

REVIEW ARTICLE

A Literary Study on the Applied Aspects of *Udvaartana* on *Medo Vikara*

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ABSTRACT

Ayurveda is the first medical science on earth. *Ayurvedic* medicine is an illustration of a traditional health-care system that is well-organized and widely used in several parts of Asia. It offers both preventive and therapeutic care. There are seven types of tissues in the human body known as *Dhatu* which holds our body structure. When all the *Dhatu* in the body are in their optimum levels, each of them contributes toward the health of the body. However, when there is *vikriti* in any of the *Dhatu* then it surely affects body nutrition, health, and mind. *Medo vikaras* are one of the best examples of the diseases caused due to *vikriti* in *Medodhatu*. *Medodushti* includes several types of *Medo vikara*, which are collectively known as *Medoroga*. *Medoroga* can be included in *Santarpanjanya vyadhi*. *Medo Vikaras* are mainly due to imbalance of energy of the body. It is a condition produced by derangement of *Agni*, which leads to *Amarasa*. There is *Medo Dhatwagni Mandya*, leading to improper formation of *Medo dhatu*. The concept of *Udvaartana* is described as a daily regimen and also in *Medavikara* is widely found in different literatures in *Ayurveda*. It is one of the *Panchakarma* therapies which differ from *Abhyanga* in its direction of application and pressure during the procedure. It is a simple and affordable procedure with no harmful effects. In this review article, a detailed assessment of the *Udvaartana* including its importance and benefits is explained.

1. INTRODUCTION

According to *Ayurveda* life is based on tripods, that is, *Dosha*, *Dhatu*, and *Mala*, which are root pillars of our body, which maintain the homeostatic state both anatomically and physiologically.^[1] Since from the ancient era, *Ayurvedic Acharyas* have given major importance to *Medo Dhatu* among all *Dhatu*s. There are many tissues in our body that are rich in lipids, they are *Medo Dhatu*, *Majja dhatu*, and *Vasa* and have *Snehatwa* as common feature but all are differ in their site and functions. *Medo* is present mainly in *Udara*, but some of it is also present *Mamsa* and *Asthi Dhatu*.^[2] The *Medo* present inside Anu (small) *Asthi* is called “*Sarakta Medo*” and when it is present in *Sthula* (large) *Asthi*, the same is called *Majja*.^[2] The pure form of *Medo* present in *Mamsa* (*Peshi*) is called as *Vasa*. *MedoDhatu* located in the body mainly in two forms, that is, *Poshaka* (Mobile in nature) *Medo*

Dhatu and *Poshya* (Immobile in nature) *Medo Dhatu*. Nowadays, *Medo Vikara* is a very common lifestyle disorder. In this modern era due to lack of physical activity, stress full life, and increased intake of fast foods, change in dietary habits results in the form of increasing body fat gradually.^[3] Obesity, which is a result of *Medo Vikara*, has become a challenging issue for the world. *Medo Vikara*, *Medoroga*, *Sthoulya*, *Obesity*, etc. are caused by excess use of *Snigdha*, *Guru*, *Picchila Aahar* along with *Chestadwasha* (lack of physical activities) lead to *Medo Vikara*.^[4,5] 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. From ancient era, *Ayurvedic Acharyas* have given importance to *Udvaartana* for *Medo Vilayana Kriya*.^[6] Not only *Medovilayana* but also it has an indispensable part as a therapeutic estimate to conflict various type of diseases in *ayurvedic* structure of medicine even in the present era.

Acharya Chakrapani defines that *Udvaartana* is applied after *Abhyanga* and it is same as *Sharira parimarjana* mentioned by *Acharya Charak*.^[7] The aim of paper is to study the concept of *Medo Vikara* and

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the application of *Udvardhana* on *Medo Vikara* for better understanding and therapeutical applicability in all *Medo Vikaras*.

2. MATERIALS AND METHODS

This article material is collected from ancient books such as *Charak Samhita*, *Sushruta Samhita*, *Astang Hridaya*, *Astang Samgraha* and various articles, websites, indexed journal, PubMed authentic books, inquire about papers, and courses are the essential sources.

2.1. Literary Study of *Medo* and *Medo Vikara*

The word “*Medas*” is derived from root “*Jhimida Snehana*.” This stands for *Sneha*, Fat, oil, etc. It means the substance which has *Snigdhatva* property is called *Medas*. The pure form of *Medo* is present in *Mamsa (Peshi)* is called *Vasa*. Thus, all forms of lipid in body are present mainly in *Medo Dhatu* which has role in developing many metabolic disorders such as *Medovikara* and *Prameha*.^[8] When *Medodhatu* is produced in excellent condition individuals is known as *Medosara Purusha*. The disturbance in *Medo Dhatu* metabolism is very common in the present era because of increased cravings toward fast foods. *Panchamahabhuta* involvement in *Medo Dhatu* is *Jala* and *Prithivi mahabhuta*.^[9]

2.2. *Sthoulya* and *Medovikara*

Sthoulya, *Medovikara*, and *Medodosha* have been described to be analogous to each other. The term *Medoroga* was first used by *Acharya Madhava* to define obesity and related lipid complications.^[6] Literally, it means in a disease in which *Medo Dhatu* is deranged. It is only one type of disease according to *ayurvedic* texts, but *Adhamalla* has tried to distinguish between two types of *Medovikara*.^[10]

Sthoulya:

- Including its clinical features of adiposity
- Lipid disorders where *Medo* acts as an etiological factor in the genesis of other Diseases (Secondary).

The word *Sthoulya* is derived from the word “*Sthula*” which means to grow or increase in size. In context of *Sthoulya*, it refers to excessive growth of adipose tissue in body.^[11]

Acharya Charak has described that *Sthoulya* has excessive increase in quantity of *Medo* and *Mamsa Dhatu*, leading to pendulous movements of the *Sphik*, *Udara*, and *Sthana* with morphological disproportion.^[7] Such a person suffers from lack of energy.^[12]

2.3. Definition of *Udvardhana*

Udvardhana (Effleurance) is a process in which massage is done with some pressure in opposite to the orientation of hair follicle (*Pratiloma Gati*).^[13] *Abhyanga-Udvardhana-Samvahana* are a bit different from each other by their application on body. In texts, *Udvardhana* is also named as *Churnodvardhana*. According to *Charak*, it is of two types.^[14]

- Snigdha Udvardhana*
- Ruksha Udvardhana*

According to *Sushruta*, it is of three types

- Udvardhana*
- Udgharshana*
- Utsadana*

2.4. *Nirukti* of *Udvardhana*

The word “*Udvardhana*” is derived from is derived from *ud+* *vridh+* *bhavae+karanevalyud*

This means *Vilepana* or *Gharshana*.

Different meanings of *Udvardhana* from *Sanskrit Dictionary* – *Monier Monier Williams* are as follows:^[15]

- Rubbing
- Rubbing or kneading the body
- The act of rising
- Going up
- Ascending
- Increasing
- Laminating
- Grinding
- Pounding
- Causing
- The springing up the plants or grain
- To shuffle
- To smearing with fragrant powder.

2.5. Benefits of *Udvardhana*

In *Ayurvedic* writings, it has been said that *Udvardhana* opens the circulatory channels, facilitates the metabolic activity, and improves the texture in the skin. By virtue of these therapeutic effects, one can gain the underlying benefits from *Udvardhana* treatment.^[16]

- Alleviates vitiation of *Kapha dosha*.
- Reduces excess of fat in the body.
- Corrects imbalance of *Vata dosha*.
- Promotes the excellence of skin.
- Eliminates the bad body odor.
- Reduce excessive sweating.
- Increases the stability of extremities.
- Prevents untimely drowsing.

2.6. Procedure of *Udvardhana*^[17]

- The best time for *Udvardhana*, as mentioned in daily regimen, is in the early morning, that is, between 5 and 9 am and before bathing.
- Bladder and bowel should be emptied.
- Blood pressure, pulse rate, heart rate, and respiratory rate should be recorded.
- Udvardhana* should begin from legs, arms, chest, abdomen, and back and gluteal region and should be in upward direction, that is, centripetally.
- Generally, the duration is 30–45 min.
- After *Udvardhana*, patient should take rest for 15 min, to relax.
- After relaxation, hot water bath is advised.

2.7. Mechanism of *Medavilayana*

Udvardhana is having the *gunas* of *Kapha-medavilayana* property→*Ushna* and *tikshna* guna of *dravyas* and forceful effect on *Romakupa*→*virya* of drug enters into body→it opens the *mukha* of *sira*→making *paka* of *kapha* and *medas*→*dravatwa Vridhhi* of *kapha* and *medas*→*Swedana* which is given after *Udvardhana* further makes *paka* of the same→ makes *swedaprvaratana*→ *doshas* enter *kostha* by above methods; they should be flushed out of the body through purgation after completion of 7 days of *Udvardhana*→ *nirharana* of *vikritadosha-dushya* along with *Medas* will take place ultimately resulting in *laghutwa* of *sharira*.

Due to increased friction to all the parts of the body, the triglycerides present in the subcutaneous tissues will breakdown into fatty acids. These fatty acids are carried out to the liver due to central massage which conservation of these fatty acids into bile. Hence, the resorption

of 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. Hence, when hyperlipidemia condition in obese person, the promotion of excretion of bile in the feces is used as one of the treatments through *Udvardana*.

3. DISCUSSION

Udvardana is having the *Gunās* of *Kapha-Meda Vilayana* 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*.^[18] There will be *Dravata Vriddhi* of *Kapha* and *Medas* as a result of this. *Swedana*, which comes after *Udvardana*, gives to the *Paka* of the same. In different classics, *Udvardana* is mentioned as a daily regimen as well as the part of treatment also. *Udvardana* process possesses *Kapha-Medovilayana* property. The *Doshas* that have entered *Kostha* through the aforementioned steps should be expelled from the body through purgation after 7 days of *Udvardana*. *Nirharana* of *Vikrita Kapha Doshā*, *Dushya* together with *Medo Dhatu* (alleviation of vitiated *Kapha and Meda*), and removal of *Aavarana* and *Srotorodha* would consequently take place, finally leading to *Laghutva* of *Sharira*.^[16] The increased friction across the entire body will cause the triglycerides in the subcutaneous tissues to disintegrate into fatty acids. If any *Rukshya dravya* used as *Udvardana dravya*, the effect of *Medovilayana* occurs. To enhance this *Medovilayana* property, *Katuitiktarasatmak*, *Ushnaviryatmak Laghurukshya*, and *Tikshnagunatmak Udvardana dravya* should be selected. We can explain this *Medovilayana* process on the basis of *Samanya vishesa Siddhanta*. According to this *Siddhanta*, *Udvardana* process acts as *Kriya vishesh*, *Udvardana dravya* acts as *guna vishesh* as well as *Kriya vishesh* quite opposite from the properties from *Medo Dhatu*, that is, used drugs for the process of *Udvardana*.

4. CONCLUSION

Medo Dhatu plays an important role in two different functional aspects, that is, *Dharana* and *Poshana* of the body. When *Jatharagni* is impaired, the *Bhutagni* and *Dhatwagni* especially *Medo Dhatwagni* is impaired resulting of the homologues nutrients present in *Poshaka Medo Dhatu* will be in excess in circulation and ultimately develops *Medovikara*. *Udvardana* is a vital *Panchakarma's* associated procedure. It is an essential treatment that is required in *Medovikara*. *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 *Udvardana* with the help of preserving health. *Udvardana* is a cure for a wide range of problems, not just *Medovikaras* and overweight disorders. *Udvardana* is a part of *Dinacharya* protocol and can be done on a daily basis.

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10. DATA AVAILABILITY

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