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Chyawanprash Awaleha: A Genoprotective Agent for Bidi Smokers

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KEY WORDS Chromosomal aberrations; sister chromatid exchanges; genoprotection; *chyawanprash awaleha*; bidi smokers

ABSTRACT Genoprotective efficacy of *Chyawanprash awaleha* (Dabur) was investigated against tobacco smoke on the somatic chromosomes of 25 male bidi smokers. 25 individuals matched with regard to age, sex and social status constituted the control. 20 gms of *Chyawanprash awaleha* (Cp) was fed to bidi smokers for 2 months, twice a day. Bidi smokers were compared with Cp-fed bidi smokers. Mitotic index (MI), chromosomal aberrations (CA), sister chromatid exchanges (SCE) and satellite associations (SA) were analysed. In Cp-fed bidi smokers as compared with bidi smokers all the parameters showed a significant decrease ($P < 0.01$). The frequency of CA (1.00) practically came down to the level of controls (0.88) indicating that *Chyawanprash* can minimise the genotoxic risk caused by mutagenic agents present in tobacco smoke.

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