

**UK Product Name** Chyavanprash (Amla Jam)

**Code Name** CHYAVAN

**Availability** Stock item in UK

**Stock Code** 40010

**Other Names** Chyawanaprash

**Indications and Main Uses** None

**Actions**
**Ingredients**

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg)
Shakara	Cane sugar-Shakara		1	54	0.0
Emblica officinalis Gaertn.	Amla	Fruit	2	23	0.0
Ghee	Ghee		3	0	0.0
Cinnamomum zeylanicum Blu	Cinnamon	Bark	4	0	0.0
Elettaria cardamomum (Linn.)	Cardamom	fruit	5	0	0.0
Cinnamomum tamala (Buch.-	Cassia Lignae	bark	6	0	0.0
Crocus sativus Linn.	Saffron	flower	7	0	0.0
Piper longum Linn.	Long Pepper	fruit	8	0	0.0
Bambusa arundinacea Willd.	Bamboo Manna	sap	9	0	0.0
Honey	Honey		10	0	0.0
Uraria picta Linn.	Prisniparni	root extract	11	0	0.0
Aegle marmelos Corr.	Bael	fruit extract	11	0	0.0
Adhatoda vasica Nees.	Malabar Nut	leaf extract	11	0	0.0
Desmodium gangeticum DC.	Tik Trefoil	plant extract	11	0	0.0
Elettaria cardamomum (Linn.)	Cardamom	seed extract	11	0	0.0
Solanum xanthocarpum Schr	Yellow-berried Nightshade	root extract	11	0	0.0
Piper longum Linn.	Long Pepper	fruit extract	11	0	0.0
Vitis vinifera Linn.	Grape	fruit extract	11	0	0.0
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem extract	11	0	0.0
Terminalia chebula Retz.	Haritaki	fruit extract	11	0	0.0
Phyllanthus niruri Linn.	Bhumiamla	plant extract	11	0	0.0
Curcuma zedoaria Rosc.	Zedoary	root extract	11	0	0.0
Cyperus rotundus Linn.	Nut grass	rhizom extract	11	0	0.0
Inula racemosa Hook. f.	Inula root	root extract	11	0	0.0
Boerhaavia diffusa Linn.	Spreading Hogweed	root extract	11	0	0.0
Pueraria tuberosa DC.	Indian Kudzu	rhizom	11	0	0.0
Tribulus terrestris Linn.	Small Caltrops	fruit extract	11	0	0.0

**Ayurvedic Energetics**
**Dosha/Subdosha**
**Dhatu**
**Public Information**

This Chyavanprash comes from a traditional factory in an rural area of Gujarat. The Amla fruit and herbs come from the forest area near the holy Narmada River and are always picked fresh from the forest by local village people.

**Contraindications/Precautions** None

**Overdose Management**
**Side Effects and Interactions** None known

**Usage**
**Age Group** All

**Dosage Form**
**Method of Use**

Chyawanaprash is usually consumed directly or along with warm milk or water . The recommended consumption is usually about 1 tbsp. twice a day.

**How Long to Continue Use?**
**Dietary and Lifestyle Advice**
**Presentation**
**Presentation** 500 grams glass jar.

**Barcode**

4032582000549

More...



<b>UK Product Name</b>	Chyavanprash (Amla Jam)	<b>Code Name</b>	CHYAVAN
<b>Net Weight grams</b>	500g	<b>Gross Weight grams</b>	
<b>Storage</b>	Store in a cool, dry, dark place, tightly closed		
<b>Shelf Life (months)</b>	120		
<b>Regulatory Status</b>	Food		