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Literary review on etiopathology and principal management of *Udarda*

Puneet Sharma

Assistant Professor, Department of Samhita and Siddhant, Shiva Ayurvedic Medical College and Hospital, Himachal Pradesh, India.

ABSTRACT

In Ayurveda, *Udarda* has been described along with treatment in classical texts for benefit of human kind. The description of *Udarda* along with treatment as single chapter is not found in *Charak* and *Sushruta Samhita*. The details of *Udarda* as a separate chapter are given *Madhavnidana*, *Chakradutta* and various other texts. *Udarda* has *Kapha* dominance and can be treated with various *Kapha Shamak* Yoga given by *Acharyas*.

Key words: *Udarda*, *Sheetpitta*, *Kotha*, *Ayurveda*

INTRODUCTION

Acharaya Madhav has defined *Udarda* a disease having predominance of *Kapha Dosha* and aggravated in *Shishsir Ritu*^[1] with symptoms as *Raag*, *Kandu*, *Utsang* and *Mandal*.^[2]

Acharya Charaka has quoted *Udarda* in *Purvarupa* of *Unmada*^[3] and in *Rupa* of *Kapahja Jvara*^[4] by *Acharya Vagbhata*. *Acharya Chakrapani* has specified the meaning of *Udarda* having *Spandan* or *Ruja* in *Urah-Pradesh*.^[5]

Acharya Vagbhata has quoted *Udarda* as symptom of *Kaphaja Jvara*.^[6] *Acharaya Arundutta* while commenting on *Udarda* has denoted it like *Shotha* which is the outcome of *Sheet* and *Paniya Sansparsh* especially in *Shishsir Ritu*.^[7]

Address for correspondence:

Dr. Puneet Sharma

Assistant Professor, Department of Samhita and Siddhant, Shiva Ayurvedic Medical College and Hospital, Himachal Pradesh, India.

E-mail: puneet8350965907@gmail.com

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AIMS AND OBJECTIVES

To scrutinize the classical texts to find out the significant aetiological factors, Pathology and principle management of *Udarda*.

Plan of study

The available literature has been scrutinized for the differential diagnosis of *Sheetpitta*, *Udarda* and *Kotha*.

CONCEPTUAL STUDY

Nidana of *Udarda*

Nidana are the cause which are responsible for the manifestation of the disease. *Sheetpitta* and *Udarda* are caused by *Sheet Maruta Sansparsha*. *Acharya Madhav* has added aggravation of *Udarda* in *Shishsir Ritu*.^[8]

Purvarupa

Purvarupa are the pre monitor symptoms that precedes the actual manifestation of disease. *Purvarupa* of *Udarda* are:-^[9]

1. *Pipasa*
2. *Aruchi*
3. *Hrilasa*
4. *Dehsada*
5. *Ang-gaurav*

6. Raktlochanta

Rupa

Rupa of Udarda are described as follows.^[10]

1. Varti-Dasht-Samsthan Sotha.
2. Kandu
3. Todda
4. Chhardi
5. Jvara
6. Vidaha

Samprapti

The Doshas get vitiated after Nidana Sevana and spread throughout the body and thus cause disease.

Samprapti of a disease starts from Nidana Sevana causing Doshadushti to Vyakti of Lakshana of disease.

Acharya Madhav, Chakradutta and Bhavprakash have given the same Samprapti of Sheetpitta, Udarda and Kotha.

Sheeta Maruta Sansparshan cause Pradushti of Vata and Kapha Dosha which then mixes with Pitta Osha and spreads internally and externally and results into Sheetpitta, Udarda and Kotha.^[11]

Chikitsa

- Abhyang with Sarshap Taila and Swedan with Ushanambu is Udardanashak.^[12] Abhyang with Sarsap Taila is Vaat Nashak. Sarsap Taila is Ushna and does not increase Kapha Dosha.^[13]
- Vaman with Patola and Arishta causes Kapha Nashan as Vaman Karma helps in normalizing vitiated Kapha Dosha in Udarda.^[14]

SN	Contents	Rasa	Guna	Virya	Vipaka
1.	Patol ^[15]	Tikta	Laghu, Ruksha	Ushna	Katu
2.	Arisht (Nimb) ^[16]	Tikta, Kashaya	Laghu	Sheeta	Katu

Patol and Arisht both have Kaphanashak Guna, Rasa and Vipaka. Patol has Ushana Virya. Thus, both helps in normalizing vitiated Kapha Dosha.

Virechan with Triphala, Gugglu (Pura) and Pippali (Krishna).^[17] According to Acharya Susruta, Triphala is Kaph-Pitta Ghani.^[18]

Drug	Rasa	Guna	Virya	Vipaka
Guggu ^[19]	Tikta, Katu	Laghu, Ruksha, Tikshna, Vishad, Suksham, Sara, Sugandhi	Ushna	Katu
Pippali ^[20]	Katu	Laghu, Snigdha and Tikshna	Anushna-Sheeta	Katu

Tikshana, Ushna, Ruksha Guna of Gugglu are Kaphashamak. Rasa, Virya and Vipaka are also Kaphanashak.

Rasa and Vipaka of Pippali are Kaphanashak. Laghu and Tikshana Guna are also against Kapha Dosha.

Virechan with Triphala and Gugglu helps in Udarda by treating vitiated Kapha Dosha.

Virechan with Triphala and Madhu help in treating Udarda by their Kaphashamak effect.^[21] Triphala has Kapho-Pittashamak Guna and Madhu is Ruksha and Laghu which help in normalizing Kapaha Dosha.^[22]

Navkarshik Kwatha is also advised in Udarda.^[23] According to Acharya Sharagdhara, it's Rogadhikar is Vaatrakta.

S N	Contents	Rasa	Guna	Veerya	Vipaka
1.	Haritaki ^[24]	Kashaya, Madhur, Amla, Katu, Tikta	Laghu, Ruksha	Ushna	Madhur
2.	Vibhitaki ^[25]	Kashaya	Ruksha, Laghu	Ushna	Madhur
3.	Amlak ^[26]	Amla, Madhur, Katu, Tikta, Kashaya	Guru, Ruksha, Sheetata	Sheeta	Madhur
4.	Nimb ^[27]	Tikta, Kashaya	Laghu	Sheeta	Katu

5.	Manjistha ^[28]	Tikta, Kashaya, Madhur	Guru, Ruksha	Ushna	Katu
6.	Vacha ^[29]	Katu, Tikta	Laghu, Tikshna	Ushna	Katu
7.	Katukrohini ^[30]	Tikta	Laghu, Ruksha	Sheeta	Katu
8.	Vatsadni (Guduchi) ^[31]	Tikta, Kashaya	Guru, Sanigdha	Ushna	Madhur
9.	Daruharidra ^[32]	Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu

Predominant Rasa in Navkarshik Kwatha are Tikta and Kashaya which are Kaphashamak.

Most of the contents have Laghu and Ruksha guna. Six contents have Ushna Veerya. Five contents have Katu Vipaka. Overall effect of Navkarshik Kwatha is Kaphashamak.

Amritadi Kwatha^[33]

S N	Contents	Rasa	Guna	Veerya	Vipaka
1.	Amrita ^[34]	Tikta, Kashaya	Guru, Snigdha	Ushna	Madhur
2.	Vasa ^[35]	Tikta, Kashaya	Ruksha, Laghu	Sheeta	Katu
3.	Pato ^[36]	Tikta	Laghu, Ruksha	Ushna	Katu
4.	Mustak ^[37]	Katu, Tikta, Kashaya	Laghu, Ruksha	Sheeta	Katu
5.	Saptarn ^[38]	Tikta, Kashaya	Laghu, Sanigdha	Ushna	Katu
6.	Khadir ^[39]	Tikta, Kashaya	Laghu, Ruksha	Sheeta	Katu
7.	Asitvetra ^[40]	Katu	Laghu	Sheeta	Katu
8.	Nimb ^[41]	Tikta, Kashaya	Laghu	Sheeta	Katu

9.	Haridra ^[42]	Tikta, Katu	Ruksha, Laghu	Ushna	Katu
10.	Daruharidra ^[43]	Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu

Contents of Amritaadi Kwatha have Katu, Tikta and Kashaya Rasa which are Kaphashamak. Laghu and Ruksha Gunas are predominant in Amritaadi Kwatha. Katu Vipaka is present in all contents except Guduchi. Hence, overall effect of Amritaadi Kwatha is Kaphashamak.

Guda and Dipiyika (Yawani) with Pathyaahar helps in managing Udarda in a week.^[44]

Drug	Rasa	Guna	Veerya	Vipaka
Yawani ^[45]	Katu, Tikta	Laghu, Ruksha, Tikshna	Ushna	Katu

Rasa, Guna, Veerya and Vipaka of Yawani are Kaphashamak.

Pathya - Apathya

The drugs and regimens which do not adversely affect the body and mind are regarded as Pathya and those which affect adversely to them are considered as Apathya.^[46] Pathya and Apathya have a great role in the management of any disease.

Pathya^[47]

Shali-Dhanya, Mudga, Kulatha, Karvellaka, Upodika, Vetraagra, Ushna Ambu and Pitta-Kapha Nashak Yoga are Pathya in Udarda.

Apathya^[48]

Snaan, Atapsevana, Amala Rasa, Guru Ahar are Apathya in Udarda.

DISCUSSION

Acharya Madhav has described Udarda as a disease having Kapha dominance and gets aggravated in Shishir Ritu. In Chikitsa it can be seen that various contents which were used, were having Kaphashamak effect. Pitta and Kapha Shamak Yoga has been advised in Pathya. Guru Ahar and Amla Rasa has been contraindicated in Udarda.

CONCLUSION

Udarda is Kapha Pradhan Vyadhi which can be diagnosed on the basis of *Lakshan* given by *Acharyas*. Various *Kapha Shamak Yoga* given by *Acharyas* can be used here.

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