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Immunomodulatory Action of an Ayurvedic Polyherbal Formulation Maharishi Amrit Kalash-A scoping Review

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Table S1. Ingredients of MAK

MAK-4 (Nectar) (38 herbs)	<i>Phyllanthus emblica</i> , <i>Terminalia chebula</i> , <i>Santalum album</i> , <i>Mesua ferrea</i> , <i>Convolvulus pluricaulis</i> , <i>Cinnamomum zeylanicum</i> , <i>Elettaria cardamomum</i> , <i>Centella asiatica</i> , <i>Curcuma longa</i> , <i>Piper longum</i> , <i>Glycyrrhiza glabra</i> , <i>Embelia ribes</i> , <i>Cyperus rotundus</i> , <i>Cyperus scariosus</i> , Ghee, Honey, Sugar, processed in the extracts of: <i>Aegle marmelos</i> , <i>Oroxylum indicum</i> , <i>Gmelina arborea</i> , <i>Stereospermum suaveolens</i> , <i>Clerodendron phlomides</i> , <i>Desmodium gangeticum</i> , <i>Uraria picta</i> , <i>Solanum indicum</i> , <i>Solanum xanthocarpum</i> , <i>Tribulus terrestris</i> , <i>Pedaliium murex</i> , <i>Phaseo</i> , <i>lustrilobus</i> , <i>Teramnus labialis</i> , <i>Ricinus communis</i> , <i>Sida cordifolia</i> , <i>Saccharum spontaneum</i> , <i>Eragrostis cynosuroides</i> , <i>Asparagus racemosus</i> , <i>Boerhaavia diffusa</i> , <i>Leptadenia reticulata</i> , <i>Saccharum officinarum</i> , <i>Gymnema aurantiacum</i> , <i>Ipomoea digitata</i> , <i>Pueraria tuberosa</i> .
MAK-5 (Ambrosia) (13 herbs)	<i>Withania somnifera</i> , <i>Glycyrrhiza glabra</i> , <i>Ipomoea digitata</i> , <i>Asparagus adscendens</i> , <i>Emblca officinalis</i> , <i>Tinospora cordifolia</i> , <i>Asparagus racemosus</i> , <i>Vitex trifolia</i> , <i>Convolvulus pluricaulis</i> , <i>Argyreia speciosa</i> , <i>Curculigo orchoides</i> , <i>Capparis aphylla</i> and <i>Acacia Arabica</i> .

Table S2. (PRISMA-ScR) Checklist (Pagination specified here will be varied from submitted version to published version)

SECTION	ITEM	PRISMA-ScR CHECKLIST ITEM REPORTED	REPORTED ON PAGE NO#
TITLE			
Title	1	Identify the report as a scoping review.	1
ABSTRACT			
Structured Summary	2	Provide a structured summary that includes (as applicable): background, objectives, eligibility criteria, sources of evidence, charting methods, results, and conclusions that relate to the review questions and objectives.	1
INTRODUCTION			
Rationale	3	Describe the rationale for the review in the context of what is already known. Explain why the review questions/objectives lend themselves to a scoping review approach.	2
Objective	4	Provide an explicit statement of the questions and objectives being addressed with reference to their key elements (e.g., population or participants, concepts, and context) or other relevant key elements used to conceptualize the review questions and/or objectives.	2
METHODS			
Protocol and registration	5	Indicate whether a review protocol exists; state if and where it can be accessed (e.g., a Web address); and if available, provide registration information, including the registration number.	NA
Eligibility criteria	6	Specify characteristics of the sources of evidence used as eligibility criteria (e.g., years considered, language, and publication status), and provide a rationale.	6
Information sources	7	Describe all information sources in the search (e.g., databases with dates of coverage and contact with authors to identify additional sources), as well as the date the most recent search was executed.	5
Search	8	Present the full electronic search strategy for at least 1 database, including any limits used, such that it could be repeated.	Supplementary file
Selection of source of evidence	9	State the process for selecting sources of evidence (i.e., screening and eligibility) included in the scoping review.	6
Data charting process	10	Describe the methods of charting data from the included sources of evidence (e.g., calibrated forms or forms that have been tested by the team before their use, and whether data charting was done independently or in duplicate) and any processes for obtaining and confirming data from investigators.	7
Data items	11	List and define all variables for which data were sought and any assumptions and simplifications made.	5
Critical appraisal of	12	If done, provide a rationale for conducting	Not done

individual sources of evidence		a critical appraisal of included sources of evidence; describe the methods used and how this information was used in any data synthesis (if appropriate).	
Synthesis of results	13	Describe the methods of handling and summarizing the data that were charted.	7
RESULT			
Selection of sources of evidence	14	Give numbers of sources of evidence screened, assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally using a flow diagram.	8
Characteristics of sources of evidence	15	For each source of evidence, present characteristics for which data were charted and provide the citations.	Table 1
Critical appraisal within sources of evidence	16	If done, present data on critical appraisal of included sources of evidence (see item 12)	NA
Results of individual sources of evidence	17	For each included source of evidence, present the relevant data that were charted that relate to the review questions and objectives	8-12
Synthesis of results	18	Summarize and/or present the charting results as they relate to the review questions and objectives.	Table 1
DISCUSSION			
Summary of evidence	19	Summarize the main results (including an overview of concepts, themes, and types of evidence available), link to the review questions and objectives, and consider the relevance to key groups.	15
Limitation	20	Discuss the limitations of the scoping review process.	18
Conclusions	21	Provide a general interpretation of the results with respect to the review questions and objectives, as well as potential implications and/or next steps.	19
FUNDING			
Funding	22	Describe sources of funding for the included sources of evidence, as well as sources of funding for the scoping review. Describe the role of the funders of the scoping review.	21

Table S3. Sources used to collect information

Search Engine	Terms used
PubMed	Maharishi Amrit Kalash OR Amrit Kalash OR Amrit Nectar OR (MAK-4 OR MAK-5) OR (MAK-7) OR (Maharishi, antioxidants, free radicals, Immunity, Immunomodulation, Immunity booster, Adaptive immunity, Innate immunity, Lymphocyte
Google Scholar	"Maharishi Amrit Kalash", Ayurveda, Cardiovascular Diseases (CVDs), antioxidants, plaque, atheroma
Cochrane Library	"Amrit Kalash", MAK-4, MAK-5, MAK, and Immunity, Lymphocyte, cytokinin, Interleukin,
AYUSH Research Portal	Maharishi Amrit Kalash, MAK-4, MAK-5
Clinical Trials.gov	Maharishi Amrit Kalash, MAK-4, MAK-5
CTRI	Maharishi Amrit Kalash, MAK-4, MAK-5
Other Sources	
Maharishi Ayurveda Research Summary	Sharma HM, Hanna AN, Titterington LC, Lubow GP, Ralph ES. The antioxidant activity of Maharishi Amrit Kalash (MAK-4 and MAK-5), estrogen and Vitamin C. Presented at Scientific Conference on Atherosclerosis, Thrombosis, and Proliferation, American Heart Association, Orlando, FL, February 23-26, 1994.