



## UNDERSTANDING OF VEGA AVARODHAJANYA UDAVARTA W.S.R TO ANNAJA UDAVARTA- A REVIEW ARTICLE

**Dr. Sreekanth V. M.\*<sup>1</sup>, Dr. Prasanth R. Krishnan<sup>2</sup>, Dr Gokul J,<sup>3</sup> and  
Dr. Rajashree Chitre<sup>4</sup>**

<sup>1</sup>Assistant Professor, Dept. of Samhita & Siddhanta, Parul Institute of Ayurved, Limda P.O,  
Vadodara, Gujarat, 391760.

<sup>2</sup>Associate Professor, Parul Institute of Ayurveda and Research.

<sup>3</sup>Assistant Professor, Dept of Samhita and Siddhanta, govt. Ayurveda College, Trivandrum.

<sup>4</sup>Professor & HOD, Dept. of Samhita & Siddhanta, Parul Institute of Ayurved, Limda P.O,  
Vadodara, Gujarat, 391760.

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### \*Corresponding Author

**Dr. Sreekanth V. M.**

Assistant Professor, Dept. of  
Samhita & Siddhanta, Parul  
Institute of Ayurved, Limda  
P.O, Vadodara, Gujarat,  
391760.

### ABSTRACT

Trimarmas (Vital points) of our Shareera (body) are Shiras, Hridaya and Basthi as they are the Asraya (abode) of Prana (life). When these will get affected by the different Nidanas (Reasons), Vatadi Dosha Prakopa (Vitiation of Vata etc Doshas) will occur and will finally lead to Prana Nasha (Destruction of the life). Among different diseases related to these vital points, Udavarta is one of the important disease. Normally due to the obstruction in the normal path of Vata Dosha will result in the reverse movement of the Vata Dosha. It is defined as the obstruction of Vata Dosha in its path by the suppression of any of the natural urges of our body. Main factors leading to Udavarta includes suppression of urges like Vata, Mutra, Jrimbha, Asru, Kshvathu,

Udgara, Vamana and Indriya.

**KEYWORDS:** Trimarmas, Prana, Urges.

### INTRODUCTION

Udavarta is produced due to the suppression of natural urges. Mainly it is produced due to the suppression of Vata, Mutra, Jrumbha, Asru, Kshavatu, Udgara, Vamana, Indriya. It can also get manifested from the suppression of Kshut (Hunger), Trushna (Thirst), Svasa and Nidra (Sleep).<sup>[1]</sup> The detailed description of Udavarta is available in Charaka Samhita Sutrasthana,

15<sup>th</sup> chapter “(Na Vegan Dharaneeya Adhyaya)”, Charaka Samhita Chikitsasthana 26<sup>th</sup> chapter “(Trimarmeeya Chikitsa Adhyaya)”, Susruta Samhita Uttarantra, 55<sup>th</sup> chapter “(Udavarta Pratishedam Adhyayam)“.

## REVIEW METHODOLOGY

Ayurvedic materials related to “Udavarta” were collected from the major texts of Ayurveda with their commentaries like Charaka Samhita and Susruta Samhita. Electronic databases like Google and Google Scholar were also used to collect all the relevant research details regarding Udavarta.

The different Lakshanas are explained on the basis of fourteen types of Udavarta like:

- 1) Apanavata Vegarodhaja Udavarta
- 2) Pureesha Vegarodhaja Udavarta
- 3) Mutra Vegarodhaja Udavarta
- 4) Jrumbha Vegarodhaja Udavarta
- 5) Asru Vegarodhaja Udavarta
- 6) Kshavathu Vegarodhaja Udavarta
- 7) Udgara Vegarodhaja Udavarta
- 8) Chardi Vegarodhaja Udavarta
- 9) Shukra Vegarodhaja Udavarta
- 10) Kshudha Vegarodhaja Udavarta
- 11) Trushna Vegarodhaja Udavarta
- 12) Srama- Nishvasa Vegarodhaja Udavarta
- 13) Nidra Vegarodhaja Udavarta
- 14) Annaja Udavarta.<sup>[2]</sup>

1] Apanavata Vegarodhaja Udavarta (Due to suppression of urge of downward movement) - The different Lakshanas are Adhmana (Flatulence), Shoola (Colic pain), Hrudaya Uparodham (Obstruction in the Heart), Shiroruja (Headache), Atheeva Shvasam (Laboured breathing), Hikka (Hiccup), Kasa (Cough), Pratisyaya (Rhinitis), Galagraha ( Catching pain in the throat making difficult for speaking and deglutition), Violent movement of vitiated Pitta & Kapha all through the body, Supression of stools & excretion of the stool through the Mukha (Mouth).<sup>[3]</sup>

Chikitsa includes Snehana (Oleation), Swedana (Sudation) and Asthapana Basthi (Enema).<sup>[4]</sup>

2] Pureesha Vegarodhaja Udavarta (Due to suppression of urge of passing stool) - The different Lakshanas are Distension of abdomen, Shoola (Colic pain), Parikarthika (Cutting type of pain in the Anus), Pureesha Sangam (Constipation), more belching or emission of faeces through the mouth.<sup>[5]</sup>

Chikitsa includes treatment of Anaha like Phalavarti, Eranda Taila Prayoga etc.<sup>[6]</sup>

3] Mutra Vegarodhaja Udavarta (Due to suppression of urge of micturition) - The different Lakshanas are Elimination of Urine in only small quantities which are often associated with painful micturition, more pain in the penis, rectum, groin, urinary bladder, scrotum, umbilicus & head, distension in the lower abdomen.<sup>[7]</sup>

Chikitsa includes treatment of Ashmari i.e. for disintegrating gravels, Mutrkruchra treatment (difficulty in passing urine) and Mutraghata treatment (obstruction in passing urine).<sup>[8]</sup>

4] Jhrumbha Vegarodhaja Udavarta (Due to suppression of urge of yawning) - The different Lakshanas are Stiffness of neck & throat, different troubles to the neck region due to deranged Vata Dosha, severe diseases affecting the ears, mouth, nose & eyes.<sup>[9]</sup>

Chikitsa includes 4 types of Swedana (Sudation) & 4 Sneha Dravyas( Oleating things).<sup>[10]</sup>

5] Asru Vegarodhaja Udavarta (Due to suppression of urge of lachrymation) - The different Lakshanas occurring due to the suppression of tears produced due to the mental conditions like joy or sorrow which includes heaviness of the head, different disorders of the eye and severe Pinasa (catarrh).<sup>[11]</sup>

Chikitsa includes Snehana (Oleation), Swedana (Sudation) & Asrumoksha (Lachrymation).<sup>[12]</sup>

6] Kshavatu Vegarodhaja Udavarta (Due to suppression of urge of sneezing)- The different Lakshanas are severe diseases of head, eyes, nose and ears, sense of fullness of the throat, obstruction of the respiration with sound.<sup>[13]</sup>

Chikitsa includes Teekshana Anjana (strong collyrium), Avapeeda (a type of Nasya i.e. Nasal medication), Varti Prayoga (Dhuma Varti Prayoga) and holding or blowing any medicine like Mareecha (Pepper) etc having strong odour near to the mouth.<sup>[14]</sup>

7] Udgara Vegarodhaja Udavarta (Due to suppression of urge of eructation) - The different Lakshanas are severe Vataja disorders, hiccough, anorexia, tremors and obstruction of Hridaya (Heart) & Uras (Chest).<sup>[15]</sup>

Chikitsa includes use of Dhumapana (inhaling smoke), Nasya (Nasal Medication), Kabala (Gargling).<sup>[16]</sup>

8] Chardi Vegarodhaja Udavarta (Due to suppression of urge of vomiting) - The different Lakshanas are Kushta (Skin diseases) & gets produced due to the Doshas which get vitiated by the Vidagda Annam (Improperly digested food).<sup>[17]</sup>

Chikitsa includes Conquering it with emulsive measures like Snehana (Oleation) according to the nature of which Dosha is deranged in each condition, Vyayama (Exercise), Upavasa (Fasting) and Abhyanga (Massage) with Yava Kshara & Saindhava (salt).<sup>[18]</sup>

9] Shukra Vegarodhaja Udavarta (Due to suppression of urge of seminal discharge) - The different Lakshanas are Swelling & pain of the urinary bladder, rectum and scrotum, obstruction of Mutra (urine), formation of gravels in the semen, involuntary emission of semen and pain in the region of Heart.<sup>[19]</sup>

Chikitsa includes drinking milk which is cooked with 4 times of water & drugs having the quality of cleaning the bladder, Vyavaya (Sexual intercourse) with good women.<sup>[20]</sup>

10] Kshuda Vegarodhaja Udavarta (Due to suppression of urge of Hunger)- The different Lakshanas are Drowsiness, aching pain in the different parts of the body, anorexia, exhaustion, emaciation and weakness in the vision.<sup>[21]</sup>

Chikitsa includes taking of Snigdha (fatty), Ushna (hot), Laghu (lightness) and Alpa Matra (small quantity).<sup>[22]</sup>

11] Trushna Vegarodhaja Udavarta (Due to suppression of urge of thirst) - The different Lakshanas are dryness of the throat & mouth, not hearing sounds clearly, discomfort & pain in the heart.<sup>[23]</sup>

Chikitsa includes Mantha or Yavagu Prayoga which is cold.<sup>[24]</sup>

12] Srama- Nishvasa Dharanaja Udavarta (Due to suppression of urge of breath due to exhaustion) - The different Lakshanas are diseases of heart, fainting and Gulma.<sup>[25]</sup>

Chikitsa includes taking rest after which they are advised to take food with Mamsa Rasa.<sup>[26]</sup>

13] Nidra Vegarodaja Udavarta (Due to suppression of urge of sleep) - The different Lakshanas are yawning in excess, aching pain in different parts of the body, drowsiness and heaviness of the eyes.<sup>[27]</sup>

Chikitsa includes intake of Goksheera (cow's milk) and proper sleep.<sup>[28]</sup>

14] **Annaja Udavarta** (Due to Apathaya Ahara i.e. unhealthy foods)-

The main **Nidana (Reasons)** for Annaja Udavarta includes:

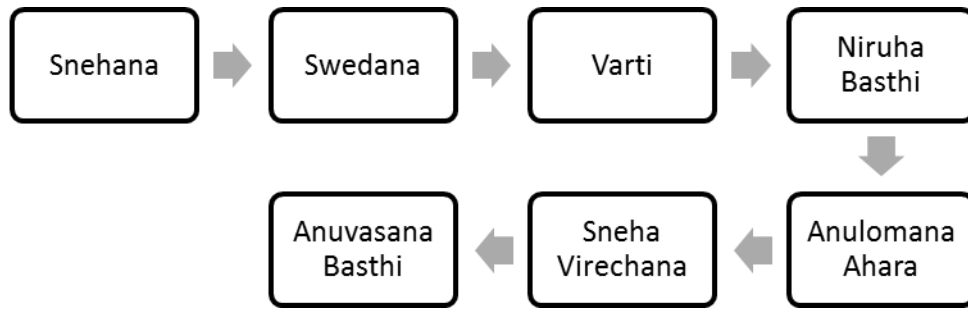
1] Ahara- Atisevana (Excessive intake ) of Kashaya Rasa (Astringent taste), Tiktha Rasa (Bitter taste) and Oshana Rasa (Katu Rasa or Pungent taste) and Ruksha Bhojana (Food having the quality of roughness).

2] Vihara- Vega Sandharana (Suppression of natural urges), Abhojana (Not taking food) and Maithuna (Excessive sexual intercourse).<sup>[29]</sup>

**Samprapti (Pathogenesis):** Among the Panchavayu (Five types of Vata Dosha), Apana Vata in the Pakvashaya will get vitiated due to the above mentioned Nidana (Karana) and will lead to the Avarodha (Obstruction) of Adhovaha Srothas i.e. Pureeshavaha and Mutravaha Srothas. Here “Marutha Sanga” is occurring. i.e. Apanavata is getting Avarodha (obstruction) by itself. As a result Samyak Pravrutti (Normal functions) won't happen i.e. in place of Adhogamana (Downward movement), Urdhvagamana (Upward movement) will take place. It will lead to Udavarta.<sup>[30]</sup>

The different Lakshanas are pain in Heart and Urinary bladder, difficulty in the elimination of flatus, urine and faeces, headache, disorders to mind and ears.<sup>[31]</sup>

Chikitsa (Treatment): First Abhyagam (Massage) should be done with Sheetajvara Nashaka Taila i.e. with Agurvadi Tailam. Next Swedana should be done. Due to these Doshas will move to the Koshta. After that Varti, Niruha Basthi, Sneha Virechana, Anulomana Ahara and Anuvasana Basthi.<sup>[32]</sup>



- Varti: Main important Phalavartis are Shyamakadi Varti, Pinyakadi Varti, Pippalyadi Varti and Krimighnadi Varti.
- Pradhamana Churna Prayoga: It should be done with Shyamakadi and Rakshoghni Churnam (Powder). These powders are to be filled in Nadi Yantra. After doing Snigdha to the Guda, the Yantra should be inserted inside the Guda. It will help to remove the Sangam (Obstruction) of Varcha (stool), Mutra (Urine) and Anila, thus resulting in Vata Anulomana (Downward movement of Vata Dosha).
- Teekshna Niruha Basthi Prayoga: If not getting relief by Phalavarti and Pradhamana Churna Prayoga, then after Samyak Snehana and Swedana (Proper Oleation & Sudation therapies) Teekshna Niruha Basthi (Enema Therapy) should be administered. It should be done with Kwatha prepared with Virechana (Purgation) and Vamana ( ) Dravyas (Drugs), Gomutra (Cows Urine), Tailam (Oil), Amla, Kshara and Vataghna Dravyas (Drugs which alleviate Vata Dosha). When Udavarta associated with more Vata Prakopa (Increase of Vata Dosha), then Niruha Basthi should be given combined with Amla, Lavana and Taila. When associated with more Pitta Prakopa (Increase of Pitta Dosha), then Pitta Nashaka Dravya Kwatha (decoction) mixed with Ksheera (Milk) and when associated with more Kapha Prakopa (Increase of Kapha Dosha), then Kapha Nashaka Dravya Kwatha mixed with Gomutra (Cows urine). By this it will result in removing the obstruction of Mutra (urine), Mala (faeces) and Vayu (wind).
- Anna-Pana Prayoga (For eating & drinking) - Should be included with:
  - a) Prasanna (Spirituous liquor made of rice)
  - b) Guda Seedhu ( Alcohol prepared with Guda)
  - c) Trivrut, Sudhapatra
  - d) Yava Anna with Mamsarasa of Gramya & Audaka Pashu- Pakshi<sup>[33]</sup>
- Virechana Prayoga: If there is no relief for Udavarta i.e. there is no proper Mala & Mutra Pravritti, Virechana (Purgation) should be done by Virechana Dravyas mixed with

Gomutra, Prasanna, Dadhimanda and Shukta. It should be given seven days after Niruha Basthi (Enema).

- Anuvasana Basthi Prayoga: If due to repeated Virechana (Purgation) procedure leads to Rukshata (dryness), and obstruction of Mutra and Pureesha occurs again, then Anuvasana Basthi should be administered.
- Choorna Prayoga: There are two important powders like Dwiruttara Hinguvadi Choornam and Vachadi Choornam.  
Dwiruttara Hinguvadi Choornam- Hingu- 1 part, Vacha- 2 parts, Chitrakamoola- 4 parts, Kushta- 8 parts, Suvarchika- 16 parts Vidanga- 32 parts. It should be taken with luke warm water.<sup>[34]</sup>
- Ghruta Prayoga- Sthiradi Ghrita.

## CONCLUSION

- A wise person who desires of good or long life should not suppress any type of natural urges of their body i.e. upward or downward.<sup>[35]</sup>
- Udavarta occurs from the suppression of different urges like Flatus, yawning, lacrimation, hunger, micturition etc.
- The main treatment modality of Udavarta is to restore the deranged Vata Dosha to its normal state.<sup>[36]</sup>

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