

Amla Prash

The Chyawanprash, being prepared from an Ayurvedic Aonla and herbs based formulation, is widely known to increase the human body's immunity and vigor. It helps in combating the various diseases like cough, cold, asthma, laryngitis, pharyngitis and allied respiratory disorders. The traditional recipe for Chyawanprash includes Desi Ghee and sucrose along with other ingredients. The Aonla is one of the richest sources of vitamin C.

The ICAR-Central Institute for Subtropical Horticulture, Lucknow has developed an improved product, "Amla Prash" without sucrose and Desi Ghee as ingredients and without making *kwath* (that is, prepared using cold process). The product's taste is very refreshing with higher Vitamin C content, shelf stable for more than one year without using any preservatives. The Cold process reduces the cost of the production and product substantially with better nutritional value and taste.

The Institute has licensed the technology to M/s KR Product from Haryana. The technical know-how has been transferred to the licensee and production will start in Agro Processing Cluster approved by Ministry of Food Processing Industries (Govt. of India) in the state very soon. The product shall be prepared as per the regulations of Food Safety and Standard Authority of India.

