iJRASET
International Journal For Research in Applied Science and Engineering Technology



INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 13 **Issue:** V **Month of publication:** May 2025

DOI: https://doi.org/10.22214/ijraset.2025.71257

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International Journal for Research in Applied Science & Engineering Technology (IJRASET)
ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538
Volume 13 Issue V May 2025- Available at www.ijraset.com

Formulation and Evaluation of Immunobooster Chyawanprash

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Fig no.1 chyawanprash

Abstract: ***Chyawanprash ia an Ayurvedic dietary of the anti-aging supper boost immunity and help in making a person feel young. Chyawanprash is one of the anti-aging supplements, which is purely herbal in nature it has Amla as its main ingredient, which is powerful antioxidant. Master charaka is the first to mention this herbal medicine. Ayurveda recommends is the use of herbal supplements to help the increase immunity, restore drained reserve of life force and preserve strength ,stamina and vitality, while stalling the course of aging There are many benefits of chyawanprash it useful in cough and cold. It is effectively used in the treatments of throat infections. Chyawanprash is formulated by processing around 50 medicinal herbs, (minerals sugar, honey, ghee, Indian gooseberry jam (Amla), sesame oil, berries and spices. Chyawanprash market has seen a sharp rise of 30 to 40 percent in the period of rising cases of coronavirus. This formula is used for the Gastrointestinal issues.This Herbal Medicine in order was also used for boosting of Immunity during COVID-19 pandemic. In covid condition they help to maintain the oxygen level. Chyawanprash can help revitalize skin cells, delay aging, and protect the skin from free radical damage***

Keywords: Chyawanprash, Immunity booster, Medicinal Herbs, Herbal medicine, Traditional medicine, Ayurveda, Youthfullness. Indian gooseberry, Nutraceutical, Health supplements.

I. INTRODUCTION

Chvawanprash is also known as chyawanprasha, chyavanaprasam and chyavanprash. Comprises two lexes “CHYAWAN” and “ PRASHA”. In the modern scenario due to the bad dietary habits of people and busy life style. The immunity is being compromised and the people are affected by many chronic infections and deficiency of many nutrients. In Ayurveda; Acharya Charaka had made a good formulation of more than 48 herbs and many spices mainly containing Amalaki fruits known as Chyawanprash.

Chyawanprash is a renowned recipe from Ayurveda, and has a long history of ethnic mention in Indian literature as well as Ayurvedic books. That have detailed description in Charak Samhita and other Ayurvedic texts. In Sanskrit, the word 'Prash' stands for a specially prepared food and 'Chyawan' was the name of the sage for whom this Ayurvedic nutritive formula was concocted to restore his youth & vitality.

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Chyawanprash contains various Ayurvedic ingredients that help in boosting immunity, protect against infections, and provides nutrition and energy. Chyawanprash strengthens immune system & increases the activity of NK cells (Natural Killer Cells) which are an essential part of our body's immune system and fights germs, bacteria and infections (invading pathogenic microorganisms) and cancer hence increasing our immunity.

In Ayurveda, Chyawanprash is classified under the category of Rasayana, which aims at maintaining physique, vigour and vitality, while delaying the ageing process. 5-8

Chyawanprash has potent antioxidant activity along with the ability to nourish brain cells. It may be useful in enhancing memory and improving coordination among various body parts. It also helps in increasing retention and learning ability. Chyawanprash may also be useful in having a calming effect on the central nervous system

II. MAJOR INGREDIENTS



Fig:3 Major Ingredients

In Chyawanprash there are more than 41 Ayurvedic Medicinal herbs that are used to regain youthfulness, boost Immunity , and it shows Incredible beneficial properties towards body.

Amongst them some main ingredients are mentioned below:

1) Amla
2) Tulsi
3) Dalchini
4) Elaichi
5) Seasame oil
6) Clove
7) Ghee
8) Honey
9) Jivanti
10) Ashwagandha
11) Almond

A. AMLA (Indian Gooseberry)



Fig: 1 Amla

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- Description: Amla is a deciduous tree of the family Phyllanthaceae. It has edible fruit, referred to by the same name. Indian gooseberry is a tree that grows in India, the Middle East, and some southeast Asian countries. Indian gooseberry has been used in Ayurvedic medicine for thousands of years. Today people still use the fruit of the tree to make medicine.
- Medicinal Use: Various studies show that Amla possesses anti-diabetic, hypolipedemic, anti-microbial, antiinflammatory, antioxidant, hepatoprotective and anti-emetic activities. The drug is used as single and as ingredient in various compound formulations like giloha, Amalaki Rasayana, Dhatryarishta etc.

B. Tulsi (Basil)



Fig:2Tulsi

- Description: Tulsi is an aromatic shrub in the basil family Lamiaceae (tribe ocimeae) that is thought to have originated in north central India and now grows native throughout the eastern world tropics. Within Ayurveda, tulsi is known as "The Incomparable One," "Mother Medicine of Nature" and "The Queen of Herbs," and is revered
- Medicinal Uses: Tulsi is also used to treat heart disease and fever. Tulsi is also used to treat respiratory problems. Tulsi is used to cure fever, common cold and sore throat, headaches and kidney stones. Tulsi helpsin treating asthma.

C. Dalchini (Cinnamon)



Fig 3: Cinnamon

- Description: The spice, consisting of the dried inner bark, is brown in colour and has a delicately fragrant aroma and a warm sweet flavour. Cinnamon is used to flavour a variety of foods, from confections to curries to beverages, and is popular in bakery goods in many places.
- Medicinal uses:

a) Nausea and Vomiting: Take one small piece of Dalchini and chew. It also helps removing foul smell and strengthens teeth.
b) Dental caries: A swab dipped in its oil and put on affected teeth for a while.
c) Headache: Apply paste of its powder on forehead.
d) Common cold: Take 1 part of powder with 4 part of honey two/ three times a day.
e) Swelling with pain: Apply paste of its powder on affected part.
f) Indigestion/ Stomachache/ Intestinal spasm/ flatulence: Powder of Dalchini mixed with honey or in tea or as spice in food can be used
g) Higher sugar level: It is also used for lowering blood sugar levels in 5 gm per day with honey (known diabetic patients may use with caution).

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D. Elaichi (Cardmum)

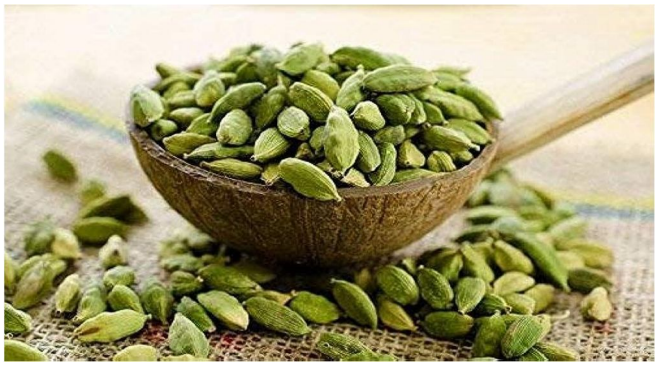


Fig4: Cardmom

- Description: Cardamom is an herb that is often used as a spice in foods. The seeds and the oil from the seeds are sometimes used to make medicine. Cardamom contains chemicals that might kill some bacteria, reduce swelling, and help the immune system.

- Medicinal Uses:

It may have carminative properties (to relieve flatulence)
It may have digestive and stomachic properties (an increased appetite or assisting digestion)
It may act as a desiccant (to dehydrate) It may have anti-emetic action (stops vomiting)
It may benefit heart-health.
Reduce cholesterol
Reduce blood pressure
Reduce blood sugar levels
Modulate some genes that may lead to obesity.

E. Sesame Oil (Til)



Fig 5: Til

- Description: Sesame oil made from seeds that have not been toasted is a pale yellow liquid with a pleasant grain-like odor and somewhat nutty taste, and is used as frying oil. Oil made from pressed and toasted sesame seeds is amber-colored and aromatic, and is used as a flavoring agent in the final stages of cooking.
- Medicinal Uses: Sesame oil is a rich source of polyunsaturated fatty acids (PUFA), which might be good for the heart.Sesame oil may potentially fight against diseases like diabetes, stomach diseases, heart disease, and skin problems. However, more research is required to support the use of sesame oil against any health conditions**.**

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F. CLOVE (Caryophyllum)



Fig 6: Caryophyllum

- Biological Source: Dried leaves of Rhizomes of curcuma longa . Cloves are the unopened flower buds of the clove tree. An evergreen native to Indonesia and India that grows from eight to twelve meters in height, the clove tree produces flower buds in clusters that are pale in color
- Description: Cloves are the dried, unopened, nail-shaped flower buds of the evergreen tree Syzygium aromaticum. The name “clove” derives from the Latin word for nail, clavus (because of its shape).
- Medicinal Use: Clove may be suitable for health as it has antioxidant and anti-inflammatory properties. It may manage stomach-related diseases (loose motions, flatulence, nausea, indigestion, vomiting, gastric irritability, diarrhoea), respiratory conditions (cold, cough, bronchitis, sinusitis, asthma) and many more

G. Ghee (Butter)



Fig 7: Butter

- Description: Ghee is clarified butterfat and contains about 99% of milk fat. Ghee from buffalo milk has no colour, unlike ghee from cattle, which is golden yellow due to the presence of carotenoids as stated earlier. Ghee is the only source of animal fat in the vegetarian diet of the human population in India.
- Medicinal Use: Ghee can help ramp up your intake of vitamin A, a fat-soluble vitamin that's important for maintaining eye health, skin health, immune function, and more . Could support heart health. Ghee is rich in omega-3 fatty acids, which may help decrease inflammation and protect against heart disease .

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Volume 13 Issue V May 2025- Available at www.ijraset.com

H. Honey (Shahed)



Fig 7: Honey

- Description: Honey is a sweet fluid made by honeybees using the nectar of flowering plants. There are about 320 different varieties of honey, which vary in color, odor and flavor. Honey contains mostly sugar, as well as a mix of amino acids, vitamins, minerals, iron, zinc and antioxidants.
- Medicinal Use: Traditionally, honey is used in the treatment of eye diseases, bronchial asthma, throat infections, tuberculosis, thirst, hiccups, fatigue, dizziness, hepatitis, constipation, worm infestation, piles, eczema, healing of ulcers, and wounds and used as a nutritious supplement.

I. Jivanti (Shaka Shreshta)



Fig 8: Jivanti

- Description: Jivanti can be used in diseases like Weakness, Night blindness, Burning sensation, Cough, Fever etc. The solvent extract of the plant have antioxidant and antiproliferative actions. Our experts are conducting different experiments about the rejuvenative property of the plant.
- Medicinal Use: It treats bleeding disorders like nasal bleeding. Burning sensation anywhere in the body is relieved by Leptadenia reticulata. Absorbent action of this herb helps in treating inflammatory bowel disease and diarrhea. Leptadenia reticulata prevents a threatened and recurrent abortion when used during pregnancy.

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J. Ashwagandha (Balya)



Fig 9: Ashwagandha

- Description: Ashwagandha is an analgesic that soothes nervous system from pain response . The powerful anti-arthritic properties of Ashwagandha are now widely accepted and documented; it is furthermore found to be effective as antipyretic as well as analgesic also.
- Medicinal Use: It is useful for different types of diseases like Parkinson, dementia, memory loss, stress induced diseases, malignoma and others. Ashwagandha is used as a household remedy by Indians, who consider it as the best tonic for old people and children, and as aphrodisiac by young people.

K. BADAM (Almond)



Fig no 10:-Almond

- Description: The almond is the edible kernel of the fruit of the sweet almond tree. It is a bright white fruit wrapped in a reddish brown cover. It is consumed as dry fruit, fried and/or salted. Many wellknown products such as nougat and marzipan are made of almonds. Almonds are among the world's most popular tree nuts. They are highly nutritious and rich in healthy fats, antioxidants, vitamins, and minerals.
- Medicinal Uses: Eating almonds helps to lower levels of the bad kind of cholesterol, called low-density lipoprotein (LDL), and increase levels of the good kind, high-density lipoprotein (HDL). Almonds also have anti-inflammatory properties to help protect you from heart disease

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III. METHOD OF PREPARATION OF CHYAWANPRASH

The standard method of preparation of Chyawanprash is: 50 g of each of medicinal herbs, such as Bael, Agnimanth, Kashmarya, Shyonak, Paatla, Gokshur, Sarivan, Barikateri Kantakaari, Kakdasingi, Draaksha, Haritaki,
Guduchi, Bala, Bhumyamalaki, Vasa, Jivanti, Kachur, Pushkarmul, Musta,
Mudagparni, Mashaparni, Shalparni, Pithawan, Pipali, Kaknasa, Varahi, Vidaarikand, Punarnava, Neelkamal, Aguru, Chandan, Shatavar, and Asgandh, are suspended in 16 L potable water. Five-hundred Amla fruits (each fruit having a weight of around 15-20 g, total weight: 6.5 kg) are swathed in clean cotton cloth to form a bale (pottali) and submerged into the aforementioned combination of herbs. Thereafter, the admixture is boiled until decoction is reduced to 1/4th.

After taking off the pottali, seeds are removed from Amla, the remaining pulpy portion is rubbed on a clean muslin cloth, Amla fibers are separated, and Amlapishthi (wet paste of Amla pulp) is collected. Decoction is then strained, and mare is discarded. After this, Amlapishthi is mixed with Yamakadravyas (lipids: 500 g cow ghee and sesame oil each) in an iron container and fried until it gets brownish-red and the Yamaka (lipids) starts separating. Sugar syrup is then prepared by adding sugar in the herbal decoction.

Fried Amlapishthi is added to this decoction syrup and heated until attainment of viscidity of two strings. Then, when the heating is stopped, Prakshepadravya (herbal powders of 150g Vanshalochan, 100g Pipali and Nagakesar, Elaichi, Tamalpatra and Dalchini, 10g each) are added and stirred until a homogeneous mixture is obtained. After cooling the mixture, 250g honey (old, natural, pure) is uniformly mixed, and the finished product is obtained and packed in airtight sterile containers. Finally, the prepared Chyawanprash is of a dark brown color, having wet paste-like appearance and consistency

IV. CONCLUSION

According to above information, we can say that Chyawanprash act as an immunity booster and restore youthfulness due to repairing damage tissues, slow down aging process and having health promoting activity for all age groups and acts as a natural food supplement for present era.

Basis the study it may be concluded that chyawanprash is helpful in improving cognition i.e. alertness, attention and concentration; well being and the academic performance for college students. Therefore, regular use of chyawanprash has a potential to build up academic performance of students.

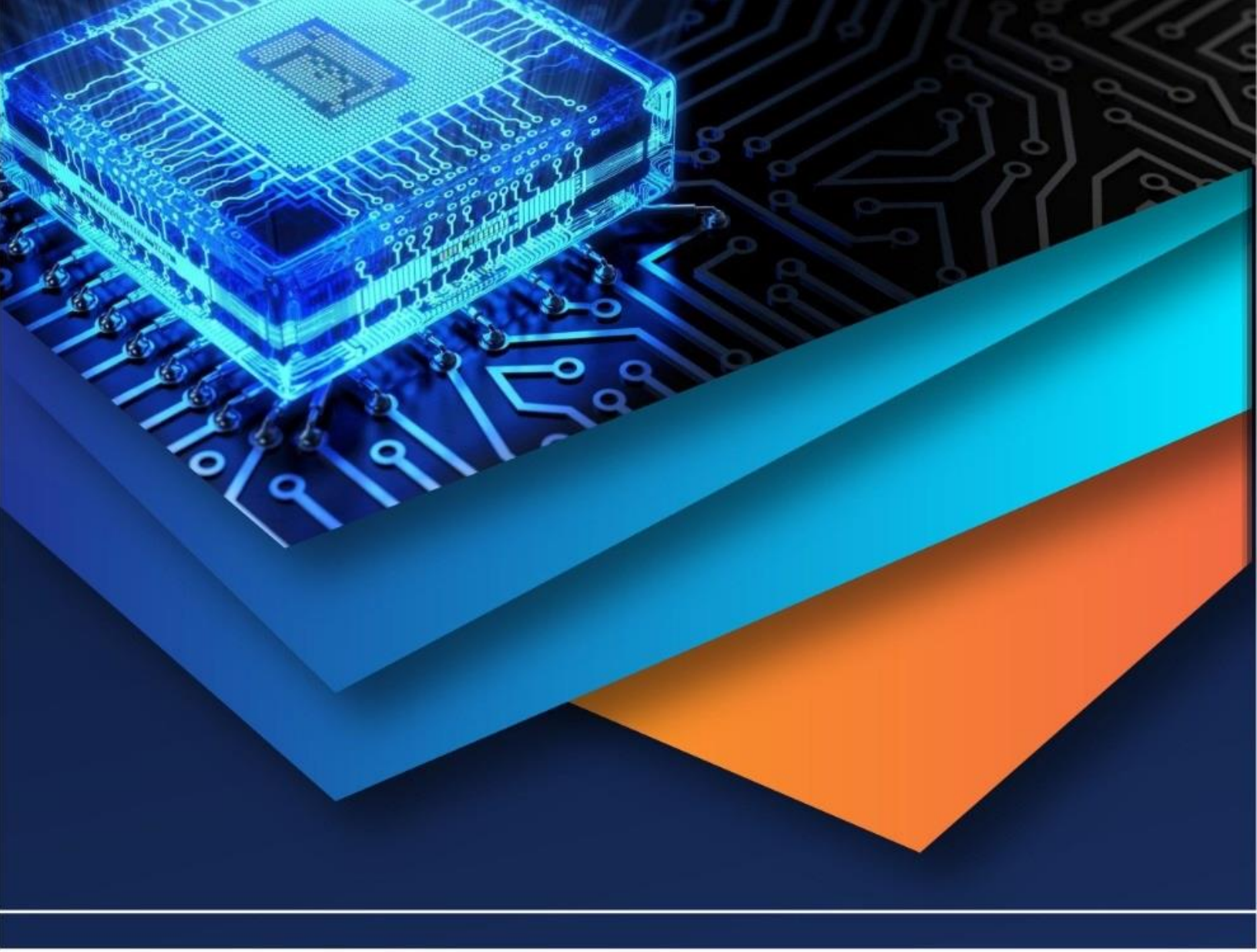
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