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Descriptive and Comparative Study of *Ashta Udara Roga* : An Ayurvedic Review

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ABSTRACT

The meaning of the word *Udara* is *Kukshi* or *Jathara*. It lies in between *Nabhi* (Umbilicus) and *Stana* (Breast). *Udara Roga* denotes *Udara Utsedh* and *Kukshi Aadhman* which is generalised distention or enlargement of the abdomen of varied etiology. *Udara Roga* is a disease which has been described in detail in all our classical textbooks. In Ayurveda, there are eight types of *Udara Roga*. *Kukshi Aadhman* (Generalised abdominal distention) is present in all types of *Udara Roga*. *Mandagni* is the main cause of *Udara Roga*. As per the Ayurvedic principle, *Agni* plays an important role during the disease process. This review may provide many important facts to differentiate *Udara Rogas*.

Key words: *Udara, Udara Roga, Agni, Aadhman, Agnimandya, Abdomen.*

INTRODUCTION

As per the Ayurvedic principle, *Agni* plays an important role during the disease process "*Rogah Sarve-Api Mande-Agnau Sutaramudarani Tu*" (A.H.Ni. 12/1). All types of disease originated from *Mandagni* especially *Udara Roga*.^[1] Functionally weak *Agni* that is *Mandagni* cause improper digestion of ingested food which leads to *Udara Roga*. *Udara Roga* denotes the generalised distention or enlargement of the abdomen of varied etiology.^[2] *Udara Roga* is one among the *Ashtamahagada* according to *Acharya Sushruta* (it means the disease is difficult to manage)^[3] *Swedavaha* and *Ambuvaha Shrotas* are typically involved in the formation of *Udara Roga*.^[4] In our Ayurvedic textbooks

the etiology, symptoms, signs and treatment of *Udara Roga* have been described in detail. Different *Acharyas* have elaborate *Udara Roga* at various places in their respective *Samhitas*.

AIM AND OBJECTIVES

1. Descriptive study of *Ashta Udara Roga*
2. Comparative study of *Ashta Udara Roga*

MATERIALS AND METHODS

This article is based on a review of *Ashta Udara Roga* from *Ayurvedic Samhitas* and texts available in the Library of Govt. Ayurved College, Raipur (C.G.) i.e., *Charak Samhita, Sushrut Sanhita, Ashtang Hridaya, Ashtang Sangrah, Madhav Nidana, Bhaishajya Ratnavali* are reviewed for this article.

Descriptive study of *Ashta Udara Roga*

A detailed review of *Nidanpanchaka* of *Ashta Udara Roga* (*Nidana, Purvaroop, Roopa, Samprapti, Upshaya & Anupshaya*)

Nidana (Causes)

Nidana of *Udara Roga* is classified into two categories viz. *Aharaj* (dietary factors) *Viharaj* (Habitual factors)

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Aharaj Nidana (dietary factors)^[5,6]	Viharaj Nidana (Habitual factors)^[7,8]
1. Excessive intake of foods that have <i>Ushna</i> Property (Hot foods like Tea, Coffee, etc.)	1. <i>Vegavidharana</i> (Suppression of natural urges)
2. Excessive intake of foods that have <i>Vidahi</i> Property (Spicy foods like fast food)	2. <i>Karmavibhrama</i> (Improper administration of Panchkarma therapy)
3. Excessive intake of foods that have <i>Amla Rasa</i> (Sour foods like Chinch, Pickles etc)	3. <i>Klishtanampratikara</i> (Ignorance of Persistent illness without treatment)
4. Excessive intake of food that having <i>Lavana Rasa</i> (salty foods like Namkeen, mixture, Samudra <i>lavana</i> etc.)	4. <i>Sankshobha</i> (excessive jerking)
5. Excessive intake of food that have <i>Ruksha</i> Property (foods having dry property like Yava, Kalay, etc.)	5. A person who emaciated due to diseases like <i>Phiha</i> (Spleen disease), <i>Arsha</i> (Piles), and <i>Grahni Dosh</i>
6. <i>Viruddha foods</i> (incompatible foods like fish with milk)	6. Obstruction of the passage of stool due to Piles or Hair in ingested food
7. <i>Atipurana</i> (Excessive consumption of food)	7. <i>Paapkarma</i> (Sinful acts)
8. <i>Mithyasansarjana</i> (Improper dietetic regime after Panchkarma therapy)	8. <i>Antra-Sphutana-Bhednat</i> (Perforation and tearing of intestines)
9. <i>Atyambupana</i> (excessive intake of water)	

Purvaroopa (Pre-monitory Signs and Symptoms)^[9,10]

1. *Kshunnasha* (loss of appetite)
2. *Atisnigdha-Guru-Annam Pachyate Chirat* (delayed digestion of sweet, too unctuous and heavy food)
3. *Bhuktam Vidahyate* (Burning of the entire food taken with hyperacidity)
4. *Sarvam Jirnajirnam Na Vetti Cha* (Absence of feeling of digestion or indigestion)
5. *Sahate Natisauhityam* (intolerance to overeating)
6. *Ishacchophashcha Padayo* (Slight edema on feet)

7. *Shashvadbalkshayo* (Continuous deterioration of strength)
8. *Alpe-Api-Vyayame Shwasamruchhati* (dyspnoea even on slight physical exertion)
9. *Vridhhi Purishanichayo* (abdominal enlargement, accumulation of faeces)
10. *Bastisandhau Rugadhmanam* (Pain in pelvic region due to roughness and upward movement of *Vayu* / tympanitis)
11. *Vardhate Patyate-Api* (increasing, tearing and expansion of abdomen even on light and little food)
12. *Rajjanma Valinasha* (appearance of streaks and disappearance of abdominal wrinkles)

Roopa/Samanya Lakshana (Common Signs and Symptoms)^[11,12]

1. *Kuksheradhmanam-Atopa* (*Tympanitis* and gurgling sound in abdomen)
2. *Shobha Padakara* (Edema on hands and feet)
3. *Mandagnni* (Weak Agni)
4. *Shlakshna Ganda* (Smoothness of cheeks)
5. *Karshyam* (Emaciation)

Samprapti (Pathogenesis)^[13-15]

Due to *Aharaj* and *Viharaj Nidana Sevan Agni* gets functionally weak that is *Mandagnni*, which causes improper digestion of ingested food and accumulation of *Doshas*. *Agni Dosh* and *Mala Vridhhi* cause vitiation of *Prana Vayu*, *Jatharagni*, and *Apana Vayu* and obstruct the upward and downward passages. The vitiated *Doshas* get lodged between *Twak* (Skin) and *Mamsa* (Muscle tissue) and cause extensive distention of the abdomen. Thus, the *Udara Roga* is Produced.

Samprapti Chakra

Nidana Sevan



Agnimandya



Amotpatti



Pran Vayu, Jatharagni, Apan Vayu Dusti



Udakavaha and Ambuvaha Strotasavrodha



Obstruction in upward and downward Passage



Vitiated *Doshas* get lodged between *Twak* (Skin) and *Mamsa* (Muscle tissue)



Kukshi Adhamana (extensive distention of abdomen)



Udara Roga

Samprapti Ghataka

1. *Dosha - Vata Pradhana Tridoshaja*
2. *Dushya - Rasa, Rakta, Mansa, Twacha*
3. *Agni - Jatharagni, Dhatvagni*
4. *Agnidusti - Mandagni*
5. *Ama - Jathragnijanya*

6. *Shrotas - Svedavaha, Ambuvaha, Rasavaha, Annavaha, Mansavaha, Raktavaha,*
7. *Shrotodusti - Sanga, Vimargagamana*
8. *Adhithana - Udara, (Twak-Mansa)*
9. *Rogamarga - Abhyantara*
10. *Swabhava - Chirkari*
11. *Sadhyasadyata - Krichhsadhyata*

Upashaya (Pathya) and Anupshaya (Apathya)^[16,17]

Upashaya (Pathya)	Anupshaya (Apathya)
1. <i>Dugdha, Ghrita, Takra</i>	1. <i>Aanup and Audak Mamsa (Ex. - Varaah, Harin, Matasya)</i>
2. <i>Raktashali, Yava, Mudga,</i>	2. <i>Patrasaak</i>
3. <i>Yusha, Yawagu</i>	3. <i>Tilpishta</i>
4. <i>Jangala Mansarasa</i>	4. <i>Vyayama</i>
5. <i>Sidhu, Sura, Madhu</i>	5. <i>Diwaswapna</i>
6. <i>Aasav, Arishta</i>	6. <i>Yaan gaman</i>
7. <i>Snehana</i>	7. <i>Ushna-Vidahi-Lavana-Amla Rasa Pradhan Aahar</i>
8. <i>Snehavirechana</i>	8. <i>Atijalapaan</i>
9. <i>Kshira Basti</i>	

Comparative study of Ashta Udara Roga (Signs and Symptoms of Ashta Udara Roga)

Characteristic features	Vatodara ^[18,19]	Pittodara ^[20,21]	Kaphodara ^[22,23]	Sannipatodara ^[24-27]
Type of Pain	<i>Udara Vipatanam</i> (Tearing/ Bursting Pain in abdomen) <i>Kukshi Parshva Shula</i> (Colicky pain in ilio-lumbar region) <i>Angamarda,</i> <i>Parvabheda</i> (Bodyache & Pain in joints)	<i>Dahyate Duyate Dhupyate Ushmayate</i> (Burning sensation associated with fuming & heating)	<i>Angamarda</i> (Bodyache) <i>Supti</i> (Numbness) <i>Gaurava</i> (Heaviness in abdomen)	<i>Dahyate</i> (Burning sensation) <i>Darunam</i> (Extensive pain)
Discoloration	<i>Shyava Arunatvam Cha Nakha Nayan Vadana Tvaka Mutra Varcha</i> (Blackish, dusky red discoloration of nails, eyes, mouth, skin, urine, and stool)	<i>Harita, Haridra Nakha Nayan Vadana Tvaka Mutra Varcha</i> (Greenish or Yellowish discoloration of nails, eyes, mouth, skin, urine and stool)	<i>Shuklatvam Nakha Nayan Vadana Tvaka Mutra Varcha</i> (Pale or whiteness in nails, eyes, mouth, skin, urine and stool)	<i>Varnasch sarve Nakhadishu</i> (different coloured Nails, eyes, face, skin, urine and stool)

Findings on Abdominal inspection	<i>Udara Tanvasitarajisira</i> (Prominence of thin and dark streaks and veins on abdomen)	<i>Neela Pitta Haridra Harita Tamra Rajisiravandham</i> (Prominence of Blue, yellow, green, or coppery streaks and veins on abdomen)	<i>Udara Shuklarajisira</i> (Prominence of pale or white streaks and veins all over the abdomen)	<i>Udarampi Nana Varnarajisira</i> (Different coloured lines appeared over abdomen with network of veins)
Findings on Abdominal palpation/ percussion	<i>Aahat Adhmata Dritishabda Vat Bhavati</i> (Tympanic sound produced on percussion just as on an inflated bladder) <i>Aniyata Vriddhi Hrasa</i> (Variability of the increase and decrease in size of abdomen)	<i>Svidhyate Klidyate Mridusparsha Kshiprapakam</i> (Sweating, Moistening and is soft on palpation and more prone to quick inflammation)	<i>Sthira Kathina Udara</i> (Abdomen is fixed, immovable and hard on palpation)	<i>Shighrapakam Sudarunam</i> (Enlargement of abdomen which is quick in maturing/formation of fluid)
Site of Swelling	<i>Shotha in Kukshi Pani Pada Vrishana</i> (Swelling in belly, hands, feet, and scrotum)	Swelling not mentioned in Pittodara	<i>PaniPada Mushka Uru Shoph</i> (Swelling in hands, feet, Scrotum, thighs)	<i>Shoph</i> (Generalised Swelling)
Other symptoms according to Dosha	<i>Vata Varcha Mutra Sanga</i> (Obstruction in flatus, stool, and urine) <i>Adhogurutva</i> (Heaviness in the lower part of abdomen) <i>Sushka Kasa</i> (Dry cough) <i>Karshya</i> , (Emaciation)	<i>Katukasyata</i> (Pungent taste in the mouth) <i>Atisara</i> (Diarrhoea) <i>Jwara</i> (Fever) <i>Trishna</i> (Thirst) <i>Murchha</i> (Fainting) <i>Bhrama</i> (giddiness)	<i>Arochaka</i> (Anorexia) <i>Avipaka</i> (Indigestion) <i>Utklesha</i> (Nausea) <i>Kasa</i> (Cough) <i>Shwas</i> (Dyspnoea) <i>Nidra</i> (Sleepiness)	<i>Pandu</i> (Anaemia) <i>Murchha</i> (Fainting) <i>Bhrama</i> (giddiness) <i>Trishna</i> (Thirst) <i>Krishna-Shushyati</i> (Emaciated)

Characteristic feature	<i>Plihodar</i> ^[28,29]	<i>Baddhagudodara</i> ^[30,31]	<i>Chhidrodara</i> ^[32,33]	<i>Jalodara</i> ^[34-37]
Type and site of pain	<i>Koshthavatashula</i> (Abdominal pain with fullness of abdomen) <i>Parvabheda</i> <i>Angamarda</i> (Tearing pain in joints/ Bodyache)	<i>Shiro Hrida Nabhi Guda Shula</i> (Pain in head, chest, umbilicus, and anus) <i>Daaha</i> (Burning pain) <i>Varchomutrasanga</i> (Obstruction of stool and urine)	<i>Nistudyate Ativa Vidahyate</i> (Cramping and Burning type of pain in abdomen)	<i>Udara Shoola</i> (Abdominal pain) <i>Rujanvitam</i> (Pricking type of pain)
Findings on Abdominal inspection	<i>Udara Aruna Varna Vivarna</i> (Abdominal wall becomes dusky red in colour or pigmentation) <i>Neel Harit Haridra Raji Udbhavati</i> (Bluish greenish)	<i>Nabhyopari Gopuchhawat</i> (Cylindrical protrusion above umbilicus) <i>Arunam Neel Rajisira</i> (Prominence of dark red and blue streaks and veins)	<i>Adhonabhi Prayoabhivardhman</i> (The protrusion mainly below the umbilicus) <i>Salohita Neel Pita Pichhil Kunapganghi</i>	<i>Samparivritta Nabhi</i> (Everted umbilicus) <i>Brishonnatam</i> (Abdominal distention) <i>Mahatsnigdha</i>

	yellowish streaks/veins over abdomen)		<i>Varcha</i> (Patient passes stool with blood, blueish/yellowish coloured, sticky and foul smelling)	(Smooth and shiny abdomen)
Findings on Abdominal palpation/ percussion	<i>Kathina-Ashtilevado Pliha</i> (Stony hard spleen on palpation)	<i>Sthiram Udaram</i> (Fixed and immobile abdomen)	<i>Udakodaram Bhavati</i> (On palpation abdomen feels like jalodara)	<i>Udakapurna-Driti Sankshobh-Sansparsha</i> (On palpation fluctuation like / fluid thrill)
Other symptoms	<i>Mridu Jwara</i> (Mild fever) <i>Chhardi</i> (Vomitting) <i>Pipasa</i> (Thirst) <i>Aasyavairasy</i> (Tastelessness) <i>Arochaka</i> (Anorexia) <i>Avipaka</i> (Indigestion) <i>Agninasha</i> (Weak agni) <i>Tamahpravesh</i> (Dizziness) <i>Murchha</i> (Fainting) <i>Karshya</i> , (Emaciation) <i>Daurbalya</i> (Weakness) <i>Kasa</i> (Cough) <i>Shwas</i> (Dyspnoea) <i>Varchomutragrah</i> (Obstruction in stool and urine)	<i>Jwar</i> (Fever) <i>Chhardi</i> (Vomitting) <i>Trishna</i> (Thirst) <i>Mukha Talu Shosha</i> (Dryness of mouth & palate) <i>Arochaka</i> (Anorexia) <i>Avipaka</i> (Indigestion) <i>Urusaad</i> (weakness in thigh) <i>Adhamana</i> (Tympanitis) <i>Kshvathu</i> (Sneezing) <i>Daurbalya</i> (Weakness) <i>Kasa</i> (Cough) <i>Shwas</i> (Dyspnoea)	<i>Prameha</i> (Polyuria) <i>Trishna</i> (Thirst) <i>Arochaka</i> (Anorexia) <i>Avipaka</i> (Indigestion) <i>Kasa</i> (Cough) <i>Shwas</i> (Dyspnoea) <i>Hikka</i> (Hiccough) <i>Daurbalya</i> (Weakness)	<i>Gudastrav</i> (Watery discharge from anus) <i>Aruchi</i> (Anorexia) <i>Annakanksha</i> (Anorexia) <i>Pipasa</i> (Thirst) <i>Kasa</i> (Cough) <i>Shwas</i> (Dyspnoea) <i>Daurbalya</i> (Weakness)

DISCUSSION

Udara Roga is a group of diseases that mainly occur due to *Mandagni* caused by *Mala Vriddhi* and *Agni dushti*, accumulation of *Mala* in *Udara* because of altered function of *Agni*. *Agnidusti* is an essential decisive factor in the Pathogenesis of *Udara Roga*. Ayurvedic Treatments for *Udara Roga* include *Agnideepan*, *Snehan*, *Virechan*, *Anuvasan Basti*, *Kshira*

Basti and use of Various types of *Kshira*. *Nitya Virechan* is the first line of treatment for *Udara Roga*.

CONCLUSION

In our Ayurveda, different *Acharyas* have mentioned the *Nidana*, *Samprapti*, *Purvaroop*, *Roopa*, *Upashaya*, and *Chikitsa* in their respective *Samhitas*. But the differentiation and comparison with Physical Examination are not mentioned separately, there are

many differentiation points including signs and synonyms mentioned in *Roopa*, by which we can differentiate and examine the patient of *Ashta Udara Roga*. Also, *Nidana* (etiological factors) are responsible for disease manifestation. Avoidance of such factors can help to prevent disease prevalence. For prevention and later on treatment purposes we should first diagnose the cause and then treat the patient. It shows the importance of *Nidana*.

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