

**UDHVARTANA IN THE MANAGEMENT OF STHAULYA- A REVIEW  
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Solapur.Article Received on  
02 July 2024,Revised on 22 July 2024,  
Accepted on 12 August 2024

DOI: 10.20959/wjpr202416-33562

**\*Corresponding Author****Vd. Santosh I. Swami**Associate Professor,  
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Solapur.**ABSTRACT**

In modern days in appropriate food habit is the main cause of *Sthaulya* (Obesity). It occurs as a result of a sedentary lifestyle, unhealthy eating habits, a lack of physical activity, mental stress, and other factors. It has reached pandemic proportions in India in the twenty-first century, impacting 5% of the population. Obesity is becoming more common in both children and adults every day. Obesity is linked to a variety of medical conditions (like hypertension, atherosclerosis and diabetes). In *Ayurveda* the signs and symptoms of obesity can be co-related with *Sthaulya*. In *Samhitas*, *Sthaulya* is mentioned under '*Santarpan-janya Vyadhi*' and '*Kaphaj Nanatmaj Vikar*'. In *Ayurveda* three types of treatment described for the diseases, they are *Samshodhana*, *Samshamana* and *Nidanaparivarjanm*. The *Udavartana Karma*, which has *Kaphahara* and *Medohara* properties *Udvartana* is a *Panchakarma*'s allied therapy that differs from *Abhyanga* in terms of application direction and pressure applied during the procedure. In this review article, a detailed assessment of the *Udvartana* including its importance and benefits is explained.

**KEYWORDS:** *Sthaulya*, Obesity, *Udvartana*, *Santarpan*.**INTRODUCTION**

In *Ayurveda* *Sthaulya* is regarded as *Medoroga*. *Aacharya Charak* mentioned *Sthaulya* under *Ashtanindita Purusha*.<sup>[1]</sup> In *Sthaulya* due to obstruction of all *Strotas* by *Meda*, there *Vridhhi* of *Koshthasthit Saman Vayu*, which in turn causes *Ati sandhukshan* of *Jatharagni*. It leads to

*Medadhatvagni Mandya* and augmentation of *Meda* which results in *Chala spika*, *Chala Udar*, *Chala Stana*.

According to WHO World Health Statistics Report 2012, globally one in 6 adults is obese & nearly 2.8 million individuals die each year due to overweight. Obesity is linked with physical and psychological ill-health and premature death.<sup>[2]</sup> According to WHO overweight and obesity are fifth leading risk for Global Health.<sup>[3]</sup>

The aetiology of Obesity is multi factorial; life style is changing drastically and become very fast and busy. Over use of fast food, pizza and burger culture, vehicle friendly life style, faulty dietary habits, lack of exercise, more mental work than physical, to use of medications that have weight gain as an undesirable side effects, over burden of work and mental stress leads to obesity and obesity induced disorders. Obesity has become a major public health problem in both developed and developing countries. It is related to a wide spectrum of chronic non-communicable diseases, including Type 2 Diabetes, Cardiovascular diseases.<sup>[4]</sup>

In classics *Sthaulya* is mentioned under the “*Santarpanjanya*” *Vikara*”. Different classics elaborate different *Shodhan* and *Shaman Chikitsa* for *Sthaulya*. Among these treatment of *Sthaulya*, *Guggulu Kalpa* shows good result<sup>[8]</sup> on *Sthaulya* as its a *Medo Vriddhijanita Roga*.<sup>[5]</sup> *Udvartana* & *Bashpa Sweda* are *Apatarpan Chikitsa* that eliminates vitiated *Dosha* through skin & help in *Vilayana* of *Meda*.<sup>[6]</sup> Also *Ruksha Udvartana* mentioned by *Acharya Vagbhat* shows properties like *Kaphahara*, *Medohara*.<sup>[7]</sup>

## AIMS AND OBJECTIVES

To Review *Udvartana* in the management of *Sthaulya* (Obesity).

## MATERIAL AND METHODS

Various *Ayurveda* compendia with their commentaries by different others, various text books journals, dissertations, web search and peer review journals were revised to acquire the present knowledge of this topic.

**Nirukti-** The word ‘*Udvartana*’ is derived from *ud* + *vrith* + *bhavae* + *karaneva* lyud. This means *vilepana* or *Gharshana*.

## Review of literature

**Sthaulya (Obesity):** In Ayurveda, the description about Sthaulya is available in many Samhitas. In Various Samhitas Sthaulya or Medoroga is described as Santarpanottha Vikara i.e. the disease caused by over nourishment. In *Charak Samhita* this condition is described under the heading of *Santarpanajanya Vyadhi*. Acharya Yoga Ratnakara and Vangsen explained under the heading of *Medoroga*. Acharya Chakrapani and Bhavprakash described about *Sthaulya*.

## Udvartana

### Acharya charaka

Acharya Charaka in *Sutrasthan* (Su) explains *Udvartana* in the context of *Matrashitiya Adhyaya* in *Swasthavritta Chatushka* as *Sharira Parimarjana*.

### Two types<sup>[8]</sup>

1. *Snigdha Udvartana*, in the context of treatment of *Krishha* (lean and thin) persons, in which oil is used in the procedure.
2. *Ruksha Udvartana*, in the context of treatment of *Sthaulya* (Obese) persons, in which dry powder of herbs with no addition of oil is used during the procedure.

### Acharya sushruta

Depending upon the nature of drugs used, three different terms are mentioned by *Sushruta*.

- *Udvartana*- *Udvartana* is that which brings about *Pravilapanam* (Dissolution or liquification) and *Vimplapanam* (Destroying anything). Herbal powders are rubbed on the body in an upward (Reverse) (Drugs or powders which are naturally dry or can cause dryness on rubbing).
- *Udgarshana*, which involves rubbing dry powders of herbs such as *Reetha* (*Sapindus Trifolius*) and *Ishtika Churna* (Brick powder) against the body.
- *Utsadana* is a method in which *Sneha Kalka* (A paste of herbs wet with oil) is utilized<sup>[9]</sup>
- *Snigdha Udvartana* Indication: In the context of treatment of *Krishha* (Lean and Thin) persons *Ruksha Udhvartana*- In the context of treatment of obese (*Sthaulya*) persons, in which dry powder of herbs with no addition of oil is used during the procedure.

## Procedure

### 1. *Poorvakarma*

- **Selection of subjects:** Subject will be selected according to selection criteria of *Udvartana*. Then thoroughly examination of subject will be done.
- **Preparation of subject:** The subject is asked to void urges (Bladder and bowel evacuation should be done).
- Nil by mouth ( 1-2 hour prior to the procedure)
- The subject should be counselled about the procedure.
- To begin with the subject is asked to undress to minimum clothes.

- ***Sambhar sangraha***

Udvartana Dravyas

Bowl

Tissue paper or Towel

- **Position of subject<sup>[10]</sup>:** Patients should lie down on the *Abhyanga* table while wearing minimal clothing. *Udvartana* is performed in four different positions. Supine, left lateral, prone, and right lateral positions are among them. Initially, the patient is instructed to lie down in a supine position and do *Udvartana* on the anterior area of the body. The left lateral posture is the second, and *Udvartana* is performed on the right lateral part of the body. The third posture is the prone position, in which *Udvartana* is applied to the posterior part of the body. Finally, the patient is instructed to take a right lateral position and perform *Udvartana* on the left lateral side of the body. By applying pressure to each area of the body below the neck, *udvartana* is performed.

### 2. *Pradhan karma*

*Udvartana churna* poured in very little quantity over dorsum of the foot first & rubbed in opposite direction of hair root, likewise whole body is rubbed.

Simultaneously on the both sides the process is continued in upward direction.

Or 7 positions of *Abhyanga* is followed.

- **Duration:** No specific duration is mentioned, can be continued as in *Abhyanga* or 35-45 min (Same *Matra-Kala* may be adopted)

### 3. *Pashchatkarma*

Subject is allowed to clean the body with cloth.

***Paschata karma***

Body is covered with thin blanket for 10-15 minutes.

Subject should be advised to take hot water bath after half an hour.

**Do's:** Advice lukewarm water.

To take rest for atleast 15 mins.

**Don't:** *Sheet jala snana*

*Sheeta vihar*

*Diwaswap*

**Care and Precautions**

1. Before *Udvartana*, bladder and bowel should be emptied.
2. It is to be done in the direction opposite to that of the hair.
3. Type of massage on different parts of the body and position of the patient during the procedure should be followed strictly.
4. Indications and choice of drug to be used should be assessed before *Udvartana*.
5. Tender areas should be avoided for *Udvartana*.
6. Avoid the Patients with skin related problems like itching, burn and rashes.
7. Precaution should be taken while dusting the powder over the body. It is advisable to protect face, nose and eyes to prevent irritation.
8. Aseptic measures should be taken if patient is suffering from any contagious disease

**Effect of *udavartana* in obese person (*Sthaulya*)<sup>[11,12]</sup>**

- *Kaphaharam* – Destroys morbid *Kapha*
- *Vataharam* – Destroys morbid *Vata*
- *Medasaha Pravilaapanam* – Liquefies and mobilizes the stagnant morbid *Meda* (fat / adipose tissue)
- *Sthireekaranamangaanam* – Provides stability to body parts
- *Twakprasadakaramparam* – 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
- *Beebhatsaharam* – Removes awkward look, gives glamour

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

### Rubbing<sup>[13,14]</sup>

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 lymphatics. 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

*Udvartana* process possesses *Kapha-meda vilayana* property. If any *Ruksha* drug is used as *Udvartana Dravya*, the effect of *Medavilayana* occurs. To enhance this *Medavilayana* property, *Katutikta Rasatmak*, *Ushnaviryatmak Laghu Ruksha*, *Tikshna Gunatmak Udvartana Dravya* should be selected. The drugs having properties like *Katu*, *Tikta*, *Kashaya Rasa* acts as *Kaphahara*, *Krumighna*, *Kandughna*. *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 *Gunas* and *Vipaka*, *Veerya* spreads all over the body. By doing *Udvartana* the increased

*Twakgata Agni/Bhrajakapitta* will increase *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*, *Swedatipravritti* (*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*, *Swedatipravritti* 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. *Ayurveda* places a high value on primary and secondary illness prevention, as detailed in the *Dinacharya*, which addresses disease prevention at many levels such as *Abhyanga*, *Vyayama*, and *Udvarthana* with the goal of preserving health. *Udvartana* is a cure for a wide range of problems, not just obesity and overweight disorders. *Udvartana* is a part of *Dinacharya* protocol and can be done on a daily basis.

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