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## TO PREPARE, FORMULATE AND EVALUATE

### MANGO CHYAWANPRASH

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#### **Abstract :**

Chyawanprash, a traditional Ayurvedic herbal formulation, has been revered for centuries for its rejuvenating and immunomodulatory properties. With the growing demand for novel flavors and formulations, mango chyawanprash has emerged as a promising variant. This review paper aims to explore the formulation, preparation, and evaluation of mango chyawanprash, highlighting its potential benefits and challenges. The formulation process involves selecting ripe mangoes, blending them with a mix of traditional Ayurvedic herbs and spices, and subjecting the mixture to a controlled cooking process. Evaluation parameters include organoleptic properties, physicochemical characteristics, microbial stability, and shelf life. Additionally, the review discusses the potential health benefits of mango chyawanprash, including its antioxidant, immunomodulatory, and nutritional properties. Challenges such as standardization of formulation, preservation techniques, and commercial viability are also addressed. Overall, mango chyawanprash presents a flavorful and potentially beneficial alternative to traditional formulations, with further research needed to optimize its formulation and assess its therapeutic efficacy.

**Keywords:** Ripe Mangoes, Amla, Ghee, Jaggery, Honey, Tulsi, Shatavari, Elaichi etc.

#### **INTRODUCTION**

Chyawanprash (CP) (also known as chyavanaprasha, chyavanaprash, chyavanaprasam, and chyawanaprash) comprises two lexes, “Chyawan” and “Prasha”. The word Chyawan is the name of a sage, and also symbolizes ‘degenerative change’. Prasha denotes a drug or foodstuff that is suitable for consumption. Indeed, CP is a comprehensive ‘metabolic’ tonic; it contains a variety of herbs and is used to promote health and prevent diseases. Chyawanprash is an ancient Indian formulation (a polyherbal jam), prepared according to a traditional Ayurvedic recipe, enriched with several herbs, herbal extracts and processed minerals. Regarded by many experts as an essential health supplement, CP has been around for centuries. Chyawanprash possesses multiple health benefits and has been widely used since ancient times as a health supplement and as a medicine for enhancing immunity and longevity.

Chyawanprash has been a part of every Indian's life from the day it was introduced, irrespective of sociocultural, political, and scientific factors. It was one of the most appreciated foods for its antiaging effects long before vitamins, minerals, and antioxidant supplements came into existence. Rasayana, a branch of Ayurveda, includes a number of specialized approaches aimed at prolonging life, preventing aging and diseases, eliminating degenerative processes, and promoting excellent health. Of all the Rasayana formulations enumerated during the classical and medieval periods, CP undoubtedly stands out as the most important. This formulation has made major strides as an over-the-counter product since it entered the consumer market in the 1950s. It is highly appreciated for possessing multiple health benefits and addressing the preventive, promotive, and curative aspects of health.

## **ORIGIN**

The atypical name of CP originates from the legend of Chyawan Rishi, who was a forest sage. Various ancient sacred treatises, such as the Mahabharata, the Puranas, etc., describe how the twin Ashwini Kumar brothers (the royal physicians to the Gods during the Vedic era) invented this polyherbal preparation to make the sage Chyawan Rishi younger and improve his vitality and strength. The formulation was prepared at his hermitage at Dhosi Hill near the Narnaul area, in the state of Haryana, India; drawing its name from the ancient sage, the formula was called "Chyawanprash". He followed strict practices to become enlightened, and this had made him weak, emaciated, and aged. To regain his youthfulness, vitality, and strength, he used CP [5– 8]. The foremost historically recorded recipe for CP is reported in the CharakaSamhita, the ancient Ayurvedic classic, where it is appreciated as being superior to all other herbal rejuvenative tonics.

## **AIM AND OBJECTIVE**

### **Aim :-**

To Prepare, Formulate and Evaluate Mango Chyawanprash.

### **Objective :-**

1. The objective of this study is to design and formulate mango.
2. The main objective to formulate the chyawanprash is boosting immunity.
3. To allow administration of an oral semi solid dose form and administration easily children.
4. Mask the bitter taste.
5. To enhanced bioavailability.
6. To achieve better patient compliance

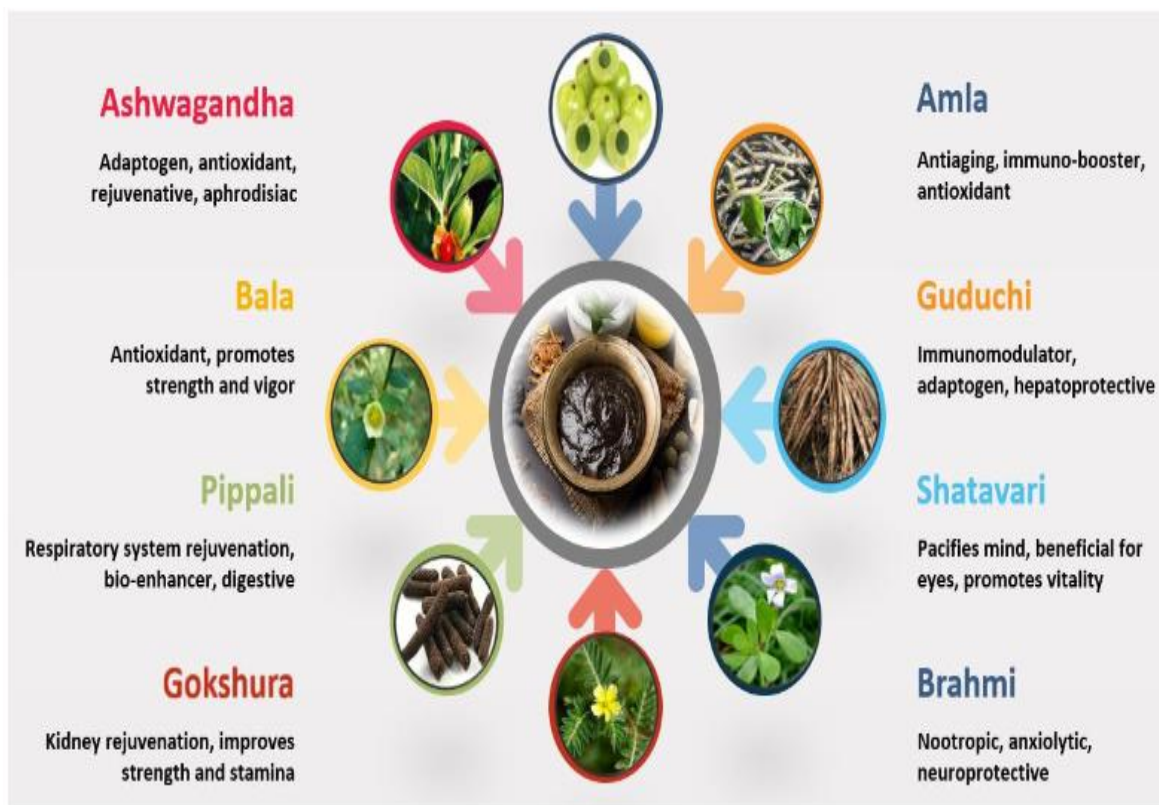





Figure 1. Key plant ingredients of Chyawanprash and their health benefits.

### MATERIALS AND METHODS

- **Selection of Plant:** In the present study, I have selected the plant.
- **Collection of ingredients :** The ingredients are collected from the reputed ayurvedic stores.

| Ingredients   | Scientific name             | Uses   |
|---|-----------------------------|--|
| <b>Mango</b><br> | <i>Mangnifera Indica L.</i> | a) Medicinal Uses: <ul style="list-style-type: none"> <li>• Nutritional Benefits: Rich in vitamins A, C, and E, and fiber.</li> <li>• Digestive Aid: Contains enzymes like amylase that aid digestion.</li> <li>• Antioxidant Properties: Contains polyphenols and beta-carotene, which can help reduce oxidative stress.</li> </ul> b) Cosmetic Uses: <ul style="list-style-type: none"> <li>• Skin Care: Mango butter and extracts are used in lotions and creams for moisturizing and anti-aging properties.</li> <li>• Hair Care: Mango extracts are included in shampoos and conditioners to promote healthy hair.</li> </ul> |

|   |                                |  |
|---|--------------------------------|--|
|   |                                | <p>c) Other Uses:</p> <ul style="list-style-type: none"> <li>• Traditional Medicine: Used in various cultures for its purported health benefits.</li> <li>• Agriculture: Mango leaves and peels can be used as organic fertilizers <b>or animal feed</b>.</li> </ul> |
| <p><b>Amla</b></p>    | <p><i>Indian glossary</i></p>  | <p>Indiangooseberrymaypromote heart health, provide anti-aging effects, improve immune function, and reduce heartburn severity and cancer risk</p>   |
| <p><b>Honey</b></p>  | <p><i>Apismellifera L.</i></p> | <ol style="list-style-type: none"> <li>1. People commonly use honey for burns, wound healing, swelling and sores inside the mouth, and cough.</li> <li>2. Sweetner, preservative, ayurvedic benefits</li> </ol>  |

## Formulation table:

| Ingredients                       | Quantity         | Role  |
|-----------------------------------|------------------|---|
| • <b>Mango Powder</b>             | <b>300 grams</b> | <b>Immunity Boosting, Flavour enhancement, Antioxidant, Nutritional value</b>     |
| • <b>Amla (Indian gooseberry)</b> | <b>150 grams</b> | <b>Support for digestive health, preservation, providing nutritional benefits</b> |
| • <b>Jaggery</b>                  | <b>150 grams</b> | <b>Binding agent, sweetner, nutritional benefits, nutritional value</b>           |
| • <b>Ghee (clarified butter)</b>  | <b>50 grams</b>  | <b>Lubricating agent, supporting digestion, enhancing flavor</b>                  |
| • <b>Honey</b>                    | <b>50 grams</b>  | <b>Sweetner, preservative, ayurvedic benefits</b>                                 |
| • <b>Ashwagandha Powder</b>       | <b>10 grams</b>  | <b>Adaptogenic property, Immunomodulatory effects, ayurvedic benefits</b>         |
| • <b>Cardamom Powder</b>          | <b>5 grams</b>   | <b>Flavouring, Antioxidant, ayurvedic benefits,</b>                               |
| • <b>Cinnamon Powder</b>          | <b>5 grams</b>   | <b>Flavouring, Antioxidant, Digestive health</b>                                  |
| • <b>Clove Powder</b>             | <b>5 grams</b>   | <b>Flavouring, Digestive health, respiratory Health</b>                           |
| • <b>Elaechi</b>                  | <b>5 grams</b>   | <b>Flavouring, Antioxidant, Oral Health</b>                                       |

## RESULT AND DISCUSSION

- 1) **Selection of Plant: All herbal ingredients are selected.**
- 2) **Collection of material: Mango Powder purchased from Ayurvedic Stores.**
- 3) **Preparation of powder: Prepare powder for all herbal ingredients..**

## CONCLUSION

In the present study, I have studied development of Mango Chyawanprash having immunity booster activity. Mango Chyawanprash is unique formulation compare to other formulation. It should be used in such a dose as would not interfere with the normal meal. Administration of this rejuvenation therapy promotes intellect, memory, lusture, immunity, longevity, strength of sense organs, sexual excitement, great stimulation of digestion, clarity of complexion and down ward movement of vayu. As Chyawanprash can be used both drug and diet so it has great influence on human health and modern Ayurvedic pharmacy.

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