



ROLE OF CHYAWANPRASH IN GERIATRIC CARE

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ABSTRACT

Chyawanprasha is an Ayurvedic health supplement that 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 while slowing the ageing process. Promoting youthfulness and robust immunological response, tonifying the reproductive system, and igniting Agni. CP promotes digestion and excretion, which aids in the removal of stored excreta. It has hepatoprotective action and rejuvenating properties, Supports the heart, and also improves memory and brain function. It maintains a balance of the Endocrine system. It has Anticarcinogenic Effects, Favorable Effects on Lipid Profile and Glycemic Levels, and Other Preventive, Promotive, 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 there by 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: Chyawanprasha, ayurveda, amalaki, herbs, health supplement.

INTRODUCTION

People be afraid 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 Ashwinikumaarou devised the CP formula to rejuvenate the aged sage Chyawan, hence the name “chyawanprash¹.” 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 end². The dose of CP is given (according to the *Bala*) so that there is no reduction in the quantity of food intake³.

DISCUSSION

Since ancient times, 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 vitamins, protein, dietary fiber, energy contents, carbohydrates, 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 phytoconstituents, namely, flavonoids, alkaloids, saponins, 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.



DRUGS	HEALTH BENEFITS
AMALAKI (<i>Phyllanthus emblica</i>)	Amalaki is one of the best Vayasthapana drugs. It is a rejuvenative, general, cardiac, and nervine tonic, a rich source of vitamin C and antioxidant, anti-bacterial, anti-Inflammatory, Immuno modulator properties, Protects from CAD, Corrects the lipid and glucose metabolism, L-Ascorbic acid (AA) is a known iron bio-availability enhancer. It Sustains homeostasis.
ASHWAGANDHA (<i>Withania somnifera</i>)	A nervine tonic, adaptogenic activities. it increases stamina and has Anti-cancer properties. Useful in dementia, and neurodegenerative diseases such as Parkinson's, Huntington's, and Alzheimer's diseases. It improves sleep quality and energy levels. useful in Rheumatoid and Osteoarthritis.
BRAHMI (<i>Bacopa monnieri</i>)	used for Alzheimer's disease, improving memory, attention deficit-hyperactivity disorder (ADHD), allergic conditions, irritable bowel syndrome, and useful as a general tonic to fight stress.
GOKSHURA (<i>Tribulus terrestris</i>)	diuretic, aphrodisiac, and anti-inflammatory properties used for asthma, cough, anaemia, and rheumatoid arthritis also use as a nerve tonic.
SHATAWARI (<i>Asparagus racemosus</i>)	useful in gastric ulcers, and increase milk production in Breastfeeding mothers. Antioxidant, anti-Inflammatory, anti-aging, and adaptogenic properties, are also useful in joint pain and as a nerve tonic.
BILVA (<i>Agele marmelos</i>)	nutritive, astringent, antioxidant, and rich source of vitamins, calcium, and iron. Anti-inflammatory, anti-biotic, and anti-asthmatic properties.
SHYONAK (<i>Oroxylum indicum</i>)	Stomachic, anti-inflammatory, diuretics.
AGNIMANTHA (<i>Premna integrifolia</i>)	It is a laxative. Useful in Indigestion and Cough, have anti Inflammatory properties.
SHALPARNI (<i>Desmodium gangeticum</i>)	A Nutritive and digestive agent. It is a Nervine tonic, useful in Cardiac, blood, and respiratory disorders.
BALA (<i>Sida cordifolia</i>)	Aphrodisiac tonic, hypoglycemic and hepatoprotective. Useful in Nervine and general debility. Prime herb used in Parkinson disease.
GAMBHARI (<i>Gmelina arborea</i>)	It is a demulcent, galactagogue, laxative, anti-viral, and hypoglycemic. It Relieves constipation and promotes lactation.
PATLA (<i>Stereospermum suaveolens</i>)	Anti-microbial, diuretic, Useful in Dyspepsia, Flatulence, Cough, and Fever.
PRASHNIPARNI (<i>Uraria picta</i>)	Anti-inflammatory. Useful in Rheumatic conditions and intermittent fever.
PIPPALI (<i>Piper longum</i>)	Appetizer, anti-inflammatory, Expectorant, and analgesic properties. Useful in Respiratory disorders.
BRIHATI (<i>Solanum indicum</i>)	Cardiac tonic, carminative agent. Useful in bronchospasm and weakness.
KANTKARI (<i>Solanum surrattense</i>)	Anti-Microbial and Hypoglycemic. Useful in Bronchitis, asthma, and the common cold.
DRAKSHA (<i>Viti vinifera</i>)	Antioxidant, laxative and hepatoprotective. Useful in Anorexia, dyspepsia, and constipation.
JIVANTI (<i>Leptadenia reticulate</i>)	Eye tonic, nutritive, and aphrodisiac drug. Anti-aging property.
GUDUCHI (<i>Tinospora cordifolia</i>)	Immunomodulator, antioxidant, anti-cancerous and antispasmodic. Useful in Anemia and degenerative disorder.
ELA (<i>Elettaria cardamomum</i>)	Appetizer, Anti-microbial, carminative.
PUNARNAVA (<i>Boerhavia diffusa</i>)	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.
MUST/ NAGARMOTHA	Useful in high cholesterol, obesity, and rheumatoid arthritis, anti-aging, antioxidant, an-

(Cyperus rotundus)	timicrobial, and antihyperglycemic properties. useful in females for improving Brest milk quality and quantity.
HARITAKI (Terminalia chebula)	useful in constipation, preventing cough and cold, boosting immunity, preventing diabetes, helpful in weight loss, improves heart conditions.
GHRIT(ghee)	Enhance digestive fire, intoxication, diseases of the head, eyes, ear, and diseases of the female reproductive system. It is antibacterial and antimicrobial in nature. Increase vitality, immunity, and longevity, and improves brain health and cognitive functions.
MADHU (Honey)	Improve immunity and fight the common cold and flu. antioxidants, antibacterial, detoxification properties, Improve blood circulation, helps in weight loss, and reduce the risk of heart diseases.

Preventive and curative roll of Chyawanprash 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 at a young age in 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 lifestyles and thus not being able to follow the rules of dietetics human beings have led to the 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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