



Review article

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ABSTRACT

Ayurveda is the science of life which deals with maintenance of health of healthy persons and cure of diseased human being. Rasashastra is the pharmaceutical branch of Ayurveda which explain about herbo-mineral-metallic compounds. In general Ayurvedic drugs categorize into two groups i.e *Kashthoushadhies* (herbal preparation) and *Rasaoushadhies* (herbo-mineral-metallic preparation). *Rasaoushadhies* having qualities like quicker in action, require in lesser dose, tastelessness, prolonged self life and better palatability. *Rasaoushadhies* are categorized into four types i.e. *kharaliya*, *Parpati*, *Kupipakva* and *Pottali rasayana*. Literally *Khalva* means a stone for grinding drug and *Rasayana* means a medicine which prevent old age and prolong life of mankind. So *kharaliya Rasayanas* are the medicine prepared by mortar and pestle which acts as nectar by preventing old age and prolonging life and cures the diseases of human.

Arogyavardhini vati is such *Kharaliya Rasayan* (herbo-mineral-metallic preparation) widely used by Ayurvedic physician to cure variety of diseases due to their broad spectrum therapeutic indication. This review study aimed to compile all the available literature with their pharmacological actions and properties of the drug.

Key words : *Kharaliya rasakalpa*, *Rasaoushadhi*, *Sarvarogaprashamani*, *Kushta*, Herbo-metallic preparation

INTRODUCTION:

Ayurveda is ever growing eternal health science. Rasashastra is the science of herbo-mineral-metallic compounds which mentioned numerous formulations, in thus formulation all *rasaoushadhies* can be allocated into one side, in which *Kharaliya rasayanas* one among them. *Kharaliya rasayanas* are unique mercurial preparations where in most of the preparations contain the mercury and sulphur in combination called as Black sulphide of Mercury (*Kajjali*) Other constituents are added after proper purification and incineration procedure and also by trituration with the fresh juices of different indigenous plants where by preparation becomes more potent. Due to trituration process in

Kharaliya rasayanas different types of medicine are binds in single molecular form that's why the dose requirement is minimum and more efficient in their action. *Arogyavardhini vati* is one such *rasaoushadhi* which is mentioned in *Rasaratnasammuchaya* in the context of *Kushta rogaadhikar* (skin disease). It contains *Shuddha Parad*, *Shuddha Gandhak*, *Loha bhasma*, *Abhraka bhasma*, *Tamra bhasma*, *Triphala*, *Shilajatu*, *Guggulu*, *Chitramool* , *katuki* and Juice extract of *Nimba* leaf. The empirical aim of this article is to review the pharmacological properties and to discuss the probable mode of action of *Arogyavardhini vati*. The word 'arogya' means good health whereas

vardhini stands for improver. It means a formulation which improves or maintain good health . *Rasaratnasamucchaya* mentioned that *Arogyavardhini vati* as “*Sarvarogaprashamani*”. This traditional medicine of Ayurveda is using for centuries. It is used in *Kushta*, in all types of *Jwar*, *Shotha*, *hridayroga*, *medoroga* and having properties like *pachan*, *dipan*,

pathyakar, *malashudhdikar*, *kshudhpravartan*^[2].

Need of this review study aimed to compile all the available literature with their pharmacological actions and properties of the drug. In the literary resources all the related information available in text and internet has been collected.

INGREDIENTS OF AROGYAVARDHINI VATI^[1].

Table 1 : Ingredients of Arogyavardhini vati with their quantity :

Sr. No.	Ingredients	Botanical Name	Quantity
1	<i>Shuddha Parada</i>	- Pure Mercury	1 part
2	<i>Shuddha Gandhaka</i>	- Pure Sulphur	1 part
3	<i>Loha Bhasma</i>	- Calx of Iron	1 part
4	<i>Abhraka Bhasma</i>	- Calx of Biotite	1 part
5	<i>Tamra Bhasma</i>	- Calx of Copper	1 part
6	<i>Triphala</i> a. <i>Haritaki</i> b. <i>Bibhitaki</i> c. <i>Amalaki</i>	a. <i>Terminalia chebula</i> Retz. b. <i>Terminalia bellirica</i> Roxb. c. <i>Emblica officinalis</i> Gaertn.	2 part
7	<i>Shilajatu</i>	Asphaltum	3 part
8	<i>Guggulu</i>	<i>Commiphora mukul</i> Hook ex stocks	4 part
9	<i>Chitramool</i>	<i>Plumbago zeylanica</i> Linn.	4 part
10	<i>Tikta (Kutaki)</i>	<i>Picrorhiza kurroa</i> Royle ex Benth.	Equal of above
11	Juice extract of <i>Nimba</i> leaf - <i>Neem</i>	<i>Azadirachta indica</i> A. Juss	as per need for making pill

METHODOLOGY: Firstly made a *kajjali* with *Shuddha Parada* and *Shuddha Gandhaka* , then add fine powder of *Loha*, *Abhraka* and *Tamra bhasma* in *kajjali* and triturate them well until they mix properly. Then add *Triphala*, *Chitramool*, *Tikta* powder and *Shilajatu* and *Guggulu* mix properly until formation of uniform mixture. Lastly add Juice extract of *Neem* leaves in above mixture grounded for two days until they convert into paste form. Pills are prepared as equal size of *Rajkola* (variety of Indian jujube fruit). As per Acharya Hariprasad Sharma prepared size will be like *Kshudrakola*. It is black in colour and bitter in taste. Normal dose has

mentioned by the scholar is 500mg – 1gm per day.

INDICATION: According to *Rasaratnasamucchaya* and *Bharatbhaishajyaratnakar* the formulation *Arogyavardhini vati* possess the pharmacological properties like – *Kushthaghna* (can cure all types of skin ailments) - which is indicated for 1 *mandal* (42 days), *Tridoshajwar nashaka* and all types of *chwara* (fever arising due to *tridoshaj*) – indicated after five days means on 6th day of fever onset. This formulation also having properties like – *pachan* (digestive), *dipan* (appetizer), *pathya* (wholesome for channel), *hridya* (cardio protective), *medovinashini* (can cure the diseases aris-

ing due to hyperlipidemia), *malashuddhikari* (cleaning of waste from body), *kshutapravartini* (appetizer), *Sarvarogaprashamini* (can cure all types of diseases from body) [2,3,4,5].

ANUPANA (ADUVANT)

The formulation *Arogyavardhini vati* can be prescribed with various types of *anupana* as per the disease condition and the patients *prakriti* like as: Sugarcane juice, Ghee, Cow milk, Honey mixed with water, Curd, Butter milk, *Manjishthadi kwath*, *Mahatiktak ghrita* [3,4].

SIDE EFFECTS

Arogyavardhini vati contains various minerals and heavy metals like Mercury, Copper as ingredients. If such ingredients are not purified (*Shodhana*) properly and incinerate (*Marana*) properly, sometimes it may prove hazardous for self medication. Over – dosage of this formulation may cause severe toxic effects to the body. This formulation should be avoided in pregnant, lactating women and children. No reports are available regarding the adverse effect of *Arogyavardhini vati* so far.

DISCUSSION

The ingredients of *Arogyavardhini vati* like *Tamra bhasma*, *Triphala*, *Guggulu*, *Chitramool* having *Dipana*, *Pachana* properties which corrects the functions of *Agni* and removes *Ama* (intermediate product of digestion and metabolism), *Triphala*, *Shilajatu*, *Tikta* reduces *Kleda* (fluidity) and *Meda*. *Guggulu* destroy the *Avarana of Vata* and clears the channels or path of lipid transportation. *Kajjali*, *Neem juice* is *Krimighna* (anthelmintic). *Kajjali*, *Lohabhasma*, *Tamrabhasma*, *Abhrakabhasma* and *Shilajatu* is a *Rasayana* in nature (immunomodulator properties, antioxidants). *Triphala*, *Tikta* having *Malavarodhak* properties (laxative). *Lohabhasma*, *Tamrabhasma*, *Shilajatu*, *Abhrakabhasma* having haematinic properties. *Tamrabhasma*, *Tikta*, *Chittrak* having antihepatotoxic properties. *Neem juice*, *Chitramool* is a *Kushthaghna* [4,5]. The components of *Arogyavardhini vati*, *Tamrabhasma* and

Guggulu are having *Lekhana*, *Pachana*, fat metabolism (*Medodoshahara*) properties and hence due to their effect on fat metabolism and lipolysis becomes increased which results in burning of fat from the abdomen and waist region. *Tamrabhasma* and *Guggulu* reduce waist circumference. *Tamrabhasma* helps in carbohydrate metabolism by stimulating insulin binding, hexose transport and lipogenesis [6]. *Katuki* increases the insulin mediated translocation of glucose transporter type 4 from the cytosol to the plasma membrane which results in better glucose uptake by skeletal muscles and improves glycemic control. *Triphala* corrects fasting blood sugar level. *Shilajatu* reduces uptake of sugar and lipid from gut [6]. Fulvic acid helps in the transportation of nutrients into deep tissues and removes deep seated toxins from the body. It reduces the degradation of muscles and bones, also has the ability to improve physical and mental stress. *Shilajit* helps in the absorption of iron into the body. *Shilajit* eliminates the extra fluid from the lungs as well as body. *Shilajit* acts as an immunobooster by improving the immunity of the body [7]. *Tamrabhasma* lowers serum triglycerides level and improve fat metabolism. *Guggulu* and *Triphala* having hypolipidemic activity by which serum cholesterol and triglycerides levels should be maintain to normal. Guggulsterone present in *Guggulu* having hypolipidemic, antioxidant and anti-inflammatory activities which provide cardiovascular benefits through various mechanisms. Guggulsterone also help in cholesterol metabolism into bile acids and thus reduces lipid levels [8]. In the treatment of acute viral hepatitis *Arogyavardhini* shows significant hepatoprotective effects [9]. In a case study by Ashok Kumar Panda et al shows that there was a significant reduction of BMI in two treated cases. The body weight reduction and fat reduction of liver was noted in both the cases. This regimen lowers visceral fat accumulation and adipocyte size and *Katuki* has the power to

reduce lipid content of liver^[10]. In most of the animal studies found that *Katuki* have a hepatoprotective, nephroprotective and hypolipidemic activity^[11]. In most of in-vitro and in-vivo studies on *Neem* had showed hepatoprotective, antibacterial, antioxidant, antiviral and antifungal activity^[12]. A study on *Abhraka bhasma* treated diabetic rats had showed that reduction in blood glucose level, total cholesterol and triglycerides levels^[13].

Arogyavardhini vati has a good combination of drugs as a ingredients, it can be use in infective hepatitis, anaemia, all types of skin ailments, long standing constipation, chronic fever, general weakness. It can be acts as a hypolipidemic, antipyretic, digestive, antimicrobial, blood purifier, haematinic

CONCLUSION

As name *Arogyavardhini* itself suggest improver of good health. Most of constituents of this formulations having hepatoprotective, hypolipidemic, antibacterial, antioxidant, haematinic, anthelmintic activity. It maintains healthy digestive system and liver function. It improve digestion power and balances all three *doshas*. It does the *shodhana* of *mamsa* and *medha dhatu*. It acts as a *raktaprasadak*, *kledanashak* and reduces the excess amount of *sweda* and *mutra*. It is laxative. *Arogyavardhini vati* is a *sarvorogaprashamini* means cure all types of diseases from the body.

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