

EFFECT OF *RUKSHA UDVARTAN* (WITH *KOLKULTHADI CHURN*) IN ABDOMINAL OBESITY

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ABSTRACT

Udvartan is one of type of *Bahiparimarjan* chikitsa. In the present study, *Udvartan* is done with *Ruksha dravyas* to study its synergistic effect on abdominal obesity. Patients with abdominal obesity hampered their physical activity, and sexual life & also lose their confidence. these patients also suffered from a high risk of DM, IHD, hormonal disorders, etc. The present study is a prospective clinical trial, done with *Ruksha dravyas*, also the procedure is done as per classical Panchkarma text. Assessment for abdominal obesity i.e. *Udarasth medasanchiti* will be done subjectively & objectively & follow-up will be taken before & after treatment. Probable mode of action:-*Kapha & Meda dusti* causes abdominal obesity which will be

relieved by *Ruksha Udvartan* (su.chi.-24/51) for the best result we applied *Kolkulthadi churn* on the abdominal area.

KEYWORDS: Abdominal obesity, *Ruksha Udvartan*, *Kolkulthadi Churn*.

INTRODUCTION

Udvartan is an important therapy and mandatory inclusion in Ayurvedic Obesity, slimming clinics, and weight reduction programs. *Udvartana* is not limited just to treating obesity or addressing overweight issues, it is a remedy for a wide array of problems. *Udvartan* has been included as a part of *Dinacharya* (daily routine). here we are only doing *Abdominal Udvartan*. The Term *Udvartan* means *Uda* means upward and *Vartan* means to move. Herbal powders are used for massage. In our study, we are only done abdominal massage.

There are lots of benefits to *Udvartan* as mentioned in *Sushruta Chikitsa Sthana Ch.24/51*

Khaphaharam (remove morbid *Kapha*), *Vataharam* (remove morbid *Vata*), *Medasaha Pravlaapam* (Liquefies and mobilises the *Meda*), *Twakprasadakaram* (rejuvenates the skin), *Dourgandhya- Gourava haram* (alleviates foul smell and heaviness of body), *Beebhatsa haram* (removes awkward look, gives glamour look), *Sira Mukha viviktatvam* (open the blocked channel), *Sharir Parimarjanam* (cleanses the body) (su.ch.24/51)

In our study, we applied *Kolkulthadi Churn* on Abdomen in an anticlockwise direction with slight pressure, in the morning for 10 min per set, for 15 days.

AIMS AND OBJECTIVES

Aim- To evaluate the effect of *Ruksha Udvartan* using *Kolkulthadi churn* in Abdominal Obesity.

Objectives

- 1) To study abdominal obesity according to Modern literature
- 2) To review the *Udvartan* through Ayurveda
- 3) To evaluate the *Kolkulthadi churn* in *Udvartan*

MATERIAL AND METHODS

The patients having classical signs and symptoms of Abdominal Obesity was selected from OPD.

Materials

Patients were given vidhipurvak *Udvartan* on Abdominal area with *Kolkulthadi Churn*.

Drug details

Kolkulthadi Churn (ch.su 3/18)

Kol, *Kultha*, *Surdaru*, *Rasna*, *Mash*, *Aatasi*, *Kust*, *Vacha*, *Shatavaha*, *Yuvchurn*.

Methods

Purvakarma

The patient is thoroughly examined. The prakruti & vikruti are documented details.

Recommended time for the procedure is in the morning after the evacuation of the bowels and removal of cloths on the abdominal region. Use *Kolkulthadi churna* with fine consistency.

Pradhankarma

Position of patient- Supine Position

Kolkulthadi Churn was applied on Abdomen in an **anticlockwise direction** with slight pressure (10 min per set)

Time – in the morning

Duration – 15 days

Panchakarma

After 10 min your therapist removes the churn slowly and the affected area is cleaned with a soft clean cloth dipped in warm water.

Follow-up will be taken

On 0 days and 15th days after treatment.

INCLUSION CRITERIA

- 1) Patient having textual symptoms of abdominal Obesity
- 2) Age- 30 to 50 years
- 3) Patient who will give written consent
- 4) Gender – Male and Female
- 5) Patient having *Kapha* prakruti

EXCLUSION CRITERIA

- 1) Patient having Congenital structural Deformities n dermatitis
- 2) Patient age above 50 years
- 3) Patients having any major illness
- 4) Patient have any skin sensitivity

OBSERVATION AND RESULT

- 1) Subjective Criteria- Chi-square Test
- 2) Objective criteria – ‘t’-test

| Patient no. | W/H RATIO | W/H RATIO |
|-------------|------------------|-----------------|
| | Before treatment | After treatment |
| 1) | 0.86 | 0.84 |
| 2) | 0.88 | 0.85 |
| 3) | 0.87 | 0.84 |
| 4) | 0.90 | 0.85 |
| 5) | 0.91 | 0.88 |

In Udvartan due to increased friction on the abdomen *Meda* is depleted and the drug used in the present study were *Ruksha*, *Ukshna*, and *Tikshana* hence *Kaphaghana* and *Lekhan* action happen on the abdomen.

CONCLUSION

Ruksha Udvartan of *Kolkulthadi Churn* found remarkable results in Abdominal Obesity.

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