized for its numerous health benefits and its ability to address the preventive, promotive, and healing aspects of health.[5]

Literature review

1. 'almonds and cardiovascular health: a review', *nutrients*, 10(4), p. 468.
2. chyawanprash: a traditional indian bioactive health supplement', *biomolecules*, 9(5), p. 161.
3. Therapeutic potential of Ayurvedic treatment (panchkarma and herbal medicine) in pediatric epilepsy: A case report', *International Journal of Health and Rehabilitation Sciences (IJHRS)*, 7(1), p. 155.
4. "sustainable bio-applications of diatom silica as nanoarchitectonic material." *Algae refinery*, 21 nov. 2023, pp. 161–186
5. sustainable bio-applications of diatom silica as nanoarchitectonic material." *Algae refinery*, 21 nov. 2023, pp. 161–186

Ingredient use in chyawanprash





Ashwagandha

- Biological name: *withania somnifera*
- Family: *solanaceae*
- Common names: indian ginseng[6]



Almond

- Biological Name: *Prunus amygdalus*
- Family: *Rosaceae*
- Common Names: Almond, Sweet Almond[7]



Amla

- Biological name: *Phyllanthus emblica*
- Family: *Phyllanthaceae*[8]



Turmeric

- Biological name: *Curcuma longa*
- Family: *Zingiberaceae*
- Common Name: Turmeric[9]



Pippali

- Biological Name: *Piper longum*
- Family: *Piperaceae*[10]



Cardamom

- Biological name: genera *Elettaria* and *Amomum*
- Family: *Zingiberaceae*[11]



Saffron

- Biological name: *Crocus sativus* L
- Family: *Iridaceae*[12]



GHEE



BROWN SUGAR



HONEY [13]

Preparation of chyawanprash with ashwagandha and almonds ingredients:

Ashwagandha (*withania somnifera*) powder – 5-10 grams (varies based on the required strength)

Almonds (*prunus dulcis*) – 10-15 almonds (soaked overnight and removed skin)

Amla (*emblica officinalis*) pulp – 50-100 g (either fresh or dried, based on what's available)

Honey – 100 grams

Ghee (clarified butter) – 50 grams

Brown sugar or jaggery – 100 g (optional, for flavor)

Pippali (*piper longum*) – 2-3 grams

Saffron (*crocus sativus*) – several threads (optional)

Cardamom – 1 to 2 grams

Turmeric – 1 to 2 grams

Other herbs and spices (such as ginger, cinnamon, nutmeg, etc.) According to the traditional recipe or taste.[14]

Method of preparation:

Hydrate almonds:

Leave the almonds to soak in water overnight. Remove the peel the following day. Almonds contain healthy fats, protein, and vitamins that support brain function, promote heart health, and enhance skin wellness.

Make amla extract:

If utilizing fresh amla, crush it into a pulp. If utilizing dried amla powder, immerse it in water

for several hours to hydrate. Amla serves as the foundation of chyawanprash and is rich in vitamin c, enhancing immunity and functioning as a strong antioxidant.

Ashwagandha brew:

In a small saucepan, warm some water and incorporate the ashwagandha powder. Cook gently for approximately 10 minutes to draw out its useful components. Ashwagandha aids in lowering stress, enhancing energy, and promoting general well-being.

Milling the almonds:

After peeling, blend the soaked almonds into a smooth paste, either manually or with a blender. Almonds supply crucial fats, proteins, and nutrients such as vitamin e, which enhance energy levels and cognitive sharpness.

Herbal blend preparation:

In a different container, mix together all the powdered herbs (like pippali, cardamom, turmeric, saffron, etc.) With the ashwagandha infusion and amla pulp.

Prepare the mixture:

In a skillet, warm ghee and incorporate the blended mixture of almonds, herbs, and amla pulp. Cook over a low heat, stirring constantly to prevent burning. At this point, you may also include jaggery or brown sugar to enhance the sweetness of the chyawanprash.

Final blending and preservation:

After the mixture has thickened and everything is thoroughly combined, take it off the heat. Allow it to cool a bit before adding honey, mixing thoroughly. Honey serves as a natural preservative



and enhances the health advantages of chyawanprash. Keep the chyawanprash in a sealed container.

Dosage:

Typically, a small spoonful (approximately 1-2 teaspoons) may be consumed once or twice daily, either in the morning or prior to sleep, based on personal health requirements.[15]

Benefits of ashwagandha in chyawanprash:

Ashwagandha (*withania somnifera*), known for its adaptogenic and restorative properties, provides numerous health benefits:

Adaptogen and stress reduction:

Ashwagandha assists the body in adapting to stress by controlling cortisol levels, the main stress hormone. This quality makes it a potent adaptogen, encouraging increased resistance to stress.[16]

Enhances levels of energy and vitality

Ashwagandha is famous for boosting overall energy and vitality, which can decrease tiredness and improve stamina.

Supports immune function

Ashwagandha, an immune-modulating plant, helps to enhance the body's resistance to infections by increasing the production of white blood cells.[17]

Cognitive function & memory enhancement

It has neuroprotective qualities and promotes cognitive function by increasing memory, focus, and clarity. Ashwagandha may lessen the risk of age-related cognitive deterioration.[18]

2. Benefits of almonds in chyawanprash

Boosts brain function

Almonds include vitamin e, omega-3 fatty acids, and antioxidants, which promote brain health, improve memory, and lower the risk of cognitive decline. Regular almond eating has been related to better memory and cognitive performance.[19]

Supports heart health

Almonds are high in unsaturated fats, which aid to lower bad cholesterol (ldl) and minimize the risk of cardiovascular disease. Their antioxidant concentration also benefits the heart. [20]

Nutrient-dense and immune-boosting

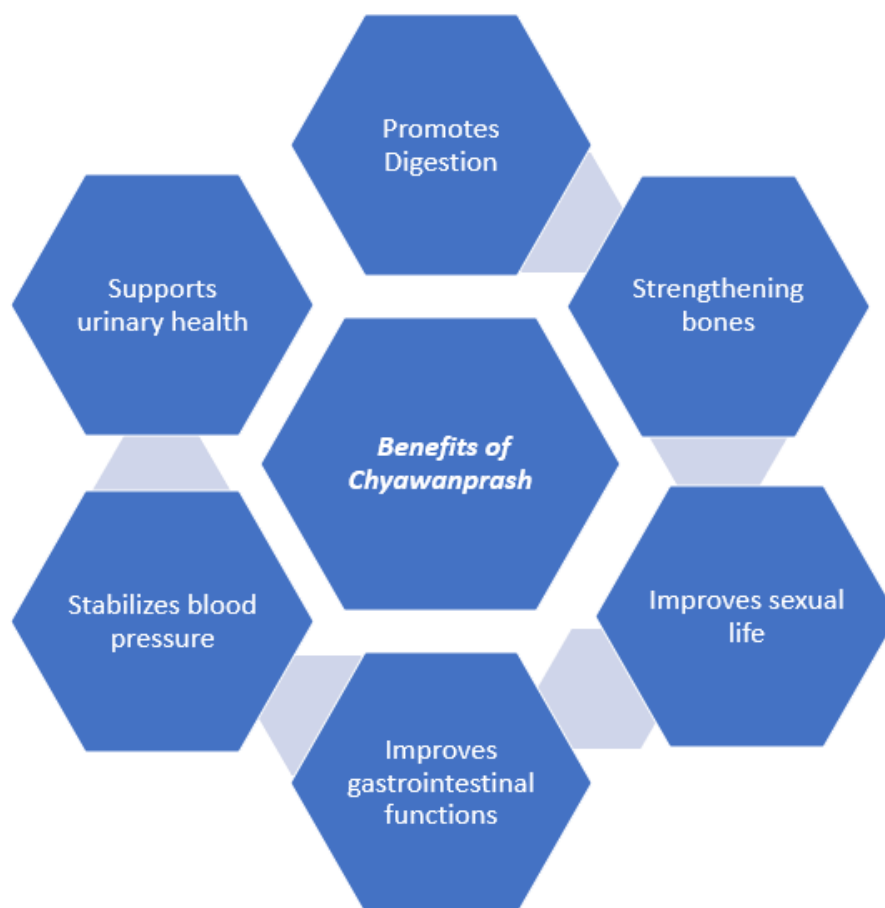
Almonds are a rich source of vitamins like vitamin e, magnesium, and manganese, all of which contribute to a healthy immune system and the maintenance of good skin and hair.[21]

Skin health

Almonds' rich vitamin e content nourishes the skin, prevents aging, and protects against uv exposure. Almonds also stimulate collagen formation, which promotes skin suppleness.[22]

Other benefits of chyawanprash [23]





Advantages of chyawanprash

Boosts Immunity

Chyawanprash is well-known for its immune-boosting effects, owing to its high concentration of amla (*phyllanthus emblica*), which contains vitamin c, antioxidants, and polyphenols. Vitamin c stimulates the development of white blood cells, improving the body's immunological response.[24]

Improves Digestion and Metabolism.

Chyawanprash is made up of a variety of herbs recognized for their digestive effects, including ginger, cardamom, and cinnamon. These substances activate digestive enzymes, resulting in improved digestion, food absorption, and general metabolic health.[25]

Supports heart health.

Chyawanprash's components, which include almonds, saffron, and ghee, promote heart health by lowering cholesterol and boosting blood circulation. Almonds, which are high in healthy fats and antioxidants, can help lower ldl (bad cholesterol) while increasing hdl (good cholesterol).[26]

Improves skin health and slows aging.

Chyawanprash includes potent antioxidants derived mostly from amla and other herbs that protect against oxidative stress, a key cause of aging and skin damage. Regular ingestion can enhance skin texture, minimize wrinkles, and promote youthful skin.[27]

Regulates blood sugar levels



Some studies have shown that chyawanprash can help regulate blood sugar levels due to the presence of amla and other anti-glycemic herbs. It has the potential to help people manage type 2 diabetes by improving insulin sensitivity.[28]

CONCLUSION

Chyawanprash is a versatile and powerful ayurvedic formulation known for its wide range of health benefits. It helps boost immunity, improve digestion, promote heart health, improve skin health, and increase vitality. It is also believed to have anti-aging, cognitive-enhancing, and blood sugar-regulating properties. Scientific evidence supports many of its traditional claims, making it a valuable addition to a health-conscious lifestyle. By incorporating chyawanprash into daily health routines, people can benefit from its rejuvenating and restorative properties. Always consult a healthcare practitioner before starting to take any new dietary supplement, especially for individuals with specific health problems or conditions.

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