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## AN AYURVEDIC TREATMENT OF *UDAVARTA* - CASE STUDY

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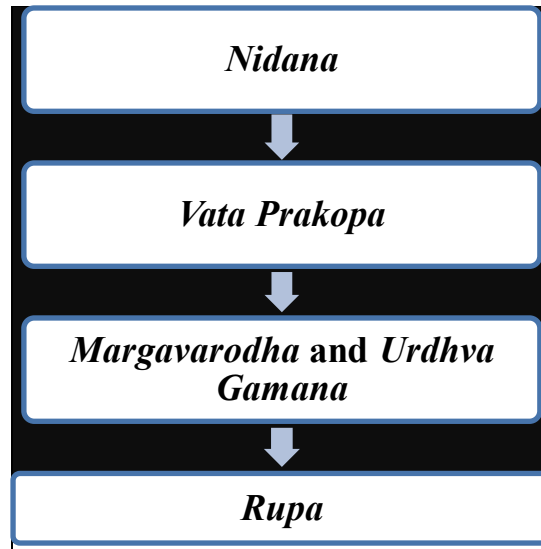
### Abstract

*Pratiloma Gati* of *Apana Vayu*, which causes *Vata-Vin-Mutra Sanga*, is the primary cause of *Udavarta*, the most common sickness. The primary factors include *Vega Dharan*, sedentary lifestyle, and diet. In addition to interfering with *Trimarma's* normal functions, *Udavarta* is a collection of symptoms (*Hrida, Basti, Shira*). It might be a cause of other illnesses, a symptom of other illnesses, or a sickness in and of itself. It is one of the most unappreciated illnesses. In Ayurveda, *Udavarta* is cured by *Basti Karma, Virechana Karma, Gudavarti* and others. In present case report a 54-year-old patient with severe constipation, *Udara Adhmana, Gaurvata, Shirahshoola*, urine retention, and weight loss were treated successfully using *Sarvanga Abhyanga, Swedana, Basti* and *Shirodhra*.

**Key words:** *Udavarta, Apana Vata, Trimarma, Basti, Virechana*

### Introduction

In Ayurveda, *Udavarta* is a special notion that manifests as a sickness, *Nidana*, or occasionally plays a significant part in *Samprapti* of other disease. The typical *Gati* of *Vata Dosha* is blocked in *Udavarta*. Any of the thirteen *Vega Dharana* listed in the classics or excessive consumption of *Kashaya, Tikta, Ushna, Ruksha Bhojana*, or *Abhojan* may be the cause of the obstruction. According to Ayurveda, *Udavarta* is a state in which the body's natural downward flow of *Vata dosha*, or energy for movement and elimination, is blocked and forced backward. This frequently causes severe constipation, bloating in the abdomen, and upward pressure that sets off symptoms including headaches, nausea, and discomfort in the chest. The pathological events of this condition are depicted in **Figure 1**.



**Figure 1: Pathogenesis of Udavarta**

### **CASE STUDY:**

a 54-year-old man was admitted to the PP Savani Ayurvedic Hospital in Surat, because of having a severe and long-term experience of chronic constipation, abdominal heaviness, abdominal distension, urine retention, difficulty during urinary bowel movements as well as increased nighttime voiding, poor appetite, headaches, unusual head noises, heartburn from sour burping, low back pain, pain in his knees and shoulders, dry mouth, irritability and occasionally dry cough with difficulty breathing.

### **Patient's History**

The history of this patient indicates that he has been fasting for long periods, eating meals at irregular intervals, and generally consuming a lot of dry food. Over time, this type of dietary habit has caused excessive *Vata* to develop in the body and subsequently *Udavarta* has developed. The upward movement of vitiated *Apana Vayu* has created the occurrence of very severe constipation, urine retention, increased thirst, abdominal distension, abdominal heaviness, headaches, low back pain and generalized body pain.

Even with a long-standing history of receiving both allopathic and Ayurvedic treatments, the patient has only ever experienced temporary relief from the symptoms of constipation and found neither to be an acceptable form of treatment to resolve his ongoing chronic problem. As a result, the patient came to our hospital in search of Ayurvedic management to resolve his chronic problem.

## Clinical finding

General condition of patient good; upon palpating abdomen feels full & hard. Patient's anxiety, coated tongue, poor appetite, normal urination, irregular bowel movements, constipation were observed during investigation. *Madhyama Samhanana, Madhyama Sara, Same Pramana, Madhyama Satmya, Madhyama Satva, Madhyama Ahara Sakti, Avara Jarana Sakti* and *Madhyama Vyayama Sakti* encountered in person in a *Madhyama Avasta*. No palpated masses or tenderness; no tumors; hemorrhoids or anal fissures; no inflammation; no rectal prolapse; no hard feces on rectal exam. Tests (thyroid profile, liver & kidney function tests, CBC, abdominal ultrasound) demonstrate normal values.

## Diagnosis

As per history and physical examination as well as clinical finding the case was diagnosed as *Udavarta*. In *Ayurveda Vata-Vin-Mutra Sanga, Urdhwa Gati of Apana Vayu* etc. leads to *Udavarta*.

## Assessment Criteria & Grading Score

Symptom	Score 0	Score 1	Score 2	Score 3
<i>Vibandha</i>	Normal bowel movement	Occasional difficulty	Frequent difficulty	Severe constipation/no stool
<i>Adhmana</i>	Absent	Mild	Moderate	Severe
<i>Udarashoola</i>	Absent	Mild	Moderate	Severe
<i>Udgara</i>	Absent	Occasional	Frequent	Continuous
<i>Mala Pravritti</i>	Daily	Once in 2 days	Once in 3 days	>3 days/no stool

## TREATMENT

As per chronicity of patient, he was admitted in IPD initially and treatment started with *Sarvanga Abhyanga* with *Dhanvantara Taila* followed by *Sarvanga Swedana* with *Dashmoola Kwatha*. *Kala basti - Anuvasana Basti* with *Gandharwahastadi taila* and *Niruha Basti* with *Pathyadi Kwatha* followed by *Shirodhara* with *Kheerbala taila*. He was discharged by prescribing - *Pathyadi Kwatha, Erandabhrishta haritaki* tablet, *Yashtimadhu Choorna* and *Dadimadi Ghrita* for 15 days.

### Treatment given to patient

- ✓ *Trinapanchmoola + Pathyadi Kwatha* - 20 ml twice a day before food.
- ✓ *Gokshuradi Guggulu* - 2 tablet thrice a day - with water.
- ✓ *Shivakshara Pachana Choorna* - 4gm twice a day before food.
- ✓ *Yashtimadhu Choorna* - 3gm twice a day with *Ghrita* - after food.
- ✓ *Basti* therapy was given as follows:

<i>Basti</i>	Ingredient	<i>Matra</i>
<i>Anuvasana Basti</i>	<i>Gandharvahastadi taila</i>	100 ml
<i>Niruha Basti</i>	<i>Madhu</i>	50 gm
	<i>Saindhav</i>	5 gm
	<i>Sukumar Ghrita</i>	80 ml
	<i>Putiyavani Kalka</i>	10 gm
	<i>Pathyadi Kwatha</i>	300 ml

- ✓ *Shirodhara* with *Ksheerbala taila* - for 7 days.
- ✓ *Sarvanga Abhyanga* with *Dhanvantara Taila* followed by *Sarvanga Sweadana* with *Dashamoola Kwatha*.

### Observation and Results:

After 25 days of treatment patient was discharged and got > 85% relief in his symptoms. The improvement in assessment symptoms is depicted in **Table 1**.

**Table 1: Effect of therapy (Improvement in assessment grading score)**

SYMPTOMS	IMPROVEMENT	
	Grading Score Before treatment	Grading Score After treatment
<i>Vibandha</i>	2	0
<i>Adhmana</i>	3	1
<i>Udarashoola</i>	3	1
<i>Udgara</i>	2	0
<i>Mala Pravritti</i>	2	0

## Discussion

A thorough Ayurvedic treatment regimen that included *Rasayana* therapy, *Panchakarma* procedures, and *Shamana Chikitsa* was used to manage the patient. An integrated strategy was used to address the underlying pathology and alleviate symptoms due to the disease's chronicity and the predominance of *Vata Dosha* with related blockage in the *Mutravaha* and *Annavaha Srotas*. *Sarvanga Abhyanga* with *Dhanvantara Taila* was given first, then *Sarvanga Swedana* with *Dashamoola Kwatha*. *Abhyanga* decreases stiffness and soreness, enhances circulation, nourishes body tissues, and eases exacerbated *Vata*. *Swedana* stimulates the passage of vitiated *Doshas* toward the gastrointestinal system for excretion, relieves blockage, improves circulation, and encourages *Srotoshodhana*. Internal drugs were chosen to treat the pathophysiology of the illness. Due to their *Srotoshodhaka*, *Mutrala* and *Vata-Kapha* pacifying qualities, *Trinapanchamoola* and *Pathyadi Kwatha* were given prior to meals. These compositions enhance metabolic activity, lower inflammation, and control urine function. Because of its *Mutrala*, *Shothahara* and *Vatahara* effects, which help to preserve urinary tract health and lessen discomfort, *Gokshuradi Guggulu* was suggested. *Shivakshara Pachana Choorna* helps to balance *Apana Vata*, relieves abdominal distension, digests *Ama*, and enhances *Agni*. When combined with *Ghrita*, *Yashtimadhu Choorna* promotes mucosal healing, replenishes depleted tissues, and has *Rasayana*, anti-inflammatory, and calming benefits.

*Kala Basti*, the main *Panchakarma* intervention, is said to be the best treatment for *Vata* diseases. In addition to relieving dryness and promoting smooth bowel and urine movements, *Anuvasana Basti* with *Gandharvahastadi Taila* produced unctuousness. *Shodhana*, *Vata-Anulomana*, *Deepana*, and *Srotoshodhana* qualities were present in *Niruha Basti* made with *Madhu*, *Saindhava*, *Sukumara Ghrita*, *Putiyavani Kalka*, and *Pathyadi Kwatha*. These components worked in concert to eliminate accumulated *Doshas*, restore physiological processes, and enhance overall health.

For seven days, *Shirodhara* and *Ksheerbala Taila* were given to nourish the nerve system and calm *Vata* at the central nervous system level. *Ksheerbala Taila* is well known for its *Balya*, *Brimhana*, and *Vatahara* qualities, which promote better sleep, mental relaxation, and general neurological support.

The patient was given *Pathyadi Kwatha*, *Erandabhrishta Haritaki Tablet*, *Yashtimadhu Choorna*, and *Dadimadi Ghrita* as follow-up therapy for 15 days in order to preserve the therapeutic advantages and avoid recurrence.

## Conclusion

In order to effectively manage chronic *Vata*-dominant illnesses, the current case illustrates the efficacy of a holistic Ayurvedic therapeutic approach that combines *Shamana* and *Panchakarma* therapies.

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