

THERAPEUTIC USES OF AROGYAVARDHINI VATI - A SCIENTIFIC AND EXPERIMENTAL VIEW**Priyanka Rathod¹, Shripathi Acharya²**

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Article Received: 17/12/2024 - **Peer Reviewed:** 05/01/2025 - **Accepted for Publication:** 14/01/2025.**ABSTRACT**

Herbo mineral formulations are commonly used by physicians in modern India to manage various disorders. *Gutikas*, *Kharaliya Rasayana*, and *Kupipakva Rasayanas* are frequently used in General practice. *Agnitundi vati*, *Ashtakshari gutika*, *Brihat Vata Chintamani Rasa*, *Vata Vidhwamsana Rasa*, *Chandanadi Lauha*, *Eladi Vati*, *Gandhaka Rasayana*, *Ichhabhedhi Rasa*, *Putapakwa Jwarantaka Lauha*, *Prabhakara vati*, *Yakridari Lauha*, *Yakrit Plihari Lauha*, *Mrityunjaya Rasa*, *Tribhuvana Kirti Rasa*, *Ananda Bhairava Rasa*, *Hinguleshwara Rasa*, *Kapha Ketu Rasa*, *Krimi Mudgara Rasa*, *Krimi Kuthara Rasa*, *Gulma Kalanala Rasa*, *Kankayana vati*, *Arsha Kuthara Rasa*, *Shwasa Kuthara Rasa*, *Shwasa Kaara Chintamani Rasa*, *Swarna Malini Vasanta Rasa* and *Vasanta Kusumakara Rasa*, are some of the commonly used *Aushadhis* in Clinical practice. *Arogyavardhini vati* is usually given in *Kamala*, *Kumbha Kamala*, *Purana jwara*, *Pandu*, Sluggish Liver, Anaemia, Skin disorders and diseases associated with *Agnimandya*. It has actions like *Dipana*, *Pachana*, *Pitta Virechana*, *Jwarahara*, *Krimighna*, Anti-infection, Bactericidal, Antibacterial, *Raktashodhaka* and *Rasayana* action.

The present paper highlights the therapeutic uses of *Arogyavardhini vati* in scientific and experimental views.

Keywords: *Arogyavardhini vati*, *Pitta virechana*, Skin disorders.

INTRODUCTION

Arogyavardhini vati is commonly given for liver and skin disorders.

AIMS AND OBJECTIVES

To study the therapeutic uses of *Arogyavardhini vati* from a scientific and experimental point of view.

METHODS

Relevant subject matter is collected from research monographs, journals, contemporary modern literature, sangraha granthas, samhitas, and personal clinical experience in wards and clinics.

Ingredients Of Arogyavardhini Vati

1. *Parada Shuddha* - Purified mercury - 15gm
2. *Gandhaka Shuddha* - Purified sulphur - 15gm
3. *Loha Bhasma* - Caly of Iron - 15gm
4. *Abhraka Bhasma* - Caly of Mica - 15gm
5. *Tamra Bhasma* - Caly of Copper - 15gm
6. *Triphala* - Three myrobalanus(each) - 70gm
7. *Gomutra Shilajatu* - Purified(black) Asphalt - 45gm
8. *Guggulu* - Commiphora mukul - 60gm
9. *Chitraka* - Plumbago zeylanica - 60gm
10. *Katuki* - Picrorhiza kurroo - 270gm
11. *Nimba patra swarasa* - Margosa leaf juice(Sufficient quantity)

Method of Preparation

First, prepare *Kajjali*, mix all the other ingredients and grind with margosa leaf juice. 500mg tablets are prepared.

Actions

1. *Dipana*
2. *Pachana*
3. *Jwarahara*
4. *Kushtaghna*
5. *Krimighna*
6. *Tikta Rasa yukta*
7. *Appetizer*
8. *Digestion*
9. *Virechana*
10. *Bhedana*
11. *Mala Vatanulomana*
12. *Panduhara*
13. *Anti-infection*
14. *Bactericidal*

15. *Anti-bacterial*
16. *Rakta shodhaka*
17. *Aruchi nashaka*
18. *Rasayana*

Clinical Indications

1. *Kamala*
2. *Khumba Kamala*
3. *Viral hepatitis*
4. *Alcoholic liver disease*
5. *Cirrhosis of the liver*
6. *Fatty degeneration of the liver*
7. *Agnimandya*
8. *Vibandha*
9. *Virechaka*
10. *Padadari*
11. *Furunculosis*
12. *Chronic non-healing ulcer*
13. *Purana jwara*
14. *Iron deficiency anaemia*
15. *Scabies*
16. *Psoriasis*
17. *Taenia infection of the skin*
18. *Skin abscess*
19. *Ascites*
20. *Chronic constipation*

Amayika Prayoga

1. *Kamala*- It is given with *Guduchi kashaya*, *Godanti Bhasma*, and *Narikela jala*.
2. *Khumba kamala*- It is given with *Pravala panchamrita Rasa*, *Punarnava mandoora* and *Phalatrikadi Kashaya*.
3. *Viral Hepatitis*- It is given with *Phalatrikadi Kashaya* and *Narikela Jala*.
4. *Alcoholic Liver Disease*- It is given with *Guduchi Kashaya*, *Kharjuradi mantha*, *Pravala panchamrita Rasa*, and *Punarnavadi mandora*.
5. *Liver cirrhosis*- It is treated with *Punarnavadi mandoora*, *Mukta panchamrita Rasa*, and a high-protein diet.
6. *Fatty degeneration of the Liver* - It is given with *Katuki Kwatha* and *Navaka guggulu*.

7. *Agnimandya* - It is given with *Hingwashtaka choorna* and *Dashamoolarishta*.
8. *Vibandha* - It is given to me with *Abhayarishta* and *Triphala* tablets.
9. *Virechaka*- It is given with *Mahatikta Kashaya* and *Gandhaka Rasayana* internally and *Maha marichyadi taila* for external application.
10. *Padadari-Gandhaka Rasayana* tablets and *Gandhakadya malahara* are given to *Padadari* for external application.
11. *Furunculosis*- It is given with *Gandhaka Rasayana* tablets and *Tiktaka Kashaya*.
12. *Chronic Non-Healing Ulcer* - It is given with *Maha manjishtadi Kashaya*, *Triphala guggulu*, *Pravala panchamrita rasa* and *Girisindoora* for external application.
13. *Purana Jwara*- It is given with *Amritarista* and *Tribhuvana Kirti Rasa*.
14. *Iron Deficiency anaemia*- It is given with *Navayasa Loha* and *Lohasava*.
15. *Scabies* - It is given with *Khadirarishta*, *Gandhaka Rasayana* Tablets, and *Gandhakarpura Malahara*.
16. *Psoriasis* - It is given with *Mahamanjishtadi Kashaya* and *Stri Kutaja Taila* application.
17. *Taenia Infection of the Skin* - It is given with *Mahatiktaka Kashaya* and *Chakramarda Taila* application.
18. *Paronychia* - It is given with *Triphala Guggulu* and *Gandhaka Rasayana* Tablets.
19. *Skin Abscess* - It is given with *Vrinapahari Rasa*, *Gandhaka Rasayana* Tablets and *Triphala Guggulu*.
20. *Ascites* - It is given with *Pippali Ksheerapaka*, *Punarnavadi Mandoora* and *Punarnavasava*.
21. *Chronic Constipation* - It is given with *Dantyarishta*.

Adverse Drug Reaction: In case of overdose, there can be diarrhoea due to the action of *Katukarohini*.

Contraindication: In renal disorders like chronic kidney disease and Nephrotic Syndrome patients, *Arogyavardhini vati* is contraindicated.

DISCUSSION

Arogyavardhini vati is a herbomineral formulation that is usually used to manage liver and skin disorders. *Katukarohini* is Hepatoprotector, Hepatic stimulant, *Dipana*, *Pachana* and *Krimighna* in action. Hence, it is helpful in diseases like Cirrhosis of the liver, Viral hepatitis and Alcohol Liver diseases. *Parada*, *Gandhaka*, *Tamra bhasma* and *Guggulu* are *Krimighna*, *Rasayana*, Anti-infection, Antibacterial, and Bactericidal. *Chitraka* is *Dipana*, *Pachana* and *Agnivardhaka* in nature. *Triphala* are *Rasayana*, *Virechana*, *Mala Vatanulomana*, Anti-cancer and Anti toxic in actions. *Loha bhasma* is useful in anaemia. *Abhraka bhasma* is an Immunomodulator, *Rasayana*, *Putihara*, *Jivaniya* and Anti-infection. *Nimba* is *Tikta rasa yukta*, *Aruchi nashaka*, *Rakta shodhaka*, *Krimighna*, and anti-infective, Antibacterial, and Bactericidal in action. Hence, *Arogyavardhini vati* is effective in treating liver and various skin disorders. There are least adverse drug reactions seen after the administration. If *Tamra bhasma* is not prepared ideally, toxic effects like *Vanti*, *Bhranti*, etc., can occur. In patients with Renal disorders like CKD and Nephrotic Syndrome, it should not be given or given with caution.

CONCLUSION

1. *Arogyavardhini vati* is effective in various liver disorders and skin disorders.
2. The least adverse drug reactions were seen after the administration of *Arogyavardhini vati*.
3. In kidney disorders like CKD and Nephrotic Syndrome, it is contraindicated.

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