



Review Article

THE EFFICACY OF AROGYAVARDINI VATI IN MANAGING SIDHMA KUSHTA WITH SPECIAL REFERENCE TO PLAQUE PSORIASIS: A COMPREHENSIVE REVIEW

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ABSTRACT

Psoriasis is a chronic, relapsing inflammatory skin disorder affecting nearly 2% of the global population, of which plaque psoriasis is the most common form. Based on similarities in causative factors, pathogenesis, and clinical features, plaque psoriasis can be crosslinked with *Sidhma Kushta*, which is a *Vata-Kapha Pradhana Kushta*. The management of this condition is challenging due to its recurrent nature and the presence of comorbidities. Ayurveda offers several therapeutic formulations for the management of chronic skin disorders, among which *Arogyavardini Vati*, is a classical herbo-mineral preparation. It described in *Rasaratna Samuchaya* as *Sarva Rogaprasamani*, has been widely used by Ayurvedic practitioners. However, comprehensive scientific reviews evaluating its mode of action in *Sidhma Kushta* are limited.

The present study critically reviews classical Ayurvedic literature along with contemporary scientific evidence to understand the therapeutic potential of *Arogyavardini Vati* in *Sidhma Kushta*, with special reference to plaque psoriasis. The formulation is predominantly *Tikta, Katu*, and *Kashaya rasa* along with *Laghu-Ruksha Guna*, which contribute to *Agni Deepana, Tridosha Shamana, Kleda Shoshana*, and *Rakta Shodhana*. Major ingredients exhibit anti-inflammatory, immunomodulatory, antioxidant, and keratinocyte-regulating actions through mechanisms including inhibition of the NF- κ B pathway and modulation of pro-inflammatory cytokines.

The review indicates that *Arogyavardini Vati* effectively addresses the underlying *Samprapti* of *Sidhma Kushta* and shows promising potential in the management of plaque psoriasis. Nevertheless, well-designed clinical trials are required to substantiate these findings and support wider clinical acceptance.

INTRODUCTION

Psoriasis is a skin disease affecting more than 60 million people worldwide i.e.; 2% of world population and among them plaque psoriasis is most common^[1]. Plaque psoriasis can be compared to *Sidhma Kushta* in Ayurveda based on its signs and symptoms. *Sidhma Kushta* is a type of *Vata-Kapha Pradhana Kushta*. It resembles the *Alabupushpa*. It is located in *Urah Pradesha* mostly due to its *Kapha* predominance^[2].

Treatment of these skin disorders can be challenging due to its relapsing nature. In Ayurveda there are several preparations mentioned which are both curative and preventive. One such preparation is *Arogyavardini Vati*. *Arogyavardini vati* is a Herbo-mineral preparation used by Ayurvedic physicians since centuries in treating *skin disorders*. It is mentioned in *Rasa Ratna Samuchaya* in context of *Kushta* and described as *Sarva Rogaprasamani*^[3]. This preparation can prevent most of the comorbidities related to psoriasis. But there are only limited comprehensive reviews summarizing on *Arogyavardini Vati*'s effectiveness for skin disorders.

Hence the literary study has undertaken to bring out the possible pharmacokinetics of *Arogyavardini Vati* on *Sidhma Kushta*.

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Aims

1. A literary review on *Arogyavardini Vati* and analyze its effect on *Sidhma Kushta*

Materials and methods

A critical analysis is conducted on Ayurvedic classics alongside modern textbooks, as well as scholarly articles.

Literary review

In Ayurveda the term '*Kushta*' represents to a wide variety of skin disorders. It is manifested by involvement of *Sapthadravya -Tridosha, Twak, Raktha, Mamsa* and *Lasika*. Depending on the *Amsa-amsa*

Vikalpa (different qualities of *Dosha* involved) and the combination of various factors involved, there will be variations in the site, signs and symptoms thus different classifications of *Kushta* come to exist.

Sidhma Kushta is a type of *Vata-Kapha Paradhana Kushta*. And it shows a very close resemblance to the plaque psoriasis in its pathogenesis and symptomatology. This will be elaborated in the discussion part.

Review on *Arogyavardini Vati*^[3]

The detailed contents of *Arogyavardini vati* and its measurements are given in Table.no.1

Table 1: Ingredients of *Arogyavardini Vati*

S.no	Drug	Botanical name / English name	Quantity
1.	<i>Suddha Parada</i>	Purified mercury	1 part
2.	<i>Suddha Gandaka</i>	Purified Sulphur	1 part
3.	<i>Lauha Bhasma</i>	Calcined iron	1 part
4.	<i>Abhraka Bhasma</i>	Processed mica	1 part
5.	<i>Tamra Bhasma</i>	Calcined copper	1part
6.	<i>Triphala</i>		2 parts
a.	• <i>Haritaki</i>	<i>Terminalia chebula</i> Retz.	
b.	• <i>Vibhitaki</i>	<i>Terminalia bellirica</i> Roxb.T.	
c.	• <i>Amlaki</i>	<i>Emblica officinalis</i> Gaertn.	
7.	<i>Suddha Shilajathu</i>		3 parts
8.	<i>Suddha Guggulu</i>	<i>Commiphora mukul</i> Hook.	4 parts
9.	<i>Chitraka Moola</i>	<i>Plumbago zeylanica</i> Linn.	4 parts
10.	<i>Katuki</i>	<i>Picrorhiza kurroa</i> Royle ex Benth.	22 parts
11.	<i>Nimba swarasa</i>	<i>Azadirachta indica</i> A. Juss	Q.S

Rasa Panchaka of ingredients^[4,5]

The *Rasa panchaka* of individual drugs of *Arogyavardini Vati* is give in Table.no.2

Table 2: The *Rasa Panchaka* of individual drugs of *Arogyavardini Vati*

S.no	Drug	Rasa	Guna	Veerya	Vipaka	Dosa Karma
1	<i>Suddha Parada</i>	<i>Shat Rasa</i>	<i>Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosha Samaka</i>
2	<i>Suddha Gandaka</i>	<i>Madhura</i>	<i>Sara</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosha Shamaka</i>
3	<i>Lauha Bhasma</i>	<i>Tikta, Kashaya, Madhura</i>	<i>Sara, Guru, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Pitta Hara</i>
4	<i>Abhraka Bhasma</i>	<i>Kashaya, Madhura</i>	<i>Snigdha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha Hara</i>
5	<i>Tamra Bhasma</i>	<i>Kashaya, Madhura, Tikta</i>	<i>Mridu, Snigdha,</i>	<i>Ushna</i>	<i>Amla</i>	<i>Tridosahara</i>
6	<i>Triphala</i>					
	<i>Haritaki</i>	<i>Lavana Varjitha Pancha Rasa</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosha Samaka</i>
	<i>Vibhitaki</i>	<i>Kashaya</i>	<i>Ruksha, Laghu</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kapha Pitta Hara</i>
	<i>Amlaki</i>	<i>Lavana Varjitha Pancha Rasa</i>	<i>Ruksha Sheet</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridosha Shamaka</i>
7	<i>Suddha Shilajathu</i>	<i>Katu Tikta</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosha Shamaka</i>

8	<i>Suddha Guggulu</i>	<i>Tikta, Katu, Kashaya</i>	<i>Laghu, Ruksha, Theekshna, Sukshma, Vishada</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata Kapha Hara</i>
9	<i>Chitraka Moola</i>	<i>Katu</i>	<i>Laghu, Ruksha, Theekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Vata Hara</i>
10	<i>Katuki</i>	<i>Tikta</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha Pitta Hara</i>
11	<i>Nimba</i>	<i>Tikta Kashaya</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha Vata Hara</i>

Method of preparation^[6]

Shudha Parada and *Shudha Gandaka* are made into *Kajjali* by mixing thoroughly in *Khalwa Yantra*. *Bhasmas* were added in to *Khalwa* and mixed properly. Remaining drugs are finely powdered are added and mixed thoroughly. *Nimba Patra Swarasa* will be added till the mixture get immersed completely. Trituration is carried out till mixture get into semisolid form and dried. Same procedure was followed for second *bhavana* and pills of 250mg each are made. The pills will be dried and stored in glass bottle.

DISCUSSION

a) Cross linking *Sidhma* as plaque psoriasis

Relationship between *Sidhma* and plaque psoriasis in terms of etiology^[7]

Sidhma Kushta shares strikingly similar etiological factors with modern understandings of plaque psoriasis. the *Nidana* like *Virudha Ahara Sevana* are the most explained in *Samhita*. It includes, *Avastha Virudha* like cold water exposure soon after any exhaustion or emotional outbursts, *Krama Virudha* like intake of excessive heavy food during indigestion. Intake of *Veerya Virudha* and *Samyoga Virudha* like combining milk and fish, milk or jaggery products with some grains and pulses. These *Nidanas* cause *Tridosha Prokopa*. Other *Nidanas* like intake of *Guru Abhisandhi Ahara Sevana* causes *Agnimandya* and *Ama Utpatti*. In modern medical science the etiology is not well understood. The genetic predisposition of HLA association are identified^[8]

Table 3: Relationship between *Sidhma* and plaque psoriasis in terms of pathophysiology^[9-12]

Ayurvedic pathophysiology	Modern pathophysiology
<i>Nidana Sevana</i> like <i>Guru, Abhisandhi, Virudha, Vidahi Ahara, Purvajanma papakrit</i>	Genetic predisposition or acquired gut dysbiosis caused by continues intake of fiber less high protein, fat and sugar intake.
Causes <i>Jataragni Manya</i>	Impaired metabolism in gut. Gram negative bacteria grows better than Gram positive bacteria because of high fat and bile secretions (sour food).
<i>Ama Visa Utpatti & Kleda Utpathi</i>	Gram negative bacteria produce LPS (Lipopolysaccharide) more than lethal. Formation of endotoxins, oxidative metabolites
<i>Ama</i> moves along with <i>Rasa Dhatu</i> and affects <i>Uttarottara Dhatu Poshana</i>	Increased intestinal permeability helps the metabolites circulate in body through blood
<i>Tridosha prakopa</i> (<i>Vata Kapha Pradhana</i> with <i>Pitta Anubandha</i>)	Activation of innate immunity by LPS as it gets identified by the Toll Like Receptor 4, it activates the NF-κB pathway.
<i>Rakta, Twak, Mamsa Dushti</i> with more of <i>Kleda</i> accumulation	NF-κB pathway activates the cytokine mediated inflammations and immune cells are formed in blood. Activated t-cells and cytokine reaches the skin. Th17-dominant immune response with TNF-α, IL-23, IL-17 involvement. Due to this Keratinocyte hyperproliferation and altered differentiation happens
Relapsing factor	
<i>Manasika Nidana</i> or <i>Tridosha Prakopaka Nidana</i>	Immune memory T-cells causing relapsing disease

Table 4: Relationship between *Sidhma* and plaque psoriasis in terms of symptomatology ^[13]

<i>Sidhma Kushta</i>	Plaque psoriasis
A patch with characters like rough, thin in central part and fissured edge (<i>Parusha, vishirna bahirasthanu</i>)	Well demarcated, oval-circular, fissuring can be seen.
Particles resembling dust are also seen	Silvery micaceous scale.
<i>Shukla Rakthavabasa</i> (white and red in shade). resembles the <i>Alabupushpa</i>	Erythematous lesion
appear large in number, less in pain, less itching, less pus, slow progress (<i>Bahuni Alpa Vedana, Kandu, Daha, Puya, Lasikani</i>)	Very slow progressing plaque, often itchy, sore or pain due to fissuring
Affects <i>Urdwa pradesha</i> due to <i>Kapha</i> predominance	Seen mainly on scalp elbows, knees, gluteal cleft etc. It can be also seen in other areas but tends to be symmetrical

Effect of *Arogyavardini Vati* in *Sidhma Kushta*

Since the *Kushta* has high reoccurrence rate, in Ayurveda, the treatment includes *Sodhana, Shamana, Samana* and *Rasayana Aushadis* to reduce the remission. Here *Chikitsa* has to be aimed to correct *Agni, Tridosha Shamana*, and it has to overcome the *Dhatu Shaithilyatha*.

In *Arogyavardini Vati*, the ingredients are predominantly of *Tikta, Katu, Kashaya Rasa, Ruksha Laghu, Guna, Ushna Veerya* and *Katu Vipaka*. *Tikta Rasa* is *Kushtahara* (alleviates *Kushta*) by eliminating the *Kleda*. It increases the *Vayu Akasha* and *Agni Mahabutha* which acts against the *Kledatwa* which is of *Jala Mahabhoota* predominance. As a result, *Soshana* is achieved breaking the *Samprapthi*. Since all ingredient are having *Rasayana* property as *Prabava*, it can help in treating the *Dathu Shathilyatha* and does rebuilding. It contains *Katuki* as a major ingredient therefore contributes most to the drug action. It is *Raktha Shodaka, Kaphahara, Bedana* and *Amapachaka* activity show beneficial in *Twak Dushti* by *Samprapthi Vigadana*. *Guggulu* is a very commonly used drug in *Vata Vyadi* and *Twak Roga*. Its *Krimigna Kushtagna* property is very notable. *Guggulu* removes the *Kledathwa* in *Dathu* by its *Tikta, Katu, Kashaya Rasa* yet it is *Medohara balya* and *Rasayana* by *Karma* which helps in *Samprapthi Vigatana* of *Kushta*. The mineral compounds are increasing the potency of formulation.

Arogyavardini Vati demonstrates efficacy in plaque psoriasis by addressing its pathology of keratinocyte hyperproliferation, immune dysregulation, and chronic inflammation just like the *Samprapthi Vigatana* of *Sidhma Kushta* through *Tridosha Shamana, Agni Deepana*, and *Kleda Soshana*. *Katuki*, the major ingredient (22 parts), contains picoside-I and kutkoside. It exhibits potent anti-inflammatory effects by inhibiting NF-κB pathway, reducing TNF-α and IL-6 cytokines central to psoriatic inflammation, by promoting *Rakta Shodhana*^[14].

Guggulu provides guggulsterone, which ameliorates psoriasis via cell signalling pathway inhibition, curbing keratinocyte proliferation and scaling while acting as *Lekhana* and *Kleda Shoshana*^[15]. *Triphala* (*Haritaki, Vibhitaki, Amalaki*) offers chebulanic acid, ellagic acid, and gallic acid derivatives, enhancing re-epithelialization, collagen deposition, and antioxidant defence against oxidative stress in psoriatic lesions^[16].

Beta-sitosterol which is present in multiple ingredients supports re-epithelialization and antimicrobial action, countering secondary infections. It promotes the wound healing also. *Bhasmas* (*Lauha, Tamra, Abhraka*) boost bioavailability, providing keratolytic and *Rasayana* effects for *Dhatu Poshana*, while purified *Parada-Gandaka* (*Kajjali*) ensures *Tridosha shamana* and *Kushtaghna* potency. Clinical observations in psoriasis cases using similar herbo-minerals like *Arogyavardini* report PASI reductions, lesion clearance, and remission prolongation when combined with *Shamana* and *Pathya*.

CONCLUSION

Arogyavardini Vati manages the *Sidhma Kushta* by effectively interpreting the underlying pathogenesis. On this basis it shows considerable potential in effective management of Plaque Psoriasis as well. Nevertheless, extensive clinical researches are required to validate these observations, for its wider acceptance at global level.

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