

A Critical Review on the Concept of Udvarthana.

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ABSTRACT

Udvarthana is one of the bahirparimarjanachikitsa which is done using snehakalkadi or rookshachurnadravyas. Depending on usage of dravyas it is called as udgarshana or utsadhana. It is having its application both in swastyaparipalana (dinacharya) & aturavikaraprashamana. In this, snehakalkadidravyas or rookshachurna Aushadadravyas are used for garshana in pratilomagati. Depending up on doshic dominancy, roga-rogiavastha, snigdha & rooksha type of udvarthana is adopted. It does kaphamedho hara, sharirasthirikarana & twakprasadana karma. It has got its own speciality in treating various disease condition. For the same purpose critical review will be done on the concept of Udvarthana.

KEYWORDS: Udvarthana, Udgarshana, Utsadhana, Bahirparimarjanachikitsa.

I. INTRODUCTION:

Ayurveda as depicted various charyas (rules & regimens) to maintain bodily homeostasis. For the purpose of swasthyarakshana & rogaprashamana Dinacharya & R uthucharya have been mentioned in the classics. In Dinacharya, Brahmimuhurteuttistet, Dantadavana, Abhyanga, Vyayama, Udvarthana, Snana etc. are explained with an aim of maintaining health & prevention of disease¹.

Udvarthana is one of Bahirparimarjanachikitsa & it is a unique Panchakarma therapy, in which Aushadidravyas are used for procedure in pratilomagati, in a direction opposite to the orientation of hair is called Udvarthana.²

NIRUKTHI:

The word 'Udvarthana' is derived from उत् + वृत् + णिच् + भावेकरणेवाल्प्रत्ययः.³

✓ उत्-ऊर्ध्वम् (upward)

✓ वृत्- वर्तते-- वर्तने (movement)- (shabda kalpadruma)

• **Urdhwamvartanam udvathanam**⁴ (C.S.Su.12/6)

Udvarthana means, a specific movement in upward direction.

PARIBHASHA OF UDVARTHANA:

• **Udvarthanamgaatar mardanam**⁵. (Su.S.chi.24/51)

Gatra (shareera) mardhanais called udvarthana.

[Mardana-

“mardanam tuga adampaada abhyaama arabhyakatiparyantam....” -S.S.Ci.24/83]

Mardana is a kind of Massage done with Pressure.

• **Udhvartnamkaphaharammedasah pravilayanam**⁶ (A. Hr. Su. 2/15)

Kaphamedhopravilayana is called udvarthana.

[“Pravilayanam

dravikarnam dravikrutiyamedasah shoshanam ititya arha”]

According to Arundatta, Pravilayana means dravikarana & shoshana of medhas.

SYNONYMS OF UDVARTHANA:

According to disease condition its:

1. **Udvarthana**⁶: kapha-

medhopravilayana & shoshana of medhas is called udvarthana.

2. **Utsadhana**⁷: According to Amarakosha, “Udvarthane utsadane dwesam”.

3. **Sharira parimarjana**⁸: According to Chakrapani, “Parimarjanam udvarthanam brute”.

CLASSIFICATION OF UDVARTHANA:

I. **According to Sushruta,**

Depending upon the nature of dravyas used

1. Udvarthanam
2. Udgharshana
3. Utsadana

1. UDVARTHANA

❖ “Udvarthanam cha atrpravilapaniya vimlapanakaram”¹⁰-(Dalhana Su.S.Ci.24/51)

Udvarthana is which brings about pravilapanam (liquification)&vimlapanam(dissolution or mutilation).

2. UDGARSHANA

❖ “Udgharshanagatradigarshanamasneha oushadhchurnadibhi gharshanam”¹¹-(Su.S.Ci.24/52-56)

It means process of udvarthana using churnadravyas withoutsnehadravya is called udgharshana.

Foe eg.: churnadibhiphenakachurna (soap nut), Istikachurnagarshanam.

3. UTSADANA

❖ “Snehakalkenaudgharshnamutsadanam”¹²|(Su.S.Chi. 24/52-56)

It means process of udvarthana using snehakalkadidravys is called utsadana.

II. According toCharaka:

Depending upon the disease condition it is of two types.

1. Snigdhaudvarthana
2. Rookshaudvarthana

• SNIGDHA UDVARTANA

“...snigdham udvartanam”¹³ (C.S.Su.21/32)

Procedure in which snehakalkadravyas are used is called SnigdhaUdvarthana.It is specially indicated is krusha person.

• RUKSHA UDVARTANA

“..... roukshanyanaudvartanani cha”¹⁴. (ch.s.su 21/21)

Procedure in whichrukshachurnadravyas are used is calledRukshaUdvarthana.

➤ INDICATIONS OF UDVARTHANA

A) General Indications of Udvarthana:

Sl.No.	Context	Reference	Indication
1.	Langana brumhaniya ¹⁵	C.S.Su.22/29-30	✓ Abhishyanna (kaphaavrutharogas) ✓ Mahadosha (Bahudoshaavastha) ✓ Marmasthavyadhi ✓ Urusthanmaba, Adhyavata, Prameha.
2.	(udgharshana) Anaghatabada pratisheda ¹⁶	S.S.Ci.24/51-56	1. kandu , 2.kota, 3.vataja roga 4.Meda&vikrutakaphaavastha
3.	Matrasitiya adhyaya ¹⁷	A.H.Su.8/19-20	1 Khalli, 2.visuchika
4.	Other indications	-	1. Udvarthana as rukshanachikitsa before shodhanangasnehapana. 2. sthanikaUdvarthana/gharshana before jalukavacharana&siravyadha

B) Specificindications of Udvarthana in different diseases

Sl.No	Context	Reference	Shloka
1.	Stoulya	C.su.21/21	वातघ्नान्यन्नपानानिश्लेष्ममेदोहराणिच रूक्षोष्णाबस्तयस्तीक्ष्णारूक्षाण्यउद्वर्तनानिच
2.	karshya	C.su.21/32	स्निग्धमूद्वर्तनं.....॥३२॥
3.	Prameha	C.chi.6/50प्रगाढेरुद्वर्तनैः...

4.	Kushta:	C.chi.7/104	उद्वर्तनं प्रघर्षणमवचूर्णनमेषएवेष्टः॥१०४॥
5.	Unmada	C.chi.9/71	...उद्वर्तनं तथा॥७१॥
6.	Visha	C.chi.23/174	उद्वर्तनं सुखाम्बूष्णैस्तथाऽवच्छादनं घनैः॥१७४॥
7.	Skandapasmara	S.U.29/5-6	...उत्सादनम्वचाहिङ्गुयुक्तंस्कन्दग्रहेहितम्[Dallanaउत्सादनमूद्वर्तनं]
8.	Shosha	S.U.41/43	उत्सादनेचापितुरङ्गगन्धायोज्यायवाश्चैवपुनर्नवेचदallana ...उत्सादनमूद्वर्तनं
9.	Rajayakshma	A.S.ci.7/52	उद्वर्तनं कार्यपुष्टिवरणबलप्रदम्॥५२॥-
10.	Apasmara	A.S.U.10/28	उद्वर्तनं सदाकुर्याच्छृत्तैश्चपरिषेचनम्॥२८॥-
11.	Kita visha	A.S.U.43/58	उद्वर्तनं सुखाम्लोष्णैस्तथाप्रच्छादनं घनैः॥५८॥ -

Usage of Different Dravyas for Udvartana in Different Contexts:

As mentioned in above table udvartana karma is having wide range of application in treatment aspect. Based on Roga-Rogiavasta, different dravyas were used which is depicted in following table.

Reference	Dravyas
Su ci 25/20 Misrakachikitsaadhyaya	prapundarika, Madhuka, Manjista, rajanidwaya.
Su ci 29/12 Svabhavavyadhipratishedhaniyarasayana	yavapisttamUdvartanarte
Su chi 5/36 Mahavatavyadhichikitsaadikara	karanja, phala, shwethasarshapa, goomutra
Su chi 9/5 Kustachikitsaadikara	Aragvadadikashayamutsadanarte (kashayai.ekalka ,churna)
Su ci 20/38-39 Kshudrarogachikitsa	Nimbaaragwadakalka for utsadana, Udvartanarte
Suut 29/5-6 Skandaapasmaraadikara	vachahingu for utsadanarta
Suut 36/6 Naigameshapratishedhamadikara	vacha, vayastha, guduchi, brahmhi, goolomi, durva for utsadana&Udvartana,
Suut 41/43 Shoshapratishedhamadikara	Turangagandha, yava, punarnava for utsadana
Ch chi 7/127 Kustaadikara	Edagaja, sarjarasa, moolakabeeja with kanji for sidmakustaUdvartanarte
Ch chi 7/84-96 Kustaadikara	Aragvadha, karanja, edagaja, kusta, goomutra pista for Udvartana
Ah ci 5/90 Rajayakshmaadikara	Yavachurna for udvathana
Ah ci 12/40 Pramehaadhikara	Aragvada, indrayavaganakashyayuktadravya forudvartana
Ah ut 32/23 Kshudraroogaadikara	Utphala, kusta, priyangu, kaliyaka, badaramajja for udvartana

Usage of dravyas forRukshaUdvarthana Karma:

Disease Condition	Dravyas used
Sthoulya	Kulattachurna, Kolakulttadi churna ¹⁸ , Shailyadi churna ¹⁹ .
Kusta	Nalpamaradichurna, Nimbachurna,kadhira, guduchichurna.
Kushdrarogha	Triphalachurna, aragvada,kaaranjachurna
Atiswedha	Ushira , chandhana, musta, Padma churna.

Usage of dravyas for udgharshana

Kaiyadevanighantu& SU.S.CI 24/ 52-53 dallana Istika churna ²⁰ Phenaka ²¹ (soap nut)	For udgharshanartha – does kandu,kothahara,tvakstaagnivrudhi.ShariraShourya,lagava,dh adyakruth,kotha,kandu,mlapaha.
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PROCEDURE OF UDVARTANA

Udvarthana karma will be carried in 3 steps as follows:

- POORVA KARMA
- PRADHANA KARMA
- PASCHTA KARMA

✓ POORVA KARMA:

1. Sambarasangraha:

Materials needed for treatment are collected beforehand.

- Abhyanaga table, Iron pan, vessels, towel,sterile cotton.
- Sneha kalkadidravys for snigdhaudvarthana, rookshadravyas in yavakutachurna (course powder) form for rukshaudvarthana are collected.
- After udvarthana for mrudhurechanaerandataila or avipattikarachoorna is kept ready.

2. Athurasiddhata

- Patient is asked to devoid the vegas.
- Patient is asked to lie-down on abhyanga table with minimum cloths.

✓ PRADHANA KARMA

- As per condition, Udvarthana dravya should be selected.Garshanashould be done all over the body in pratilomagati, in all the postures as that of Abhyanga²².
- Duration of udvarthana can be taken similar to abhyanga. epancha muhurtha²³.
(1 muhurtha is approximately 48minutes & 5 muhurtha is 240 minutes)
- Udvarthana choorna is used till it becomes dark brown or black colour then it should be discarded & fresh churna should be taken for procedure.
- The number of days of treatment varies from 7-14 days depending on the nature and intensity of the disease.

✓ PASCHTA KARMA

- After udvarthana patient is wiped with sterile cloth& asked to take rest for 15 minutes.
- Patient is asked to take sukoshnajalasnana.
- Patient is advised to take laghu, ushna&anabhishandhihara.

BENEFITS OF UDVARTHANA

S.no	Udvarthanaphala	Ch ²⁴	Su ²⁵	Va ²⁶
1	Dourghandhyahara	+	-	-
2	Gouravahara	+	-	-
3	Tandrahara	+	-	-
4	Kanduhara	+	-	-
5	Malahara	+	-	-
6	Aruchihara	+	-	-

7	Vatahara	-	+	-
8	Kaphavilayana	-	+	+
9	Medhovilayana	-	+	+
10	Angasthirakarana	-	+	+
11	Twakprasadakara	-	+	+
12	Strinamkanti	-	+	-
13	Varna prasdana	-	+	-

II. DISCUSSION

- Udvartana is an important therapeutic procedure of Panchakarma. Based on Doshapradhanyata, different Aushadichoornadravyas & snehakalkadidravys are used for Udvartana in different diseases.
- Udvartana Karma done with rookshachooras is called as udgharshanan & it serves the purpose of exfoliation and removes dead cells, debris, dirt and dust from the cells of the skin and tissues below the skin.
- In udvartana karma, dravyas used are predominantly of Ushna & Tikshnaguna. These dravyas are endowed with ushnvirya. Because of dravyaprabhava, virya enters in totwacha & does kapha-medhopachana, vilayana, dravikarana & does dilatation of Srotomukha.
- Udvartana Karma done with snehakalkadidravys is called as Utsadana. It increases complexion & beauty of a person. Acharya sushrutha tells women's will get visheshakanti by following utsadana i.e., "उत्सादनाद्भवेत्स्त्रीणां विशेषात्कान्तिमद्वपुः"²⁷. As per Kaiyadevanighantukara, Utsadana karma removes mala from body i.e., "सस्नेहोषधचूर्णाधैः शरीरमलक र्षणम्"²⁸.
- In utsadana karma, dravyas are endowed with Snigdha guna. Through lipid media there will be better absorption than other media. Majority of udvartanadravyas have volatile principles which helps for greater absorption.

PROBABLE MODE OF ACTION OF UDVARTHANA:

❖ "siromukhaviviktatvatwaksthagne cha tejasa"²⁹

Udvartana: by gharshana of shareera



Heat gets generated (ushnatha of sharira increases)



Heat sensitive neurons get activated



Signals carried to hypothalamus (heat loss centre)



Inhibitory impulse to sympathetic centre



Increases in peripheral vaso dilation (srotomukhaviviktatava)



Cutaneous & subcutaneous blood flow increases (dhatvagnivruddi)



Activates the agni in Twacha(bhrajaka pitta)



Doshapachana&veerya of aushadhidravys enter shareera



Kapha&Medaprayilayana, srotoshodhana, doorghandhyahara& etc



Sthirakarana of shareera is achieved& homeostasis is Maintained

UDVARTHANA PHALA

- ❖ **Dourghandhyahara&Malahara:** udvarthana does sthanikadoshanirharana removes debris, dirt, dead cells from twacha& does Dourghandhyahara&Malahara functions.
- ❖ **Gauravahara:** Gaurava is feature due to increase in Kapha&Medas. Udvartana is having the Gunas of Kapha – MedaVilayana property for Gauravahara.
- ❖ **Tandrahara:** Tandra is due to TamoGuna, which is increased by VikrutaKapha. Udvartana will reduce Kapha, hence relieves Tandra.
- ❖ **Kanduhara:** One of the reasons for Kandu is obstruction in the SwedavahaSrotas. As Udvartanaclears the obstruction in orifices of SwedavahaSrotas by its Sira MukhaVishodhanaGuna, it reduces Kandu.
- ❖ **Vatahara:** As vatadosha is having adhistana in sparshanendriya (twak), Udvartana karma done on tvaca with snigdhadravys does vataprashamana by snigdthaguna&twakprasadana karma.
- ❖ **Kaphapaha:** The main features of Kapha are gaurava, kanduetc. After RukshaUdvartana or

Udgharshana, Kapha is reduced in terms of guna.

- ❖ **TwakPrasadakara:** By performing Udvartana, twachasthaagnivrudhi occurs then increased local blood supply serving a good nutrition to the skin.By this Brajaka pitta gets activated& does twakprasadana.

III. CONCLUSION:

- Udvartana is a kind of bahyarookshanachikitsa, it's done as poorva karma before shodhangasnehapana.
- Itis indicate in Mamsala,medasvi,bhurisleshma,vishamagni Conditions. It acts as rookshana, shoshana, pachana&deepana. By these, it prevents from the vyapath's which occur during shodhanangasnehapana."**YasyaShoshaneshak tih Sa Rukshaha**"³⁰.
- Udvartana has kapha-medho hara properties, doessharirasthirikaraan&twakprasadana. Especially in women it gives visheshakanti to twacha. It is cost effective with more benefits in shorter period.

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