

**ROLE OF EFFICACY OF AROGYAVARDHINIVATI IN GASTROINTESTINAL
DISORDERS**

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ABSTRACT

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 aarogyavardhini vati which is widely practiced Ayurveda formulation. Arogyavardhini vati a kharaliya rasakalpa containing rasavarga dravya (metallomineral ingredients) is widely used ayurvedic herbo-mineral formulation having broad spectrum therapeutic indications) The word arogya signifies good health whereas vardhini stands for improver i.e. an Ayurveda formulation that can completely eradicate diseases and improve or promote good health hence termed as sarvarogaprashamani.

KEYWORDS: Arogyavardhini vati, Mahastrotas, Rasakalpa, Sarvarogaprashamani.

INTRODUCTION

The word ‘arogya’ means good health and vardhini means improver. 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.^[1] There are numbers of multidrug formulations practiced in Ayurveda clinics successfully

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] Rasaratnasammuchaya mentioned that arogyavardhini vati as sarvarogaprashamani.^[6]

MATERIAL AND METHOD

Ingredients of Arogyavardhini Vati^[2,6,7,8]

Sr. No.	Ingredients	Botanical Name	Amount
1.	Shuddha parada (Herbal purified mercury)	-	1 part
2.	Shuddha gandhaka (herbal purified sulphur)	-	1 part
3.	Abhraka bhasma (purified and processed mica)	-	1 part
4.	Loha bhasma (Ash prepared from iron)	-	1 part
5.	Tamra Bhasma (Ash prepared from copper)	-	1 part
6.	Triphala a. Haritaki b. Bibhitaki c. Amalaki	a. Terminalia chebula Retz. b. Terminalia belirica Roxb. c. Emblica officinalis Gaertn.	2 part
7.	Shilajatu (Mineral pitch)	Asphaltum	3 part
8.	Chitramool-root of indian led word.	Plumbago zeylanica Linn.	4 part
9.	Pura-guggulu- Indian bedelium (gum resin)	Commiphora mukul	4 part
10.	Juice extract of nimba leaf- Neem	Azadiracta indica A. juss	Quantity as per need for making pill
11.	Tikta-katuki	Picrohiza kurroa Royle ex Benth.	Equal of above

PREPARATION OF AROGYAVARDHINI VATI

Fine powder of above ingredient is grounded with nimba juice leave for two days. It made into paste and pills are prepared as equal size of rajakola. According to 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 500 mg-1gm per day.

ANUPANA (ADJUVANT)

Arogyavardhi vati can be prescribed with various types of anupana as per condition of disease pathology and patients. Like Masur dal, Moong dal, Ghee, Curd, Barley, Urad dal, Parwal, Punarnavadi kwath, Dashmula kwath, Butter milk, jaggery

INDICATIONS OF AROGYAVARDHINI VATI

- ✓ Malashuddhikarari (Elimination of waste material from the body)
- ✓ Arogyavardhinivati helps in breaking hard stools and eliminates toxins from the body. Intestines gets cleaned & improves in functioning. It increase kshudha (appetizer), sarvarogprashamani (alleviate all types of disorders from body)^[9]
- ✓ Tridosha jwara nashaka (fever comprises of three doshas)
- ✓ Arogyavardhini should be given for 5 days. This drug having properties of pathya (wholesome for channels), pachani (digestive), dipani (appetizer). AV produces digestive juices of good quality in adequate quantity^[9]
- ✓ Kushthaghna (Can alleviate all types of skin disorders)
Indicated for 1 mandal (14 days). AV proves to be very useful in kushtha specially in vaat and vaat kapha pradhan kushtha.^[9]
- ✓ Hridya(cardioprotective) AV is very useful in chronic heart disease. AV acts as hrudya (cardiotonic) in pandu (anaemia) & hepatomegaly.^[9]

SIDE EFFECT

No reports are available concerning the adverse effect of this formulation. However some precaution should be taken for this formulation as it contains various minerals and heavy metals like mercury as ingredients. If these ingredients are not purified properly, it may prove to be dangerous for self medication. Its overdose may cause severe poisonous effects. It should be strictly avoided in children, pregnant and lactating mother.

PHARMACOLOGICAL ACTION OF AROGYAVARDHINI VATI^[10-13]

This drug is beneficial in liver cirrhosis, jaundice, and in case of poor liver functioning. It is used as an excellent measure for various types of acne problems. It balances between the three dosha. It makes the body free from all types of diseases such as obesity, jaundice, leprosy, oedema and various types of hepatic disorders. Useful for individuals suffering from indigestion and irregular bowel movements. It reduces inflammation of liver,

spleen, kidneys, bladder, uterus, intestine. Removes toxins from the body and helps in reduction of accumulated cholesterol in the body. It helps in maintenance of healthy digestive system along with respiratory, circulatory, reproductive, excretory and skeletal system. It promotes digestive fire, balances fats in the body and removes toxins by improving the digestive system.

ANALYSIS OF ACTION

In Ayurveda it is mentioned that for maintaining the health of the body the three doshas i.e vata, pitta and kapha should be balanced. Imbalance in these three doshas is the main reason for any illness in the body like fatty liver and jaundice etc. This drug contains haritaki which is laxative in nature. Bibhitaki is a laxative and a valuable remedy for digestive disorders. Shuddha shilajit has powerful antioxidant properties and delays the process of aging. Useful in digestive disorders, liver and kidney disorders. Guggulu (Comiphora mukul), helps in getting rid of cholesterol. Effective in removing unwanted fats and balances the cholesterol levels. Chitra (plumbago zeylanica) is an effective agent in relieving digestive disorders like indigestion, loss of appetite, and various liver disorders.

DISCUSSION

Arogyavardhini vati contains abhrah bhasma promotes health and is beneficial for maintaining natural metabolism in the body. Amalaki has rich antioxidant properties, antihepatotoxic, antibacterial^[14]. Haritaki improves digestive system and effective for relieving liver disorders.^[15,16] Bibhitaki is laxative, astringent etc. useful in hepatitis, bronchitis, asthma etc. Shuddha shilajit has powerful antioxidant properties and thus useful in relieving digestive disorders, liver and kidney disorders etc^[17]. Guggulu is effective in removing unwanted fats and balances cholesterol levels.^[18] Chitrak is effective in relieving digestive disorders like loss of appetite, indigestion etc.^[19,20,21] AV mainly works on digestive system and corrects metabolic activities in the body.

CONCLUSION

From present study, it is concluded that arogyavardhini vati promotes digestive fire, clears body channels for the nutrients to reach to the tissue, balances fats in the body and removes toxins by improving the digestive system. The drugs does not have appreciable toxicological effects on brain, liver and kidney. arogyavardhini vati improves overall good health by balancing all the three dosha. It maintains the liver function as well as healthy digestive system. Tamra bhasma causes increased release of digestive juices, enzymes from organs. Chitraka present is responsible for agnivardhan (appetizer). AV heals diseases by normalizing consumption, digestion, assimilation, absorption and excretion physiology of mahastrotas (GIT).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.

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