

## REVIEW ARTICLE ON THEORETICAL ANALYSIS OF AROGYAVARDHINI VATI.

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## ABSTRACT

Ayurveda is the oldest methodical branch of knowledge which speaks its reality in the sketch of philosophy. In Sanskrit, Ayurveda means "The Science of Life". As per ancient Ayurveda scholars for getting a desirable outcome of any medication, it should be precisely analysed before prescribing to the patient. In maximum cases, there is a lack of data regarding their detailed mechanism of actions. The present article it is aims to gather all the information and literature regarding one of the classical formulations "Arogyavardhini Vati". it is widely practiced Ayurveda formulation. It is official in the ayurvedic formulary of India and is safe and effective in Dyslipidaemia, Otorrhea with its hepatoprotective and antioxidant activity. It is also used in jaundice, skin disorders, fevers, oedema, indigestion, and obesity. It promotes *Agni Dipana*, clear *Stroto Avarodha* for the nutrients to reach to the tissues, balances fats in the body and removes toxins by improving the digestive system. We will see the review of "Arogyavardhini Vati" in this article.

**KEYWORDS:** *Arogyavardhini Vati*, Hepatoprotective, Skin disorder, *Agni Dipana*.

## INTRODUCTION

The word 'Arogya' means good health and 'Vardhini' means improve. It means a formulation, which improves good health, is known as 'Arogyavardhini'. This is used in the imbalances of all the three *Dosha*. *Ayurveda* recommends the use of plant based as well as mineral based medicines for treating various disease conditions.<sup>[1]</sup>

The meaning of the term *Arogyavardhani* indicates which can destroy all the diseases and promotes health. *Arogyavardhini Vati* is great *Dipana*, *Pachan* and *Rasayan* drug.<sup>[2]</sup> *Arogyavardhini Vati* cures all Skin Diseases after consuming it for 42 days. Cure various types of fever. In Case of fever, the Vati should be given on the sixth day.<sup>[3]</sup> It is also used in the treatment of *Pandu-Kamala* and other liver and skin disorders.<sup>[4]</sup> This *Vati* has been Created by Shri Nagarjuna Yogi Raja. His great ingenuity is evident in making it.<sup>[5]</sup> This *Vati* destroys the deformity of *Mahastrotas*. It provides digestive juices and strengthens the liver.<sup>[6]</sup> Therefore, it is useful in *Ajirna* and liver related problems like *Kamala*. *Arogyavardhini Vati* is mentioned in "Bhaishajyaratnavali" for *Yakrita Vikara* and in "Rasratmasamucchay" for *Kushtha Roga*.<sup>[7]</sup> *Rasaratmasamucchaya* mentioned that *Arogyavardhini Vati* as *Sarvarogaprashamani* (can specify all type of disorders). *Rasa Panchaka* of *Arogya-Vardhini* as *Tikta*,

*Katu Rasatmaka*.<sup>[8]</sup> *Virya* is *Anushna Shita*. *Vipaka* is *Katu*.<sup>[9]</sup> Present review aimed to critically analyse the details mechanism of action of the drug. Literary resources have been used in this study. All the related information available in text and internet have been collected and analysed for making the decisive discussion.

## AIMS AND OBJECTIVES

To compile and study one of the most used drug *Arogyavardhini Vati* from the available classical literature, commentaries, research works, articles on internet and available information in allied basic science.

## MATERIAL AND METHODS

This article is based on a review of various Ayurveda classical literatures. Materials related to *Arogyavardhini Vati*, were collected as well as references were compiled, analysed and discussed for a thorough and in-depth understanding of the concept.

Ingredients and preparation of *Arogyavardhini Vati*<sup>[10]</sup>

1. *Shudhha Gandhak* and *Shudhha Parad* should be mixed in *Kharal Yantra* to make *Kajjali*.
2. Then add *Loha Bhasma*, *Tamra Bhasma* and *Abhrak Bhasma* in this *Kajjali* in *Kharal Yantra*. Then add *Chitrak Choorna*, *Kutki Choorna* and *Triphala Choorna* and mix well.

- Neem* leaves should be washed and crushed with clean water; Add stock of water, strain the solution into a cloth and squeeze the juice; Let stand for an hour, then use juice (*Swarasa*) from the surface.
- In this *Swarasa* first, add pure *Guggul* and pure *Shilajit* and dissolve them. When it is well mixed, add all the ingredients mixed in *Kajalli* in *Kharal Yantra*.
- Two *Bhavana* of *Neem Patra Swaras* are given. After all the process *Vati* is made.
- As per *Acharya Hariprasanna Sharma* prepared size will be like *Kshudrakola*. It is black colour and bitter in taste. Normal dose has mentioned by the scholar is 500mg- 1gm per day.

#### Ingredients of Arogyavardhini with amount:

No	Ingredients	Botanical Name	Amount
1.	<i>Shuddha Parada</i> (Herbal purified Mercury)	-	1 part
2.	<i>Shuddha Gandhaka</i> (Herbal purified Sulphur)	-	1 part
3.	<i>Loha Bhasma</i> (Ash prepared from Iron)	-	1 part
4.	<i>Abhraka Bhasma</i> (Purified and processed Mica)	-	1part
5.	<i>Tamra Bhasma</i> (Ash prepared from copper)	-	1 part
6.	<i>Triphala</i> a. <i>Haritaki</i> - (Chebulic Myrobalan fruit rind) b. <i>Bibhitaki</i> - (Belliric Myrobalan fruit rind) c. <i>Amalaki</i> - (Indian gooseberry fruit)	a. <i>Terminalia chebula</i> . b. <i>Terminalia bellirica</i> . c. <i>Embllica officinalis</i> .	2 parts
7.	<i>Shilajatu</i> (Mineral pitch)	Asphaltum	3 parts
8.	<i>Pure – Guggulu – (Indian bedelium /gum resin)</i>	<i>Commiphora mukul</i> .	4 parts
9.	<i>Chitramool-</i> (the root of Indian led word)	<i>Plumbago zeylanica</i> .	4 parts
10.	<i>Tikta – Katuki</i>	<i>Picrorhiza kurroa</i>	4 parts
11.	Juice extract of <i>Nimba</i> leaf – <i>Neem</i>	<i>Azadirachta indica</i> .	Quantity as per need

#### Indication<sup>[11]</sup>

According to *Rasaratnasamucchaya*, *Bhaisajyaratnavali* and *Bharatbhaisajyaratnakar* the drug *Arogyavardhini Vati* possess the pharmacological action like:

- Kusthanasaka* (can alleviate all types of skin disorder): Especially its use on *Vata* and *Kapha* predominant or *Vata-Kapha* predominant *Kushta* like *Kapala*, *Mandal Vipadika*, *Charmdaladi* and *Alasaka* gives quick benefits. During the intake of this medicine, an equal quantity of milk should be consumed in the diet.
- Tridosha Jvara Nashaka* (fever arising due to involvement of three humours) - indicated for 5 days.
- Useful in Constipation: *Arogyavardhini Vati* does this work well with *Triphala Kwath*. It melts and comes out and softness comes in the intestines, and it starts doing its work well.
- Also, the drug having the properties like- *Dipani* (appetizer), *Pachani* (digestive), *Pathya* (wholesome for channel), *Hridya* (cardio protective), *Medonasaka* (can alleviate the diseases arising from hyperlipidemia), *Malashuddhikari* (cleaning of waste materials from body), increase *Kshudha* (appetizer).

**Anupana (Adjuvant)<sup>[12]</sup>:** The medicine *Arogyavardhani Vati* can be prescribed with various types of adjuvant as per condition of disease pathology and the patients.

- Moong Dal- Vigna radiate*, *Masur Dal- Lens culinaris*, *Arhar- Cajanus cajan*, *Urad Dal - Vigna mungo* (L.)

- Ghrita*: Ghee (ghee made from cow milk); *Dadhi*: Curd (curd from cow milk); *Godugdha*: Milk (cow milk); *Loni*: Butter Milk.
- Parwal –Trichosanthes dioica*
- Sugarcane juice and Jaggery
- Dashamula Kwatha* and *Punarnavadi Kwatha*.

**Matra<sup>[13]</sup>:** 2-4 Ratti.

#### Side effects

Without Prescription i.e., Self-medication of *Arogyavardhini* can be harmful, as it contains mercury as an ingredient. It should be taken for a limited period as advised by the Ayurvedic Physician. Overdosage may cause serious poisonous effects. it should be strictly avoided in pregnant women, lactating women and children.

#### DISCUSSION<sup>[14-16]</sup>

*Arogyavardhini Vati* is one of the most effective and widely used Ayurvedic preparations which help to manage various disease conditions

- As it is *Kapha-Pitta Shamaka*, *Shothakara*, and *Rakta Shudhhikar* properties (Blood Purifier) it is very useful in various skin diseases like *Kushta*, *Mukhdushika*.
- Vatanulomak* and *Rechana* action of *Arogyavardhini* help to manage *Malavshtambha* (Constipation)
- Arogyavardhini Vati* is an effective Ayurvedic preparation that use in *Medoroga* it helps to reduce weight by reducing *Ama* due to its *Dipan* and *Pachana* properties. It also helps to eliminate the waste product from the body because of its *Shodhan* nature

4. *Arogyavardhini Vati* is one of the most effective Ayurvedic preparations which is used in the management of various diseases of *Annavaha Strotas* like anorexia due to its *Tridoshashar* (balancing Vata, Pitta, and Kapha) properties. It improves digestion due to its *Dipana* and *Pachana* properties
5. *Arogyavardhini Vati* properties like *Dipana*, *Pachana*, *Pathya*, *Tridoshashamak* and *Strotoshodhak* activity help in minimizing the symptoms of Anemia.

#### Action according to Rasa, Virya

*Rasa: Katu, Tikta (Kledda, Meda, Majja shoshak).*

*Virya: Chitrak and Tamra have Ushna Virya* which is balanced by *Nimba Patra Swarasa* which is the cause of action *Dipana*.

#### Action on Strotas

*Annavaha Strotas: Dipana, Pachana* avoids *Agnimandya* and *Strotoshodhan*.

*Pranvaha Strotas: Avoid Strotoshodhan* at the site of Heart and Lungs.

Also works on *Udakhvaha* and *Medavaha Strotoshodhan*.

#### Analysis of Action

##### Main properties of constituent materials<sup>[17]</sup>

1. *Shudhha Parad-Gandhak Kajjali: Krumighna, Rasayana* and *Yogavahi*
2. *Lohabhasma: Blood enhancer, anti-inflammatory, Varnya* and *Balya*,
3. *Tamrabhasma: Raktaprasadaka*, liver and biliary stimulant.
4. *Triphala: Haritaki* which is an astringent and laxative in nature. It is effective for relieving liver disorders and useful in relieving fatty liver and cirrhosis of liver. The herb *Bibhitaki* is a laxative and a valuable remedy for digestive disorders and effective anthelmintic. It has styptic property and hence useful in arresting bleeding. Another ingredient *Amalaki* is an antibacterial, carminative, hypoglycemic, stomachic, hypotensive and astringent agent. It has antioxidative, anti-hepatotoxic
5. *Guggul: Rasayana* and anti-inflammatory action helps in getting rid of cholesterol by converting it into bile. It is an effective remedy for removing the unwanted fats and balancing the cholesterol levels.
6. *Shuddh Shilajit: is an effective agent for renewing vitality. It acts like nectar; it has powerful antioxidant properties and thereby delays the process of aging. It is useful in relieving kidney diseases, liver diseases, digestive disorders and mental illness.*
7. *Chitrak: Dipak, Pachana, Kushtaghna* actions helps in relieving digestive disorders like loss of appetite, indigestion, piles, worms, colitis and various liver diseases.
8. *Kutki: Tikta, Bhedaka*, Stimulating the liver, *Jwarghna*.

9. *Neem: It is Tikta, Sheeta*, expectorant and *Kushtaghna*.

#### CONCLUSION

*Arogyavardhini Vati* is made by *Nagarjuna*. It improves overall good health by balancing all the three *Dosha*. It does not have considerable toxicological effects on Vital Organs like brain, liver and kidney. This remedy is also known as natural liver detoxifying and fatty liver remedy. It promotes balance and maintains the liver function as well as a healthy digestive system. *Arogyavardhini Vati* have properties like the *Shoshan* of different excess *Snigdha Dravyas* present in the body. *Dipana, Pachana, Raktavardhana, Pathyakarak and Hrudya*. It also reduces *Dravatva, Snigdhatva* of *Apachit Meda Dhatu* hence useful in *Medoroga* also. It is mainly useful in *Kushtha Roga*. It increases appetite, purifies the gut, it especially works as *Grahani Shodhak*, so it becomes useful in different types of fever related to *Grahani*. *Arogyavardhini Vati* must be consumed with various adjuvants for getting the desired effect. Self-medication of drugs should be strictly avoided to overcome any poisonous effect.

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