

CHYAWANPRASH'S IMPORTANCE IN GERIATRIC CARE

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ABSTRACT

Chyawanprash is an Ayurvedic health supplement which is made up of a super-concentrated blend of nutrient-rich herbs, spices and minerals. As Amalaki is the main ingredient of CP, it pacifies Kapha and Pitta. It's meant to restore drained reserves of life energy (Ojas) and maintain strength, stamina, and vitality, slowing the ageing process, Promoting youth and a strong immune response, as well as unifying the reproductive system and igniting Agni. CP promotes digestion and excretion, which aids in the removal of stored excreta. It has Hepato protective action and rejuvenating properties, Supports heart, also improve memory and brain function. It maintains a balance of Endocrine system. It has Anti-carcinogenic effects, Favorable Effects on Lipid Profile and Glycemic Levels, Other Preventive, Primitive and Curative Health Benefits. Cough, asthma, bronchospasm, TB, and respiratory tract infections are all relieved by it. CP is well known for its regenerative effects. It improves tissue repair and Protects the body from cellular damage and thereby slows the ageing process in the heart, lungs, liver, and skin tissues due to the high antioxidant capabilities of the various herbs and spices. Antioxidants protect the body from free radical damage and help to maintain a healthy calcium ratio in the bones, making them stronger.

KEYWORDS: Chyawanprash, Ayurveda, Amalaki, herbs, health supplement.

INTRODUCTION

Peoples have fear in their minds about growing old. No one wants to be old because they are terrified about Geriatric difficulties, diseases and disabilities. It is reported that two ancient *Ayurvedic* sages named *Ashwinikumaaro* devised CP formula to rejuvenate the aged sage Chyawan, hence the name "chyawanprash."^[1]

The word "*Prash*" means "specially prepared food" in Sanskrit. CP is made from the pulp of 500 *Amalaki* fruits, together with 36 other medicinal ingredients in the form of *Kvatha* (decoction) and fine powders of four other medicines added at the end.^[2] The dose of CP is given (according to the *Bala*) so that there is no reduction in the quantity of food intake.^[3]



MATERIALS AND METHODS

Though the work is based on literary and clinical research, materials are related to *Rasayana* and *Chyawanprash*, materials have been collected from different journals, research papers, *Ayurvedic* classics viz. *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hrudaya*, *Sharnghdar Samhita*, *Bhavaprakasha Nighantu*, modern texts, authentic websites (**Pub Med etc.**), Reputed magazines, authentic literatures, manuscripts etc.

Definition of Rasarana

स्वस्थस्योर्जस्करं यत्तदवृष्यम् तद्रसायनम् ॥ (च.चि. १-१/५)

The invigorating of energizing substances for the health of the healthy are usually *Vrasya* (Aphrodisiacs including semen potency) and *Rasayana* (Rejuvenating).

रसायनतन्त्रं नाम वयः स्थापनमायुमेधाबलकरं रोगापहरणसमर्थञ्च | (सु.सू. १/१५)

Rasayana tantra is the modality of *Ayurveda*, which describes the methods of withholding ageing increasing life span, intelligence, strength, and capacity to get rid of diseases.

Benefits of Chyawanprash

The Corona pandemic has taught us one important lesson: we can only rely on our immune systems to protect us from the most deadly diseases. Because new

strains of viruses and bacteria emerge every day as a result of gene mutations, we will never be able to treat them all, and the only way to combat them is to strengthen our immune system. When it comes to boosting immunity, *Chyawanprash* can be very effective. There are numerous advantages of eating *chywanaprash* on a regular basis. Let's learn more about *Chyawanprash*, a magical *Ayurvedic* medicine.

DISCUSSION

Since the ancient time, *Chyawanprash* has been a persistent part of Indian tradition as a functional food and nutraceutical, with constant zeal and vivacity. CP is reported to have rich vitamin, protein, dietary fiber, energy contents, carbohydrate, low fat contents (*no-trans* and zero percent cholesterol), and appreciable levels of major and minor trace elements such as Fe, Zn, vitamin C, tannic acid, other vitamins A, E, B1, B2, and carotenoids that act as micronutrients for health-invigorating purposes. It also provides several essential Phytoconstituent, namely, flavonoids, alkaloids, spooning, antioxidants, piperine, phenolic compounds etc. The synergistic antioxidant effects of vitamin C along with vitamin E and carotenoids are well known. CP's nutritional composition and antioxidant biomolecules work individually and synergistically to promote immune regulation, body building, health restoration, and oxidative damage avoidance (a leading cause of several degenerative diseases).^[4,5,6]

Main Ingredients of Chyawanprash and their health benefits



Amalaki (*Embllica officinalis*) Amalaki is one of the best *Vayasthapan* drugs. It is rejuvenate, general, cardiac and nervine tonic, rich source of vitamin C and anti-oxidant, anti-bacterial, anti-Inflammatory, immune modulator properties, Protects from CAD, Corrects the lipid and glucose metabolism, L-Ascorbic acid (AA) is a known iron bio-availability enhancer. It helps to maintain homeostasis.

Ashwagandha

(*Withania somnifera*) is a nerving tonic with adaptogenic properties. It improves stamina and has anti-cancer properties. It can help with dementia as well as neurodegenerative diseases like Parkinson's, Huntington's, and Alzheimer's. It boosts energy and improves sleep quality. Rheumatoid and osteoarthritis patients benefit from it.

Brahmi

(*Bacopa monnieri*) is a plant that is used to treat Alzheimer's disease, improve memory, attention deficit-hyperactivity disorder (ADHD), allergic conditions, irritable bowel syndrome, and as a general tonic to combat stress.

Gokshura

(*Tribulus terrestris*) has diuretic, aphrodisiac, and anti-inflammatory properties and is used to treat asthma, cough, anaemia, and rheumatoid arthritis. It is also used as a nerve tonic.

Shatawari

(*Asparagus racemosus*) can aid in the treatment of gastric ulcers and increase milk production in Breastfeeding mothers. It has antioxidant, anti-inflammatory, anti-aging, and adapts genic properties, as well as being used to treat joint pain and as a nerve tonic.

Bilva

(*Agele marmelos*) nutritive, astringent, anti-oxidant, vitamin, calcium, and iron rich source Properties that are anti-inflammatory, anti-biotic, and anti-asthmatic.

Shyonak

(*Oroxylum indicum*) Stomachic, anti-inflammatory, and diauretic.

Agnimantha

It is a laxative (*Premna integrifolia*). Anti-inflammatory properties make it useful for indigestion and coughing.

Shalparni

(*Desmodium gangeticum*) A nutrition and digestive agent. It is a nerve tonic that can help with cardiac, blood, and respiratory problems.

Bala

(*Sida cordifolia*) hypoglycemic, aphrodisiac tonic, and hepato protective. It is beneficial in nervous and general debility. The primary herb used in Parkinson's disease.

Gambhari

(*Gmelina arborea*) It is a demulcent, galactagogue, and laxative, as well as antiviral and hypoglycemic. It relieves constipation and promotes lactation.

Patala

(*Streospermum Suaveolens*) Antimicrobial and diuretic properties make it useful for dyspepsia, flatulence, coughing, and fever.

Prashniparni

Anti-inflammatory (*Uraria picta*) It is beneficial in rheumatoid arthritis and intermittent fever.

Pippali

(*Piper longum*) has anti-inflammatory, expectorant, and analgesic properties. This is beneficial for people who suffer from respiratory issues.

Brihati

(*Solanum Indicum*), it can help with bronchospasm and weakness.

Kantakari

(*Solanum Surattense*) Antimicrobial and hypoglycemic properties. Helpful for Bronchitis, Asthma, and the common cold.

Draksha

(*Vitia Vinifera*) laxative, Antioxidant, and hepatoprotective. Anorexia, dyspepsia, and constipation can all benefit from it.

Jivanti

(*Leptadenia Reticulate*) Visual tonic, nutritive, and aphrodisiac medication. It has anti-aging properties.

Guduchi

(*Tinospora Cordifolia*) Immunomodulator, antioxidant, antitumor, and antispasmodic. Useful in the treatment of anaemia and degenerative diseases.

Ela

(*Elettaria Cardamomum*) Anti-microbial, Appetizer, Carminative.

Punarnava

(*Boerhavia Diffusa*) Enhance digestive fire, Useful in Rheumatoid arthritis. Good for diabetes and urinary tract problems. Prevent heart failure, cure impotence. Good for liver, stomach problems and eye care too.

Musta/Nagaramotha

(*Cyperus Rotundus*) Useful in high cholesterol, obesity and rheumatoid arthritis, anti-aging, antioxidant, antimicrobial, anti-hyperglycemic properties. Useful in females for improving breast milk quality and quantity.

Haritaki

(*Terminalia Chebula*) useful in constipation, prevent cough and cold, boost immunity, prevent diabetes, helpful in weight loss, improves heart conditions.

Ghrit

(Ghee) Enhance digestive fire, intoxication, diseases of the head, eyes, ear, and diseases of female reproductive system. It is antibacterial, and antimicrobial in nature. Increase vitality, immunity and longevity, improves brain health and cognitive functions.

Madhu

(Honey) Improve immunity and fight common cold and flu. Antioxidants, and antibacterial, detoxification

properties, Improve blood circulation, help in weight loss, reduces the risk of heart diseases.

Preventive and curative role of Chywanaprash in Geriatrics

Acharya Charak says “He, who treats the disease before its commencement or at an early stage, experiences long-lasting happiness”. Geriatric problems are best confronted by preventive measures than curative ones. Therefore geriatrics has to be treated by CP much before the commencement of old age. Discipline in young age of diet and nutrition, exercise and social activities etc. prevents geriatric problems.

CONCLUSION

To live a long and healthy life is every individual's wish. Due to changing lifestyle and thus not able to follow the rules of dietetics human beings have led to an emergence of varied problems for the elderly in India. Traditional Ayurveda practitioners call CP an “Ageless Wonder”. Therefore CP should be used on a daily basis if one wishes to achieve longevity, memory, intelligence, freedom from sickness, youthfulness, excellence of lustre, complexion, and voice, optimum strength of physique and sense organs, perfection in deliberation, respectability, and brilliance.

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