

# Role of Aarogyavardhini Vati in Medoroga

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## ABSTRACT

In Ayurveda explained that Rasoushadhi are more effective with low dose & having palatable & which gives the immediate effect. For example Aarogyavardhini vati, shilajatwadi vati etc. Which having the medohar property. The Aarogyavardhini vati is one of kharaliya rasoushadhi & Herbo-Mineral compound formulation so which having medoher property.

Acharya charaka has mentioned that Sthoulya (Medoroga) is one among ashttanindaniya vyadhi and chikitsa sutra of Medoroga is Lekhana karma. More over ingredient of Aarogya vardhini vati is having Lekhana property. Obesity is metabolic disorder W.H.O considered obesity is Global Epidemic & Public Health Problems.

**KEYWORDS:** Aarogyavardhini vati, Medoroga, Obesity

## INTRODUCTION

In Rasashastra explained that Rasoushadhi are more effective with low dose & having palatable & which gives immediate effect. For ex – Aarogyavardhini Vati Shilajatwadi Vati, Navaka Guggulu etc which having the medoher property.

The Aarogya means good health & vardhini means improve is known as Aarogyavardhini. The Aarogyavardhini vati is one of the Herbo Mineral compound Formulation & it is indicated in the diseases like kushta, jwara, medoroga etc. The Aarogya vardini vati having the lekhan karma & ushna virya & it act as mridu virechaka by which dooshita pitta & dooshita meda get evacuated.

Acharya Charaka has mentioned sthoulya is one of the Astanindaniya vyadhi. the chikitsa sutra of medoroga is Lekhana karma is mentioned in samhita so ingredients of Aarogyavardhini vati having Lekhana karma property.

## MATERIALS & METHODS:

**BHAISHAJYA** **RATNAVALI**  
**KUSHTAROGADHIKARA 54/111-117**

### Ingredients

Shudha parada- 1part  
Shudha Gandhaka - 1part

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Loha Bhasma -	1part
Abhraka Bhasma -	1part
Tamra Bhasma -	1part
Triphala Choorna-	2part
Sho. Shilajatu -	3part
Sho. Guggulu -	4part
Chitrakmula choorna -	4part
Tikta choorna -	18parts
Bhavana Dravya -	Q.S

## METHOD OF PREPERATION.

- Take shuddha parada and shuddha gandhaka in clean khalvayantra
- Next prepare the Kajjali
- Add all ingredients to it except shodhita guggulu and shodhita shilajatu
- Next Trituration is done to obtain homogenous mixture
- Next Shodhita guggulu and shodhita shilajatu taken in stainless steel vessel
- Add required quantity of water and melt it.
- Next stired to homogenous mixture
- Give bhavana mixture with nimba patra swarasa for 2 days
- And prepare the rajakola pramana vati.

### Properties of Aarogya vardini vati

Rasa: Tikta rasa  
Dosage: 1 pill is administered twice daily  
Anupan: Madhu, Ushnodaka.  
Karma: Lehana, Rechana  
Aamayika Prayog: Medoroga, kushta, jwara etc.

### DISCUSSION

1. Guggulu having the katu rasa, ruksha guna, usna virya katu vipaka, lekhana karma
2. Shilajatu having the kashaya rasa, laghu guna, ushna virya, katu vipaka, lekhana karma.
3. Triphala choorna having kashaya rasa ruksha guna, ushna virya, katu vipaka, karshana karma
4. Chitrakamoola choorna having katu rasa, laghu guna, usna virya, katu vipaka & having aama pachana karma.
5. Tikta choorna having tikta rasa, ruksha guna, ushna virya, katu vipaka & virechana karma.

6. Due to its pachana karma it does medovilayana.

### CONCLUSION

The ingredients of Aarogyavardini vati having the medohar property because it melts the meda due to its usna virya, ruksha guna, katu & tikta vipaka, pachan karma, lekhana karma. Virechan karma of Aarogyavardhini does the medohar karma.

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