



Role Of Udvartan Chikitsa And Combination Of Navak Gugulu And Arogya Arogyavardhini Vati In Obesity: A Case Study

Dr.Laxmi Dwivedi(Agnihotri)¹,DrJinesh Kumar Jain² ³Dr.O.P.Dwivedi

¹Ph.D.Scholar,Panchkarma department Government Ayurved College, Rewa Madhyapradesh

² Professor &HOD Department of PanchkarmaGovt.Ayurved College Rewa Madhyapradesh

³- Professor &HOD Department of Rachna Sharir Govt.Ayurved College Rewa Madhyapradesh.

ABSTRACT

Obesity is a blessing of the modern age of machines and materialism. It occurs as a result of lack of physical activity with increased intake of food. The industrialization, stress during the work, dietary habits, lack of exercise and various varieties among the daily diet e.g. fast food, frozen fruits, increased amount of soft drinks and beverages, canned foods result into the clinical entity which we can be called as obesity. The procedure of massaging the whole body below the neck in a direction opposite to the orientation of hair with some pressure is called Udvartana. In present case study, a 40 year female patient weighted 90 kg, with triphla churna and kulatta powder along with Navaka guggulu 500 mg and Arogyaardhini vati 500mg twice a day with lukewarm water given for a period of 1 month. A significant reduction in weight and symptoms of obesity was reduced.

Keywords: obesity, triphla churna

INTRODUCTION

Obesity occurs as a result of lack of physical activity with increased intake of food. The industrialization, stress in work faulty dietary habits, lack of exercise & various varieties among the daily diet e.g. fast food, Frozen food and fruits, increased amount of soft drinks and beverages, canned foods results in to the clinical entity which we can call as Obesity. Obesity is such a physical state where hypertension osteoarthritis, diabetes mellitus, cardio vascular accidents impotency and many other grave complications are the vultures invited. The long term dangers of Obesity are like a sword hanging over one's head tied in a weak thread which can strike at any time and create numerous difficulties and boundless difficulties. A definition of swastha purusha as given by Acharya charaka and shushrut [1, 2]. A healthy body is the only one media to achieve the ultimate goal among the chaturvidha purushartha, i.e., Arogyama and roga declines that goal [3]. Acharya Sushruta also said that Madhama Sharira is the best but Ati Sthaula and Ati Krisha are always affected with some complaints [4]. Acharya charak has thrown light on the eight varieties of impediments which are designated as Nindita Purusha [5]. Ati Sthaulya comprises one of

them. The Sthaulya has 8 Doshas like Ayusho hrasha, javoprodha Krichavyavayta, daurbalya daurgandhya svedabadha shudhatiyoga and pipasatiyoga. Which leads to difficulty in normal life. In Ayurveda there are various measures to treat any disease, sometime internal measures and sometimes external application are useful [6]. But a combination of both are always beneficial. In present case study Udvartan karma with triphla churna and kulatta powder along with Medohar guggulu 500 mg twice a day with lukewarm water given for a period of 1 month.

Patient Detail: A 40 year female patient weight 90 kg, having complain of dyspnea on exertion, foul smell from the body and excessive thirst and hunger from 2 months, BP 128/80 mm Hg and pulse was 78 per minute. Patient was found of fast food and leading a solitary life. He also have a habit of intake of alcohol occasionally in a month. Since, the patient was doing a job in computer centre so he have prolonged sitting habit. Patient was thoroughly examined and above treatment was advised CBC, and other reports like thyroid profile were advised to rule out other diseases.

Assessment in the weight and clinical symptoms was done at every seven days. In the first week, it was observed that there was reduction in Dyspnoea on exertion and, but foul smell from the body was continued. After next seventh day, there was decrease in excessive thirst and rest were normal. These was a mild headache on 20th day patient was given cap stress com 1 cap twice a day along with other medicines. In the third weak, there was reduction in weight was 4 kg and symptoms were reduced a lot. At the end of treatment, there was reduction in weight as well as symptoms of obesity.

DETAILS OF UDVARTAN PROCESS

The procedure of massaging the whole body below the neck in a direction opposite to the orientation of hair with some pressure is called Udvartana. Sharira Parimarjana is another name mentioned by Charaka [7]. Chakrapani defined it as a procedure done after Abhyanga in the context of daily regimen [8]. In the context of Vyayayama, Gatramardanam is term used by Dalhana [9]. One of the important procedures in Panchakarma is Abhyanga. Application of oil to the skin followed by massage in specific directions and postures is called Abhyanga. Importance of Abhyanga and its benefits are clearly described in Ayurveda classics [10]. Udvartana is slightly different from it. The only difference from Abhyanga is the direction of movement and the force applied during the procedure

Types of Udvartana

According to Charaka: Depending upon the variation in the therapeutic effect, it is of two types [11]. Snigdha Udvartana in the context of treatment of Krisha (lean and thin) persons, in which oil is used in the procedure-Rukhsha Udvartana, in the context of treatment of Sthula (obese) persons, in which dry powder of herbs with no addition of oil is used during the procedure.

According to Sushruta: Depending upon the nature of drugs used, three different terms are mentioned by Sushruta, i.e., Udvartana, Udgarsana (in which dry powder of herbs like Reetha (*Sapindus Trifoliatum*) and Ishtika Churna (brick powder) is rubbed against the body) [12]. Utsadana, in which sneha Kalka (paste of herbs moistened with oil), is used during the procedure.

MATERIALS REQUIRED

Abhyanga (massage) table Herbal powder or oil as prescribed by the physician Therapist (1) Vessel (for powder/oil). **PROCEDURE**

Application of medicated oil as indicated and dusting of herbal powder on the body followed by massage with some pressure in the direction opposite to that of hair is the main method adopted in Udvartana [13]. Various steps involved in this procedure are given below.

Preparation of the Patient

Ideal time for Udvartana is the morning hour after evacuating the bowel and bladder. It should be performed empty stomach and before bath. Mild exercise may be advised to the patient before the procedure.

Main Procedure

Position of the Patient-Patient wearing minimum disposable gown is advised to lie down on the Abhyanga table. There are four positions in which Udvartana is carried out. These include supine, left lateral, prone and right lateral positions. At first, patient is advised to lie down in supine position and Udvartana is done on the anterior part of the body. Second position is the left lateral position and Udvartana is done on the right lateral aspect of the body. Third position is the prone position in which, posterior part of the body is treated with Udvartana. At last, patient is advised to take right lateral position and Udvartana is carried out in the left lateral aspect of the body. Udvartana is done on each part of the body below the neck by exerting some pressure.

DURATION OF UDVARTANA

Each part of the body in their respective positions is massaged for 3-5 minutes. Usually the duration of Udvartana is 30–45 minutes.

ACTIVITIES AFTER UDVARTANA

Patient is advised to take rest for at least 15 minutes and allowed to take bath with lukewarm water after an interval of minimum 1 hour and advised to protect face, nose and eyes to prevent irritation.

Aseptic measures should be taken if patient is suffering from any contagious disease.

DISCUSSION

Udvartana is an important therapeutic procedure of Panchakarma. It differs from Abhyanga in that of direction of application and pressure of the massage. Nowadays, Panchakarma therapies are becoming popular mostly for this Abhyanga-Udvartana-Samvahana therapy. Different powder of herbs, pastes and oils are used for Udvartana in different diseases according to the Prakriti of the patient. Various studies revealed the efficacy of Udvartana in many diseases. Triphala by virtue of its kapha-pittashamak, Agnideepak, and kledashoshak property is able to decrease meda and kullatha is ushna verya and kaphavata shamaha in nature it is medo nashak in nature [14, 16]. Udvartana eliminates Dosha from the body and simultaneously perform the action of Samprapti Vighatan (breaking of pathogenesis) Kapha-Medoharaguna. Udvartana opens the minute channels and improves blood as well as lymphatic circulation. Udvartana is kapha, vata hara and removes aavarana or Srotorodha. While Navaka guggulu has Triphala, trikatu vidanga, mustaka, chitraka and guggulu in which Triphala by virtue of its kapha-pittashamak, Agnideepak, and kledashoshak property is able to decrease cholesterol level [15]. Trikatu by virtue of its meda-kaphahar, ushna and sthooltanashak property is able to reduce cholesterol level [16]. Vidanga and Chitraka work by virtue of their ushna, tikshna, laghu and ruksha property [17, 18]. Nagarmotha acts by its deepana, pachana, kapha-pittashamak property and katu-tikta rasa. Guggulu exert its effect via ruksha and direct medahara property [19]. Contents of Arogyavardhini Vati include Loha bhasma, Abhrak bhasma, Tamra Bhasma, Shilajeet, Triphala, Kutki, Chitrak mool and Nimba swaras. It has dravyas with predominance of Tikta and Katu rasa, among which Tikta is having property of Kleda-Meda-Vasa-Majja-Pitta and Shleshma (Kapha) Upashoshana. At the same time, with help of Deepana-Pachana Karmas it reduces Ama which ultimately leads to reduction of Medodhatwagnimandya. In addition to that it also leads to Lekhana of dhatus. Abhrak basma has tridosha shamaka property and pacify kaphadosa thus maintaining natural metabolism. Shilajeet is a Rasayana along with kaled shoshak and dhatuagni vardhak

Thus, we see the overall effect of Udvartana and Navaka guggulu plus Arogya vardhinivati is very good on obesity.

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