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Literary Review of *Aarogyavardhini vati* and its effect on *Kitibha Kushtha*

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Abstract:

Background- *Ayurveda* is the ancient branch of science which deals with various diseases and their *chikitsa*. Beautiful skin reflects individual's fitness and confidence. Skin is the largest sense organ. In present era everyone is having full of stress and strain due to cut throat competitive lifestyle. The lifestyle changes have resulted huge increase in skin diseases. In *Ayurveda* skin disorders are given under the heading '*Kushtha*'. It is the disease of the '*Raktavaha Strotas Dushthi*'. There are so many *Ayurvedic* formulations for treatment of skin diseases among them *Aarogyavardhini vati* is widely used. Meaning of *Aarogyavardhini vati* is '*Aarogy*' which means good health and '*vardhini*' which means improving property. It means is the formulation which has property to increase good health. *Aarogyavardhini vati* is effective in various types *Kushthas* especially in *Kitibha Kushtha*. '*Shyava kinkhara sparsha parusham kitibham smrutam*.

Objectives:

- To study review literature of *Aarogyavardhini vati* through *Ayurvedic* texts.
- To study the effect of *Aarogyavardhini vati* in *Kitibha Kushtha*.

Material and Methods- All information has been collected from various *Ayurvedic Samhitas* and through research articles, journals.

Result and conclusion- *Aarogyavardhini vati* is very effective drug for the treatment of *Kitibha Kushtha*.

INTRODUCTION-

Ayurveda is the ancient branch of science treasured with bookie of knowledge. In today's fast running world, there is drastic increase in the diseases due to *mithya aahar, mithya vihar, ratri jagaran, diwaswap* or not following the regimen according to *Dinacharya, ratricharya or rutucharya* mentioned in our *Samhitas*. Skin is the largest sense organ of the body which reflects ones healthy and sound mind. In present era there is drastic increase in the skin problems because anyone is facing stress and strain due to competitive lifestyle. All the *Acharyas* have given the skin diseases under the heading '*Kushtha*'. There are 7 types of *Mahakushthas* and 11 types of *Kshudrakushthas*. *Kitibha Kushtha* comes under *Kshudrakushthas*. *Kushtha* is the disease of '*Raktavaha Strotas Dushti*'. *Acharya Sushrut* says that it comes under '*Aupsargik rogas*'. The main *prayojan* of *Ayurveda* is-

“*Swasthasya swasthya rakshanam |*

Aaturasya vicar prashamanam ch ||”

(*Ch. Su. 30/26*)

There are so many classical formulations told by *Acharyas* which are very useful to cure the diseases. The classical medicines are herbal or mineral based in origin. Most of the drugs are multdrug formulations among them *Aarogyavardhini vati* is most important in curing the skin disorders specially in *Kitibha Kushtha*. The meaning of *Aarogyavardhini Vati* is the formulation which increases our good health.

AIM AND OBJECTIVES-

- To study review literature of *Aarogyavardhini vati* through *Ayurvedic* texts.
- To study the effect of *Aarogyavardhini vati* in *Kitibha Kushtha*.

MATERIAL AND METHODS-

Kushtha Nirukti-

‘*Kushnati iti Kushtham.*’ *Ma.Ni./ Kushtha/1*

Kitibha Kushtha Definition-

1) ‘*Shyavam kinkhara sparsham parusham Kitibham smrutam.*’ *Cha. Chi. 7/12*

- *Shyavam-* blackish brown discoloration of skin.
- *Kinakhara sparsha-* affected skin will be rough to touch.
- *Parusha-* hard to touch.

2) ‘*Yat stravi vruttam ghanamugrakandu tat snigdha krushnam kitibham vadanti.*’ *Su. Ni 5/14*

Samprapti-

‘*Vatadayostrayo dushtha twak rakta mamsam ambu ch |*

Dushayanti sa kushthanam saptako dravya sangraha ||’

Cha.Chi 7/9, 10

Increase in all the three *doshas* causes derangement in *twaka, rakta, mamsa* and *ambu*.

- *Kitibha Kushtha* can be correlated with Psoriasis in modern aspect. Psoriasis is characterized by scaly papules and places. It is the autoimmune disorder of skin in which proliferation of skin occurs. It

is characterized by dry skin, raised and rough area of skin covered by fine silvery scales.

Types of Psoriasis-

Guttate Psoriasis, Chronic plaque Psoriasis, Palmoplantar Psoriasis, Flexural Psoriasis, Nail Psoriasis, Postural Psoriasis.

Based on onset there are 2 types of Psoriasis-

- 1) Type 1 – Early onset- before the age of 40 yrs.
- 2) Type 2 – Late onset- after the age of 40 yrs.

AROgyAVARDHINI VATI

This drug is mentioned in the *Rasaratna samucchaya* told by Acharya Nagarjuna regarding the context of *Kushtha*.

“*Rasagandhak lohabhra shulbabhasma samanshakam /*

Triphala dwiguna prokta trigunam ch shilajatu //

Chaturgunam puram shudham chitramoolam cha tat samam /

Tikta sarvasama geya sarvam sanchurnya yatnatah //

Nimbavrukshadalambhobhi abhimardayet dwidinavadhi /

Tatashach vatika karya rajkolphalopama//

Mandalam sevita sesha hanti kushthani sheshataha |”

(*Rasaratnasamucchya - Kushtha*)

Ingredients of Aarogyavardhini Vati- Ayurline

Name of Ingredient	Botanical Name	Matra
1. Shuddha Parad		1 part
2. Shuddha Gandhaka		1 part
3. Shuddha Loha Bhasma		1 part
4. Shuddha Abhraka Bhasma(Mica)		1 part
5. Shuddha Tamra Bhasma		1 part
6. Triphala – Harataki Bibhitaki Amalaki	<i>Terminalia Chebula</i> <i>Terminalia Belerica</i> <i>Embllica Officinalis</i>	2 part
7. Shuddha Shilajatu		3 part
8. Shuddha Guggul	<i>Comiphora Mukul</i>	4 part
9. Chitrakmool	<i>Plumbago Zeylanica</i>	4 part
10. Tikta-Katuki	<i>Picrorhiza Krura</i>	Equal to above
11. Nimbapatra juice	<i>Azadirecta Indica</i>	As per need

Matra: - Rajkolaphalopama – 1-1.5 masha.

Anupan:- Madhu, Ushnodak.

According to *Rasaratna samucchaya* Aarogyavardhini vati possesses several pharmacological actions i.e. *Kushthaghna, Dipan,*

Pachan, Medonashak, Hrudya, Sarvaroga prashamani, etc.

Imbalance of *Vata, Pitta* and *Kapha* is main cause of any disease forming. *Aarogyavardhini vati* balances these *doshas* in their normal limits, so it is the main part in *Sampraptibhanga* which is very important for any kind of *chikitsa*. *Aarogyavardhini vati* mainly works on the organ '*Grahani*' which maintains the normal level of *Vata dosha* and also removes the toxins from body. It increases *agni* so improves the function of *Pitta dosha*. In skin *Bhrajak Pitta* is there so it is very useful to maintain the normal and healthy texture of skin. *Aarogyavardhini vati* is *Rasakalpa*. It cures skin diseases due to its purifying property. It removes dangerous toxins from body which is very effective for glorious skin.

Shuddha Parad increases the immunity of person. *Shuddha Gandhaka* is very useful in various skin diseases. *Shuddha Shilajatu* has antioxidant property; *Amalaki* has antioxidant and astringent property which is very useful for healthy skin. *Nimbapatra* is also one of the best drugs which cure all types of skin diseases. *Abhrika Bhasma* is useful in treating various skin diseases and liver diseases. *Loha Bhasma, Tikta-Katuki, Guggul* are some important components in this drug which improves the liver functioning.

Discussion:-

Kitibha Kushtha is a chronic disease which impact on physical as well as mental wellbeing of patient. So it is very important to treat these kinds of diseases tactfully. Ayurveda offers comprehensive, safe and effective approaches to manage various diseases one of them is *Kitibha Kushtha*. *Aarogyavardhini vati* is the best

formulation told by *Acharyas* specifically on *Kushthas*. This drug has the maximum drugs which are useful in skin diseases. It also contents the drugs which improve the liver and *Grahani* functioning that is very important to remove the toxins from body. So there is proper functioning of *Rasadhatwagni* and *Raktadhatwagni* which is very important factor to cure the disease because *Kitibha Kushtha* is the disease of '*Raktavaha Strotas Dushti*'.

Conclusion:-

The review literature of *Kushtha* shows that *Aarogyavardhini vati* balances the *Vata, Pitta* and *Kapha* which is very important in *sampraptibhanga* in *Kitibha Kushtha*. It is very clear that contents in the *Aarogyavardhini vati* are best to treat the skin diseases. So, *Aarogyavardhini vati* is very important formulation in the management of *Kitibha Kushtha*.

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