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## Effect of *Udvartan* therapy in *Sthoulya* (Obesity)-A Review

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### ABSTRACT:

In modern days in appropriate food habit is the main cause of *Sthoulya*(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). *lakshana* and *Chikitsa* for *Sthoulya* is also described in detail by the Acharyas. It combines *Shodhana* and *Shamana* therapy in general. 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. It's a simple, low-cost operation with no side effects. [*Udvartana* is effective against a variety of disorders, including obesity, dyslipidaemia, and cerebral palsy.] *Shoshana* (absorption) and *Kapha Medohara* are two features it possesses. Its importance and benefits on different psycho-physical factors have also been demonstrated. In this review article, a detailed assessment of the *Udvartana* including its importance and benefits is explained

**Keywords-** *Ayurveda, Sthoulya, Obesity, Udvartana.*

### INTRODUCTION

The longer the size of the belt, the shorter the lifespan. Obesity (*Sthoulya*) is a burning issue, but it is not being easy to burn.<sup>1</sup> Central obesity is a major lifestyle issue that puts people at risk for a variety of ailments. Obesity is a risk factor for diabetes, hypertension, cardiovascular disease, and a variety of other disorders, all of which can result in increased morbidity and mortality.<sup>2</sup> Obesity is characterized to excessive accumulation of fat. In fat depots resulting in more than 20% of increase of expected

body weight. In 2010 report, Healthy People 2010 summarized that the age- adjusted proportion of healthy (body mass index (BMI) < 25.0 kg/m<sup>2</sup>) adults (age > 20 years) decreased from 42% in 1988-94 to 31% in 2005-08; and the proportion of obese (BMI > 30.0 kg/m<sup>2</sup>) increased from 23% to 34% for the same period of time. The experts concluded that the ten-year goal to prevent and treat the obesity was not met. Instead, the nation was moving away from the objective to promote health and reduce chronic



diseases associated with diet and weight. This underscores the extent of the problem and urgency to seek a solution. In *Aurveda Sthoulya* is considered as *Santarpanjanya vyadhi*(over nutrition)due to excessive accumulation of *Meda* (depose fat) in body.*Acharya Charak* also list this problem under *Santarpanjanya vyadhi*.He listed eight defect underlying *Sthoulya Purusha-Ayuhara,Alasya,Krichchvyavaya,Daurbalya,Daurgandhya,Atisweda,Atikshudha,Atipipasa* 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 *Udvertana* with the goal of preserving health. *Udvertana* is a method that involves massaging the entire body below the neck in a direction that is opposite to the hair's orientation by applying pressure.<sup>3</sup> Charaka has mentioned it as *Sharira Parimarjana*.<sup>4</sup> It is a procedure performed after *Abhyanga* as part of a daily regimen, according to Chakrapani.<sup>5</sup> In the context of *Vyayama, Gatramardanam* is term used by Dalhana. *Udvertana* differs slightly from it. The only difference between *Abhyanga* and this treatment is the direction of movement and the force used.

#### Review of Literature

##### *Sthoulya*(obesity)

In Ayurveda, the description about *Sthoulya* is available in many *Samhitas* various *Samhitas* as *Sthoulya* or *Medoroga* in *Santarpanotha vikara* i.e. the disease caused by overnourishment. 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 *Sthoulya*.

##### *Udvertana*

*Urdhwa* and *Vartana* are the two words that make up the term *Udvertana*. *Urdhwa* is a Hindi word that means "upward." *Vartana* is a Sanskrit word that means "to move." *Udvertana* is a Sanskrit word that means "to move upward." *Udvertana* is a form of *Abhyanga* that involves massaging with herbal powders.<sup>7</sup> *Sharira Parimarjana* is a phrase mentioned by *Acharya Charaka*. *Chakrapani*, a commentator on the phrase, claims that *Sharira Parimarjana* is identical to *Udvertana*. *Udvertana* must be performed after *Abhyanga*, according to *Chakrapani*, because *Charaka* explains *Sharira Parimarjana* after *Abhyanga*.<sup>8</sup>

##### According to *Charaka*<sup>9</sup>

Depending upon the variation in the therapeutic effect, it is

of two types.

- *Snigdha Udvertana*, in the context of treatment of *Krishha* (lean and thin) persons, in which oil is used in the procedure.<sup>9</sup>
- *Ruksha Udvertana*, in the context of treatment of *Sthoulya* (obese) persons, in which dry powder of herbs with no addition of oil is used during the procedure.
- **According to *Sushruta***<sup>10</sup>  
Depending upon the nature of drugs used, three different terms are mentioned by *Sushruta*.
- *Udvertana- Udvertana* is that which brings about *Pravilapanam* (dissolution or liquification) and *Vimplapanam* (destroying anything). Herbal powders are rubbed on the body in an upward (reverse) direction to produce dissolution or mutilation of the unwanted and undesired materials of the body, primarily fat and excess *Kapha*, which are causing obstructions, as well as to aid move them out of the body to restore normalcy and health. When dry objects are rubbed across the body, this can be accomplished (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 Trifoliatus)* 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. *Sushruta* describes it as a measure to treat a *Vrana* in *Shashthi Upkrama*, while *Charaka* describes it in *Dwivraniye Chikitsa* (wound).

##### ***Snigdha Udvertana* Indication:**

- In the context of treatment of *Krishha* (lean and thin) persons, in which oil is used in the procedure.
- Choice according to *Prakriti* (constituent)  
Table no 1. *Taila* (Oil) According to *Prakriti*<sup>11</sup> In those with a *Prakriti* that is a mix of *Doshas*, a blend of oils in equal amounts may be useful as suggested for each *Dosha*. When the exact oil is unavailable, *Murchhita Taila* can be used instead.

##### ***Ruksha Udvertana* Indications:**

In the context of treatment of obese (*Sthoulya*) persons, in which dry powder of herbs with no addition of oil is used during the procedure. Table no 2. Choice of medicated powders with disease conditions:<sup>12</sup>

##### **Procedure**<sup>13,14</sup>

The basic procedure used in *Udvertana* is the use of the dusting of medicated powder on the body, followed by massage with some pressure in the opposite direction of

hair. The following are some of the steps involved in this procedure: -

**Preparation of the Patient:**

After bowel and bladder evacuation, the morning hour is ideal for *Udvertana*. It should be done on an empty stomach and prior to bathing. Before the surgery, the patient may be advised to do some light exercise. After saying a prayer, the therapist should begin the process.

**Purvakarma**

This includes patient preparation as well as a complete examination of the patients. The *Prakriti* and *Vikriti* are carefully documented. The illness is also investigated. It is determined whether or not the patient is suitable for *Udvertana* treatment. Following that, preparations for the therapy, such as the materials required for the treatment, are prepared advance. For *Abhyanga*, the appropriate oil should be obtained and prepared advance according to the doshas. The therapeutic oil chosen for *Abhyanga* is warmed in *Purvakarma*. Massage is given to the whole body for 15-20 minutes and the patients are prepared for *Udvertana*.

**Pradhan Karma [Main Procedure]:** *Ruksha Udvertana* with *Triphala Churna* (250gm( or any other Medicated powder) 250gm

Position of the Patient<sup>15</sup>

Patients should lie down on the *Abhyanga* table while wearing minimal cooping. *Udvertana* 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 *Udvertana* on the anterior area of the body. The left lateral posture is the second, and *Udvertana* is performed on the right lateral part of the body. The third posture is the prone position, in which *Udvertana* is applied to the posterior part of the body. Finally, the patient is instructed to take a right lateral position and perform *Udvertana* on the left lateral side of the body. By applying pressure to each area of the body below the neck, *udvertana* is performed.

**Pashchat krama**

To remove the powder, the patients' bodies are washed with sterile cloth, tissues, or sterile cotton after *Udvertana*. The patient is covered with a thin coat of medicinal oil and prepared for steaming after wiping off the. Following the *Udvertana*, complete body steaming is performed using decoctions of *Dasamoola* and other herbs. **Table no 3.**

**Duration** - For 3-5 minutes, each region of the body is massaged in its proper position. The duration of *Udvertana*

is usually 30-45 minutes.

**Post procedural Activities**

1-Patient is advised to take rest for at least 15 minutes.

2-After a minimum of 1 hour, the patient is allowed to take a bath with lukewarm water.

**Care And Precautions**

1. Before *Udvertana*, 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 *Udvertana*.
5. Tender areas should be avoided for *Udvertana*.
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. Table no 4. Shows Therapeutic use of *Udvertan*

**DISCUSSION**

*Udvertana* is having the *Gun*s of *Kapha-MedaVilayana* property. The *Virya* of the medicine enters the body due to *Ushna and Tikshna Guna* of *Dravya* and its powerful influence on *Romakupa*. It then opens the *Mukha of Sira*, resulting in *Paka* of *Kapha* and *Medas*. There will be *Dravata Vriddhi* of *Kapha* and *Medas* as a result of this.<sup>19</sup> *Swedana*, which comes after *Udvertana*, gives to the *Paka* of the same. After seven days of *Udvertana*, the *Doshas* that have entered *Kostha* through the preceding procedures should be flushed out of the body through purgation. As a result, *Nirharana* of *Vikrita Kapha Dosha*, *Dushya* along with *Medo Dhatu*(alleviation of vitiated *Kapha* and *Meda* )and removes *aavarana* and *srotorodha* will take place ultimately resulting in *laghutva* of *Sharira*. The triglycerides in the subcutaneous tissues will break down into fatty acids as a result of increased friction to all regions of the body. *Udvertana* can help in normalizing lipid profile (dyslipidemia), also in reduction of weight; BMI, body circumference and skin fold thickness as it possesses *Shoshana* (absorption) and *Kapha-Medohara* (alleviation of vitiated *Kapha* and *Meda*) properties. Due to central Massage, these fatty acids are transported to the liver,

where they are converted into bile.<sup>20</sup> As a result, bile resorption will be reduced, allowing the lipid circulating in the circulation on the day of purgation to be utilized. As a result, when an obese individual has hyperlipidemia, *Udvarthan* promotes bile excretion in the feces as one of the treatments.

## CONCLUSION

*Udvarthan* is an important Panchakarma's allied procedure. It's an essential treatment that's required in ayurvedic *Sthoulya* and reducing treatments and weight-loss programmes. 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 *Udvarthan* with the goal of preserving health. *Udvarthan* is a cure for a wide range of problems, not just obesity and overweight disorders. *Udvarthan* is a part of *Dinacharya* protocol and can be done on a daily basis.

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**Table no 1. Taila (Oil) According to Prakriti<sup>11</sup>**

<i>Vata Prakriti</i>	<i>Himsagara Taila (oil)</i>
<i>Pitta Prakriti</i>	<i>Chandanadi Taila, Chandanabalalakshadi Taila</i>
<i>Kapha Prakriti</i>	<i>Triphaladya Taila</i>
<i>Sama Prakriti</i>	<i>Asanabilvadi Taila</i>

**Table no 2. Choice of medicated powders with disease conditions:<sup>12</sup>**

<i>Kulatta Churna</i> (powder)	To reduce accumulated subcutaneousfat and to decrease excessive Sweating
<i>Triphala Churna</i>	In obese patients, skin diseases
<i>Nalpamaradi Churna</i>	Eczema, fungal infections, diabetes mellitus associated with itching
<i>Nimba Churna</i>	Skin diseases
<i>Ushira, Chandana, Musta, Padam Churna</i>	Excessive sweating
<i>Nimba, Khadira, Guduchi, Aragvada, KaranjaChurna</i>	Skin diseases
<i>Shailayadi Churna</i>	Obesity

**Table no 3. Types of Massage on Different Parts of the Body<sup>16</sup>**

Part of the body	Position of the patient	Type of Massage
Arms	Supine, lateral and prone Position	Linear massage
Hands (both palmer and dorsal aspect)	Supine and prone position	Circular massage
Shoulders	Supine, lateral and prone position	Circular massage (both in clockwise and anti-clockwise direction)
Abdomen	Supine position	Linear and Circular massage (both in clockwise and anti-clockwise direction)
Chest	Supine position	Linear and Circular massage (both in clockwise and anti-clockwise direction)
Back	Prone position	Linear massage
Legs	Supine, lateral and prone position	Linear massage
Soles	Supine and prone position	Rubbing massage (to and fro manner)
Trunk	Supine, lateral and prone position	Linear massage

**Table no 4. Therapeutic use of *Udvertan***

S. No	Actions	CharakaSamhita <sup>17</sup>	SushrutaSamhita <sup>18</sup>
1	<i>Dourgandhyahara</i> (Elimination of the body odour)	✓	-
2	<i>Gouravahara</i> (Leads to sense of lightness in the body)	✓	-
3	<i>Tandrahara</i> (prevents untimely drowsing)	✓	-
4	<i>Kanduhara</i> (cure itching sensation)	✓	-
5	<i>Malahara</i> (Removes impurities)	✓	-
6	<i>Aruchihara</i> (Increase the interest)	✓	-
7	<i>Vatahara</i> (Correct imbalance of Vata Dosha)	-	✓
8	<i>Kapha Vilapana</i> (Alleviates vitiation of Kapha Dosha)	-	✓
9	<i>Meda Vilapana</i> (Reduces excess of fat in the body)	-	✓
10	<i>Anga Sthrikarana</i> (Increase the stability of extrimities)	-	✓