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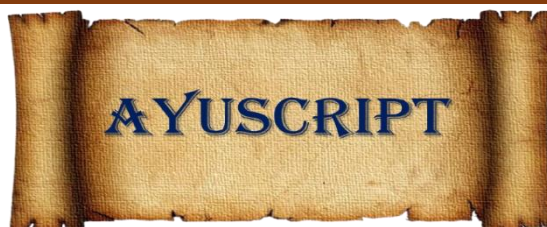
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ॐ नमो भगवते वासुदेवाय ॥ १ ॥ विश्वकर्मो एमादृष्टपुरीहाटकनि  
र्मेता ॥ तत्र योऽशसाहस्रस्त्रीणां वैचित्र्याधिकम् ॥ ११ ॥ भवनानि मनोज्ञा  
नि योमध्यकल्पयन् ॥ परिजानतस्तत्रैवतासां भोगाय कल्पयन् ॥ १२ ॥ या  
सानां गृहास्तत्र धृष्टपंचाशतकोटयः ॥ अन्यपि बहुलोलोकावसेनि विगत  
राः ॥ १३ ॥ यत्किंचित्त्रिभुलोकेषु सुंदरं न च दृश्यते ॥ स वा जित प्रज्ञेनाप्यो पु  
नरुगृह्य विद्युते ॥ १४ ॥ अमोघाप्तिरमासाद्यतममनस्कतया च सः ॥ स चाजि  
तपस्तेपेस्वर्यमुद्दिश्य बुद्धिमान् ॥ १५ ॥ अर्चनं निरसनं हस्तस्य सर्वदुःख  
नाः ॥ प्रसन्नो भगवान् स नो जितपुरं स्थिता ॥ १६ ॥ स चाजितोऽपि तुष्टावदृष्टादेव दि  
नकरम् ॥ निजोऽश्विनमस्तिस्तनमस्ति सर्वलोमुखः ॥ १७ ॥ विश्वव्यापिन्मस्ति  
मस्ति विश्वरूपिणः ॥ कल्पयेयममस्तिस्तनमस्ति सर्वदेवमस्ति ॥ १८ ॥ गृहसज्जन  
मस्ति नमस्ति चंद्रोऽपि ॥ वेदत्रयममस्तिस्तनमस्ति सर्वदेवमस्ति ॥ १९ ॥ प्रसीद  
तु हि देवा सुदृष्ट्या मां दिवाकरे ॥ ध्येयं सत्कथमानोऽहं देवदेवादिवाकरे ॥ २० ॥  
सिद्धिं मे भूमीरमपरं स वा जितमवाच ॥ चरं हि जस्य नित्यं यत्नेन नित्यं







## International Journal for Empirical Research in Ayurveda

### Udvartan with Kolkulathadi churna in management of Sthaulya: A case study Ajmera N.<sup>1</sup>, Survase M.<sup>2</sup>

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#### ABSTRACT:

In the modern era, despite remarkable advancements in technology, sophisticated machinery, and potent medical formulations, humanity continues to face a decline in overall health. The relentless pursuit of material pleasures and luxury has led to the adoption of faulty lifestyles and the emergence of numerous lifestyle-related disorders. Among these, Obesity (Sthaulya) has become one of the most prevalent and concerning health problems of today. It adversely affects not only the physical state of an individual but also their mental and social well-being, leading to a multidimensional health burden. A comprehensive description of Sthaulya is available in classical Ayurvedic texts, where it is considered a disorder arising from excessive nourishment, sedentary habits, and vitiation of Kapha and Meda Dhatus. Ayurveda provides a holistic approach for the management of Sthaulya through dietary modifications (Ahara), lifestyle regulation (Vihara), medication (Aushadhi), and purification therapies (Shodhana Karma). In the present clinical study, an attempt has been made to evaluate the mode of action of Sarvanga Snehana with Tila Taila, Sarvanga Swedana, and Udvartana with Kolkulathadi Churna in the management of Sthaulya. The patient was treated with these Ayurvedic procedures, and significant improvement was observed in body weight, circumference measurements, and general well-being after the completion of the treatment. The results indicate that the combined use of Snehana, Swedana, and Udvartana therapies plays a vital role in reducing excess Meda and Kapha, enhancing metabolic activity, and restoring doshic balance, thereby offering an effective and safe approach to the management of obesity.

**Key words:** Sthaulya, snehana, swedana, udvartana

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**Introduction:**

Obesity is disease of all age group within the people of high socioeconomic status, specifically in urban Communities. WHO declared obesity as global epidemic. According to WHO about 13% of the world adult population [650 million adult & 41 million children] were obese. Obesity is one of the most serious public health problem of the 21st century. It is complex, multifunction and largely Preventable disease[2]affecting, along one third of the world's population today[3,4]. If this trends continue, by 2030 an estimated 38% of the world's population will be overweight and another 20% will be obese [5] . It is an abnormal growth of adipose tissue due to enlargement of fat cell size or an increase in fat cell number or combination of both. Obesity is state of excess adipose tissue mass [6] . Overweight refers to an excessive amount of body weight. Obesity i.e. Sthaulya Roga in Ayurveda comes under the heading of Medoroga which result due to dysfunction of Medadhatvagni {factor responsible for nourishment /metabolism of Meda dhatu} and is considered as metabolic disorder. In Ayurveda Sthaulya is considered as Santarpanjanya Vyadhi due to excessive accumulation of Meda in the body and included under most unwanted distinctive feature under eight most undesirable constitutions of the body [7]. Qualities of Ahar like Guru, Snighdha, Madhura, Sheeta, Manda etc. Increase the kapha excessively and improperly formed Medho Dhatu which leads to further complication like Sthaulya. Sthaulya is a Santarpanjanya Vyadhi, it can be treated with Apatarpana Chikitsa, so keeping this in mind this study has been planned. The current most widely used criteria for classifying obesity is the body mass index [BMI; body weight in Kilogram, divided by height in meters squared] In both clinical and research setting, waist circumference, a measure of abdominal adiposity has

become an important measure of obesity[8].

**Classification BMI[KG/M<sup>2</sup>]****Aetiology**

Mainly causes are meda [fat] potentiating diet and regimens, Sheeta, [cold], Snighdha [unctuous], Madhuradi kaphvardhaka [sweet and kapha increasibg] drugs along with lack of exercise and sedentary lifestyle result in excessive nourishment of medas while other bodily elements [Dhatus] are deprived of nourishment [9] .

**Pathogenesis of Obesity**

According to ayurveda In the pathogenesis of Sthaulya, all the three doshas are vitiated, especially KledakaKapha, PachakaPitta, Samanand Vyan vayu are dosha factors responsible for the samprap ti of Sthaulya. Aama annarasa traveling in the body channels get obstructed in the Medovaha Strotas and combined with Kapha and Meda, decreasing yje Medo dhatvagni which in turns get rise to augmentation of Meda. Vitiated Vyan Vayu propels this augmented Meda dhatu to its sites viz. Udara [Abdomen], Spika [Hipregion], Sthana [Breast], Gala [Neck] etc, resulting in Sthaulya [10].

**Symptoms of Sthaulya[11]**

1. Atisweda [Excessive sweating].
2. Alpaayu [Short life span].
3. Karyadaurbalya [Difficulty to perform heavywork].
4. Atinidra [Excessive sleep].
5. Sharirdaugandhya [Foul odour of the body].
6. Jadyatta [Stuggishness].
7. Alpabala [Decreased bony strength].
8. Atitrishna [Excessive thirst].
9. Shramjanya Swasa [Breathlessness on mild exertion].

**Udvartana**

Panchakarma therapies are becoming popular in India and throughout the World. Udvartana is one of the Panchakarma therapies which differed from Abhyanga in its direction of application and pressure during the procedure. It is simple and affordable

procedure with no harmful effects. 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 [12]. According to Acharya Charak there are two types of Udvartana

### **SNIGHDHA UDVARTANA [13] :**

Used in treatment of karshya, in which oil is used in procedure

### **RUKSHA UDVARTANA**

Used in treatment of Sthaulya in which dry powder of herbs [Churna] with no addition of oil are used. The Udvartanakra, which has kaphahara and Medohara properties. It is simple, low cost with no side effects and effective in Sthaulya.

#### **Aim:-**

To study efficacy of Sarvang Snehana, Swedan, Udvartana in management of Sthaulya.

#### **Materials and Methods**

A male patient of age 26 yr old In OPD Panchakarma diagnosed as sthaulya with complaints of Bharvruddhi Ayasanshwas Angagauravta All above complaints since more than 1yrs.

#### **Past history**

No history of diabetes mellitus, Hypertension or any major illness. No history of any major surgery.

#### **Treatment**

##### **Treatment was given for 7 days.**

- ♣ Sarvang Snehana was done with Tila Taila for seven days.
- ♣ Sarvang swedan was done for Seven days.
- ♣ Udvartana was done with Kolkulathadi churna for Seven days.

#### **Ahara**

Laghu, Supachya ahara was advised

#### **Observation:-**

Here are some clinical findings of the patient. 0th Day 7th Day

	0 <sup>th</sup> Day	7 <sup>th</sup> Day
<b>BMI</b>	<b>29.2</b>	<b>28.5</b>
<b>Weight</b>	<b>86.40</b>	<b>84.20</b>
<b>Circumference</b>	<b>0th Day</b>	<b>7th Day</b>
<b>Vaksha</b>	<b>120cm</b>	<b>115cm</b>
<b>Udara</b>	<b>129cm</b>	<b>121cm</b>
<b>Sphik</b>	<b>127cm</b>	<b>121cm</b>

#### **Discussion:**

The disease Sthaulya originates due to consumption of Kapha Vrudhnikara Ahar, Vihara. These factors derange jatharagni causing Ama-Annarasa which results in Medo dhatvagni mandya. This condition leads to excessive growth and accumulation of Meda Dhatu causing the disease Sthaulya. Udvartana is mentioned under Shodhana Chikitsa of Sthaulya by different Acharyas in Ayurvedic texts. The word Udvartana literally means rubbing of the body. According to Vagabhatta Udvartana normalises Kapha and liquefies Meda. It gives firmness to body, smoothness to skin and increases its complexion. By doing Udvartana it liquefies the Medas it means normalizes kaphas and liquefies Meda. Giving friction to body by churna is known as Udvartana. Sushruta describes Udvartana helps to restore the deranged Vayu of the body to its normal condition. It liquefies Kapha and Meda, gives smoothness and cleanness to skin and imparts firmness to the limb. In present study, Ruksha Udvartana with Kolkulathadi churna was carried out. It consists of kola churna - 1 part, Kulattha churna - 1 part, and Devdaru churna - 1 part, Yava churna - 1 part, Shatpushapa 1 part, mashah powder 1 part, Atasi churna - 1 part, Vacha churna - 1 part, Kushta churna - 1 part. Its ingredients mainly have Katu, Tikta, Kashaya Rasa and Dravyahaving Laghu, Tikshna, Ruksha Guna and Ushna Virya. The drug possessing Katu, Tikta, Kashaya Rasa acts as Kaphahara, Krumighna, Kandughna. Ushna Virya possesses Srotoshudhi, Ruksha Guna predominance of Agni and Vayu Mahabhuta pacifies Snighdha and Pichila Guna of



Kapha and subsequently decreases Kledatwa. Hence Udvartana using Kolkulathadi churna is most effective in Sthaulya.

### Conclusion:

Sthaulya is Dushya dominant Vyadhi [Medadhatu]. There is an involvement of all the three Doshash in Sthaulya but the dominance of Kapha - Vata and Meda of prime importance. Based on the observation of the present study Kapha-Meda were the main etiological factors. This vitiated Meda obstruct the path of Vata and causes its Avarana which results in provocation of Vata. Thus remaining in the Koshta Vata causes Atikshudha, this increase gravity of the disease and make the Sthaulya Krutchhsadhy Vyadhi. By doing Udvartana the increased Twakgata Agni increase uttarouttar. Dhatwaagni functions, by increase Medodhatvaagni. The Dhatupaka process increase and excessive accumulated Vikruta Medo dhatu decreases, thus effective in Obesity or Sthaulya. Based on the observation of present study, it can be concluded that Udvartana can be considered as an effective supportive therapy in management of Sthaulya.

### Conflict Of Interest

The authors declare that they have no known competing financial interest or personal relationships that could have appeared to influence the work reported in this paper.

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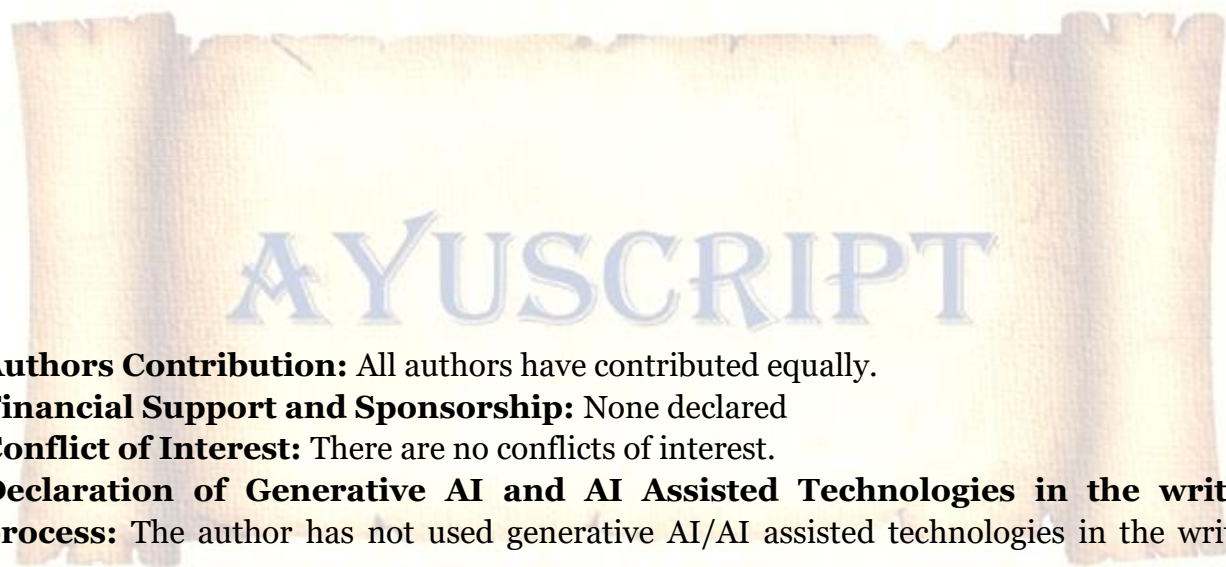
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