

EFFECT OF UTSADANA KARMA IN KARSHYA WITH SPECIAL REFERENCE TO PRACTICAL APPROACH – A REVIEW STUDY**¹Dr. Rahul Abhimanyu Sonkamble, ²Dr. Ramesh Ujwale**

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Article Received on 05 July 2026,
Article Revised on 25 July 2026,
Article Published on 01 August 2026,

<https://doi.org/10.5281/zenodo.21773017>

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How to cite this Article: ¹Dr. Rahul Abhimanyu Sonkamble, ²Dr. Ramesh Ujwale (2026). Effect Of Utsadana Karma In Karshya With Special Reference To Practical Approach – A Review Study. World Journal of Pharmaceutical Research, 15(15), 2002–2006. This work is licensed under Creative Commons Attribution 4.0 International license.

ABSTRACT

In Ayurveda, Karshya is largely considered a *Vata* and *Apatarpanajanya* (undernourishment) disorder characterized by the depletion of *Dhatu* kshaya especially *mansa* and *meda* dhatu kshaya. It is basically *Rasa dhatu dushtijanya vyadhi*. It needed *Bruhaniya Balya Vrishya Dravya* for treatment. In Ayurveda, *Udvartana* is a specialized therapeutic powder massage. While the well-known *Ruksha* (dry) variation is used to treat obesity (*Sthaulya*), a modified *Snigdha Udvartana* called as *Utsadana* (using medicated oils/Ghee) is the specific protocol utilized to nourish and revitalize individuals suffering from *Karshya* (emaciation or under-nutrition). In Ayurveda, *Utsadana Karma*—often classified interchangeably with *Snigdha Udvartana*—is a therapeutic full-body massage where a paste of herbal powders mixed with medicated oils or ghee is rubbed in upward strokes against the direction of hair growth.

Udvartana typically uses dry powders (*Ruksha*) to reduce fat in obesity, *Utsadana* uses an unctuous, oily medium (*Snigdha*). This makes it an effective therapy for managing *Karshya*. In *Karshya vyadhi* Acharya mentioned *Balya*, *Bruhaniya*, *Vrishya chikitsa*. *Karshya* is fundamentally a *Vata*-dominant metabolic disorder characterized by dryness (*Rukshata*) and muscle wasting (*Mamsa Shosha*). *Karshya* needed *Balya*, *Bruhaniya Dravya* to treat it. In *utsadana karma* *Balya*, *Bruhaniya*, *Vrishya Dravya* are used for the procedure therefore it directly counter *Vata dosha* and helps as *Bruhaniya* and *Balyakar* for *Karshya*. Acharya

Charaka advised Snigdha Udvartana for Karshya patient as treatment protocol in *Charaka Samhita*.

KEYWORDS: Ayurveda, Udvartana, Bruhan, Balya, Utsadana, Udvartana.

INTRODUCTION

Ayurveda, an ancient and eternal life science, emphasizes on preventive and curative aspect both but initially prefers preventive health rather than curative aspect. Karshya means a person who is lean and emaciated. It is clinically manifested by “*vaat dusht*” and “*ras, maans dushti*”.^[1,2,3] A person becomes lean due to Rukshanna pana sevana, Langhana (fasting), Pramitashana (limited diet), Kriyatiyoga (excessive activities), Shoka, Chinta, Bhaya, Vega-Nidra-Trushna -Kshudha-nigraha (suppression of natural urges, such as sleep, thirst, and hunger), Atishrama, Ati maithuna, Atisnana abhyasa (excessive exercise, sexual relations, excess bath), Ruksha udvartan (excessive non-unctuous anointing to the persons), Snana abhyasa (indulgence in bath), Beeja Dosha (heredity), Jara (old age), Vikar-anushaya (continued disorder), and Krodha (anger).^[4]

The following elements are important in the pathophysiology of Karshya: excessive consumption of astringent (Kashya), spicy (Katu), and bitter (Tikta) Rasa, as well as Ruksha annapana (food that promotes dryness). Vihar janya factors - Malnutrition is caused by a number of factors, including alpha bhojana (eating enough food), pramitashana (consuming food that is nutritionally inadequate), anashana (not eating at all), langhana (fasting), ativyayam (excessive exercise), malamutradi nigraha (suppressing one's natural urges), vatasevana (excessive exposure to wind), atapa sevana (excessive exposure to sunlight), atibhargamana, ati chinta (worry), ati krodha (angry), and atibhaya (fear). Acharya Charaka states that overly thin (Atikrushya) and obese (Medasvi) people are classified under the eight disgusting humans (Ashtau-ninditiya Purusha). Manasikafactors - Atichinta (worry), Atikrodha (anger), Atibhaya (fear).

If you noticed that above all causative factors are Vata dosha prakopaka. According to Ayurveda Karshya is Vata Pradhan vyadhi. Acharya Kashyapa mentioned Karshya in Nanatmaja Vikar of Vata.^[5] Shodhan and Shaman of Vata Dosha is the main treatment protocol of Karshya vyadhi. In treatment protocol of karshya Acharya mentioned Bruhaniya, Vrishya, Rasayana, Vajikar, Balya, Vatashamaka, Pittashamaka chikitsa in *Samhita*.^[6] Acharya Charak directly mentioned Snigdha Udvartan application in Karshya Chikitsa in there *Samhita*.^[7]

Udvartana is a traditional Ayurvedic therapy using vigorous herbal powder massages to stimulate the lymphatic system, promote weight balance, and exfoliate the skin. The procedure involves rubbing specialized herbal pastes or powders (*churna*) upward against hair follicles to dissolve excess fat, balance dosha, and relieve physical stiffness. Snigdha (Paste) Udvartana / Utsadana Combines powders with medicinal oils or ghee. This is typically used for skin nourishment, toning, and pacifying *Vata* dosha. Udgharshana helps in reducing weight due to Rusksha guna of Dravya while Utsadana helps in gaining weight due to Snigdha guna of Dravya. For Utsadana procedure we can use Snigdha guna Dravya like Oil, Ghee for massage with powders.^[8,9] We can use Snigdha, Balya, Bruhaniya, rasayana guna powders like shatavari, Ashwagandha, Bala, Yashtimadhu, Gokshura, Vidarikanda etc. Ghrita is snigdha, Balya, Vajikar, Vrishya, Medhavardhak smrutivardhak, Rasayana in nature. Acharya Charaka mentioned Goghrita as Pathaya for karshya patient.^[10,11,12]

DISCUSSION

Karshya is nutritional disorder which described in Ayurved texts. It is a Vata Pradhana Roga. According to Ayurvedic management of karshya is with Agni Deepan, Pachana, Samshodhana, Rasayana therapy etc. This treatment will increase the appetite and decrease the effects of Karshya in body like weakness, disturbed sleep etc. It is an Aptarpanjanayavyadhi which treated on the line of Santarpana-Bringhana. Bringhana refers to the phenomenon of healthy growth of all dhatus, particularly Kapha, Mamsa and Meda leading to proper development and enhancement of different body parts. Karshya patient needed bruhanii, Vrishya, Balya, Rasayana treatment to break there samprapti. Vata dosha shamana chikitsa is the main goal of karshya chikitsa. Application of Snigdha Udvartana on all over the body which are very beneficial in Karshya patients. For an emaciated person, Ayurvedic practitioners recommend Snigdha Udvartana (unctuous or wet massage). Instead of using dry herbal powders, the massage is performed using herbal pastes mixed with medicated oils or *Ghee* (clarified butter). This variation nourishes the skin, promotes localized blood circulation, imparts firmness to the limbs, and facilitates better absorption of nutrients without scraping away vital tissues. Dravya like Shatavari, Ashwagandh, Bala, Vidarikanda etc can be used as powder for Utsadana procedure in Karshya patient. Because they have the above mentioned properties which are needed in karshya vyadhi. For Agnimandya in Karshya we can add Musta churna or Sunthi churna with Bruhaniya Dravya churna. It will help in increasing appetite and allow proper digestion in Karshya patient.

CONCLUSION

Karshya is a chronic disease, which needs long term treatment to get good response. Under nutrition is one of major health problem in all over world. The factors which cause Karshya according to Ayurveda and modern science can be cure by the Ayurvedic principal such as Santrapana and Bringhana chikitsa. Utsadana karna can definitely work in Karshya Vyadhi. This therapy is easy to do, affordable and effective. Ayurved has a well-defined management to prevent this disease. There is an immediate necessity of meticulous research and combination with Ayurved so that the world to manage the burden of Karshya.

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