

A REVIEW ON AROGYAVARDHINI VATI: A HERBO-MINERAL FORMULATION

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ABSTRACT

Ayurveda is a complete science of health based on the empirical scientific knowledge that covers all the aspects of life. Since the commencement of life, materials found on the earth have been the major source for drugs. These materials have been one of the basic components that constitute the framework of *Ayurveda* drugs. The clinical efficacy of Ayurvedic preparations is well validated by its long history of uses, although various herbal, mineral and herbo- mineral drugs are being screened to validate and document their therapeutic uses on widely accepted protocol of modern science as well as *Ayurveda*. The present study aims to compile all the information and

literature regarding one of the classical formulations "*Arogyavardhini Vati*". It is official in the ayurvedic formulary of India and is safe and effective in hyperlipidemia, ear discharge with its hepatoprotective and antioxidant activity. It is also used in jaundice, skin disorders, fevers, oedema, indigestion, and obesity.

KEYWORDS: *Ayurveda*, Hepatoprotective, Skin disorder, indigestion.

INTRODUCTION

In *Ayurveda*, formulations are made up of herbs, minerals and herbo- mineral. These drugs have good results on human body. Herbo-mineral drugs are most efficacious formulation in *Ayurveda*. There are various herbo-mineral formulations mentioned in *Ayurved*, e.g. *Anandbhairav Rasa*, *Arogyavardhini Vati*, *Tribhuvankirti Rasa* etc. These formulations are given in various diseases. As per *Charak Samhita* "only that which can bring about a cure is a medicine, who can relieve his patients of their ailments, is the best "physician". The herbo-

mineral preparations essentially contain herbs and metals as integral part of formulations not in elemental form but in compound form.

The word 'Arogya' means good health and 'Vardhini' means improver. It means a formulation, which improves good health, is known as 'Arogyavardhini'. This is used in the imbalances of all the three *Dosha* (humour). classical medicines should be precisely analyzed before application to the patient for getting a desirable outcome. There are numbers of multidrug formulations practiced in *Ayurveda* clinics successfully. Such one widely practiced formulation is *Arogyavardhini vati*.^[1] The drug has been mentioned in *Rasaratnasamucchaya* in the context of *Kustha* (skin disorder)^[2] and in *Bhaishyajaratnavali* in the context of *Yakritvikara* (liver disorder).^[3] The meaning of the term *Arogyavardhani* indicates which can destroy all the diseases and promotes health. *Rasaratnasamucchaya* mentioned that *Arogyavardhini vati* as *Sarvarogaprashamani* (can specify all type of disorders).^[4] This traditional formulation of *Ayurveda* is using for centuries with claimed efficacy and safety in treatment of jaundice and other liver and skin disorders.^[5] It is used for leprosy, fever, oedema, obesity, jaundice and other hepatic disorders. The drug is also good for lack of appetite, indigestion and irregular bowels, liver disorders and skin diseases. It acts as an alternative, carminative stomachic.^[6] Present review aimed to critically analyze the formulation of *Arogyavardhini vati* and 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 analyzed for making the decisive discussion.

MATERIAL AND METHODS^[7]

Shuddha Parada and *Shuddha Gandhaka* should be mixed in *Kharal Yantra* to make *Kajjali*. Then add *Loha Bhasma*, *Tamra Bhasma* and *Abhrak Bhasma* in this *Kajjali* in *Kharal Yantra*. Then add *Chitrak* powder, *Kutki churna* and *Triphala churna* and mix well. And then make *Nimbapatra Swarasa*, In this *Swarasa* first add *Shuddha Guggulu* and *Shuddha Shilajit* and dissolve them. When it is well mixed, add all the ingredients mixed in *Kajjali* in *Kharal Yantra*. Two *Bhavana* of *Nimbapatra Swarasa* are given. After all the process *Vati* is made.

Table no. 1: Ingredients of *Arogyavardhini Vati*.

| Content | Latin/scientific name | Part used | Ratio |
|-------------------------|-----------------------|-----------|--------|
| <i>Shuddha Parada</i> | Processed mercury | - | 1 part |
| <i>Shuddha Gandhaka</i> | Processed sulphur | - | 1 part |
| <i>Loha Bhasma</i> | Processed iron | - | 1 part |
| <i>Abharaka Bhasma</i> | Processed mica | - | 1 part |

| | | | |
|---------------------------|------------------------------------|--------------|---------------------------------|
| <i>Tamra Bhasma</i> | Processed copper | - | 1 part |
| <i>Triphala</i> | | | |
| <i>Haritaki</i> | <i>Terminalia chebula</i> Linn. | Fruit rind | 2 part |
| <i>Amalaki</i> | <i>Emblica officinalis</i> Gaertn. | Fruit rind | 2 part |
| <i>Bibhitaki</i> | <i>Terminalia bellirica</i> Roxb. | Fruit rind | 2 part |
| <i>Shuddha Shilajit</i> | <i>Asphaltum punjabinum</i> | | 3 part |
| <i>Shuddha Guggulu</i> | <i>Commiphora mukul</i> Hook. | Gum resin | 4 part |
| <i>Chitrak</i> | <i>Plumbago zeylanica</i> Linn | Root bark | 4 part |
| <i>Katuki</i> | <i>Picrorhiza kurrora</i> Roxb. | Root/rhizome | Equal of above |
| <i>Nimbapatra Swarasa</i> | <i>Azadirachta indica</i> A.Juss | Leaf juice | As per required for trituration |

Indication^[8]

Arogyavardhini vati possess the pharmacological action like- *Mandal Kustha* and all type of *Kustha nashaka*, *Tridosha jwara nashaka* (fever arising due to involvement of three humours) - indicated for 5 days,. The drug also having properties like- *Pachani* (digestive), *Dipani* (appetizer), *Pathya* (wholesome for channel), *Hridya* (cardio protective), *Medonashaka* (can alleviate the diseases arising from hyperlipidemia), *Malashuddhikari* (cleaning of waste materials from body), increase *Kshudha* (appetizer), *Sarvaroga Prashamani* (can alleviate all types of disorders from body).

DISCUSSION

As the purified *Parad* and purified *Gandhak* are continuously triturated under pressure at atmospheric temperature it plays a definite role in pharmacodynamics properties of *Kajjali*. It acts as gastrointestinal stimulant and neurochemical irritant for intestinal mucosa. It acts as catalyst so better absorption of remaining pharmacological molecules is augmented. It is helpful in reducing the dosage of compound. Due to continuous triturating *Gandhak* molecules gets packed in between layers of *Parad* molecules, therefore after oral administration of *Kajjali* in a specific *Yog*, the sustained release of active molecules takes place. According to the characteristics of *Sahapana* and *Anupana*, *Kajjali* cures all diseases and also has *Tridoshaghna* property.^[9]

Loha Bhasma is having *Tikta-Madhura Rasa*, *Sheeta Virya*, *Sara*, *Ruksha*, *Guru Guna*, hence given in *Udararoga*, *Kustha*, *Gulma*, *Pliharoga*, *Pandu*, *Medoroga*, *Prameha*, *Ykritvikar*.^[10]

Abharaka Bhasma is having *Madhura Rasa*, *Sheeta Virya*, *Snigdha Guna*, hence given in *Jwara*, *Pandu*, *Raktapitta* and also having *Panchaniya* and *Deepaniya Guna*.^[11]

Tamra Bhasma is having *Kashaya*, *Amla*, *Madhura*, *Tikta Rasa*, *Madhura Vipaka*, *Ushana Virya*, hence given in *Udararoga*, *Kustha*, *Gulma*, *Pandu*, *Jwara*, *Pliharoha*, *Amlapitta*, *Ykritvikar*, *Shotha*.^[12]

The drug also contains ingredients like *Haritaki (Terminalia chebula)* is an important herbal drug in Ayurvedic pharmacopeia. It is called as the "king of medicine" because of its extraordinary potential of healing. In *Ayurveda* it is thought to destroy all diseases and remove all waste from the body. It is an astringent and laxative in nature. It is effective for relieving liver disorders and useful in relieving fatty liver and cirrhosis of liver and also act as *Shothahar*, *Vedanasthapana*, *Deepan*, *Pachana*, *Kusthaghna*, *Balya*.^[13]

The herb *Bibhitaki (Terminalia belerica)* is a laxative and a valuable remedy for digestive disorders and it has also *Deepana*, *Shothaghna*, *Jwaraghana* properties.^[14]

Another ingredient *Amalaki (Emblica officinalis)* is an antibacterial, carminative, hypoglycemic, stomachic, hypotensive and astringent agent. It has antioxidant, hepatoprotective and immune modulator properties and also useful in *Jirna Jwara*, *Parinamshula*, *Kustha*, *Visarpa*.^[15]

The *Shuddh shilajit* is an effective agent for renewing vitality. It has powerful antioxidant properties and thereby delays the process of aging. It is useful in *Medoroga*, *Tawkaroga*, *Pliharoha*, *Udararoga*, *Kustha*, *Gulma*, *Pandu*.^[16]

The oleo-gum-resin *Guggulu (Commiphora mukul)*, 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. And given in *Medoroga*, *Twakavikar*, *Kasa*, *Vatavyadhi*, *Ykritvikar*.^[17]

The herb *Chitraka (Plumbago zeylancia)* have *Katu Rasa*, *Ushna Virya*, *Katu Vipaka*, *Laghu*, *Ruksha*, *Tikshna Guna*. It is an effective agent in *Kustha*, *Kasa*, *Shotha*, *Udararoga*, *Ykritvikar*.^[18]

Another important ingredient *Katuki (Picrorrhiza kurroa)* is an effective therapeutic agent in liver disorders. It is effective in liver damage caused by chemicals such as carbon

tetrachloride, paracetamol and even alcohol. It is having *Tikta Rasa, Shita Virya, Katu Vipaka, Laghu, Ruksha Guna*. And useful in *Raktavikar, Kustha, Jwara, Shotha, Udararoga, Vibandha*.^[19]

Nimba patra swarasa is having *Tikta- Kashaya Rasa, Shita Virya, Katu Vipaka, Laghu Guna*. And given in *Prameha, Ykrtivikar, Kustha, Raktavikar, Khalitya, Palitya, Krimi, Jwara*.^[20]

Chitrak and *Tamra* have *ushna virya* which is balanced by *Nimba patra swarasa* which is the cause of action *Dipana*.

Hence *Arogyavardhini Vati*, is an Ayurvedic preparation that helps to manage the condition of constipation due to its *Vata* balancing and *Rechana* (laxative) properties and it is one of the most effective Ayurvedic preparations which is used in the management of anorexia due to its *Tridosha* (balancing *Vata, Pitta*, and *Kapha*) properties. It improves digestion due to its *Deepan* (appetizer) and *Pachan* (digestion) properties.

It helps manage irritable bowel syndrome as it aids in the digestion of *Ama*. It further helps to control mucus in the motion and the urge of frequent passing of stool due to its *Deepan* (appetizer) and *Pachana* (digestion) properties.

❖ Some studies also reveals safety and efficacy of *Arogyavardhini Vati* -

Toxicity studies and in vitro and in vivo efficacy studies of *Arogyavardhini* has been carried out. It has been proven safe on liver, kidney, and brain through earlier studies.^[21,22]

- Another study conducted on albino rats for acute, sub-acute and chronic toxicity and Hepatoprotective effect revealed non toxic effect on vital organs in therapeutic dose, even in four times higher doses and with good hepatoprotective activity against CCl₄ induced liver injury.^[23]
- A double-blind trial for treatment of acute viral hepatitis was conducted with *Arogyavardhini* by Antarkar et al. (1980) which had showed significant hepatoprotective effects by *Arogyavardhini vati*.^[24]

CONCLUSION

As per principles of *Ayurveda* the balance of three vital *dosha* namely *Vata, Pitta* and *Kapha* in the body are stands for maintaining the health of the body. The imbalance of these three elements is the main reason for any illness in the body. *Arogyavardhini vati* improves overall

good health by balancing all the three *Dosha*. The drug does not have appreciable toxicological effects on brain, liver and kidney. *Arogyavardhini vati* is extensively used in Ayurvedic System of Medicine and it is a drug of choice in *Kustha*, *jwara* and also act as *Pachani*, *Dipani*, *Hridya*, *Sarvaroga Prashamani*. It promotes balance and maintains the liver function as well as a healthy digestive system.

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