

# ROLE OF *UDVARTANA* IN *STHAULYA*(OBESITY)

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## ABSTRACT

*Sthaulya is characterized by abnormal and excessive accumulation of medodhatu in the body. Over intake of fatty diet, sedentary life style and lack of physical and mental exercise are the main causes which increases kapha and medodhatu. In modern science, it is compared with obesity and three main causes are dietetic, genetics and hormonal. Due to hormonal changes in various stages of life, females are more prone than males. In 2016, overall about 13% (11% men and 15% women) of the worlds adult population were obese. In Ayurveda, sthauilya is considered as beejdhoshaj vyadhi (hereditary disease). Acharya Charak has quoted sthauilya under asta nindita purush, atisthauilya is one of them and has listed this problem under samtarpnanajanita vyadhi. Acharya Dalhana commenting on medoroga specified that agni which is involved in pathogenesis of the disease viz. dhatvaagnimandhya. In sthauilya, increased meda, agni and vayu creates complications like prameha-pidika, vidradhi, bhagandara. This paper will explain etiology, pathogenesis and treatment (effect of udvartana) for sthauilya. There are many treatments described in ayurveda classics for sthauilya and udvartana is one of them. It is cost effective and easy to perform treatment. It is performed with churna which is ruksha in nature. Ruksha guna has property to dissolve the kapha and meda and expel it out from the body through the skin due to which the excess fat, which is deposited under the skin, dissolve and comes out through sweat.*

Keywords: *sthauilya, udvartana, medoroga, samtarpnanatha vyadhi*

## INTRODUCTION: -

Ayurveda is not only a system of medicine used to treat the diseases but also a science of life. The word *Sthauilya* is derived from root *sthu* with suffix 'ac' which stands probably for solid, heavy or bulky<sup>i</sup>. According to *Acharya Charak*, it is considered as *santarpnanatha vyadhi*.<sup>ii</sup> In modern science, it is compared with obesity. Excessive deposition of adipose tissue is called obesity. A body weight 20% or more above desirable weight for age, sex and height is regarded as obese<sup>iii</sup>. According to modern science, the cause of obesity is distributed in three main groups, are: -

- I. Exogenous: - where the main cause is excessive appetite or over feeding, dietary habits, smoking.
- II. Endogenous: - where endogenous factors are important.
- III. Miscellaneous: - age, sex, occupation, socioeconomic factors, psychogenesis factors, environment factors, constitution, drugs, physical activity, caloric balance, heredity.

Obesity is major risk factor in development of chronic non-communicable disease like cardiovascular disease, high blood pressure, stroke, type-2 diabetes, varicose vein, PCOS etc<sup>iv</sup>.

In *Ayurveda* it is under 20 *kaphaja nanatmaja vyadhi*<sup>v</sup>. Acharya Charaka considered *astanindita purush*<sup>vi</sup> in which *shtaulya* or *shtool purush* is one of them. It is mainly caused by *kapha*, *vata* and *medo dhatu*. There is excessive deposition of *medha* and *mansa dhatu* over breast, buttocks and belly<sup>vii</sup>, leading to sagging. Obesity makes a person unable to perform his routine tasks due to excessive sweating. In *Ayurvedanidaana privarjana* (avoiding the causative factors), *karshana*, *guru* and *apatarpana diet* and *shodhana* (purification) are the principle of treatment. There are two types of *shodhana* therapy; the internal one includes *vamana*, *virechana*, *basti* etc. and another is external which includes *udvartana*. Many Acharyas have mentioned external therapy (*udavartana*) for management of *shaulya*. Acharya Vagbhata have mentioned *ruksha udvartana* with its property like *kaphahara*, *madohara*<sup>viii</sup> because *raksha guna* has property to dissolve *kapha* and *meda* and expel it out from the body through the skin.

#### UDVARTANA: -

*Udvartana* is performed in the opposite direction of hairs. According to Acharya Charaka<sup>2</sup> types of *udvartana* are -

- I. *Snigdha udvartana*<sup>ix</sup> – It is used for *krisha purush* (lean and thin peoples). Oil is used for it.
- II. *Ruksha udvartana*<sup>x</sup> – It is used for obese people. Dry powder of herbs without oil is used in its procedure.

According to all Acharyas *udvartana* is *kaphahara*, *medohara*, stabilize organs and brightens the skin but Acharya Sushruta considered *vatahara*<sup>xi</sup> to *udvartana*.

#### PROCEDURE OF UDVARTANA: -

*Udvartana* is processed early in the morning. Patient should be empty stomach with empty bowel and bladder. After this, patient is made to lie down on *abhyanga* table. *Udvartana* is carried out in four position<sup>xii</sup> supine, left lateral, right lateral and prone. *Udvartana* is always performed on the opposite

side of these four positions. For example patient is lying down in supine position and *udvartana* is done on anterior part of the body. *Udvartana* is done on each part of the body below the neck.

Firstly, dusting of herbal powder is done on full body followed by massage with a little pressure against the direction of hair for 30-45 minutes. In every position at least 3-5 minutes *udvartana* should be done. After *udvartana* patient should take 15 minutes rest and after one hour is advised to take bath. Medicines which are useful for *ruksha udvartana* are *kulthadichurna*, *kolakulthadichurna*, *triphalachurna*, *shailayadi churna*<sup>xiii</sup> etc.

**MODE OF ACTION OF UDVARTANA**<sup>xiv</sup>: -The medicated powder is rubbed over body in the opposite direction of hair root. Rubbing may help in the absorption of effusions, relief of blood stasis and carries away the morbid products in the system. The pressure helps the contents of the blood vessels move towards the heart, if applied strongly and quickly, it has a stimulating effect. It increases nutrition in tissues, removes fatigue, carries away the increased products of combustion. The skin as well as the structures which lie beneath it is affected by massage. The stored amount of blood may be brought in the systemic circulation instead of them remaining dormant in the stored system. *Udvartana* has *Kapha-Meda vilayana* property. To enhance the *Medovilayana* property, *Katu-Tikta rasa* (pungent-bitter); *Ushnavirya*; *Laghu-Ruksha-Tikshna guna dravyas* are present. *Twakastha agni* gets stimulated, this leads to absorption and digestion of the drug and further does *Pravilayana* of *Medha Dhatu* (liquefaction of subcutaneous fat) below skin may occur. In *Shtoulya* there is increase in *vikruta Meda Dhatu* which increases *Kleda*. Due to *kleda*, *srotas* (channels) get obstructed and *abaddha Meda Dhatu* (loose fat) is formed. This may lead to *Dhatu agni mandya* (decreased molecular level fire of *Meda Dhatu*). Due to *Ushna, Tikshna, Laghu* property of the *Dravya* and procedure, it acts as *Medahara*. Due to *Ruksha guna* of *Dravya* and *Ruksha Udvartana*, *kleda* gets absorbed (*Shoshane Ruksha* || Hemadri) Thus *Abaddhatva* of *Meda* and *Kapha* might have reduced.

## DISCUSSION

*Udvardana* is a part of *shodhanchikitsa*. The principle of *udvardana* is *vatahar kaphahar, medohar*, stabilize organs and brightens the skin. It is performed with *churna* which is *ruksha* in nature. *Ruksha guna* has property to dissolve the *meda* and expel it out from body. Approx 7 days after *udvardana*, significant results are found.

## CONCLUSION

*Sthaulya* is a *santrpana janyavyadhi*. It is also considered under 20 *kaphajnanatmajvyadhi* and *asthminditpurush*. *Sthaulya* is a vitiation condition of *vata, kapha* and *medadhatu*. Many causes of *sthaulya* are mentioned. According to causes, different treatment is described in *Ayurveda* i.e. *vaman, virechan, basti, and udvardana*. *Udvardana* is best treatment among these because its easy to perform and cost effective.

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<sup>i</sup> Dr. Ajay Gopalani G., Dr. Bhushan A. Sarmandal. Obesity chapter 3. Arya Vaidyashala Kottakal, Kerala. p-39(2013).

<sup>ii</sup> Charak Samhita, Ayurved Dipika, Edited by Vd. Yadavji Trikamji Acharya, Sutrasthan, chapter 23/5-7, reprint 2015.

<sup>iii</sup> Dr. Ajay Gopalani G., Dr. Bhushan A. Sarmandal. Obesity chapter 3. Arya Vaidyashala Kottakal, Kerala. p-40(2013).

<sup>iv</sup> Nicholas A. Boon, Nicki R. Colledge, Brain R. Walker, Davidson's principles and practice of medicine, Elsevier publications. Edition: 20<sup>th</sup> chapter 5, box: 5.20, pg.111.

<sup>v</sup> Charak Samhita, Ayurved Dipika, Edited by Vd. Yadavji Trikamji Acharya, Sutrasthan, chapter 20/17, reprint 2015.

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<sup>vi</sup> Charak Samhita, Ayurved Dipika, Edited by Vd. Yadavji Trikamji Acharya, Sutrasthan, chapter 21/3, reprint 2015.

<sup>vii</sup> Charak Samhita, Ayurved Dipika, Edited by Vd. Yadavji Trikamji Acharya, Sutrasthan, chapter 21/9, reprint 2015.

<sup>viii</sup> Astanghrdayam, edited by prof. P.V. Sharma, Sutrasthan, chapter 2/15, reprint 2015.

<sup>ix</sup> Charak Samhita, Ayurved Dipika, Edited by Vd. Yadavji Trikamji Acharya, Sutrasthan, chapter 21/32, reprint 2015.

<sup>x</sup> Charak Samhita, Ayurved Dipika, Edited by Vd. Yadavji Trikamji Acharya, Sutrasthan, chapter 21/21, reprint 2015.

<sup>xi</sup> Sushruta Samhita, Ayurvedtattvasandipika, hindi commentary, edited by Dr. Ambikadutt Shastri, Chikitsasthan, chapter 24/51, reprint 2014.

<sup>xii</sup> Panchakarma Illustrated, Dr. G. Shrinivasa Acharya, p162, Chaukhamba Sanskrit Pratisthan, Delhi.

<sup>xiii</sup> Bhavprakash, madhyam khand, verse. No. 36/28.

<sup>xiv</sup> International Journal of Ayurveda and Pharma Research, Research Article A COMPARATIVE CLINICAL STUDY TO EVALUATE THE EFFECT OF *HARIDRADI GANA CHURNA* AND *TRIPHALA CHURNA UDVARTANA* IN *STHAULYA* (OBESITY) Chaitralakshmi K N1\*, Jairaj P Basarigad2 \*1Assistant Professor, Department of Panchakarma, Dhanvantari Ayurveda Medical College Hospital and Research Centre, Siddapur, Karnataka, India, 2Professor, Department of Panchakarma, Shri D.G.M. Ayurvedic Medical College Hospital and Research Centre, Gadag, Karnataka, India.