



TO STUDY THE EFFICACY OF *AROgyavARDhinivati* IN VARIOUS AILMENTS: A REVIEW

Ayurveda

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KEYWORDS

Arogyavardhinivati, Sarvarogaprashamani, Rasakalpa

INTRODUCTION:

The word '*Arogya*' means good health and '*Vardhini*' means improver. It means a formulation, which improves good health is known as '*Arogyavardhini*'. It is one of the *Kharaleeya Rasayan*^[1] and used for the treatment of different types of *Jwara* (Fever), *Kushtha* (Skin Disorders), *Medoroga* (Obesity), *Kamala* (Jaundice) and other *Yakruta Vikaras* (Liver Disorders). This is the medicine mentioned in *Rasaratna Samucchaya* in the context of *Kushtha* (Skin Disorder)^[2] and *Bhaishajya Ratnavali* in the context of *Yakritvikaras* (Liver Disorders)^[3]. *Rasaratna Samucchaya* has mentioned *Arogyavardhinivati* as *Sarvaroga Prashamani*.^[4] This medicinal drug altogether upgrades health by balancing all the three *Doshas*.

Medicinal Properties:^[5]

Rasa (Tastes)- Tikta, Katu Rasa Pradhana

Veerya (Potency)- Anushna

Vipaka (After effect)- Katu

Doshaghnata- Primarily *Kaphaghna*, *Pitta Shodhaka*

Gunas (Qualities)- Laghu, Ruksha, Sara

Karyas (Functions)- Deepana, Pachana, Bhedana, Lekhana, Kledaghna

Matra:^[6]

According to today's Era, mostly in Tablet form -250mg to 500 mg per day (Total period depends on severity of disease).

Maximum Dosage: Should not exceed 3 gm in divided dose per day.

According to Ayurvedic Classical Texts of Ancient period i.e. *Rasaratna Samucchaya* & *Bhaishajya Ratnavali*: *Rajakola Pramana* (600 mg)^[7]

According to Ayurvedic Classical Texts of Ancient period i.e. *Rasayogasagar*: *Kshudra Kola Pramana* (1.5 gm)^[8]

Anupanas:^[9] (Depends upon Diseases)

1. *Ghruta* (Ghee)

2. *Dashamoola Kwatha* (Decoction of *Dashmoolas* i.e. combination of decoction of *Bilwa* (Aegle marmelos), *Agnimantha* (Clerodendrum phlomidis), *Shyonaka* (Oroxylum indicum), *Patalamoola* (Stereospermum suaveolens), *Gambhari* (Gmelina arborea), *Shalaparni* (Desmodium gangeticum), *Prushniparni* (Uraria picta), *Kanthakari* (Solanum xanthocarpum), *Bruhati* (Solanum indicum), *Gokshura* (Tribulus terrestris)

3. *Punarnava Kwatha* (Decoction of *Punarnava* i.e. *Boerhavia diffusa*)

4. *Guda* (Jaggery)

Therapeutic Indications: (As per *Rasaratnasammuchaya*)^[10]

Kushthaghna (Can control all types of Skin Disorders) – As all types of *Kushtha* are mainly caused due to accumulation of *Malas* in *Grahani* and *Pakwashaya*, as per Ayurvedic Classical Text. It is a proven research that, *Arogyavardhini* has *Kushthadhikar*, especially in *Vata* and *Vata-Kapha Pradhana-Kushtha*.

Vataja/ Pittaja/ Kaphaja Jwaranashaka (Fever arising due to involvement of *Tridoshas*) - Indicated for a period of few days, depends upon severity of *vyadhi*. Also, it is famous for *Dipaneeya* (Appetizer) and *Pachaniya* (Digestive) *karyas*.

Hrudya (Cardio-protective) – *Arogyavardhini* is very beneficial in chronic cases of Heart Disease as it empowers heart muscles. It acts as *Hrudya-Aushadhi* (Cardio-tonic) in *Pandu* (Can be correlated

Anaemia & *Yakrutajanya Vikaras* (Liver Diseases like Jaundice). *Arogyavardhini* is *Medonashaka* (can alleviate the diseases arising from Hyperlipidemia).

Malashuddhikar (Eliminating of waste products from body) – *Arogyavardhini* helps in breaking *Kathina-Mala-Sanghathana* and thereby helps for easy *Mala-pravritti*. It increases *Kshudha* (Appetizer), and is *Sarvaroga-Prashamani* (can alleviate all types of disorders from body).

Pharmacological Action:^[11]

Arogyavardhini is a *Rasakalpa* comprises of *Kajjali* (Combination of *Parada* and *Gandhaka* i.e. Purified Mercury and Sulphur), which is "*Yogavahi*" (Increases the quality of ingredients of mixture with which added). Other components like *Triphala* (Combination of *Haritaki-Vibhitaki-Amalaki* i.e. *Terminalia Chebula*- *Terminalia Bellirica*- *Embilica Officinalis*), *Kutaki* (*Picrorhiza Kurroo*), some *Bhasmas* (Purified forms of *Loha-Abhraka-Tamra* i.e. *Ferrum-Mica-Cuprous Sulphate*) and *Kajjali* becomes efficacious for detoxifying body by removing obstruction in channels. *Tamra bhasma* helps to control *Pachaka Stravas* (Digestive juices and enzymes) within the organs. *Chitraka* (*Plumbago Zeylanica*) is famous as *Agnivardhaka* (Appetizer). *Guggulu* (*Commiphora mukul*) is *Medanashak* (Hypolipidemic), while *Nimba* (*Azadirachta Indica*) acts to correct the functions of Liver and Spleen. Also, it purifies *Rasa-Rakta-dhatu*. *Arogyavardhini* controls the disorders by normalising Digestion-Assimilation- Absorption and Excretion physiologies of *Mahastrotas* (Gastro Intestinal Tract).



Fig no.1-Herbal ingredients of Arogyavardhinivati



Fig no.2 Shuddha Shilajita



Fig no.3 Kajjali



Fig no.4 Tamra Bhasma



Fig no.5 Loha Bhasma

My Experiences In This Field:

I have observed 40 patients of Skin disorder in Medical OPD/IPD of M.A. Podar Hospital (Govt.), Mumbai, Maharashtra, India during last 6 months and got remarkable results in 28 patients (i.e.70% persons) in 1-2 months in the symptoms like Kandu (Itching) and Krushna Vaivarnya (Blackish Discoloration of Skin). Out of which, 25 (62.5%) patients showed absence of Kandu and 26 (65%) showed absence of Krushna Vaivarnya after completion of treatment (Arogyavardhinivati 500mg thrice a day after some food with Ushnodaka).

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