

EFFECT OF AAROGYAVARDHINI VATI ON VATA, PITTA, AND KAPHA DOSHA – AN OBSERVATIONAL STUDY

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ABSTRACT

Aarogyavardhini Vati is a classical Ayurvedic formulation renowned for its efficacy in treating numerous conditions, notably chronic fever, liver disorders, and skin diseases. The word 'Arogya' means good health and 'Vardhini' means improver. It means a formulation, which improves good health, is known as 'Arogyavardhini'. Ayurveda recommends the use of plant based as well as mineral based medicines for treating various disease conditions. Aarogyavardhini vati is one such rasaoushadhi which is mentioned in Rasaratnasammuchaya in the context of Kushta rogadhikar (skin disease). Analysis of its ingredients and therapeutic properties reveals a unique ability to act as a (*Tridosha Shamaka*), with a particularly strong action on aggravated Pitta and Kapha, while simultaneously on the Vata. Key actions include: improving the function *Deepana*, *Pachana* and *Anulomana* karma.^[1]

KEYWORDS: AYURVEDA, VATA DOSHA, PITTA DOSHA, KAPHA DOSHA, AAROGYAVARDHINI VATI.

INTRODUCTION

Ayurveda explains health as a state of equilibrium of the three **Doshas** i.e Vata, Pitta, Kapha, seven **Dhatus** and **Agni**. Imbalance of Doshas leads to impairment of metabolic and physiological functions in the body. The empirical aim of this article is to review the pharmacological properties and to discuss the probable mode of action of Arogyavardhini vati.

There are numbers of multidrug formulations practiced in Ayurveda clinics successfully but most of them are anguish from lack of data regarding their details mechanism of action. Such one widely practiced formulation is Arogyavardhini vati.^[2,3] The drug has been mentioned in Rasaratnasamucchaya in the context of Kustha (skin disorder)^[4] and in Bhaishyajaratnavali in the context of Yakritvikara (liver disorder).^[5]

Arogyavardhini Vati acts as

- **Aam Pachak**
- **Agni dipana**
- **Yakrut uttejaka**
- **Srotoshodhak**

This multi-dimensional action arises from the synergistic effect of its herbal and mineral ingredients. Rasaratnasamucchaya mentioned that Arogyavardhini vati as “Sarvarogaprashamani”. This traditional medicine of Ayurveda is using for centuries. It is used in Kushta, in all types of Jwar, Shotha, hridayoga, medoroga and having properties like pachan, dipan, pathyakar, malashudhdikar, kshudhpravartan.

DETAILS OF AAROGYAVARDHINI VATI

Classical Composition^{[6][7][8][9]}

Though formulations may vary slightly as per manufacturers, the standard contents include

1. **Shuddha Parada**
2. **Shuddha Gandhaka**
3. **Shuddha Guggulu**
4. **Lauh BhasmaAbhrak Bhasma**
5. **Tamra Bhasma**
6. **Triphala (Haritaki, Bibhitaki, Amalaki)**
7. **Trikatu (Sunth, Maricha, Pippali)**

8. **Katuki**
9. **Chitraka**
10. **Nimba**
11. **Guduchi**

Pharmacodynamic Properties (Ayurvedic)

- **Rasa:** Tikta, Katu, Kashaya
- **Guna:** Laghu, Ruksha, Tikshna
- **Virya:** Ushna
- **Vipaka:** Katu
- **Prabhava:** Yakrut shodhaka, Amapachana
- **Karmas:** Agnideepana, Pachana, Srotoshodhana, Rasayana (weak), Medohara, Krimihara.

RELATION OF AAROGYAVARDHINI VATI WITH VATA, PITTA & KAPHA DOSHAS

1. Action on VATA DOSHA

Vata-Dosha Involvement

Vata is responsible for movement, nerve function, peristalsis, and elimination. It easily becomes vitiated by **Agnimandya**, **Ama**, constipation, dryness, and blockage of channels.

How Arogyavardhini Vati Balances Vata

- **Srotovishodhana** action clears channels → decreases disorder of Vata.
- The presence of **Guggulu** improving mobility and reducing stiffness.

Regulation of bowel movements i.e Anuloman gati.

2. Effect on PITTA DOSHA

Pitta dosha related to digestion, metabolism, enzymatic reactions, liver function, and temperature regulation. Arogyavardhini vati is **Pitta-Shamak**.

Effect of Arogyavardhini Vati on Pitta dosha

- **Katuki** present in Arogyavardhini vati is a strong **Pitta dosha-reducing herb**.
- **Tikta Rasa** of Nimba, Triphala, and Guduchi have Pitta-shamak effect.
- **Corrects Pachaka Pitta** by normalizing Agni.

3. Effect on KAPHA DOSHA

Kapha dosha related to stability. Kapha imbalance commonly manifests as obesity, disturbance of metabolism and ama utapatti.

Effect of Arogyavardhini Vati on Kapha

- **Trikatu** deeply stimulates Agni → decreases excess Kapha.
- **Tikshna & Ushna Guna** decreases Meda dhatu and Aama.

Overall effect of Arogyavardhini vati on Tridosha

Vata	Regulates by improving gati of vata dosha.
Pitta	Increase agni
Kapha	Reduces ama

DISCUSSION

Arogyavardhini Vati is a multi-purpose Ayurvedic formulation with profound effects on **Agni, Ama, Pitta, and Kapha**. Its primary action is on the **liver, gastrointestinal tract, skin, and metabolic pathways**.

Due to multi actions of Arogyavardhini Vati —Agnideepana, Amapachana, Yakrut shodhana, Raktashodhana, and Medohara—Arogyavardhini Vati is beneficial for tridosha balancing. Its role as a dosha-balancing formulation makes it an essential classical Rasashastra medicine.

It is truly a **Tri-Doshic formulation** (*Tridosha Shamaka*) but exerts its most pronounced effects on Pitta and Kapha.

- It corrects **Pitta** primarily through the bitter, purgative, and cooling action of *Katuki* and *Nimba*.
- It rectifies **Kapha** through the pungent, scraping, and *Agni*-stimulating actions of *Guggulu* and the *Bhasmas*.
- It maintains **Vata** balance by ensuring proper elimination (*Anulomana*).

CONCLUSION

- Arogyavardhini vati is the combination of mineral and herbal ingredients. It maintain the balance of tridosha i.e vata, pitta and kapha. Mainly it act on pitta and kapha and improve the function of agni, yakrut and dhatus specially rakta dhatu. It stabilize the direction of vata dosha and also useful in pitta kapha vyadhi.

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