



### A Review on *Udvartanachikitsa* in *Bhavaprakasha Samhita* and *Yogaratanakara*.

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#### Abstract:

*Ayurveda* explains many different treatment modalities for topical forms of medication i.e. *bahirparimarjan* each treatment modality performs its own specific functions. *Udvartana* is such an important treatment mainly described in *Dinacharya* and also plays significant role in the treatment of some diseased condition.

**Keywords:** *Udvartana*, *Utsadana*, *Bahirparimarjan*

#### Introduction:

*Ayurveda* explained several routes for medicinal administration. *Bahirparimarjan* relates to external application of medicine. *Ayurveda* also described multiple karmas for external use like *abhyang*, *swed*, *upnah*, *parishek*, *udvartan*, *avchurnan*, *malhar*, *Lepa* etc.

*Udvartana* is described as a part of *Dinacharya* in *Bruhatrayi* and *Laghutrayi*. But with proper selection of drugs in some diseased conditions *Udvartana* plays an important role as a part of treatment.

#### Aim:

To review *Udvartana* as a part of treatment in various diseases from *Bhavaprakash Samhita* and *Yogaratanakara*

#### Objectives:

1. To study the conceptual foundation of *udvartana*
2. To compile *Udvartana* formulation used in various diseases from *Bhavaprakash Samhita* and *Yogaratanakara*
3. To analyse collected data of formulations.

#### Material and Methods:

Review of conceptual literature of *Udvartana* was carried out from classical Ayurvedic Literature *Bruhatrayi*, *Bhavaprakash Samhita* and *Yogaratanakar*. *Udvartana*, *utsadana* and *udgharshan* are synonyms for *udvartana*. Therefore, the formulations explained under these terms are compiled from *Bhavaprakash Samhita* and *Yogaratanakara*. All the formulations named with their initial drugs of formulations. All the collected data analysed.

#### *Udvartananirukti:*

उद्वर्तनद्रव्येणाङ्गनिर्मलीकरणम्।समानार्थकः उ

द्वर्तन,उत्सादनअमरकोशः

Udvartan is the process of rubbing fine powdered *dravyas* over the body with some pressure in the *pratiloma* direction. Mainly *churnadravyas* are used for *udvartan*.

### Benefits of Udvartana:

उद्वर्तनकफहरंमोघ्नंशुक्रदं परम्।

बल्यंशोणितकृत्कान्तित्वक्प्रसादमृदुत्वकृत्।

Benefits of Udvartan quoted by Acharyas as follows:<sup>ii</sup>

- It reduces the *kapha dosha*.
- Liquefies and mobilise stagnant morbid *meda*
- It helps to increase *Shukra dhatu*
- Destroys the morbid *vata dosha*
- Provides stability to body parts
- Rejuvenate the skin and brings freshness in it.
- Cleanses the body, removes sweat, dirt and dust
- Alleviates foul smell of body
- Opens up the blocked channels, blood vessels and transport system of body and enables free circulation of nutrients and essentials in the body
- Stabilizes and normalizes the *agni / Bhrajaka pitta*
- Provides good shine and complexion

### Types of Udvartana:

According to *Charakacharya* Udvartana is of two types-<sup>iii</sup>

- *Snigdhaudvartan*- *churna* of medicine added with some *Sneha* like *ghruta*, *taila* etc.
- *Rukshaudvartana*- only medicinal *churnas* are used

Acharya Sushruta explained two types of Udvartana:<sup>iv</sup>

#### 1. Udgharshan:

उद्धर्षणम्अस्नेहौषधचूर्णादिभिर्द्धर्षणम्।

Only *churnas* or paste of *churnas* added with some liquid medium like *swaras*, *gomutra*, *jala* etc. are used for rubbing, without addition of *Sneha*. It gives feeling of happiness and prosperity, cleanses the dirt over the skin, creates lightness and ease in the body movements. It aids to reduce *kandu* (itching), *kotha* (skin eruptions) and *Vaat Dosha*. According to *Dalhan*, *udgharshana* plays an important role to open up blood vessels or blocked channels and improve the circulation of body. *Udgharshan* is similar to *Ruksha Udvartana* described in *Charak Samhita*.

#### 2. Utsadan:

सस्नेहकल्केनोद्धर्षणमुत्सादनम्।

In *Utsadana* some *Sneha* has to be added with *churnas* and rubbed over the skin. Acharya Sushruta explained that *Utsadana* helps to improve complexion specially in females. According to *Dalhan*, *Utsadan* shows its special effect by improving the function of *Agni/ Bhrajaka Pitta*. It is similar to *SnigdhaUdvartana* according to *Charak Samhita*.

### Observation And Result:

*Bhavaprakash* And *Yogaratanakara* used terms *Udvartana* and *Utsadana*. The term *Udgharshan* is not found in the study. Some formulations are explained by both Acharyas. The numbers of *Udvartana* and *utsadana* are as below:

*Bhavaprakash* explained 12 formulations of *Udvartana* and 9 of *Utsadana*, while *Yogaratanakar* described 17 formulations of *Udvartana* and 8 of *Utsadana*.

*Udvartana* explained in both *Samhita*:<sup>vvi</sup>

Sr no	Name	Contents	Liquid medium	Application site	Indication	Other mentioned things	Bh. S.	Y. R.
1	<i>Karkotikadiudvartana</i>	<i>Karkotikakandchurna, kulattha, pippali, vacha, kataphal, karavi, bhunimb, chitrak, kataphal, valaka, haritaki</i>			<i>Shitangasan nipatajjwar</i>		+	
2	<i>Twakpatradiudvartana</i>	<i>Twak, patrak, erandmulatwak, shigrutwak, kushtha, vacha, shatavhapatra all equal parts made into paste with amla ras</i>	<i>amla ras</i>		<i>Khalli, Visuchika</i>		+	
3	<i>Siddharthaka diaga</i>	<i>Siddharthak, hingu, vacha, karanj, devadar, manjishtha, triphala, shweta(fita kari), katabhi,</i>	<i>Ajamutara</i>		<i>Apasmar, Visha, Unmad, Krutya(abhi char karma), Alakshmi, Jwar, Bhutabadha</i>		+	

Sr no	Name	Contents	Liquid medium	Application site	Indication	Other mentioned things	Bh. S.	Y. R.
		<i>twak, trikatu, priyangu, shirish, haridra, darvi added with ajamutra</i>						
4	<i>Mahishanava neetadiudvartana</i>	<i>Gandhak, mahishnavaneet, gomutra, godugdha, saindhav heated together</i>	<i>Mahishnavaneet, gomutra, godugdha,</i>		<i>Dehasphutan (in Vatarakta)</i>		+	
5	<i>Shaileyadiudvartana</i>	<i>Shilajit, kushtha, aguru, devdar, kaunti (renuka), musta, panchapatra, shrivas, sprukka, kharapushpa (davana), devapushpa (lavang) made into paste with dhatturapatraswaras</i>	<i>Dhatturapatraswaras</i>		<i>Sthaulya</i>		+	
6	<i>Dagdhaharidraudvartana</i>	<i>Dagdhaharidra</i>			<i>Gatradyuargandhyanashan</i>		+	

Sr no	Name	Contents	Liquid medium	Application site	Indication	Other mentioned things	Bh. S.	Y. R.
7	<i>Babbuladalau dvartana</i>	<i>Babbulpatra made into paste with water</i>			<i>Swedahar</i>	<i>Pashchat karma - haritakichu rnaudvartana</i>	+	+
8	<i>Haritakiudvartana</i>	<i>Haritakichurna</i>			<i>Swedahar</i>		+	+
9	<i>Bilwapatradiu dvartana</i>	<i>Bilwapatra, aamrapatra, jambupatra, bijapuraka patra, kapitthapatra</i>			<i>Swedahar, bestows very fine smell to the body (varagandhahto)</i>	<i>Pashchat karma - vachachurn audvartana</i>	+	
10	<i>Chandanshuk adiudvartana</i>	<i>Chandanshuk (darvi), tila, lodhra, shirish, ushir, keshar</i>			<i>Swedahar in grishmaritu</i>		+	
11	<i>Somarajiudvartana</i>	<i>Bakuchichurna with ardrakswaras</i>	<i>Ardrak swaras</i>		<i>Kushtha</i>		+	
12	<i>Nimbaragwad hkalkudvartana</i>	<i>nimb, aragwadhpatra</i>			<i>Padminikan tak</i>	<i>Frequently</i>	+	+
13	<i>Twakadiudvartana</i>	<i>Twak, Patra, Rasna, Aguru, shigru, Kushtha, vacha, shatavha</i>	<i>amlarasa</i>		<i>Khalli, visuc hika</i>			+

Sr no	Name	Contents	Liquid medium	Application site	Indication	Other mentioned things	Bh. S.	Y. R.
		<i>made into paste with amlarasa like kanji</i>						
14	<i>Goshakrunmu traudvartana</i>	<i>Goshakrut, gomutra</i>			<i>Apasmar</i>			+
15	<i>Chandranshw adiudvartana</i>	<i>Karpoor, chandan, lodhra, shirish, ushir, nagakeshar</i>			<i>Swedahar, summer seasion</i>			+
16	<i>Jambudaladiu dvartana</i>	<i>Jambupatra , Arjun pushpa or phala, kushta</i>			<i>Swedahar, Daurgandh yanashan</i>	<i>Everyday</i>		+
17	<i>Shirishadiudv artana</i>	<i>Shirish, lamajjak, nagakeshar , lodhra</i>			<i>Twakadosh ahar, swedahar</i>			+
18	<i>Priyangwadiu dvartana</i>	<i>Priyangu, lodhra, haritaki, chandan</i>			<i>Daurgandh yanashan</i>			+
19	<i>Prapunnatbee jadiudvartana</i>	<i>Chakramar dabeej, amalaki, sarjaras, snuhi made into paste with sauvira</i>	<i>sauvira</i>		<i>Dadru</i>			+

Sr no	Name	Contents	Liquid medium	Application site	Indication	Other mentioned things	Bh. S.	Y. R.
20	<i>Gunjadiudvartana</i>	<i>Gunja, chitrak, shankhabhasma, haridra, durva, haritaki, langali, snuhi, saindhava, kumari, musta, arkakshir, gruhadhum, parad, bakuchi, chakramarda, vidanga, marich, honey, khajur all in equal parts</i>			<i>Gajacharma, dadru, rakasa, kandu</i>			+
21	<i>Lakshadiudvartana</i>	<i>Laksha, shriveshtak (sarjaras), kushtha, haridra, siddharthak, shunthi, marich, pippali, mulakbeej, chakramardbeej</i>			<i>All types of kushtha especially sidhma, kitibh, dadru</i>			+

Sr no	Name	Contents	Liquid medium	Application site	Indication	Other mentioned things	Bh. S.	Y. R.
22	<i>Kushthadiudvartana</i>	<i>Kushtha, haridra, darvi, surasa, patol, nimb, ashwagandha, devadar, shigru, sarshap, tejovatiphala, dhanyak all in equal parts made into paste with takra</i>	<i>takra</i>		<i>Kandu, Pidika, Koth, Kushtha, Shotha</i>	<i>Purvakarm akatutailaa bhyang</i>		+
23	<i>Siddharthaka diudvartana</i>	<i>Siddharthaka, haridra, kushtha, chakramar dabeej, tila made into paste with katutaila</i>	<i>katutaila</i>		<i>Shitapitta, Udard, Koth</i>			+
24	<i>Vijayapatradiudvartana</i>	<i>Vijaya (bhanga) patra, sthavira (vidari) mula, shishampamula</i>			<i>Nyachha, Vyanga</i>			+
25	<i>Sarjamvadiudvartana</i>	<i>Sarjaras, kushtha, saindhava, siddharthak</i>			<i>Vrushanaka chhu (kandu)</i>			+



Sr no	Name	Contents	Liquid medium	Application site	Indication	Other mentioned things	Bh. S.	Y. R.
26	<i>Murvadiudvar tanam</i>	<i>Murvamula, haridra, sarshap, hingu, shweta (shwetavac ha), manjishtha, musta, karavi all in equal parts made into paste with ajadugdha</i>	<i>Aja dugdha</i>		<i>Balarogajwar</i>			+

*Utsadana explained in both Samhita:*

Sr no	Name	Contents	Liquid medium	Application site	Indication	Other mentioned things	Bh. S.	Y. R.
1	<i>Karanjasarshaputsadan</i>	<i>Karanja phal, sarshap</i>		<i>Uru</i>	<i>Urustambh ajanya dah</i>		+	+
2	<i>Ashwagandha utsadan</i>	<i>Ashwagandha mulachurna</i>		<i>Uru</i>	<i>Urustambh ajanya dah</i>		+	+
3	<i>Arkamulautsadan</i>	<i>Arkamulachurna</i>		<i>Uru</i>	<i>Urustambh ajanya dah</i>		+	+
4	<i>Nimb mulautsadan</i>	<i>Nimb mulachurna</i>		<i>Uru</i>	<i>Urustambh ajanya dah</i>		+	+
5	<i>Devadarumulautsadan</i>	<i>Devdarumulachurna</i>		<i>Uru</i>	<i>Urustambh ajanya dah</i>		+	+
6	<i>Sarshapadiutsadan</i>	<i>Sarshap, valmi kmruttika, honey</i>		<i>Uru</i>	<i>Urustambh ajanyaveda na</i>		+	+
7	<i>Dantyadiutsadan</i>	<i>Danti, dravanti, surasa,</i>		<i>Uru</i>	<i>Urustambh ajanyaveda na</i>		+	

		<i>sarshap</i>						
8	<i>Trivrutadiutsa dan</i>	<i>Trivrut, tila, nagadanti, manjishtha, saindhava, honey, ghruta</i>	<i>honey, ghruta</i>	<i>Bhagandar</i>	<i>Bhagandar</i>		+	
9	<i>Vachahinguut sadan</i>	<i>Vacha, hingu</i>			<i>Skandapas mar</i>		+	+
10	<i>Saptachhadad iutsadan</i>	<i>Saptachhadap atra, arkapatra, karanjmula, karaviramula made into paste with gomutra</i>	<i>gomutra</i>		<i>BalarogaK arshya– promotes growth of child</i>	<i>Every day</i>		+

\*Bh.S.- Bhavaprakash Samhita, Y.R.- Yogaratnakara

#### Discussion:

- *Udvartana* and *Utsadana* terms are used synonymously. For *Utsadana*, *churna* or *kalk* has to be used with some *Sneha*, but doesn't reveal in above compiled Data. Some *Udvartana* formulations are added with *Sneha dravyas* like *navaneet*, *katutaila*, etc.
- *Udvartana* has to be done all over the body, but in some diseases as in *urustambha*, *Bhagandar*; local *udvartana* is mentioned.
- All ingredients mentioned in formulations has to be taken in equal parts, as it is not mentioned; but in *Karkotikadiudvartana* *Kataphala* described twice so it has to be taken two parts in the combination.
- In these formulations with herbal contents some mineral and animal-based contents are used. Mineral

contents like *parad*, *gandhak*, *Shilajit*, *saindhav*, *shankhabhasma* etc. and animal-based contents like *godugdha*, *ajadugdha*, *takra*, *navaneet*, *gomutra*, *ajamutra*, *gruhadhuma*, *honey*, etc.

- Out of 36 compiled formulations from both the Samhitas 10 formulations are similar in both *Bhavaprakash* and *Yogaratanakar*.
- *Udvartana* shows its effects specially on *Twacha* (*Rasavaha*), *raktavaha*, *medovaha*, *shukravaha*, *swedavahastrotas*, and *manovahastrotas*. After observing indications, *Ruksha* *Udvartana* performs *karmas* (functions) like *Doshashaman*, *Shothahar*, *Prasadan*, *Vishaghna*, *Lekhan*, *Kandughna*, *Krumighna*, *Shodhan*, *Vimlapan*, *Sandnyasthapan*, *Daurgandhyahar* and *Grahanashak*. *Snigdha* *Udvatana* Performs *karmas*

(functions) like *Doshashaman*, *Snehan*, *Varnya*, *Avayavruddhikara* (*bruhan*).

- In *Udvartana* mostly dry churnas are used for the procedure and some conditions paste of *churnas* added with some liquid medium like *godugdha*, *gomutra*, *takra*, *navaneet*, *kanji*, *swarasas* are used. Liquid medium used in the *Udvartana* formulations helps to:
  - Increase the penetration and absorption of contents.
  - Promotes the action of basic contents of formulations.
  - It has its special effects in that condition.
  - It has *sanyogaj* effects with other contents.

### Conclusion:

*Udvartana* has its special importance in *Dinacharya* and in treatments of some diseases. 36 formulations are found in *Bhavaprakash* and *Yogaratanakar*, with herbal, mineral, animal- based contents described as a part of treatment in various diseases. *Udvartana* can be used independently or with other interventions to treat a disease. It is one of the best procedures to manage *medoroga*. *Udvartana* alleviates *Kapha* Dosha, excessive fat, improves skin complexion and shows its positive effect on body as well as on mind. *Udvartana* is a very simple and affordable therapy with no harmful effects.

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