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V. DURATION OF UDVARTANA

Each part of the body in their respective positions is massaged for 3-5 minutes. Usually the duration of Udvartana is 30-45 minutes.

VI. POST PROCEDURAL ACTIVITIES

- Patient is advised to take rest for at least 15 minutes.
- Patient is allowed to take bath with lukewarm water after an interval of minimum 1 hour.

VII. CARE AND PRECAUTIONS

- Before Udvartana, bladder and bowel should be emptied.
- It is to be done in the direction opposite to that of the hair.
- Type of massage on different parts of the body and position of the patient during the procedure should be followed strictly.
- Indications and choice of drug to be used should be assessed before Udvartana.
- Tender areas should be avoided for Udvartana.
- Precaution should be taken while dusting the powder over the body. It is advisable to protect face, nose and eyes to prevent irritation.
- Aseptic measures should be taken if patient is suffering from any contagious disease.

VIII. THERAPEUTIC ACTIONS OF UDVARTANA

S.No	Actions	Charaka Samhita ²	Sushruta Samhita ¹⁹	Astanga Hridaya ²⁰
1	Dourgandhyahara	+	-	-
2	Gouravahara	+	-	-
3	Tandrahara	+	-	-
4	Kanduhara	+	-	-
5	Malahara	+	-	-
6	Aruchihara	+	-	-
7	Vatahara	-	+	-
8	Kapha Vilapana	-	+	-
9	Meda Vilapana	-	+	+
10	Anga Sthrikarana	-	+	+
11	Tvak Prasadakara	-	+	+
12	Kaphahara	-	-	+
13	Medahara	-	-	-
14	Tvak Mardava	-	-	-

Table 6

IX. DISCUSSION

Udvartana is an important therapeutic procedure of Panchakarma. It differs from Abyanga in that of direction of application and pressure of the massage. In western countries, Panchakarma therapies are becoming popular mostly for this Abhyanga-Udvartana-Samvahana therapy²¹. Different powder of herbs, pastes and oils are used for Udvartana in different diseases according to the Prakriti of the patient. Various studies revealed the efficacy of Udvartana in many diseases. A study conducted with Navaka Guggulu, Lekhana Basti and Udvartana by Shailayadi Churna shows its benefits in obesity where Udvartana provided good result in almost all parameters because they eliminates Dosha from the body and simultaneously perform the action of Samprapti Vighatan (breaking of pathogenesis) at cellular level²². The effect of Udvartana in reducing psychophysical parameters such as weight, BMI, WHR and serum lipid values and other scales like stress inventory, quality of life and sleep are also seen²³. Ruksha Udvartana with Kolkulathadi Churna plays an important role in the reduction of weight²⁴. A study has been conducted to explore the role of Udvartana with Shunthi Churna as Upashaya (specific diagnosis) in Katishula (backache)²⁵. Administration of Guduchyadi Yoga and Haritaki Churna Udvartana²⁶ and a study with Triphladi Taila Abhyanga and Triphla Churna Udvartana²⁷ have proven its efficacy on obesity. Rukshana Upakrama in the form of Takra Siddha Yavagu and Udvartana can help in normalizing lipid profile (dyslipidemia), also in reduction of weight; BMI, body circumference and skin fold thickness as it possesses Shoshana (absorption) and Kapha-Medohara (alleviation of vitiated Kapha and Meda) properties²⁸. Various panchakarma procedures have proved their efficacy in the management of cerebral palsy. Udvartana opens the minute channels and improves blood as well as lymphatic circulation. Udvartana is kapha, vata hara and removes aavarana or Srotorodha. It provides a platform for further procedures like Abhyanga, Swedana and Basti. Udvartana is beneficial in reducing the spasticity in CP patients and it is suitable in 'Amavastha' (accumulation of waste materials inside the body)²⁹. This review article is presented to explore the detail methodology involved in the procedure along with the importance and benefits.

X. CONCLUSION

Udvartana is an important Panchakarma procedure. It can be used independently or with other interventions to treat a disease. It is one of the best procedures to manage obesity. Udvartana alleviates Kapha Dosha, reduces excess body fat, increases stability of the body, improves skin color and has many positive effects on various other psycho-physical parameters. Udvartana is a very simple, affordable procedure with no harmful effects and has advantages over costly fat reducing packages and treatments.

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Udvardana (Massage Therapy)

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1. INTRODUCTION

The procedure of massaging the whole body below the neck in a direction opposite to the orientation of hair with some pressure is called Udvardana. Udvardana is a special type of Abhyanga (massage) in which Herbal powders are used for massaging (sometimes oil may be added in herbal powder). Acharya Charaka has mentioned a term called *Sharira Parimarjana*¹. Commentator Chakrapani commenting on the term tells that Sharira Parimarjana is nothing different from *Udvardana*. In fact Sharira parimarjana explained by Charaka is Udvardana. Chakrapani states that Udvardana has to be done after *Abhyanga* (massage) and since Charaka explains Sharira Parimarjana after Abhyanga, it should be an explanation of Udvardana. Thus *Sharira Parimarjana* can be considered as synonym of Udvardana.

Types of Udvardana – According to Acharya Charak

Snigdha (oily) and rooksha (dry)

Snigdha Udvardana:

Snigdha means with Sneha (fats like medicated oil, medicated ghee etc). In this type of Udvardana, the herbal powders are not directly rubbed over the body. In fact, the powders are mixed with medicated oils or ghee and made into paste. This paste is rubbed over the body in reverse direction (from below upwards) after doing Abhyanga (massage).

Moreover powder of drugs which naturally has unctuous (oily) property like sesame etc is used in this type of treatment.

Indications for Snigdha Udvardana –

- When the patient is lean & thin, weak, then we intend udvardana to provide strength
- When there is instability or laxity of body parts and when we are intending to provide stability (sthairyakaram)
- Where the skin is depleted of nutrition, looking lack lustre (dry skin) and devoid of complexion or glow, to improve skin immunity and health.
- When the patient is of Vata Prakriti (constitution) or having Vata Vikriti (diseases caused by morbid Vata)

Choice of oil according to prakriti

Vata Prakriti	Himsagara Taila(oil)
Pitta Prakriti	Chandanadi Taila, Chandanabalalakshadi Taila
Kapha Prakriti	Triphaladya Taila
Sama Prakriti	Asanabilvadi Taila.

Ruksha

Udvardana:

Ruksha means Dry. The name itself indicates that no oil is used in this procedure. This is opposite of *Snigdha Udvardana*. This means herbal powders are directly rubbed or stroked (without mixing or frying them with oil or ghee) over the body in upward direction after conducting Abhyanga.

- Type of massage on different parts of the body and position of the patient during the procedure should be followed strictly.
- Indications and choice of drug to be used should be assessed before Udvaartana.
- Tender areas should be avoided for Udvaartana.
- Precaution should be taken while dusting the powder over the body. It is advisable to protect face, nose and eyes to prevent irritation.
- Aseptic measures should be taken if patient is suffering from any contagious disease.

4. DISCUSSION

Utsaadana is administered in an unctuous form as the powder is made into a paste by addition of lipids. It is also mentioned that Utsaadana provides glow, beauty and complexion, especially when it is administered in women. Thus Utsadana looks like a retrograde massage which is administered for skin beautification.

Udgharshana and Utsadana brings about dilatation of channels and orifices of the body, removing the blocks and thus enabling free transportation of nutrients and essentials. This motive is possible achieved by both these methods. I think that it is better achieved when these two are done in combination. Udgharshana serves the purpose of exfoliation and removes dead cells and debris, dirt and dust from the cells of the skin and tissues below the skin. It also mobilizes the fat collection. Later when Utsadana is done,, it improves the glow and complexion of the skin and restores immunity and health of the skin.

Udvaartana – nothing has been mentioned about the addition or exclusion of Sneha (oil/ghee). But seeing the utility of Udvaartana (Pravilapana and Vimplapana) we can infer that it is also a predominantly dry procedure. But immediately after Udvaartana, Udgharshana has been explained excluding the oil from the procedure. This gives us an idea that Udvaartana could be partly dry (Ruksha) and partly unctuous (Snigdha).

5. CONCLUSION

Udvaartana is a multi-dimensional treatment. It removes blocks, rectifies metabolism, soothes nerves, de-stresses our body and mind, enhances blood circulation, enriches the cells with proper nutrients and essentials, detoxifies the system, provides energy, revitalizes and rejuvenates us and enhances the lifespan of cells. It makes our body toned and trimmed up and alleviates many diseases.

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2. उद्वर्तनं चात्र प्रविलापनीय विम्लापन करम्। उद्वर्षणम् स्नेह औशध चूर्णादिभिः घर्षणम्। स्नेहस्य कल्केन उद्वर्षणं उत्सादनम्।{डल्हण सु.चि.२४/५६} Ref – Dalhana commentary on Sushruta Chikitsa Sthana Ch.24, verses 56 सिरामुख विविक्तत्वं त्वक्स्थ अस्य अग्नेः च तेजसां उद्वर्षणं उत्सादनाभ्यां जाययेताम् असंशयम्। उत्सादनात् भवेत् स्त्रीणां विशेषात् कांतिम् वपुः॥{सु.चि.२४/५२,५३}
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Comparative evaluation of efficacy of Gomaya Mashi Udvartana with Petiswedana and Rodhradi Gana Udvartana with Petiswedana in the management of Sthoulya (Obesity): A study protocol

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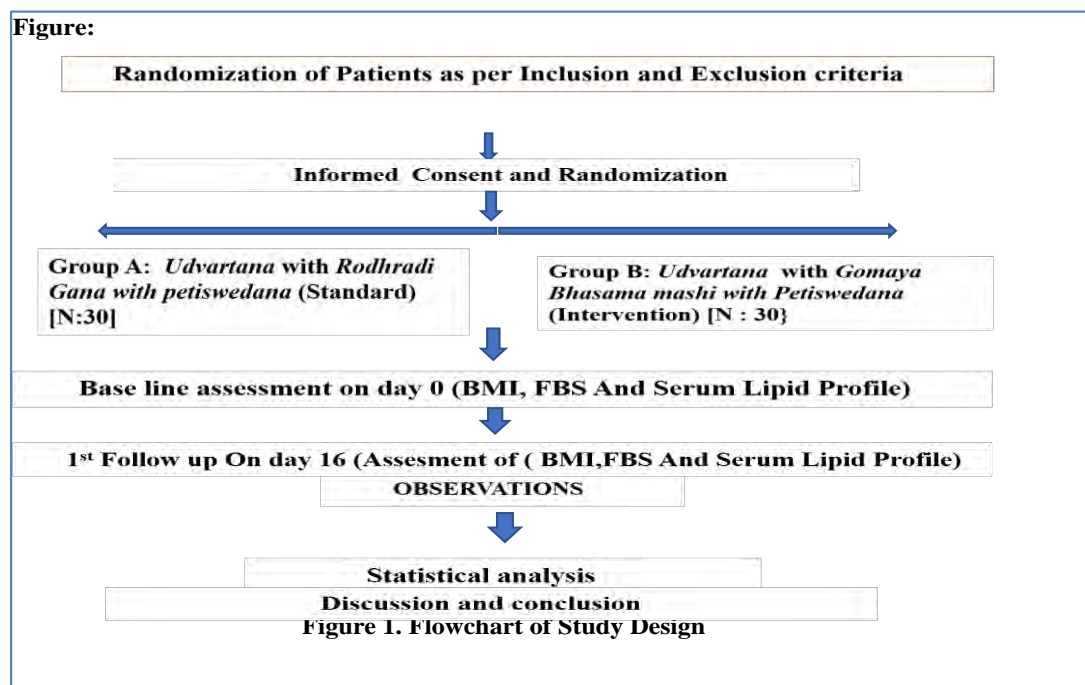


Table 1
Group-wise details of Intervention

Group	Sample Size	Intervention	Quantity and Frequency	Duration	Follow up
A	30	<i>Udvardana</i> with <i>Rodhradi Gana</i> with <i>Petiswedana</i>	100 gm Daily once	15 days	0day(baseline)16 th day
B	30	<i>Udvardana</i> with <i>Gomaya Mashi</i> with <i>Petiswedana</i>	100 gm Daily once	15 days	0day (baseline)16 th day

Result and Observations

Data obtained from baseline & follow-up visits will be used for analysis, and the results will be reflected based on various charts, graphs, and tables. To verify the significance of the results: Reduction in Body Weight by more than 3 Kg, more than 5 cm reduction in Anthropometric measurements & Skinfold thickness (each in cms) after the intervention will be considered significant.

Discussion

Mainly *Kapha-Meda* is a prime pathological factor involved in the pathogenesis of the *Sthoulya*(Obesity). Therefore, drugs exhibiting *Katu-TiktaRasa* (pungent-bitter), *Ushna Virya*, *LaghuRuksha-TikshnaGunaDravya* should be mainly used to

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