ABSTRACT

Now days, due to the change in the lifestyle of people, they have very less time to maintain their health also they not having time to follow Dincharya, Ritucharya, Hita Kara Ahara Sevana. Obesity has reached epidemic proportions in India in the 21st century. In Ayurveda three types of treatment described for the diseases, they are Samshodhana, Samshamana and Nidanaparivarjanam. The procedures like Udvartana, Vyayama, Abhyanga, are well elucidated in Dinacharya with an aim of maintaining one’s own health. Ruksha, Udvartana (rubbing medicated powders on skin) has been mentioned with its properties like Kaphahara, Medasa Pravilaya, Shithilikarna Anganam help to reduce weight. Udvartana is an ideal procedure for many diseases like obesity, khapha vata related conditions in some skin disorders.

Keywords: Udvartana, Sthaulya, Dinacharya, Ritucharya

INTRODUCTION

Obesity is described under the title of Samtarpanjanita Vyadhi in Ayurvedic text. Obesity has reached epidemic proportions in India in the 21st century, with morbid obesity affecting 5% of the country's population. India is following a trend of other developing countries that are progressively becoming more obese. Unhealthy, processed food has become much more accessible following India's continued incorporation in global food markets. Due to genetic tendency of Indians, they are towards abdominal obesity and its associated risks of related lifestyle diseases like Diabetes and Heart Disease. The main causative factor of the Sthaulya are excessive intake of food, change in dietary habits, lack of exercise, less energy expenditure, sedentary lifestyle, psychological factors like stress, depression, excessive pleasure and genetic predisposition.
A person having heaviness and bulkiness of the body due to extensive growth, especially in abdominal region is termed as Sthula and the state of Sthula is called “Sthaulya”. Sthaulya is the disease where Tikshagni is found along with Medodhatvagni M and ya. Incompatibility between the main two levels of Agni is suggestive of the gravity of Sthaulya. Hence, treatment modality should be planned considering these subjects. Thus, physician must have sound knowledge of its Dosha, Dushya, Sampraptighatakya and Nidana for the proper management of Sthaulya. So, in disease review all the aspects of disease starting from its definition, classification, Nidana, Samprapti, Chikitasa, Upadrava are described according to Ayurveda as well as modern science.

Concept of Udvardan:

Rukshan therapy like Udvardana is observed effective in obesity and mentioned in the Shodhana Chikitsa of Sthaulya by different Acharyas in Ayurvedic texts. The word Udvardana means Vilepanam or Gharsanam i.e. rubbing of the body. Udvardana is a procedure of applying powders of various herbs on the skin and rubbing it to form wicks with gentle strokes directing towards heart, with the palm evenly spread on the surface of the skin. It is a cleaning procedure. It cleans Mala, Mutra and Rakta of the skin by using Gandha Dravyas. Acharya Charaka describes Udvardana as Shareera Parimarjanam. Acharya Charaka states that Shareera Parimarjanam destroys body Odour, Guruthva, Tandra, Kandu, Arochaka, Sweda etc. of the body. He also says that Udvardana should be done before Abhyanga. According to Vagbhatta, Udvardana normalize Kapha and liquefies Meda. It gives firmness to the body, smoothness to skin and increase its complexion. By doing Udvardana it liquefies the Medas it means Shoshana of Medas.

Effect of Udvardana in Obese person (Sthaulya):

- Kaphaharam – Destroys morbid Kapha
- Vataharam – Destroys morbid Vata
- Medasaha Pravilapaanam – Liquefies and mobilizes the stagnant morbid meda (fat / adipose tissue)
- Shireekaranamangaanam – Provides stability to body parts
- Tawkprasadakaramparam – Rejuvenates the skin and brings freshness in it
- Dourgandhyaharam – Alleviates foul smell
- Gouravaharam – Alleviates heaviness of the body
- Tandraharam – Remove drowsiness, brings freshness
- Malaharam – Removes dirt and dust
- Swedaharam – Removes sweat
- Beebhatshaharam – Removes awkward look, gives glamour
- Siru mukhaviviktatvam – Opens up the blocked channels, blood vessels and transport systems of the body and enables free circulation of nutrients and essentials in the body
- Twakstha Agni samyakaram – Stabilizes and normalizes the Agni (Bhrajaka Agni or Bhrajaka

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Pitta in the skin which is responsible for skin immunity, to provide good colour and complexion
- Kantikaram – Provides good shine and complexion
- Sharirra Parimarjanam – Cleanses the body

**Modern view:**

**Rubbing** helps in the absorption of expressions, relief of blood stasis and carrying away the morbid products in the system. Deep pressure massage helps the interchange of tissue fluids by increasing the circulation in the superficial vein and lymphatic. The pressure helps the contents of the vessels towards the heart, if applied strongly and quickly, it has a stimulating effect. It increases nutrition in all tissues. It removes fatigue, carrying away the increased products of combustion. Important qualities of rubbing that it has great influence on the muscles which gives them a mechanical stimulation causing them to contract. It increases circulation in the veins. It improves the nutrition of the area and raises temperature locally which increases secretion and absorption. It improves the condition of the nervous system by stimulating the cutaneous nerve endings. Also helps in the reabsorption of inflammatory products and absorption of fat in fatty tissues.

When rubbing is done lightly on the nerves for a short time it stimulates them. It affects the vasomotor nerves and there by widens the blood vessels also influences the secretory nerves for increasing their function.

**DISCUSSION**

**Obesity:** Commonly obesity is found due to excessive eating and lack of adequate exercise by an individual. Acharya Charaka has quoted a Sthaulya under the eight varieties of impediments which designated as Astha-Nindita Purusha, Ati-sthaulya comprises one of them (Ch. Su. 21/2). Acharya Charaka also enlisted this problem under Santarpanajanta Vyadhhi (Ch. Su. 23). He listed eight defects underlying Sthaulya Purusha, Ayuhrasa, Javoprodha, Alpa-yyavayita, Daurbalya, Daurgandhyaa, Swedabadha, Ati-trisha, Ati-kshudha (Ch. Su. 21/3). According to Bhavaprakasha, a person, having heaviness and bulkiness of the body due to extensive growth, especially in abdominal region is termed as Sthula and the state of Sthula is called “Sthaulya”. Sthaulya is a Dushya dominant Vyadhi specially Meda Dhatus. There is an involvement of all the three Doshas in Sthaulya but the dominancy of Kapha-Vata and Meda of prime importance. This vitiated Meda obstruct the path of Vata and causes its Avarana which results into provocation of Vata. Thus, remaining in the Krostha Vata causes Atikshudha, this increases gravity of the disease and make the Sthuafya Krutchhsadhaya.

**Mode of Action of Udvartana:**

The drugs having properties like Katu, Tikta, Kashaya Rasa acts as Kaphahara, Krumighna, Kundughna. Ushna Virya produces Srotoshuddhi, Ruksha Guna predominance of Agni and Vayu Mahabhuta pacifies Snigdha and Pichila Guna of Kapha and subsequently decreases Kledatwa. The drugs applied and rubbed over skin were digested by Bhrajakapitta/Twachagni (local temperature increases) which is present in the skin, its Ushna-Virya enter Rasadhatu remove the obstruction in the Rasa and Swedavaha Srotasa, its Gunsas and Vipak, Veerya spreads all over the body. By doing Udvartana the increased Twakgata Agni/Bhrajakapitta will increases Uttarottara Dhatwagni functions, by increased Medodhatwagni, the Dhatupaka process increases, thus excessive accumulated Vikruta Medo Dhatu decreases. When the vitiated Medo Dhatu gets dissolved, formation of excessive Sweda, diminishes thus cures, Daurgandhyata, Swedatipravratti (Sweda being a Mala of Medo Dhatu excessive sweating results into bad smell of the body), thus normalizes Dosha Dhatu Poshana Kriya. The Lakshanas of Sthaulya Roga like Kandu, Daurgandhyata, Swedatipravratti etc., is controlled, produces lightness in body, process of Udvartana slowly reduces the Lakshanas Sthaulya Roga.

**CONCLUSION**

Sedentary life, lack of exercise, faulty food habits, genetic predisposition, Kapha predominant Prakruti and urbanization precipitate the disease in increasing prevalence globally. By doing Udvartana, the increased Twakgata Agni (Bhrajakapitta) increases Uttarottara Dhatwagni functions, by increased
Medodhatwagni the Dhatupaka process increases and excessive accumulated Vikrta Medo Dhatu decreases thus it could be better to implement Udvardana along with medication for the effective management of obesity.

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