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Comparative Pharmaceutical Study of *Chyavanprasha* Yoga as described in *Charaka Samhita* and *Sharngadhara Samhita*

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ABSTRACT

Chyavanprasha is widely consumed in India as a dietary supplement. "Ayurveda", as all of us know is the science of life. The ancient sages discovered different kinds of Ayurvedic medicines after continuous studies, observations, experiments, trials and judgments. Ayurveda gives us the knowledge of health for all. There are various references for *Chyavanprasha Avaleha* in Ayurvedic texts. Among them, references in *Charaka Samhita* and *Sharngadhara Samhita* are significant. The difference found in these two references is in the use of the medium used for the *Paka* (frying) of the *Amalaki* pulp. *Sharngadhara Samhita* mentions the use of *Ghritha* while *Charaka Samhita* mentions the use of both *Taila* and *Ghritha* for the frying. *Chyavanprasha* is indicated in various disorders like *Swarakshaya*, *Uroroga*, *Hrudroga*, *Vatarakta*, *Pipasa*, *Mootra* and *Shukra Sthanagatha Dosha*. It also improves *Medhashakti*, *Smaranashakti* and increases the life span. It is very good *Rasayana* and *Shukra Dhaturvardhaka* (*Vajikarana*). Hence, to evaluate the difference in the pharmaceutical preparation and the organoleptic characters of the finished products the study was undertaken.

Key words: *Chyavanprasha*, *Avaleha Kalpana*, Pharmaceutical Study.

INTRODUCTION

Chyavanprasha Avaleha is a *Leha Kalpana* (semisolid dosage form) specifically indicated for oral use as *Rasayana* and *Vajikarana*.^[1] Various Indian holy books like Mahabharat Puranas etc., state that Ashwini Kumars, who were *Raja Vaidya* (royal physicians) to *Devatas* during Vedic period, first prepared this

formulation for *Chyavana Rishi* and hence it is named as *Chyavanprasha*. The first reference for *Chyavanprasha* is available in the *Charaka Samhita*.^[2] It has wide range of therapeutic value as it acts on *Swarakshaya*, *Uroroga*, *Hrudroga*, *Vatarakta*, *Pipasa*, *Mootra* and *Shukra Sthanagatha Dosha*. It also improves *Medhashakti*, *Smaranashakti* and increases the life span.^[3] It is very good *Rasayana* and *Shukra Dhaturvardhaka* (*Vajikarana*).^[4] There are various references for *Chyavanprasha Avaleha* in Ayurvedic texts. Among them, references in *Charaka Samhita*^[5] and *Sharangadhara Samhita*^[6] are significant. The method of preparation is same in both references except in frying *Amalaki Phala Majja*. *Charaka Samhita* mentioned both *Ghritha* and *Taila*, where as *Sharangadhara Samhita* mentioned only *Ghritha* for frying. *Sharngadhara Samhita* mentioned the *Ashtavarga Dravyas*^[7] but in *Charaka Samhita* *Kshirakakoli* and *Mahameda* were excluded among them. The studies done on *Chyavanprasha Avaleha* so far have not highlighted the differences between the two samples. Hence, this study is undertaken to do a

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comparative evaluation of the differences observed during the preparation and in the finish product.

The methods of preparation of *Chyavanprasha Avaleha* have been described elaborately in different classical texts. We get references of *Chyavanprasha Avaleha* preparation in;

- *Charaka Samhita*^[8]
- *Ashtanga Hridayam*^[9]
- *Sharngadhara Samhita*^[10]
- *Baisajyaratnavalee*^[11]

We find difference in the opinions of *Charaka Samhita* and *Sharangadhar Samhita*. Other references follow the *Charaka Samhita*. So in the present study, the methods mentioned in *Charaka Samhita* and *Sharngadhara Samhita* were followed.

OBJECTIVES

To prepare two samples of *Chyavanprasha Avaleha* by two methods mentioned in *Charaka Samhita* and *Sharngadhara Samhita*.

MATERIALS AND METHODS

Pharmaceutical Source

Raw drugs for both the samples were collected from SDM Ayurveda Pharmacy, Udupi. *Madhu*, *Khanda Sharkara*, *Ghritha*, *Taila* and *Amalaki Phala* were procured from local market of Udupi, Karnataka, India. The ingredients and their quantities for both the samples are depicted in table 1. Pharmaceutical preparation of the two samples were carried out at *Rasashastra & Bhaishajya Kalpana* Practical Hall of S.D.M. College of Ayurveda, Udupi.

Preparation of *Chyavanprasha Avaleha*

Preparation of *Kashaya*

All the ingredients were taken, made into coarse powder separately and mixed to make a homogeneous mixture. Fresh *Amalaki Phala* were taken as a whole and were tied in five *Potali*. These *Potali* were kept in the vessels in which the *Kashaya* was prepared. When the *Samyaka Swinnatha* is attained *Amalaki* were rubbed against a cotton cloth to extract the pulp and separate the seeds and fibers.

Ratio of *Kwatha*

Kwatha was prepared as per the reference.^[12] All coarse powders and *Draksha* were added with 1 *Drona* (12lit.) of water, subjected to heat on *Mandagni* until all the *Rasa* of drug is imparted into water and reduced to 1/8 of its initial quantity. The *Kashaya* was filtered.

Frying of *Amalaki pulp*

The pulp was taken in a clean wide mouthed vessel and fried properly in *Goghritha* or *Goghritha* and *Tila Taila* until it got golden brown colour.

Preparation of *Avaleha*

In this *Kashaya*, *Khanda Sharkara* was added in the quantity as mentioned in the reference.^{[13],[14]} Once it totally dissolved the solution of *Kashaya* and *Khanda Sharkara* was filtered to remove any physical impurities present in the *Khanda Sharkara*. This filtered solution was taken into a *Tamra Patra* and then fried *Amalaki pulp* was added to it. Then it was heated on *Mandagni* till all *Avaleha Siddhi Lakshanas* were observed.^[15] After that fine powders of *Prakshepaka Dravyas* were added and stirred continuously and vigorously to get homogenous mixture. Then it was left for self cooling. when these *Avaleha* got completely cooled, *Madhu* was added in the quantity as indicated in the references.^{[16],[17]}

Table 1: Ingredients according to *Charaka Samhita*.

No.	Ingredients	Quantity
1	<i>Bilva</i>	1 <i>Pala</i>
2	<i>Agnimantha</i>	1 <i>Pala</i>
3	<i>Shyonaka</i>	1 <i>Pala</i>
4	<i>Kashmarya</i>	1 <i>Pala</i>
5	<i>Patala</i>	1 <i>Pala</i>
6	<i>Bala</i>	1 <i>Pala</i>
7	<i>Prishniparni</i>	1 <i>Pala</i>
8	<i>Shalaparni</i>	1 <i>Pala</i>
9	<i>Mudgaparni</i>	1 <i>Pala</i>
10	<i>Mashaparni</i>	1 <i>Pala</i>
11	<i>Pippali</i>	1 <i>Pala</i>

12	<i>Gokshura</i>	1 Pala
13	<i>Bruhati</i>	1 Pala
14	<i>Kantakari</i>	1 Pala
15	<i>Shrungi</i>	1 Pala
16	<i>Tamalaki</i>	1 Pala
17	<i>Draksha</i>	1 Pala
18	<i>Jivanti</i>	1 Pala
19	<i>Pushkaramoola</i>	1 Pala
20	<i>Agaru</i>	1 Pala
21	<i>Abhaya</i>	1 Pala
22	<i>Guduchi</i>	1 Pala
23	<i>Ashvagandha</i>	2 Pala
24	<i>Shatavari</i>	2 Pala
25	<i>Vidarikanda</i>	2 Pala
26	<i>Varahikanda</i>	1 Pala
27	<i>Shati</i>	1 Pala
28	<i>Musta</i>	1 Pala
29	<i>Punarnava</i>	1 Pala
30	<i>Bruhat Ela</i>	1 Pala
31	<i>Chandana</i>	1 Pala
32	<i>Utpala</i>	1 Pala
33	<i>Vasa Moola</i>	1 Pala
34	<i>Vidarikanda</i>	1 Pala
35	<i>Amalaki</i>	5 kg (377 piece)
36	<i>Ghrita</i>	6 Pala = 300 ml
37	<i>Tila Taila</i>	6 Pala = 300 ml
38	<i>Khanda Sharkara</i>	3.5 kg
*1 Pala = 50 gm was taken		

Table 2: *Prakshepaka Dravya*

No.	Ingredients	Quantity
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1	<i>Vamshalochana</i>	4 Pala = 192 gm
2	<i>Pippali</i>	2 Pala = 96 gm
3	<i>Twak</i>	1 Pala = 48 gm (12 gm each)
4	<i>Ela</i>	
5	<i>Patra</i>	
6	<i>Nagakeshara</i>	
7	<i>Madhu</i>	6 Pala = 300 gm
*1 Pala = 50 gm was taken		

Table 3: *Ingredients according to Sharngadhara Samhita.*

No.	Ingredients	Quantity
1	<i>Bilva</i>	1 Pala
2	<i>Agnimantha</i>	1 Pala
3	<i>Shyonaka</i>	1 Pala
4	<i>Kashmarya</i>	1 Pala
5	<i>Patala</i>	1 Pala
6	<i>Bala</i>	1 Pala
7	<i>Prishniparni</i>	1 Pala
8	<i>Shalaparni</i>	1 Pala
9	<i>Mudgaparni</i>	1 Pala
10	<i>Mashaparni</i>	1 Pala
11	<i>Pippali</i>	1 Pala
12	<i>Gokshura</i>	1 Pala
13	<i>Bruhati</i>	1 Pala
14	<i>Kantakari</i>	1 Pala
15	<i>Shrungi</i>	1 Pala
16	<i>Tamalaki</i>	1 Pala
17	<i>Draksha</i>	1 Pala
18	<i>Jivanti</i>	1 Pala
19	<i>Pushakaramoola</i>	1 Pala

20	Agaru	1 Pala
21	Abhaya	1 Pala
22	Guduchi	1 Pala
23	Ashvagandha	2 Pala
24	Shatavari	2 Pala
25	Vidarikanda	2 Pala
26	Varahikanda	2 Pala
27	Shati	1 Pala
28	Musta	1 Pala
29	Punarnava	1 Pala
30	Bruhat Ela	1 Pala
31	Chandana	1 Pala
32	Utpala	1 Pala
33	Vasa Moola	1 Pala
34	Vidarikanda	1 Pala
38	Amalaki	5 Kg (500 piece)
39	Ghrita	7 Pala = 336 ml
40	Khanda Sharkara	3.5 Kg
*1 pala = 50 gm was taken		

Table 4: Prakshepaka Dravya.

No.	Ingredients	Quantity
1	Vamshalochana	4 Pala = 192 gm
2	Pippali	2 Pala = 96 gm
3	Twak	1 Pala = 48 gm (12 gm each)
4	Ela	
5	Patra	
6	Nagakeshara	
7	Madhu	6 Pala = 300 gm
*1 pala = 50 gm was taken		

Observation of both the preparations

Few of the *Kashaya* drugs are very hard in nature. So they were first cut into small pieces. Then their coarse powders were prepared. While *Draksha* was just crushed by using *Ulukhala Yantra* and was directly put in the *Kashaya*. Stirring should be done continuously while preparing the *Kashaya* to prevent charring of the ingredients. In both the methods, frying should be done till the pulp leave the *sneha* part and all the moisture content of the pulp is lost. After confirming *Avaleha Sidhhi Lakshana* like *Apsumajjatvam*, *Tantummatvam* etc. heating was stopped. Viscosity of both the samples increased after complete cooling and it was very difficult to add and mix honey into them.

Table 5: Organoleptic characters of *Chyavanprasha*

No.	Characteristics	Charaka Samhita	Sharngadhara Samhita
1	Taste	Specific	Specific (<i>Amalaki</i>)
2	Odour	Specific	Specific
3	Colour	Dark brown	Dark brown
4	Consistency	Semisolid	Semisolid

DISCUSSION

Chyavanprasha Avaleha is the most popular formulation which is known for its *Rasayana* and *Vajikarana* action. It is indicated in diseases like *Swarakshaya*, *Udararoga*, *Hrudroga*, *Vatarakta*, *Pipasa* etc. It improves *Medhashakti* and *Smaranashakti*.^[18]

Pharmaceutical preparation of *Chyavanprasha Avaleha* is explained in many of the classical texts. But foremost explanation is available in *Charaka Samhita*. But in *Sharngadhara Samhita* which is known to be a text of *Bhaishajya Kalpana*, has mentioned few differences in the pharmaceutical aspect of *Chyavanprasha Avaleha*.

The basic difference is found in the frying method of *Amalaki* pulp. *Charaka Samhita* advocates the use of both *Ghrita* and *Taila* (6 Pala each) for frying while *Sharngadhara Samhita* has mentioned the use of 7

Pala Ghrita only. Moreover *Sharngadhar Samhita* uses whole *Ashtavarga* as the ingredients where as *Charaka Samhita* excluded *Kshirakakoli* and *Mahameda* from the *Ashtavarga*.

For the Standard Operative Procedure (SOP) we took the weight of 500 *Amalaki Phala* and then we used same weight of *Amalaki Phala* for the other sample. In both preparations *Ashtavarga Dravyas* were not available. Hence their *Pratinidhi Dravyas* were used.

In the preparation of *Chyavanprash Avaleha* according to *Charaka Samhita*, when it was fried in *Ghrita* and *Taila* we observed that the final *Amalaki* pulp was like a smooth mass.

In the preparation of *Chyavanprasha Avaleha* according to *Sharngadhara Samhita* when it was fried in *Ghrita* we observed that at the end *Amalaki* pulp was in granules form.

At the end a superficial *Ghrita* layer was seen in the sample prepared following the method as mentioned in *Sharngadhara Samhita* while no such layer was present in the other sample. Slight difference could be noted in both the samples as the *Sharngadhara Samhita* sample still had the taste of *Amalaki* which could not be observed in the other sample. The colour and odour of both the sample were almost similar.

CONCLUSION

Chyavanprasha is one of the most utilized and widely practiced *Rasayana Yoga* mentioned in our classical texts. It is the most popular among 'Over The Counter products' purchased by the common public. In the present study, as far as pharmaceutical part is concerned much difference was not found in the preparation of two samples. Evaluation of organoleptic characters revealed that *Chyavanprasha* sample prepared by following the method as mentioned in *Charaka Samhita* was found to be darker in colour and softer in touch as compared to the sample prepared by the method as mentioned in *Sharngadhara Samhita*.

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