**Health Benefits of Chyawanprash,**

**NOW AVAILABLE AT THE HEALING GARDENS MEDICINAL STORE**

The combination of all the 49 herbs makes chyawanprash a powerful immune booster tonic. The main ingredient of this herbal rasayana, amla, contains 30 times more vitamin C than oranges. This is one of the main reasons why chyawanprash is such a powerful immune-booster. It protects the body from bacterial, viral, and fungal infections.

It promotes a healthy respiratory system and is especially beneficial for the healthy functioning of the lungs. This basically means that chyawanprash is a healthy herbal remedy for those with asthma and chronic bronchitis.

It is good for digestion. It balances the stomach acids, and promotes the digestion of food and the absorption of nutrients into the blood. It also provides relief in constipation, reduces flatulence, and relieves nausea and diarrhea.

Chyawanprash also helps purify blood, stimulate the liver, and promote the elimination of toxins from the body.

This herbal tonic also promotes the healthy functioning of the heart. It is a powerful energizer for the brain and helps enhance concentration and memory.

Chyawanprash is an anti-aging herbal tonic and it prevents wrinkles and graying of hair. Its potent antioxidant and rejuvenating herbs delays the aging of cells, provides proper nutrition, and promotes youthfulness and longevity.

Besides the above health benefits, chyawanprash also enhances sexual potency and pleasure, keeps all the sense organs healthy, improves complexion and the condition of the hair. It is also used by bodybuilders for building muscles.

**How to Use Chyawanprash**

The recommended dosage for chyawanprash is one teaspoon each in the morning and night. The sticky jam can be taken directly. It can also be mixed in warm milk or water. Some people like taking this herbal tonic by putting it on a cracker or bread as well.

**Side-effects of Chyawanprash**

One of the biggest fears that people have about chyawanprash is that it leads to weight gain. This fear is based on the fact that this herbal remedy contains clarified butter or ghee. However, ghee is not the main ingredient in this herbal tonic. It is mainly used for proper mixing of the ingredients. Furthermore, the amount of clarified butter in chyawanprash is very low, which cannot lead to weight gain.

Some people complain of a burning sensation in the stomach after consuming this herbal tonic. In such cases, it is advisable to drink warm (not hot) milk after the consumption of chyawanprash.

You may also want to start with half-a-teaspoon of the herbal mix and then slowly go on to increase the amount to one teaspoon.

Chyawanprash is a safe herbal tonic and people of all ages can take it for promoting health, wellbeing and longevity. Children as young as three years old can take it. However, make sure to reduce the dosage for young children.