

Chywanaprash

The Elixir of Life

Jaggery	<i>Saccharum officinalis</i>	Clove Leaf	<i>Syzgium aromaticum</i>
Amla	<i>Emblica off. Recens</i>	Vasaka	<i>Adhatoda vasica</i>
Honey	<i>Mel</i>	Punarnava	<i>Boerhaavia diffusa</i>
Ghee	Clarified butter	Musta	<i>Cyperus rotundus</i>
Ashwagandha	<i>Withania somnifera</i>	Sati	<i>Hedychium spicatum</i>
Shatavari	<i>Asparagus racemosus</i>	Haritaki	<i>Terminalia chebula</i>
Cinnamon	<i>Cinnamomum zeylanicum</i>	Bhumiamalaki	<i>Phyllanthus niruri</i>
Cardamom	<i>Elettaria cardamomum</i>	Brihati	<i>Solanum indicum</i>
Pippali	<i>Piper longum</i>	Gokshura	<i>Tribulus terrestris</i>
Guduchi	<i>Tinospora cordifolia</i>	Bilva	<i>Aegle marmelos</i>
Bamboo Mannna	<i>Bambusa arundinaceae</i>	Nagkeshara	<i>Mesua ferrea</i>

Method of preparation: The dried powdered herbs and the bundle of fresh Amla fruit are decocted in 12 litres of water reduced to 3 litres. The Amla seeds are separated from the pulp and fried in the Ghee and Sesame oil. The Jaggery is added to the strained decoction and boiled to a syrup when the fruit pulp is added. Trikatu, Cinnamon, Cardamom and all other herbs are added to the mixture and it is sealed.

Reference: Charaka Samhita, Chikitsa sthana

Ayurvedic Action:

Rasayana - rejuvenative to all the tissues, *Vajikarana* - reproductive tonic, *Balya* - increases strength; *Kasashwasahara* - alleviates coughs and asthma, *Hridaya* - heart tonic

Bio-Medical Action:

Immune tonic, adaptogen, anabolic, expectorant, laxative, digestive, carminative

Indications:

Immunity: The primary action of Chywanaprash is to increase resistance to infectious diseases, to build haemoglobin and white blood cells. It is especially good for the lungs as it nourishes the mucus membranes and helps to clear phlegm. It strengthens *vata* and increases *ojas*.

Convalescence: It is a superb remedy to include as part of a programme to facilitate recovery from illness and stress. It specifically increases muscle mass and tissue (*dhatu*) strength. If the digestion is good it does not aggravate *kapha*.

Reproduction: It was originally created to give the elderly sage Chywana the required virility to satisfy his young bride and hence it has a nourishing effect on the reproductive tissues. It should be used as a prophylactic in times of excessive sexual activity as well as a tonic in cases of debility. Use when there is infertility, low libido and sexual weakness.

Combinations:

Usually combined with a personalised treatment regime.

Notes:

- The herbs are a mixture of phlegm clearing, *ama* reducing, digestive fire increasing and reproductive tonics.
- Taken with milk as a vehicle to help carry it deep into the tissues. Try with almond milk if dairy is unsuitable.
- Often used in winter as a tonic.
- There are numerous formulas for Chywanaprash.

Ayurvedic Energetics:

Taste *rasa*: Sweet, Sour, Pungent, Bitter, Astringent

Action *virya*: Heating

Post-digestive effect *vipaka*: Sweet

Quality *guna*: Heavy, Unctuous

Dosha effect: VPK=

Contraindications:

Not in hot weather for *pitta* types

Dosage:

1-3tsp (5-20g) in the morning