

THREE SEASONS AYURVEDA



Chyawanprash

(cha-won-prosh)

Sw, So, Pu, Bi, As/H/Sw VPK=

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

Chyawanprash was first documented in the Charaka Samhita in the 4th century BC. It is a traditional ayurvedic jam that is made from the amalaki fruit and medicinal herbs making it what is considered the ultimate Rayasana ‘rejuvenative’ in ayurvedic medicine.

Chyawanprash is a rich source of vitamin C that bolsters the immune system and supports the body’s natural ability to produce hemoglobin and white blood cells. Amalaki aids in the elimination of ama (toxins) while building Ojas (the body’s natural life sap) which strengthens the blood, liver, spleen, and respiratory system. It builds all bodily tissues, increases strength, alleviates coughs, asthma, gout and urinary disorders, reduces gas, increases digestive properties, and is a natural laxative, pain reliever and heart tonic.

In Ayurveda, digestion is thought to be initiated with the experience of taste and Chyawanprash contains five of the six tastes (sweet, sour, pungent, bitter & astringent) and is tri-doshic (good for all the doshas). This formula stimulates metabolism and kindles Agni (digestive fire) without increasing the pitta dosha. It supports regular elimination, healthy blood glucose and cholesterol levels and stimulates the GI tract which supports proper assimilation and metabolism as a whole.

Chyawanprash’s chief ingredient is the Indian gooseberry or Amalaki (emblic myrobalans) which is cooked with ghee, sesame oil and jaggery “Indian sugar” and contains about 30 herbs. The finished product is a thick syrup that is not unlike molasses, but with a bright, sour and spicy taste. It is an excellent method for daily herbal consumption and has been used for over a thousand years.

This product is named after the Rishi Chyawn who at a very old age became engaged to a young princess name Sukanya. He realized his age and weakened body would be a burden to her and sought out the help of the celestial physicians who invented Chyawanprash which brought youthfulness and vigor.

The recommended dosage is 1-2 teaspoons each morning.



There are many different brands of Chyawanprash on the market for you to choose from but I have found the one featured here to be one of the best. You can find this product on Amazon or you can purchase it from me.

Ingredients & Recipe		
Ayurvedic Name	Latin	Energetics
Amalaki	Emblica Officinalis Recens	VPK=
Ashwagandha	Withania Sonmifera	VKP-
Bala	Sida Cordifolia	VPK=
Bhumiamalaki	Phyllanthus Niruri	PK-V+
Bilva	Aegle Marmelos	VK-P+
Chedana	Santalum Alburn	VPK-
Cinnamon	Cinnamomum Zeylanicum	VK-P+
Draksa	Bitis Vinifera	VP-K+
Ela	Elettaria Cardamomum	VPK=
Ghee	Clarified Butter	VPK-
Gokshura	Tribulus Terrestris	VPK=
Guduchi	Tinospora Cordifolia	VPK=
Gur/Jaggery	Saccharum Officinalis	V-PK+
Kantakari	Solanum Xanthocarpum	P+VK-
Karchur	Curcuma Zedoaria	P+VK-
Kesar	Crocus Sativa	VPK=
Madhu	Mel	P+VK-
Musta	Cyperus Rotundu	PK-V+
Punarnava	Boehavia Diffusa	VPK-
Pushkaramolla	Inula Racemosa "Elecampane"	KV-P+
Satapusa	Foeniculum	VK-P+
Shatawari	Asparagus Racemosus	VP-K+
Talia	Sesamum Indicum "Sesame Seeds"	V-PK+
Tamalapatra	Cinnamonum Tamala	VK-P+
Trikatu	Three Spices	VK-P+
Triphala	Three Fruits	VPK-
Vamsa Lochana	Banbusa Arundinaceae	VPK-
Vasa	Adhatoda Vasica	KP-V+
Vidari	Pueraria Tuberosa	PV-K+
Sesame Oil		VK-P+
Ghee		VPK=
Honey		VP-K+
<p>Procedure: The dried herbs are powdered and are decocted with fresh Amalaki in 12 liters of water and reduced by 1/4. The Amalaki seeds are separated from the pulp and fried in ghee and sesame oil. The Jaggery is added to the strained decoction and boiled to form syrup to which the fruit pulp is then added. The trikatu, cinnamon, cardamom, saffron and honey are added last and it is sealed.</p>		