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## Research Article

### ROLE OF *UDVARTANA* THERAPY IN THE MANAGEMENT OF *STHOULYA* (OBESITY)

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#### ABSTRACT

Sthoulya (Obesity) is such a disease, which provides the platform for so many hazards like hypertension, diabetes mellitus etc. as well as psychological disorders like stress. The mortality and morbidity rates are more in obese person. It is one of the most common, yet among the most neglected public health problems in the present world. In rich countries, obesity is more common among the less educated, but in poor countries, obesity is more common among the highly educated. In classics Sthoulya (Obesity) has described under the Santarpanjanya Vikara and in Bahudoshavastha condition. Ayurvedic treatment aims not only at the radical removal of the causative factors of the disease, but also at the restoration of Doshika equilibrium. There are two main parts of Shodhana therapy Bhaya Shodhana (external purification) i.e. Udvartana and Abhyantara Shodhana (internal purification) which includes Pancha shodhana. It is seen that Udvartana is having good efficacy over Sthoulya.

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#### INTRODUCTION

Ayurveda which is not only a system of medicine but a way of life, advocating prevention of disease as its primary aim and following holistic approach in dealing with different diseases. The word *Sthoulya* is derived from root *Sthu* with suffix *ac* which stands probably for thick or solid or strong or big or bulky<sup>1</sup>. 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 *Sthoulya*.<sup>2</sup> Acharya Charaka has described *Sthoulya* under eight undesirable constitutions (*Ashtanindita*) based on their ugly/awkward appearance, victims of public abused, unmanageable health condition<sup>3</sup>. According to Acharya Charaka, *Atisthula* has been defined as a person, who on account of the inordinate increase of fat and flesh, is disfigured with pendulous buttocks, belly and breasts and whose increases bulk is not matched by a corresponding increase in energy<sup>4</sup>. *Sthoulya* is one among *Kapha* predominant diseases (*Sleshma Nanatmaja*) involving *Kapha Medas* as main *Dosha* and *Dushya* in the pathogenesis<sup>5</sup>. Nowadays obesity is defined as a BMI=25kg/m<sup>2</sup>. A body weight 20% or more than desirable/normal weight according to age, sex, and height is regarded as obese<sup>6</sup>. Obesity is result of complex variety of social, behavioral, cultural, environmental, physiological and genetic factors India is just behind US and China in this global

hazard list of top 10 countries with highest number of obese people. Obesity has reached epidemic proportions in India in the 21st century, with morbid obesity affecting 5% of the country's population. *Sthoulya* may be co-related with overweight as well as obesity according to different presentations of signs and symptoms<sup>7</sup>. In classics it is mentioned under the *Santarpanjanya Vikara* and in *Bahudoshavastha* condition. Different *Shodhana* (Internal purification) modalities have been mentioned like *Vamana*, *Virechana*, *Basti* etc. for *Sthoulya*. *Virechana karma* is one of them which is easy to administer and less complicated procedure to the patients. Many *Acharya*'s have mentioned external purification therapy for the management of *Sthoulya*. *Ruksha Udvartana* has been mentioned by *Vagbhata* with its property like *Kaphahara*, *Medodhara*, and removes the foe tied odors, restricts the process of excessive sweating and alleviates the aggravated dosha by function<sup>8</sup>.

#### Udvartana

The term *Udvartana* consists of two words *Urdhwa* and *Vartana*. *Urdhwa* means upward *Vartana* means to move. *Udvartana* means to move something in an upward direction. *Udvartana* is a special type of *Abhyanga* in which herbal powders are used for massaging<sup>9</sup>. Acharya Charaka has mentioned a term called *Sharira Parimarjana*. Commentator *Chakrapani* commenting on the term tells that

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*ShariraParimarjana* is nothing different from *Udvartana*. In fact *ShariraParimarjana* explained by *Charaka* is *Udvartana*. *Chakrapani* states that *Udvartana* has to be done after *Abhyanga* and since *Charaka* explain *ShariraParimarjana* after *Abhyanga*. It should be explanation of *Udvartana*. Thus *ShariraParimarjana* can be regarded as synonyms of *Udvartana*<sup>10</sup>.

### Method of Udvartana<sup>11</sup>

#### Purvakarma

This includes preparation of the patients and the patients are thoroughly examined. The *Prakriti* and *Vikriti* are documented in detail. The disease is also examined. It is confirmed if the patient is fit to undergo *Udvartana* treatment or not. Then preparation for the treatment like material needed for the treatment are collected beforehand. For *Abhyanga* the suitable oil according to doshas collected and stored beforehand. In *Purvakarma* the medicated oil chosen for *Abhyanga* is made warm. Massage is given to the whole body for 15-20 minutes and the patients are prepared for *Udvartana*.

**Oils used for Abhyanga-** KsheerbalaTailam, Mahamasha Tailam, MahanarayanTailam, Balashwagandhadi Tailam, Murivenna etc

#### Pradhana karma

It is important that the massage be simultaneously and synchronously done both side of the body to maintain uniformity. *Udvartana* is done in the same chronology of doing *Abhyanga*. It is done covering all the 7 postures.

**Position 1-** patient sitting on the massage table with lower limbs extended.

**Position 2-** patients lying on his back.(supine)

**Position 3-**patients lying on one side,turning towards left (left lateral)

**Position 4-** patients lying on his belly, facedownwards (prone)

**Position 5-** patients lying on other side,turning towards right (right lateral)

**Position 6-** repeat position 2, patients lying on his back, facingupwards (supine)

**Position 7-** repeat position 1, patients sitting with legs extended.

**Drugs for Udvartana-** KolakulathaChurna, TriphalaChurnaetc.

#### Pashchat krama

After *Udvartana* the body of the patients is cleansed with sterile cloth or tissues or sterile cotton to remove the powder. After wiping off the , the patients is smeared with a thin coat of medicated oil and prepared for steaming. After the *Udvartana* full body steaming is given using decoctions of *Dasamoola* etc.

## DISCUSSION

*Udvartana* is having the *Gunas* of *Kapha-MedaVilayana* property. Due to *Ushna* and *TikshnaGuna* of *Dravya* and forceful effect on *Romakupa*, the *Virya* of drug enters into body, there after it opens the *Mukha* of *Sira*, thereby making *Paka* of *Kapha* and *Medas*. Due to this, there will be *DravataVridhhi* of *Kapha* and *Medas*. *Swedana* which is given after *Udvartana* further makes *Paka* of the same. It also makes *SwedaPravartana*. When the *Doshas* enter *Kostha* by above methods they should be flushed out of the body through

purgation after completion of seven days of *Udvartana*. So *Nirharana* of *VikritaDosha*, *Dushya* along with *Medas* will take place ultimately resulting in *laghutva* of *Sharira*. Due to increased friction to all the parts of the body the triglycerides presents in the subcutaneous tissues will break down into fatty acids. These fatty acids are carried out to the liver due to central *Massage* which conservsion of these fatty acids into bile. Hence the resorption of the bile will be decreased, in turn utilizing the lipid, which circulating through the blood .on the day of purgation will be expelled out in excess. So when hyperlipidemia condition in obese person, promotion of excretion of bile in the faeces is used as one of the treatment through *Udvartana*.

## CONCLUSION

*Udvartana* a treatment explained in ayurvedic texts is an ultimate remedy for many metabolic and lifestyle disorders. It is an important therapy and mandatory inclusion in ayurvedic obesity and slimming clinics and weight reduction programs. *Udvartana* is not limited just to treat obesity or address overweight issues; it is a remedy for wide array of problems. *Udvartana* has been included as a part of *Dincharya* and can be done daily.

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