



A CONCEPTUAL STUDY ON UDARA

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ABSTRACT

Udara is a disease which has been described in detail in all our classical text books.This disease is like an umbrella which holds many diseases under it.The nidana,samprapthi,poorvarupa and treatment mentioned in our texts is almost similar to the treatment procedures done in the contemporary medical field and is almost practiced till date.Depending upon the causative factors of the types of udara the presenting complaint and treatment will differ.But it is well explained in our texts and it shows that such diseases were present in those days and treatment was also done.

Keywords-Udara, parisraviudara, badhagudodara, chidrodara

INTRODUCTION

Udara is a disease which has been mentioned in Brhatrayees and in Madhava nidana among Laghutrayees.Udara has a broad spectrum of diseases included in it.It's types can be related to many diseases of the contemporary system of medicine.

रोगाः सर्वेऽपि मन्देऽग्नौ सुतरामुदराणि तु
अजीर्णान्मलिनैश्चात्रैर्जायन्ते मलसञ्चयात् १

All diseases are produced by mandagni especially so the udara.It also arises from indigestion,contaminated foods and accumulation of malas.It is one among AshtaMahagada.If udara is associated with complications like splitting pain in the flanks,aversion to food,oedema, diarrhea, abdomen getting filled with fluid again after purgation then it should be refused.

The causes of Udara are like ²

Aahara- Intake of food which are excessively hot,salty in taste,which causes burning sensation,intake of mutually contradictory food

Treatment-Improper administration of panchakarma therapies,Improper samsarjana karma after panchakarma therapies,negligence of treatment like pliha roga,

Diseases-Emaciation as a consequence of arsas,pliha roga,grhani,continued presence of aama in the body,Obstruction by piles ,hair,hard stools,Ulceration and perforation of intestines.

Vihaara - Suppression of natural urges,

The suppression of agni and intake of polluted food leads to indigestion as a result of which dosas get accumulated.This accumulated dosas obstruct the channels of sweat and water(Ambu vaha srotas,Sveda vaha srotas). This causes vitiation of praana ,agni,apana and obstruction to upward and downward channels of circulation.The vitiated dosas get lodged between the skin and muscle tissue and cause extensive distension of kuksi.This gives rise to udara.

GENERAL SYMPTOMS ^{3,4,5}

SUSRUTHA SAMHITHA ³	CHARAKA SAMHITHA ⁴	ASHTANGAHRDAYA ⁵
<ul style="list-style-type: none"> Loss of strength, colour, complexion, desire for food 	<ul style="list-style-type: none"> Suppression of power of digestion Belated digestion of food which is unctuous nad heavy 	<ul style="list-style-type: none"> Loss of hunger Loss of strength
<ul style="list-style-type: none"> Appearance of striae on the abdomen, Folds of muscles on abdomen 	<ul style="list-style-type: none"> Appearance of network of veins Disappearance of folds in the abdomen Constant loss of strength. Shortness of breath Excessive accumulation of stool Udavarta 	<ul style="list-style-type: none"> Appearance of white lines and disappearance of folds over abdomen Pants for breath even after mild activity. Increase of faeces but it is not eliminated.
<ul style="list-style-type: none"> Uncertain understanding of digestion 	<ul style="list-style-type: none"> Inability to determine between the digestion and indigestion of food. Inability to tolerate a little excess of food. 	<ul style="list-style-type: none"> Digestion of food after a long time Accompanied with burning sensation Cannot decide whether food is digested or not Does not tolerate intake of food
<ul style="list-style-type: none"> Feeling of burning sensation during digestion 	<ul style="list-style-type: none"> Vidaha of all the food and drinks taken by the patient 	<ul style="list-style-type: none"> Distension even with easily digestible and little quantity of food.
<ul style="list-style-type: none"> Pain in the region of urinary bladder 	<ul style="list-style-type: none"> Pain and adhmana 	<ul style="list-style-type: none"> Pain in the joints on either side of urinary bladder.
<ul style="list-style-type: none"> Oedema of the feet 	<ul style="list-style-type: none"> Slight swelling in the legs 	<ul style="list-style-type: none"> Slight swelling of the feet.

TYPES OF UDARA ^{6,7,8}

	SU.SAMHITA	CH.SAMHITA	AH.NI
VATAJA	✓	✓	✓
PITTAJA	✓	✓	✓
KAPHAJA	✓	✓	✓
SANNIPATAJA	✓	✓	✓
PLIHODARA	✓	✓	✓
BADDAGUDODARA	✓	✓	✓
PARISRAVI UDARA	✓	Kshatodara Chidrodera	Chidrodera Kshatodara
DAKODARA	✓	Jalodara	Jalodara Udakodara

The udara due to Vata, Pitta, Kapha dosas has the typical characters of the dosas hence not discussed here.

SANNIPATODARA/DUSHYODARA ⁹

It is said that uncultured women serving food mixed with nails, hairs, urine, excreta, menstrual blood or those who give artificial poisons or use of contaminated water, impoverished poisons, by these causes all the three dosas and blood become aggravated and produce enlargement of abdomen accompanied with symptoms of all three dosas. This disease becomes greatly increased especially during the time of cold breeze and cloudy sky, the patient develops burning sensation, fainting, anaemia, emaciation and thirst.

PLIHODARA/YAKRDODARA ¹⁰

According to Susrutha Samhitha the persons who take foods which causes burning sensation during digestion, produces abhishyandi, provoking the dosas like raktha and kapha. If it has an association with pitta it will cause mandajwara if associated with kapha it will cause kapha. It can cause upadravas like ksheena bala and ati pandu. If pliha is involved then site of enlargement is on left side and if yakrit is involved then site of enlargement is on right side.

According to Charaka Samhitha the causes are -Asita, atisankshobha, atiyana, aticheshtitha, ativyavaya, atibharadwa, vamaana vyadhi karshana. If the enlargement is on left side it is plihavrdhi. There can be displacement or increase in its own place due to increase in the quantity of rasa. Pliha- becomes stony hard, feels like ashtila, kachapa samsthana. If neglected- Pliha puts pressure and expands over the kukshi and agnayadhishtana as a result of which plihodara is manifested. ¹¹

SIGNS AND SYMPTOMS OF PLIHAVRDHI ¹²

Dourbalya, Arocaka, avipaka, Varcha mutra graha, Tama pravesha, pipasa, angamarda, Chardi, murcha, angasaada, swasa, kasa, mrdujwara, anaaha, agninas, aasyavairasya, karsya, parvabheda, koshtavaatasula Udara-Aruna varna, vivarna appearance of nila, haritha, haaridra, raaji. Similar signs and symptoms are manifested by the enlargement of liver which is located in the right side of abdomen.

TREATMENT OF PLIHODARA AND YAKRTODARA ¹³

Understanding the dosas involved the treatments like snehana, svedana, virechana, niruha vasti, anuvasana vasti should be given. Siravyadha should be done on right hand in yakrdodara and left hand in plihavrdhi.

BADDHAGUDODARA ¹⁴

Causes for baddhagudodara –Vayu gets aggravated as a result of obstruction in the passage of rectum because of –Intake of small hair, udavarta, arsa, anatarsamurchana (intussusception),obstruction to the passage of apana vayu.When the intestines become coated inside either with food ,sticky materials,hairs,stones, etc then waste materials of food.The aggravated dosas accumulate generally in the lumen, faeces gets obstructed in the rectum and goes out with difficulty in small quantity, abdomen enlarges greatly in between the area of heart and umbilicus.Patient vomits materials having the smell of faeces.

SIGNS AND SYMPTOMS ¹⁵

Trsna,daha,jwara,mukha talu sosha, urusaada, kaasa, swasa, dourbalya, arocaka, avipaka, varcha mutra sangha, adhmana, svayathu, siro hrd nabhi guda sula, adhmana, mudhavata,sthira,aruna nilaraji ,nabhi upari gopucha vat .

Swedana,Niruha,anuvasa,Virechana is indicated with precautions.Therapies indicated for the treatment of udavarta and other therapies responsible for alleviation of vayu should be administered.According to Acharya Susrutha, after snehana, svedana and abhyanga the abdomen is cut open by making an incision on the left side below the umbilicus allowing a space four angula from the lines of hair,(this can be taken as the left paramedian incision) the intestine is pulled out and examined for the presence of stone,hair,faeces and other material causing the obstruction and removed.Then the intestine is anointed with honey and ghee and placed in normal place and external wound of abdomen is sutured.

PARISRAVYUDHARA/CHIDRODARA/KSHATODARA ¹⁶

Foreign bodies mixed with food or which have entered separately into the intestines causes puncture in the wall of intestines then fluid resembling water exudes from the holes,flows down and accumulates more in the rectum,Abdomen becomes enlarged more below the umbilicusgive rise to severe pricking pain and burning sensation.It is also said that yawning deeply cause chidrodera.

SIGNS AND SYMPTOMS ¹⁷

Hikka,swasa,kasa,trsna,prameha,arocaka,avipaka,dourbalya,passing of stool which is either lohita,nila,pita,pichila kunapa gandha varcha.

TREATMENT ¹⁸

As per Acharya Charaka chidrodera swedana should not be administered to the patient suffering from chidrodera.As and when water starts accumulating it should be removed.Thus palliative treatment should be provided to such a treatment.

SURGICAL TREATMENT ¹⁹

The shalya should be removed from the intestine as mentioned in plihodara chikitsa the intestinal exudate should be cleaned the cut ends of the intestine are brought closer and got bitten by big black ants after they have stuck up well their body should be cut off and removed but not their heads.Afterwards the abdomen should be sutured then paste of bjack mud mixed with yashtimadhu should be applied on the abdomen and bandaged. The patient is allowed into a room devoid of breeze and prescribed regimen of food and activities.He is made to lie in a bath tub filled with either oil or ghee having only milk as food.

DAKODARA ²⁰

The person who is undergoing therapies like snehapana, anuvasana, niruha vasti, vamana and virechana drinks cold water and do not follow the pathya properly then the channels become smeared with fatty materials and give rise to dakodara. The abdomen is snigdha, mahat, sampari vrta nabhi, resembling as bag filled with water both in movement and sound.

TREATMENT ²¹

Snehana and swedana should be done and patient is made to sit on a stool at the height of knee, wrapped with bands of cloth from axilla downwards allowing a space of 4 angula from the line of hair on the left side and below the umbilicus, abdomen is punctured using vrihimukha sastra to the depth of thickness of centre of thumb and a nadi made from trapu or feather having orifices at both ends is fixed to the instrument and vitiated fluid is drained out. Afterwards it is removed the wound anointed with oil mixed with salt and bandaged. All the vitiated fluid should not be removed in one day itself, if removed it might give rise to trsna, jwara, angamarda, atisara, swasa, kasa, padadaha. The abdomen may get filled again with more fluid before regaining the strength. Hence the vitiated fluid should be done at intervals of three, four, five, six, eight, ten, twelve, sixteen or such other days and in little quantities. After removal of vitiated fluid abdomen should be bandaged tight using bands of wool, silk or leather so that air does not cause bloating of abdomen.

CONCLUSION

The udara disease can be considered as ascites, peritonitis, intestinal obstruction depending on the causative factors and presenting clinical feature. The Acharyas have mentioned the nidana, samprapthi, poorvarupa, rupa chikitsa both conservative and surgical treatment. The treatment procedures explained are almost similar to the procedures practiced now. The removal of excess fluid from the dakodara patient and the removal of obstruction in badhagudodara also has been explained in detail. This throws light on the fact that the Acharyas were aware of these diseases and also the treatment were practiced by them. The post operative room condition, the pathya to be followed, the bandaging technique all has been mentioned.

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