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Arogyavardhini Vati: A theoretical analysis

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Abstract

Ayurveda is the oldest methodical branch of knowledge which speaks its reality in the sketch of philosophy. It comprises most scientific milieu of derivation. As per ancient *Ayurveda* scholars for getting a desirable outcome of any medication, it should be precisely analyzed before prescribing to the patient. There are numbers of classical formulations successfully practiced by *Ayurveda* physicians for treating various ailments but in maximum cases there is lack of data regarding their details mechanism of action. Such one multidrug classical formulation is *Arogyavardhini vati* which is widely practiced *Ayurveda* formulation. Present study aimed to compile all the available literature regarding the pharmacological actions and properties of the drug. Several studies have proved this drug is safe and effective in hyperlepaemia, ear discharge along with its hepatoprotective and anti oxidant activity. It promotes digestive fire, clears body channels for the nutrients to reach to the tissues, balances fats in the body and removes toxins by improving the digestive system. The review may provide the information with clues of further systematic investigation.

Keywords: Ayurveda formulations, Hepatoprotective, Skin disorder.

INTRODUCTION

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). As per ancient *Ayurveda* scholars behind each successful physician there is panorama of appropriate knowledge of the drugs. *Ayurveda* recommends the use of plant based as well as mineral based medicines for treating various disease conditions^[1]. These 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 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]. 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)^[6]. This traditional formulation of *Ayurveda* is using for centuries with claimed efficacy and safety in treatment of jaundice and other liver and skin disorders^[7]. 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^[8]. Present review aimed to critically analyze 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 analyzed for making the decisive discussion.

Ingredients and preparation of *Arogyavardhini Vati*^[2, 6, 8, 9]:

Fine powder of above ingredient is grounded with the juice of *Nimba* leaves for two days. Then it made into paste and pills are prepared as equal size of *Rajakola* (variety of Indian jujube fruit). 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.

Table 1: Ingredients of *Arogyavardhini vati* with their amount:

S. 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> Retz. b. <i>Terminalia bellirica</i> Roxb. c. <i>Emblica officinalis</i> Gaertn.	2 part
7.	<i>Shilajatu</i> (Mineral pitch)	<i>Asphaltum</i>	3 part
8.	<i>Pura – Guggulu</i> – Indian bedelium (gum resin)	<i>Commiphora mukul</i> Hook ex stocks	4 part
9.	<i>Chitramool</i> - root of Indian led word.	<i>Plumbago zeylanica</i> Linn.	4 part
10.	<i>Tikta – Katuki</i>	<i>Picrorhiza kurroa</i> Royle ex Benth.	Equal of above
11.	Juice extract of <i>Nimba</i> leaf – Neem	<i>Azadirachta indica</i> A. Juss	Quantity as per need for making pill

Indication [2-10]: According to *Rasaratnasamucchaya*, *Bhaisajyaratnavali* and *Bharatbhaisajyaratnakar* the drug *Arogyavardhini vati* possess the pharmacological action like- *Kusthanasaka* (can alleviate all types of skin disorder) – indicated for 1 *mandal* (14 days). *Tridosha jvara nashaka* (fever arising due to involvement of three humours) - indicated for 5 days. Also the drug having the properties like- *pachani* (digestive), *dipani* (appetizer), *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), *Sarbaroga prashamani* (can alleviate all types of disorders from body).

Anupana (Adjuvant) [10]: The medicine *Arogyavardhani vati* can be prescribed with various types of adjuvant as per condition of disease pathology and the patients. Like as: *Moong dal- Vigna radiate* (L.) R. Wilczek; *Masur dal- Lens culinaris* Medik.; *Arhar- Cajanus cajan* (L.) Millsp.; Ghee (ghee made from cow milk); *Barley-Hordeum vulgare* L.; *Parwal-Trichosanthes dioica* Roxb.; Curd (curd from cow milk); Milk (cow milk); *Urad dal - Vigna mungo* (L.) Hepper; Sugarcane juice; Jaggery; Butter Milk. *Dashamula kwatha* and *Punarnavadi kwatha*.

Side Effects: So far no reports are available concerning the adverse effect of this formulation. However there should be some precaution as the formulation contains various minerals and heavy metal like Mercury as ingredient. If such ingredients are not purified properly, sometimes it may prove to be dangerous for self medication. Over-dosage may cause severe poisonous effect. It should be strictly avoided in pregnant, lactating women and children.

Analysis of Action: As per principles of *Ayurveda* the balance of three vital energies 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 like fatty liver

and jaundice etc. The drug contains ingredients like *Haritaki* (*Terminalia chebula*) 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* (*Terminalia belerica*) 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*-(*Emblica officinalis*) is an antibacterial, carminative, hypoglycaemic, stomachic, hypotensive and astringent agent. It has antioxidative, anti hepatotoxic and immune modulator properties. The mineral *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. 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. The herb *Chitra* (*Plumbago zeylanica*) is an effective agent in relieving digestive disorders like loss of appetite, indigestion, piles, worms, colitis and various liver diseases. Another important ingredient (*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.

Pharmacological action of Arogyavardhani Vati [10-13]: The drug is extremely beneficial in Cirrhosis of liver, jaundice and in case of poor liver functioning. It is used as an excellent measure for various types of acne problems. It provides total health and makes the body free from all types of diseases and brings a balance between the three *Dosha*. It is beneficial for leprosy, oedema, obesity, jaundice and various types of hepatic disorders. 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*. The drug is also useful for individuals suffering from indigestion and irregular bowel movements. It brings about the promotion of the digestive power of the body, acts as a tonic for liver,

heart, kidneys, uterus, rectum and intestine. It is also beneficial for chronic fevers and water retention. *Arogyavardhini vati* reduces inflammation of spleen, liver, bladder, kidneys, uterus and intestine. The prolonged use of *Arogyavardhani vati* benefits in disordered functioning of endocrine glands (low or high hormonal production) that leads to imbalanced growth of body and organs. It is a good remedy for removal of excessive fat, clearing of various types of toxins from the body and helps in reduction of accumulated cholesterol in the body. The drug showed effectiveness in various types of hepatitis whether it is A, B or C. It helps in maintenance of healthy digestive system along with circulatory, respiratory, excretory, reproductive and skeletal system. It is also beneficial in diarrhoea and even in dysentery. It works great for various types of body aches. It is beneficial for heart as it brings about the strengthening of heart or cardiac muscles. The drug also cures various types of inflammatory conditions of intestines. It promotes digestive fire, clears body channels for the nutrients to reach to the tissues, balances fats in the body and removes toxins by improving the digestive system.

CONCLUSION

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. 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* does the *Shoshan* (~assimilation) of different excess *Snigdha dravyas* (~unctuous substances) present in the body. It also does the *Pachan* (~digestion) of *Drava* (~liquid) and *Kleda* (~clammy) and does the *Raktavardhana* (~purifies blood). It reduces *Dravatva*, *Snigdhatva* in *Meda dhatu*. The drug must be consumed with various adjuvants for getting the desired effect. Self medication of the drug should be strictly avoided to overcome any untoward effect.

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