

**Dr.V. S. Krishna Govt. Degree College (A) NAAC Reaccredited with A Grade,
Visakhapatnam**

**National Science Day Exhibition
Department of Botany**

**Presentation on Chayawanprash preparation-An Immunity booster on
28/02/2022**



DR. V. S. KRISHNA GOVT. DEGREE COLLEGE(A)

Dept. of Botany

Preparation of chayawanprash-An immunity booster

Ingredients



Faculty in Dept. of Botany

1.Dr.P. Sreevani

HOD

2.Dr.T.M.A.Niveditha

3.Dr.D.Appa Rao.

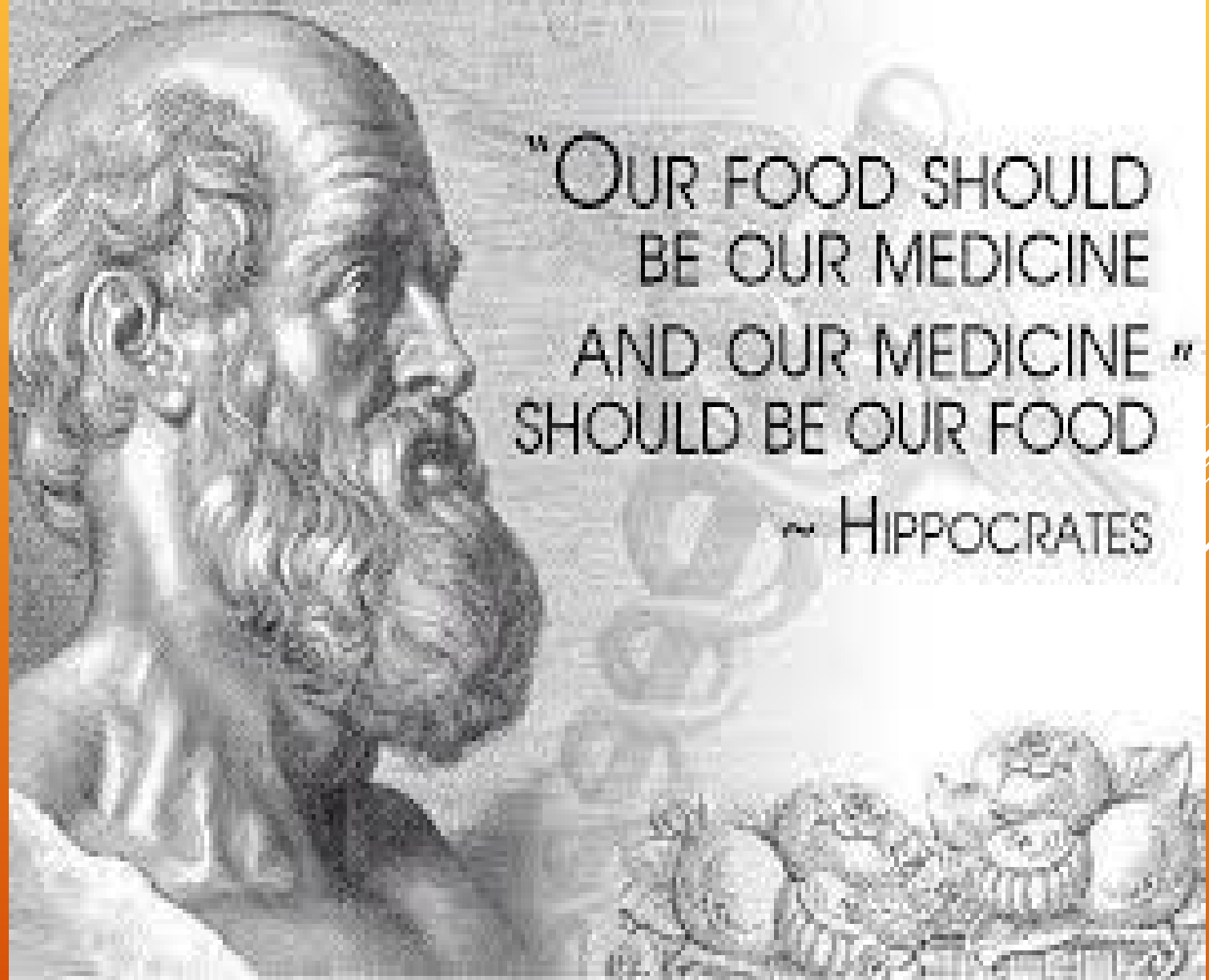
4.Dr.K.Vijaya Lakshmi

5.Dr.D.S.Madhava Rao

6.Smt.S.Padmavathi



Eat immunity boosters and stay healthy



Why is it called Chyawanprash ?

Chyavana Rishi



Various ancient Indian texts like Mahabharata, Puranas etc., relate that Ashwini Kumar brothers, the twins, who were Raja Vaidya (Royal Physicians) to Devas during Vedic times

first prepared this formulation for Chyavana Rishi at his Ashram on Dhosi Hill near Narnaul, Haryana, India, hence the name Chyawanprash.

Chyawanprash (CP) (also known as chyavanaprasha, chyavanaprash, chyavanaprasam, and chyawanaprash) comprises two words , “Chyawan” and “Prasha”. The word Chyawan is the name of a sage, and also symbolizes 'degenerative change

In Sanskrit, the word, “prash” refers to a *pecially prepared food*

PRE EXHIBITION GUIDANCE ON PREPARATION PROCESS OF CHAYAWANPRASH TO STUDENTS WITH 19 INGREDIENTS



Ingredients

- Amala
- Basil leaves
- Ginger
- Cloves
- Pipli
- Green cardamom
- Cinnamomum
- Black pepper
- Cumin seeds
- Mace spice
- Fennel seeds
- Dried rose petals
- Ghee
- Bay leaves
- Dates
- Sesame oil
- Jaggery
- Honey
- Saffron



➤ Steps in *Chayawanprash* preparation

Important steps in *Chayawanprash* preparation are

- I. Preparing Amla Paste
- II. Preparing Spices powder
- III. Preparing Dates paste:
- IV. Adding oil & ghee
- V. Adding jaggery



➤ Steps in *Chayawanprash* preparation

I. Preparing Amla Paste: Take 500 grms of *Amla* + 1 cup of water into a pressure cooker. **Put it on the stove until 3 whistles to come.**

- After cooling *remove seeds from amla*, grind into *paste* in a Mixi jar.
- Add 20-25 *basil leaves* without water, make it *lump free puree*.

II. Preparing Spices powder: Now take small jar add 10 grams of ginger, 10 nos of clove, 10 nos of pipli (long peppe), 10 nos of green cardamom, 1 inch of cinnamon, cumin seeds 1 tsp, black pepper 2 tsp, mace spice 1 flower, fennel seeds 2 tsp, dried rose petals 2 tsp, bay leaves 2-3 nos and grind it to a very fine powder

III. Preparing Dates paste: Take 200 grams fresh dates (seed less) 1-cup, make a fine paste in a grinder.

IV. Adding oil & ghee: Now take a pan and heat it add 2 tsp (25g) of sesame oil and add 2 tsp of ghee (25g).

- Add the *amla paste* when the oil is hot. Cook on a low flame stir continuously for 4-5 minutes until it is thickened.
- Now add *dates puree* (paste) and mix it well.
- Cook for 2 minutes. Stir continuously on low flame till oil comes out.

V. Adding jaggery: Now add jaggery 500 gram. Mix it well

- Now the colour of the amla mix well darken after addition of jaggery. After mixing well, cover it and cook for 2 minutes.
- Open it and stir it. Once the mix is thick enough and starts leaving the pan.
- Now add spices powder to it. Add ½ cups (150 grams) of honey. Mix it well On the low heat cover and cook for 1 minute.
- VI. Adding Saffron strands: Now add saffron strands and give a quick stir.
- Our *Chyawanprash* is ready to eat
- Allow the chyawanprash to cool down completely before transferring it to a sterilized glass jar

VEDIC PERIOD TO
TILL NOW

PREPARATION PROCESS OF *CHAYAWANPRASH* BY KEERTHI, PAVANI OF III rd. BT BC HANDS ON EXPERIENCE



Chaya Wanprash



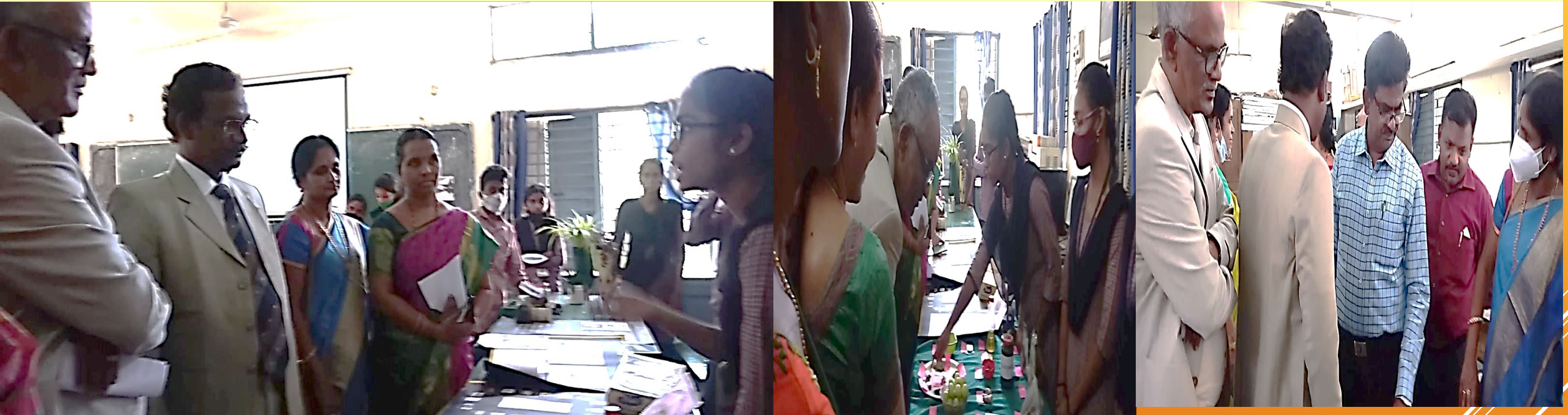
Health benefits of the ingredients used in *Chayawanprash* preparation

S.no	Name of the ingridients	English name	Telugu name	scientific name	Medicinal uses
1	Amla	Amal	Usiri	Emblica officinalis	Treat constipation, Alleviate asthma , Strengthens the heart
2	Basil leaves	Bay leaves	Tulasi	Ocimum bacillum	Reduces oxidative stress,helps in preventing cancer
3	Ginger	ginger	Allam	Zingiber officinale	improves blood sugar regulations , pain relief
4	Cloves	cloves	Lavangam	Syzygium aromaticum	Help protect againts cancer,High in antioxidants
5	Pipli (long pepper)	long pepper	Pippallu	piper longum	Anti cancer activity,immuno modulatoryactivity
6	Green cardamom	Elachi	Elakulu	Elettaria cardamomum	Antioxidant and diuretic properties ,may low blood pressure
7	Cinnamomum	Dalchini	Dalchina chekka	Cinnamomum zeylanicum	Food poisoning ,Hay feaver (allergic rhinitis)
8	Black pepper	Black pepper	Miriyalu	Piper nigrum	It cures Asthma ,Bronchitis ,Arthritis
9	Mace spices	Mace	jatiphala	Myristica fragrans	it cures cancer, Diarrhea, it decreses kidney pain
10	Fennel seeds	somp	nuvulu nunni	Foeniculum vulgrae	Combats bad breath ,improves digestive health
11	Dried rose petals	Rose	Gulabi	Rosa indica	Respiratory , eye , wounds,infections
12	Ghee		Aavu Neyya		anti - inflammatory , anti - cancer
13	Bay leaves		briyani akku	Laurus noblis	Immune sysstem health , digestve problems
14	Dates	Dates	Karjuram	Phoenix dactylifera	High in fiber ,high in nutrients
15	Sesame oil	Sesamum	Nuvvula Nune	Sasamum indicum	Sesame oil is full of antioxidants. Along with vitamin E and phytosterols, it contains lignans, sesamol, and sesaminol. These compounds help fight free radicals in your body, which may reduce your risk of developing chronic diseases. Sesame oil has a balanced ratio of omega-3, omega-6, and omega-9 fatty acids.
16	Jaggery	Jaggery	Bellam		Cleases the whole body , prevents anemia, improves immune system
17	Honey	Honey	Tene		antidepressant, anticonvulsant and anti-anxiety benefits. In some studies, honey has been shown to help prevent memory disorders. Wound care.
18	Saffron	saffron	kunkumam puvvu	Crocus sativus	A Powerful antioxidant, improve mood and treat depressive symptoms, cancer-fighting properties, reduce appetite and aid weight loss. proved effective to decrease period pain and also helps maintain hormonal balance
19	Cumin	Jeera	Jeela Karra	Cuminum cyminum	Contains antioxidants, anticancer properties, control blood sugar, bacteria and parasites, anti-inflammatory effect,lower cholesterol,aids in weight loss.
	What is anti oxidant?	Antioxidants are substances that may protect your cells against free radicals, which may play a role in heart disease, cancer and other diseases. Free radicals are molecules produced when your body breaks down food or when you're exposed to tobacco smoke or radiation.			

Dr. I.Vijaya Babu garu Principal, Dr. A. Yugandhara Rao garu , Scientific Officer (R), DAE, Guest of honour Dr. IR. Abisekaraj, Dr. P. Sree Vani, HOD, Dept.of Botany, Dr.T M A Niveditha, Lecturer in Botany Dr. Latha, Academic Coordinator, Dr.Ch.Lalitha, IQAC coordinator , Dr.Rathna Bharathi, Lecturer in Zoology are listening to the preparation procees of Chayawanprash –Explained by Keerthi IIIrd BTBC



Dr. I. Vijaya Babu garu, Principal, Dr. Sastry Sir, Vice Principal & Chief guest Dr. A. Yugandhara Rao garu , Scientific Officer (R), DAE, Guest of honour Dr. IR. Abisekaraj, HOD, Dept. of Botany, IQAC Coordinator, DRC Coordinator, Academic coordinator are listening to the preparation process of Chayawanprash.




Process of Chayavanprash preparation is explained in Science Exhibition conducted on 28/02/2022 on account of National Science Day and created awareness among staff and students about its health benefits which can be made simply at home.



Department of Botany in Science fair on 28th February 2022 on account of National Science Day



Eat immunity boosters and stay healthy



"OUR FOOD SHOULD
BE OUR MEDICINE
AND OUR MEDICINE "
SHOULD BE OUR FOOD
~ HIPPOCRATES



THANK YOU