

# Chyawanprash



## Chyawanprash

Chyawanprash is a jam like cooked mixture of sugar, honey, Triphala, ghee, sesame oil, berries and other naturally available herbs and spices. It is sold as health tonic with high therapeutic value and consumed in India as a dietary supplement. It is a good source of Vitamin C and antioxidants. It is generally prepared by using an ancient Ayurvedic formula. The different brands available in market really they have nutrient value or not, eight brands were tested for their sugar and Vitamin C content. The brands were **Baidyanath Chyawanprash Kesari Kalp, Baidyanath Chyawanprash Special, Dabur Chyawanprash Awaleha, Dabur Chyawanprash Mixed Fruit Flavour, Dabur Chyawanprash Sugar Free, Organic India Chyawanprash, Zandu Chyawanprash Kesari Jivan and Zandu Chyawanprash Sona Chandi Plus**



### Parameters Tested

Lab test was done on all brands to find out how much sugar and Vitamin C each contained.

#### Key Findings

The major USP of Chyawanprash is Vitamin C. **Vitamin C** varied enormously between brands. It is found that from 3.34mg per teaspoon in **Zandu Kesari Jivan** to 8.32mg in another **Zandu product-Sona Chandi Chyawanprash Plus**. One teaspoon is considered as 10g.

Highest Vitamin C was present in **Zandu Chyawanprash Sona Chandi Plus** (83.2mg/100g) while lowest was in **Zandu Chyawanprash Kesari Jivan** (33.4mg/100g).

Sugar and honey play an important role in chyawanprash, together the carrier for the herbs. All products except **Dabur Chyawanprash Sugar Free** have more than 50% sugar.

Highest percentage of sugar was in **Zandu Kesari Jivan** (69.9%) sugar and **Organic India Chyawanprash** (69.8%) while lowest percentage of sugar was in **Dabur Chyawanprash Awaleha** (59.6%).

The **Dabur Chyawanprash Sugar Free** claimed as sugar free has also 0.6% of overall sugar.

## How these brands fared on sugar and Vitamin C

Brand name	Weight (g)	Price (₹)	Recommended dosage (tsps x twice a day)	Sugar (g) / 20 g dose	Vitamin C mg/100g	Over all sugar (%)
Baidyanath Chyawanprash Kesari Kalp	500	285	1 - 2	12.58	47	62.9
Baidyanath Chyawanprash Special	500	145	1 - 2	13.22	39.2	66.1
Dabur Chyawanprash Awaleha	500	142	1	11.92	60	59.6
Dabur Chyawanprash Mixed Fruit Flavour	500	142	1	11.94	79.5	59.7
Dabur Chyawanprash Sugar Free	500	160	1	0.12	50.8	0.6
Organic India Chyawanprash	500	485	2 - 3	13.96	79	69.8
Zandu Chyawanprash Kesari Jivan	450	370	1 - 2	13.98	33.4	69.9
Zandu Chyawanprash Sona Chandi Plus	450	145	1	11.98	83.2	59.9

## Nutrition Labels

Nutrition labels on the products are confusing. The contents were listed haphazardly with quantity weights given besides each ingredient instead of listing them neatly and amounts of macronutrients – protein, fat sugar etc- clearly stated. So consumers have difficulty to find out how much sugar they are consuming as it is not mentioned clearly on the product.

## Manufacturers claimed benefits



**Dabur-** Increases immunity by three times

**Baidyanath-** Increases resistance and metabolic activity





**Zandu-** Helps improve memory and concentration, and keeps mind alert; a spoonful every day is all it takes to rewind the biological clock and make you feel youthful once again

**Organic India** – Rejuvenates and boosts immunity



## Manufacturers Respond

Manufacturers of the brands on test were asked to justify the claims and sugar content of their products. Only Organic India responded. Dr. U K Tiwari, senior scientist responded on behalf of the brand, saying that chyawanprash is made according to certain specifications, which Organic India follows. Thus, the sugar content and dosage is in accordance to the correct recipe. He adds, 'Chyawanprash is a classic ayurvedic formula by Maharshi Charak that is more than 3,000 years old. Ayurvedic Formulary and Ayurvedic Pharmacopoeia of India have adopted it and its preparation, and Organic India makes its Chyawanprash accordingly.'

## Recommendations for Healthy Eating

Chyawanprash is an ancient Ayurveda formulation which is used to boost immunity and longevity.



The main ingredient is Amla (Indian Gooseberry). It is not only a powerful anti-oxidant, but is also very rich in Vitamin C and in minerals such as calcium, phosphorus, iron, carotene and Vitamin B Complex.

Chief dietician Delnaaz T Chanduwadia of INHS Asvini, naval hospital, Mumbai, says, 'Vitamin C seems to be USP of chyawanprash owing to its basic function as a vitamin and its antioxidant properties. 15g of chyawanprash claims

to fulfill 40% of the RDA on the basis of a 2,000 kcal diet. You can get same amount of Vitamin C from other sources also.'

Vitamin C chemically decomposes under certain conditions, many of which may occur during the cooking of food. It reduces Vitamin C content of vegetables by around 60%. Delnaaz says “ Amla seems to be an exception among all fruit because it contains substances which partially protect the vitamin from destruction on heating or drying.” She added “7.5g of amla and one small orange (50g) would provide the same amount of Vitamin C as 15g of chyawanprash. A single amla fruit is equivalent to the vitamin C of one or two oranges. Guava is also a good source of Vitamin C.

Vitamin C is defined as the substance that cures the deficiency disease scurvy. Its deficiency makes people lethargic. Symptoms include spots on the skin and bleeding from mucous. It can be treated by eating fruits rich in Vitamin C and needs minimum daily intake of 6.5mg of ascorbic acid.

World Health Organisation (WHO) proposed a new set of recommended guidelines that reduced the recommended daily sugar intake to levels well below what the average American consumes. These prospective new guidelines recommend that no more than 10% of one's daily caloric intake should come from sugars. People should not get more than 5% of their daily calories from so-called "free sugar", a term that includes table sugar, the sugar added to food and drinks, and that found naturally in fruit juices, syrups and honey. WHO sets an upper limit on free sugar of around 25g or six teaspoons a day for a healthy woman, and around 35g or seven teaspoons for a man.

Source: Right Choice, May 2014