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## A Literature Review of *Arogyavardhini Vati*

*Dr. Shivraj singh<sup>1</sup>, Dr. Rajan joshi<sup>2</sup>, Prof. Avadhesh Bhatt<sup>3</sup>*

<sup>1&2</sup> P.G. Scholar, <sup>3</sup>Prof. and H.O.D.

Madan Mohan Malviya Govt. Ayurveda College, Udaipur (Raj.)

Mob. 9783045142; Email- [shivrajbanna83@gmail.com](mailto:shivrajbanna83@gmail.com)

### ABSTRACT:

The oldest systematic body of knowledge that expresses reality through philosophical sketching is *Ayurveda*. *Ayurveda* means "The Science of Life" in Sanskrit. Many of the traditional remedies used by *Ayurvedic* doctors to treat a variety of diseases are effective, but most of the time there is insufficient information available about how exactly they work. One such multi-drug traditional formulation that is commonly used in *Ayurveda* medicine is called *Arogyavardhini vati*. The purpose of this article is to compile all available data and scholarly works pertaining to one of the traditional interpretations of "*Arogyavardhini Vati*". Enhancing the digestive system helps flush out impurities, balance body fats, increase digestive fire (*agni dipana*), and open up channels for nutrients to enter the tissues. The main function of *arogyavardhini vati* is hepatoprotective and also have significant results on skin disorder.

**Key Words :** *Arogyavardhini Vati*, Hepatoprotective, Skin disorder, *Agni Dipana*

### INTRODUCTION:

"*Arogya*" means "healthy," and "*Vardhini*" means "improver." It indicates that "*Arogyavardhini*" is the name of a composition that promotes health. It is employed in the imbalance among the three *Doshas*. Treatment for a variety of ailments is advised by *Ayurveda* to involve both mineral and plant-based medications. This is applied to all three *Dosha* imbalances. According to the traditional *Ayurvedic* experts, each successful doctor has a wide range of relevant medication expertise.

For the treatment of a variety of medical ailments, *Ayurveda* advises using both plant- and mineral-based medications. In order to achieve the desired result, these traditional medications should be carefully examined before being administered to the patient. Many multidrug formulations are successfully used in *Ayurvedic* clinics, but the majority of them suffer from a lack of information on their precise mechanism of action. One such formulation that is frequently used is *Arogyavardhini vati*, which is one of the *Kharaleeya Rasayan*.

The definition of *Arogyavardhini* is destroy all the diseases and promotes health. *Arogyavardhini vati* as *Sarvaroga prashamani* (can specify all type of illnesses) was mentioned by *Rasaratna Samucchaya*. For decades, people have used this traditional *Ayurvedic* mixture, which is said to be safe and effective in treating a variety of ailments.

### MATERIAL AND METHODS

The review of several classic *Ayurvedic* literatures served as the foundation for this article. Resources pertaining to *Arogyavardhini Vati* were gathered, and a list of references was created, examined and talked about to provide a complete and deep comprehension of the idea.

### INGREDIENTS AND PREPARATION OF AROGYAVARDHINI VATI

Sl. No	Ingredients	Quantity	Rasa	Veerya	Doshaghnata	Guna	Karya
1	Shodhit Parada	1 part	Shadrasa		Tridosha Nashaka	Snigdha	Rasayana, Yogvahi
2	Shodhit Gandhaka	1 part	Katu	Ushna		Sara	Agnivardhaka, Rasayana, Pachaka, Amanashaka
3	Loha Bhasma	1 part	Tikta kashay	Sheeta	KaphaPitta Shamaka	Ruksha, Guru	Lekhana, Netrya, Balya, Vamya, RaktaDhatuPoshaka, Rasayana <sup>1</sup>

4	Abhraka Bhasma	1 part	kashayamadhur	Sheeta	KaphaVata Shamaka	Snigdha	Keshya, Varnya, Deepaka, Netrya, Medhya, Balya
5	Tamra Bhasma	1 part	Tikta, Kashay, Madhur	Ushna	Kapha Pittaghna	Teekshna, Ushna, Snigdha	Lekhana, Netrya
6	Shodhit Shilajatu	3 parts	Katu, Tikta	Ushna		Guru, Snigdha	Kledanashaka, Rasayana
7	Shodhit Guggulu	4 parts	Katu	Ushna	KaphaVataghna, Pittashodhak	Laghu, Vishada, Snigdha	Deepaka, Amapachaka, Lekhana, Rasayana
8	Haritaki	2 parts as	Kashay Pradhana	Ushna	Tridoshaghna	Laghu, Ruksha	DeepakaPachakaAnulom aka
9	Bibhitaki	Triphala	Kashay Pradhana	Ushna	Kaphavataghna	Laghu, Ruksha	Bhedana, Chakshushya, Keshya
10	Amalaki		Amla Prdhana	Sheeta	Tridoshghna	Laghu, Ruksha	Chakshushya, Rasayana
11	Katuki	18 parts	Tikta	Sheeta	Kapha pittaghna	Laghu, Ruksha	BhedanaDeepanaHrudya
12	Chitraka	4 parts	Katu	Ushna	Vata kapha Shamaka	Teekshna, Laghu, Ruksha	Deepaka, Pachaka, Arshoghna
13	Nimba Patra	q.s.	Tikta, Kashay	Sheeta	Kapha Pitta Shamaka	Laghu	Grahi, Agnivardhaka Netrya, [Bhedana]

After reviewing the table of contents it is possible to make some inference about the formulation,

Rasa– Tikta, Katu Rasa Pradhana

Veerya – Anushna

Vipaka– Katu

Guna– Laghu, Ruksha, Sara

Karya – Deepana, Pachana, Bhedana, Lekhana, Kledaghna

Doshaghna – Primarily Kaphaghna, Pitta Shodhaka

Fine powder of above ingredient is triturate with the juice of *Nimba* leaves for two days. Then it made into paste and pills are prepared as equal size of *Raja-kola* (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.

## FUNCTIONS OF AROGYAVARDHNI ON SHARIRA DHATU

-Rasa Dhatu – Rasa Dhatu Pachaka, Kaphanashaka

-Rakta Dhatu– Rakta shuddhikara

-Mansa Dhatu – Kledanashaka, Mansa Mala Shodhaka

-MedaDhatu – Meda Dhatu Lekhana

-AsthiDhatu– Asthi Dhatu Pachana

-Majja Dhatu–Pachana

-ShukraDhatu– Kledanashaka

### Functions of Arogyavardhini on Mala of Body

-Purisha– Shodhana(dueto SaraGuna)

-Mutra–Vardhana (KledaNirharana)

-Sweda – Nashaka (due to Tikta Kashaya Rasa)

-*DhatuMala–Shodhana (Malashodhini)*

### INDICATION

The medicine *Arogyavardhini*, according to *Rasaratnasamucchaya*, *Bhaisajyaratnavali*, and *Bharatbhaisajyaratnakar*, Vati have the following pharmacological actions:

1. *Kusthanasaka* (which treats all kinds of skin disorders): It works particularly well when applied to *Kushtas* that are *Vata-Kapha* predominant or *Vata* and *Kapha* predominate, such as *Kapala*, *Mandal Vipadika*, *Charmdaladi*, and *Alasaka*. A similar amount of milk should be drunk for the course of this medication.
2. *Tridosha Jvara Nashaka*, a five-day treatment for fever resulting from the participation of three humors.
3. Helpful for constipation: *Triphala Kwath* along with *Arogyavardhini Vati* works wonders for this condition. It melts, emerges, and softens the intestines before beginning to function properly.
4. In addition, the medication has qualities such as *Pathya* (wholesome), *Pachani* (digestive), and *Dipani* (appetiser)

#### 5. *Arogyavardhini* in *Yakrut vikara*

The *Moolashtana of Raktavaha Srotas* are *Yakrut and Pleeha*. Modern science now knows that the liver, or *yakrut*, has two primary purposes, generating *Yakrut Pitta* (Bile), which is required for meal digestion. *Rakta Dhatu* is associated with another function. *Ayurveda* states that the *Moolashtana* is the cause of the *Dushti* of the *Raktavaha Srotas*, and that any deviation from this affects the entire *Srota*.

**Anupana (Adjuvant)** : The medicine *Arogyavardhani Vati* can be prescribed with various types of adjuvant as per condition of disease pathology and the patients.

1. *Moong Dal*- *Vigna radiata*, *Masur Dal*- *Lens culinaris*, *Arhar*- *Cajanus cajan*, *Urad Dal* - *Vigna mungo* (L.)
2. *Ghrita*: Ghee (ghee made from cow milk); *Dadhi*: Curd (curd from cow milk); *Godugdha*: Milk (cow milk); *Loni*: Butter Milk.
3. *Parwal* –*Trichosanthes dioica*
4. Sugarcane juice and Jaggery
5. *Dashamula Kwatha* and *Punarnavadi Kwatha*.

**Matra** : 2-4 Ratti.

### AROgyAVARDHINI VATI'S PHARMACOLOGICAL ACTION

This medication helps with jaundice, liver cirrhosis, and a situation where the liver is not working well. It works well for treating different kinds of related issues. It strikes a balance among the three doshas. It purges the body of all illnesses, including obesity, jaundice, leprosy, oedema, and a range of liver conditions. Beneficial for people with irregular bowel motions and indigestion. It decrease intestinal, bladder, uterine, kidney, and liver inflammation. Also useful in the body's elimination of pollutants and the decrease of stored cholesterol. It supports the preservation of a healthy skeletal, respiratory, circulatory, reproductive, and excretory systems in addition to the digestive system. It flushes out impurities, balances lipids in the body, and stimulates the digestive fire .

### 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 is also known as natural liver detoxifying and fatty liver remedy.

### DISCUSSION

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

1. As it is *Kapha-Pitta Shamaka*, *Shothakara*, and *Rakta Shudhnikar* properties (Blood Purifier) it is very useful in various skin diseases like *Kushta*, *Mukhdushika*.
2. *Vatanulomak* and *Rechana* action of *Arogyavardhini* help to manage *Malavshambha* (Constipation)
3. *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 *Tridosahar* (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.

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