

सिद्धं सिद्धैः प्रमाणैस्तु WSR TO SARVA ROGA PRASHAMANI

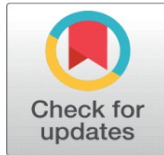
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ABSTRACT

Treating diseases is the important goal of Ayurveda. As a nature-based medicine; Ayurveda clinical practice mostly depends upon herbal or herbo-mineral preparations. Mineral or metals are Achetana and hence need an intermediate process before it applied in human system. Some traditional healers introduce the technique of Sendriya Karitwa. Triturating some herbal extraction, adding medicinal plant part herbomineral formulation become easy acceptable to body. One of the such famous herbomineral is Arogya Vardhini. With its reference to Rasaratna Sammurchaya, a review work was undertaken to propagate good effect of this formulation.

Keywords: Arogya Vardhini Vati, Maha Strotas, Rasa Kalpa, Sarva Roga Prashamani

1. INTRODUCTION

Rasakalpa Arogya Vardhini consist of two words; i.e., 'Arogya' (Good health) and 'Vardhini' (Improver). Formulation, which improves good health, is known as 'Arogya Vardhini'. It has been mentioned in Rasaratna Samucchaya in the context of Kustha (Skin Disorder) which is a disease of 'Rakta Vaha Srotas' and it's Moola Sthana if 'Yakrit and Pleea (Liver and spleen) and in Bhaishyajya Ratnavali in the context of Yakrit Vikara (Liver disorder) since Katuki (*Picrohiza kurroa*) is its main drug which mainly act of liver. Rasaratna Sammurchaya mentioned that Arogya Vardhini Vati as Sarva

Roga Prashamani. Shilajatu is a very important ingredient; to be effective in all possible diseases on earth. Well prepared Arogya Vardgini have a wide range of application, effective in all most all system and Rasayana too. Hence this work was undertaken to understand Arogya Vardhini Rasa with some deep interpretation and evidence. [Antarkar et al. \(1980\)](#)

2. MATERIAL AND METHOD

Table 1

Table 1 Ingredients of Arogya Vardhini Vati		
S. No.	Ingredients	Proportion
1.	Shuddha Parada (Purified mercury)	1
2.	Shuddha Gandhaka (Herbal purified sulphur)	1
3.	Purified and processed Shilajatu	1
4.	Abhraka Bhasma	1
5.	Loha Bhasma	1
6.	Tamra Bhasma	1
7.	Triphala	2 Parts of each
8.	Shilajatu	3parts
9.	Chitra Moola	4parts
10.	Guggulu	4parts
11.	Katuki(<i>Picrohiza Kurroa</i>)	18 Parts
12.	Juice extract of <i>Azadiracta indica</i> leaf	As required

3. PREPERATION OF AROGYAVARDHINI VATI

- Ingredients are collected as per classical guidelines.
- Triphala, Chitraka Moola, Katuki are pounded in Khalwa Yantra individually to attain Choorna form.
- Shuddha Parada and Shuddha Gandhaka are triturated in Khalwa Yantra and Kajjali is prepared.
- Loha Bhasma, Abhrak Bhasma, Tamra Bhasma are added in Kajjali and Mardana is done.
- To these mixture Choorna of Triphala, Chitraka Moola, Katuki is added and Mardana is done till homogeneous mixture is form.
- Then Bhavna (Trituration) of Nimba Patra Swarasa is given for 2days.
- Pills (500mg) are prepared, dried and Stored in air tight container.

4. ANUPANA

It can be prescribed as per the disease condition.

Lukewarm water, Ghee, Punarnavadi Kwatha, Dasha Mula Kwatha, Butter milk, jaggery.

5. DOSHAGHNATA

Tridoshaghna (Vata- Kapha Pradhana)

6. KARMA

Kushtaghna, Deepan, Pachana, Meda Roga Hara, Hridya etc.

7. INDICATION

- All types of Kushta (Skin disease) mainly in Vata and Vata-Kapha Pradhana condition.
- Disease of Yakrit (Liver disorders)- Jaundice, Hepatomegaly, liver cirrhosis etc
- Sarvanga Shopha
- Pandu (Anemia)
- Chronic Ajirna
- Malavarodha
- Mutra Kruchhra- Jirnavastha
- Acute or chronic tonsillitis
- Inflammatory conditions
- Meda Roga- obesity
- Tridoshaja Jwara-Fever
- High blood pressure
- In Swasa Roga which is associated with Malavarodha (constipation) and vitiation of Apanvayu.

Dose: -Adults: - 2-2-2(1tb-125mg)

Children: - 1-1-1 AF (1tb-125mg)

8. PHARMACOLOGICAL ACTION OF AROGYAVARDHINI VATI

Pharmacological actions of a formulation is dependent upon the ingredients; Main drug of Arogya Vardhini Vati is KATUKI (Picrohiza kurroa).

- KATUKI belongs to Bhedaniya, Lekhaniya, Tikta Skanda Gana.
- Guna: - Laghu, Ruksha
- Rasa: - Tikta
- Vipaka: - Katu
- Virya: - Sheeta
- Dosha Karma: - Kapha Pitta Hara
- Karma: -

It acts as Rochaka, Deepana, Pitta Saraka and Rechaka, Krumighna (Deworming), Pramehghna, Stanya Shodhaka, Kushtaghna, Daha Prashamana.

It purifies blood, anti-inflammatory, liquefies Kapha, stimulates liver, it decreases heart rate and increase strength of heart. [Kokate et al. \(2019\)](#)

In less quantity it dose nourishment of the body and if it given in large quantity it dose Lekhana (scrapping) effect. [Kumar et al. \(2012\)](#)

- Katuka mainly acts on liver, and help in proper formation of enzymes (Pachaka Pitta and Ranjak Pitta) which is mainly act in digestion and pigmentation of blood respectively and Yakrit is considered as Moola Sthana of Rakta Vaha Srotas. Hence Arogya Vardhini Vati shows very good results in Kamala(jaundice), Kushta Roga (skin disorders).
- Katuki belongs to Bhedaniya Gaan according to Charaka Samhita. It can be use in Malavarodha. It does Bhedana of hard stools and also Rechaka.
- Similarly it can be used in Pittashmari (Bile stones), Mutrashmari (Kidney stones).
- In liver cirrhosis (Accumulation of fluid takes place)-It work as Lekhana Karma as well as Rechan of accumulated Doshas.
- Sotha in Hridaya-Shothaghna and Hridya.
- As Ashrayayashrayi Bhava, it purifies Rakta.
- Anemia- since Arogya Vardhini Vati contains Loha Bhasma, Nimba Patra Swarasa as a Bhavana Dravya, Tamra Bhasma which acts on Rakta and Rakta Vaha Srotas.
- In any inflammatory conditions –As Pitta Rechaka. Hence useful in spleen diseases, liver issues, intestinal health problem etc.
- Pitta is antagonistic to cholesterol; hence it is also useful in different metabolic disorder Dhamani Pratichhaya, Srotas Avarodha etc.

9. ANALYSIS OF ACTION

In Ayurveda it is mentioned that for maintaining the health of the body one should maintain the three Doshas i.e., Vata, Pitta and Kapha since Tridosha has capacity to vitiate them and vitiate other components of the body. These ingredients help to maintain Tridoshas of the body. It is said that all the disease take birth in guts and then it affects other organs of the body. Arogya Vardhini Vati contains drugs like Haritaki, Bibhitaki and Katuki which are Rechaka; hence works in digestive disorders. Shuddha Shilajatu has powerful antioxidant properties, delays the process of aging and useful in multi systemic disorders. Guggulu (Comiphora mukul) is effective in removing unwanted fats and balances the cholesterol levels. Chitraka (Plumbago zeylanica) is like fire stimulate digestive system and relieves indigestion, loss of appetite, and Various liver disorders. [Kumar et al. \(2013\)](#), [Kumar & Singh \(2013\)](#), [Sen \(2012\)](#), [Sharma \(2005\)](#), [Shastri \(1994\)](#), [Shetty et al. \(2010\)](#), [Tripathi \(2013\)](#)

10. CONCLUSION

From above discussion it can be concluded that Arogya Vardhini Vati promotes digestion, cleans Margavarodha, diffuses abnormal Kapha-Meda. It does not have any significant toxic effect on vital organ like liver, kidney or intestine too. At a glance this formulation has a unanimous effect on multiple varieties of body tissue. There is mere chance of getting deposited or Srotas get obstructed with the application of this medicine. Tamra Bhasma for good secretion of digestive juices, enzymes from organs and Chitraka for Agni Vardhana (Appetizer); hence something good for digestion/metabolism is good for maintaining physiology.

CONFLICT OF INTERESTS

None.

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