

UDAR ROGA IN AYURVEDA: A REVIEW

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ABSTRACT

According to the modern Science meaning of the *Udara* is Abdomen. In Ayurveda describes many types of abdominal disease in the *Udar roga* Chapter. In modern science *Udara roga* compared with Ascites but in *Ayurveda* is not only limited to ascites but also includes gaseous distension, hepato-splenomegaly, intestinal obstruction and intestinal perforation. In Ayurveda describe Eight type of *Udar roga*. Generalized abdominal distension is the presenting feature in all type of *Udara roga*. *Saman vayu*, *Apana vayu*, *Pachak pitta*, *Ranjak pitta* and *Kledaka Kapha* are situated in the abdomen. *Mandagni* is the main cause of *Udara roga*. All *Udara roga* finally convert into *Jalodara* (Ascites). *Udar roga* description present many places of *Brihat trai* so in this article provide many important facts for the researcher and scholar.

KEYWORDS: *Ayurved*, *Brihat trai*, *Udara roga*, abdominal distension.

INTRODUCTION

Udar roga is mentioned in *Ashtamahagada* in Ayurveda. It is *Tridoshaja Vyadhi* leading to *Mala Prakopa* and *Sanchaya* in *Udara Pradesh*, *Aamashya* (Stomach), *Yakrita* (liver), *Pleeha* (Spleen), *Pittashya* (Gall bladder), *Agnashya* (Pancreas), *Pakwashya* (Intestine) are present in the *Udara Pradesh* (abdomen). “योगः सर्वेषु मन्देऽग्नौ सुतयमुदरणि तु” (AH.Ni.12/1) All types of disease originated from *Mandagni*. That is cause of the *Aama* (improper digestion of ingested food) which leads to *Udara roga* cause by *Mandagni*. The generalized distension or enlargement of abdomen denotes *Udara roga*. *Agni dosha* and *mala vridhhi* causes vitiation of *Prana*, *Agni* & *Apana vayu* and obstruction of the upward and downward channels of circulation. The vitiated *doshas* get localized between skin (*Twak*) and muscle tissue (*Mansha*) and causes extensive distension of the abdomen resulting in *Udara roga*.

Hetu

Causes of the *Udar roga* are consumption of excessively hot or salty food, excessive intake of *Kshara* that causes burning sensations, sour food, *Garavish* (poison or poison synthesized by combination of nontoxic substances), inappropriate dietary management after *shodhana* treatment, food having *rukshya* property,

Viruddha ahara, unhealthy food, emaciation due to *Splenomegaly*, emaciation due to *Arsha* (Piles), emaciation due to *grahani roga*, *Panchakarma Vyapad* (improper administration of *panchakarma*), ignorance of persistent illness without treatment, dryness of the body, with *Vegadharana* (holding the naturally manifesting urges), morbidity of body channels, illness of *Aama* (undigested food), psychological irritation, excessive consumption of food, obstruction of the ano-rectal canal by the *Arsha*, impaction of hair in the intestines' lumen, perforation of intestine, excessive accumulation of morbidity, *Jatharagni* is affected when sinful behaviours are engaged.

Purvarooopa (premonitory symptoms)

The pre monitoring symptoms signs of *Udara roga* include Inability to appreciate the digestion and indigestion of the food, loss of appetite, delayed digestion of sweet, greasy, and heavy-for-digesting foods, food that causes a burning sensation, intolerance to overeating, slight edema in the feet, persistent decline in physical strength, breathing difficulty also with light exertion, abdominal distension due to accumulation of fecal material as a result of dryness or *Udavarta* (abnormal upward course of *vata*. abdominal pain, fullness, distension, or bursting-type abdominal pain at the region where the bladder joins the surrounding tissue,

distension of the abdomen even after minor meals, the appearance of dilated veins, and the loss of normal skin folds.

Samanya lakshana (General symptoms)

Edema of the hands and feet, difficulty digesting, a gurgling sound from the abdomen, smooth, shiny cheeks; and slenderness.

Description of patient of Udara roga

No.	Types of Udara roga	Other Name	According Modern
1.	<i>Vatodar</i>	-	Accumulation of flatus
2.	<i>Pittodar</i>	-	Hepatic causes
3.	<i>Kaphodar</i>	-	Renal causes
4.	<i>Sannipatodar</i>	<i>Nichyodara</i>	Exudative causes
5.	<i>Plihodar</i>	<i>Yakritodar</i>	Spleen and liver enlargement
6.	<i>Baddhagudodara</i>	-	Intestinal obstruction
7.	<i>Chidrodara</i>	<i>Kshatodara</i>	Intestinal perforation
8.	<i>Jalodara</i>	<i>Dakodar</i>	Ascitis-Peritoneal cavity fluid

Ajatodaka, *Pichchha*, and *Jatodaka* are the three more advanced stages of *Jalodara*.

Vatodara (Accumulation of Flatus)

Agnimandya, *Ama* formation, channel obstruction, and symptoms such as swelling of the abdomen and oedema on the hands, feet, and scrotum are all symptoms of aggravated *Vata*. It is associated with flatus, abdominal pain, gas in the abdomen, indigestion, a dry cough, a sudden increase or decrease in the size of abdominal edema, joint pain, obstruction of the urine, and flatus. Some patients have bloating, cardiac pain, or Irritable Bowel Syndrome (IBS).

Pittodara (Hepatic Causes)

Pitta combined with *Vata* and *Kapha* causes obstruction in channels and *Agnimandya*. As a result, there are burning feelings, fever, thirst, dizziness, fainting, and a foul taste in the mouth, as well as an appearance of a green-yellow tinge in the urine and faeces. The abdomen is delicate to the touch and prone to irritation, with prominent blue, yellow, green, or coppery lines. If not treated appropriately, it suppurates easily. Ascites is most often caused by liver cirrhosis. Due to the high venous pressure in the mesenteric circulation, liver failure and portal hypertension in cirrhosis lead to overall retention of sodium and water in the body as well as localised fluid in the peritoneum.

Kaphodara.

There are many symptoms of this disease: weakness of the limbs, desire for sensitiveness of the skin, swelling, heaviness of the limbs, sleepiness, nausea, aversion to food, gasping, coughing, and whiteness of the skin, among other symptoms. The belly becomes large, inactive, glossy, stiff by gradual enlargement, cold to the touch, heavy, rigid, and full of nerves in this disease.

Sannipatodara or Dusyodara

Signs and symptoms of *Sannipatodara* : appearance of the symptoms and indicators of each of the three *doshas*

The manifestations of *Udara* include dry mouth, emaciation, distension of the abdomen and flanks, impaired digestion, loss of physical strength, inability to eat, incapacity to engage in any physical activity, and anxiety. These patients eventually pass away from their illness without treatment, just like orphan children.

Types of Udara roga

Many types of abdominal diseases are described in Ayurvedic literature in *Udar Roga Chikitsa Prakaran*.

Nail affliction with all the colour varieties indicated in regard to the *Udara* caused by the presence of net-like veins with a variety of colours over the abdomen due to the interaction of the three *doshas* (described in respect of *Vatodara*, *Pittodara*, and *Kaphodara*)

Plihodara and Yakritodara

Pathogenesis of *Plihodara*: The spleen, which is located on the left side of the abdomen, becomes displaced and enlarges because of excessively irritating food consumption, excessive travel, and vehicle operation. strenuous exercise, overindulgence in sex, lifting heavy weights, walking a long distance, and emaciation caused by excessive administration of emetic therapy or by suffering from chronic diseases. The spleen also gets enlarged because of the increase in the quantity of blood as a result of increase in the quantity of *Rasa*. At the start of the enlargement process, the spleen becomes stone-hard [Palpation] feels like a tortoise. *Pihodara* develops as a result of the condition's gradual expansion over the *Kukshi* (sides and lower abdomen) and *Agni Adhithana* (pancreas) if treatment is neglected. The liver is not described separately in Ayurveda, but the signs and symptoms of the spleen are also those of the liver.

Baddhagudodara

Anything can cause an obstruction in the intestines, including *ama*, *kapha*, *apana vata*, hair, food, and so on. Such a person experiences symptoms such as thirst, burning sensations, fever, dry mouth, weakness in the thighs, cough, debility, anorexia, indigestion, retention of urine and feces, tympanitis, vomiting, sneezing, and pain in the head, umbilicus, and anus. They also experience pain in the lungs. Swelling occurs above the umbilicus, mostly cylindrical in shape, in the abdomen.

Kshatodara (Intestinal perforation)

causes of *Kshatodara* (*Chhidrodara*) include Consuming food that is tainted with sand, straw, wood, bone, or thorns, or else yawning while stretching the body, along with eating too much food, damages the bowel and results in *Kshatodara*.

Jalodar

Jalodara (*Nichyodara*) has been described as *Charak* has proclaimed it to be an incurable disease. *Susruta* referred to all *Udara roga* as "difficult to treat." Ascites (free fluid in the peritoneal cavity) is a complication of hepatic cirrhosis, according to modern medical science, and it can be linked to *Jalodara*. Ascites today is a side effect or progression of other abdominal illnesses.

Signs and symptoms

1. *Aruchi* (anorexia)
2. *Pipasa Vridhi* (excessive thirst)
3. *Shool* (abdominal pain)
4. *Shwaskrichchta* (dyspnoea)
5. *Kaas* (cough)
6. *Dorbalya* (weakness)
7. *Udara Utsedha* (abdominal distension)
8. *Samparivrita Nabhi* (Everted Umbilicus)
9. *Hrida Spandan* (palpitation)
10. Unable to walk
11. *Drati Shubhyati Kampate* (shifting dullness)

Complication

1. *Vaman* (vomiting)
2. *Atisaar* (diarrhea)
3. *Trishna* (excessive thirst)
4. *Hikka* (hiccough)
5. *Mutraghata* (retention of urine)
6. *Parshwa Shool*
7. *Tamak Shwasa*
8. *Kaas*

Treatment of Vatodara

If the patient is strong and has *Udara Roga* as a result of *Vayu's* aggravation, *Snehana*, or oleation therapy, is given first, followed by *Swedana*, or sweating therapy, and *Snigdha virechana*, - purgation by oils such as castor oil. The patient's abdomen becomes flaccid after the *doshas* are removed by the *Virechana* treatment. After that, a cloth is used to tightly wrap the abdomen, preventing the *Vayu* from causing distension again because of the empty space in the abdomen. an excessive accumulation of *doshas* (morbid matter) in the gastro-intestinal tract. As a result, the patient receives purgation therapy on a daily basis After *Virechankarma*, the patient is given *Samsarjana Krama*. From there on, he/she is made to drink milk for the advancement of solidarity. If milk is given continuously for an extended period of time, the patient is likely to become nauseated.

If the patient has a strong capacity for digestion and exhibits symptoms such as itching, cramping, and pain in

the bones, joints, sides of the chest, back, and lumbar region, in addition, the patient receives an enema of the *Anuvasana* variety, even if there is flatulence and retention of stool. For the purpose of *Niruha* and *Asthapana Basti*, the decoction of *Dashamoola* and such Other drugs with *Teekshna* (sharp) properties are also used. For the purpose of *Anuvasana Basti*, castor oil or sesame oil is boiled with sour drugs, which It is used to aid in the relief of *Vata*. If the patient is not suitable for *Virechana*, if he/she is weak, old, too young, or of a tender nature; If there is a slight aggravation of *doshas* and a significant aggravation of *vayu*, then the A wise doctor will treat homes with relief therapies. Such a patient is given medicated ghee, vegetable soup, and meat soup along with rice, and he should be given Massage therapy, *anuvasana* (a type of enema), and milk (boiled with *Vata* balancing herbs).

Treatment of Pittodara

If the patient is suffering from the *Paittika* type of *Udara Roga* and if he is strong, then in the He/she is first given *Virechana*—purgation therapy. After the patient regains his strength, and his digestion gains strength, he is again given *Snehana* followed by *Virechana* therapy, for which the following recipe is used: milk boiled with the paste of *Trivrit* and castor seed Milk boiled with *Satala* and *Trayamana* Milk boiled with fruit- pulp of *Aragvadha* (*Cassia fistula*). If *Udara Roga* is caused by *Kapha* and *Pitta*, then for the purpose of purgation, milk is used with cows urine and If *Udara Roga* is caused by *Pitta* and *Vata Dosh*, then for the purpose of purgation, *Tiktaka Ghrita* added with *Trivrit*, etc is administered. The patient is given milk, a medicated enema, and purgation therapy repeatedly. The *Virechana* treatment can undoubtedly cure *Paittika Udara roga*.

Treatment of Kaphodara

Snehana, *Swedana*, and *Vamana* treatments are given to the *Kaphaja* type of *Udara Roga* patient. After that, *Samsarjana Krama*, in which lighter to heavier food is given, is done gradually by adding acidic and pungent drugs to cereals. He is then given other *Kapha* mitigating herbs, *Ayaskriti* (special preparations of iron), and alkalies are added to medicated oils. These treatments relieved *Udara roga* caused by *Kapha*.

Treatment of Sannipatodara

All the remedies recommended above for the treatment of *Vatodara*, *Pittodara*, and *Kaphodara* are to be administered appropriately if the patient has *Sannipatik Udara* (caused by vitiation of all three *Doshas*). If there are difficulties with this condition, the patient is treated with the understanding that the ailment is incurable.

Treatment of Plihodara/Yakritodara

The patient is given oleation, fomentation, purgation, *Niruha Basti*, and *Anuvasana Basti*, as appropriate. The patient can also be given *Siravyadha* treatment (bloodletting) on the left arm. The patient is given the following recipes: *Shatpala Ghrita*, *Pippali Rasayana*,

Abhaya (*Terminalia chebula*) in jaggery, and *Kshara* and *Aristas* (alcohol preparations). In *Yakritodara* (enlargement of the liver), all the therapies prescribed for *Plihodara* (enlargement of the spleen) are administered because of their similarity. If there is a predominance of aggravated *Vayu* and *Kapha* in the patient suffering from *Plihavidhi* (splenic enlargement), then *Agni Karma* (cauterization therapy) is administered. When *Pitta* is aggravated, *Jeevaneeya Ghrita*, *Ksheera*, blood-letting, elimination therapies, light purgation therapy, and milk consumption are beneficial.

Treatment of *Baddhagudodara*

Following fomentation therapy, the patient with intestinal obstruction is administered *Niruha* (one form of medicated enema) and *Anuvasana* (another type of medicated enema), coupled with cow's urine medications with *Tiksna* (sharp) qualities, oil, and salt. The patient is given food that will encourage in *Vayu's* abdominal downward descent. Strong purgative therapies prescribed for the treatment of *Udavarta* are administered to him. *Vayu* is relieved via the use of therapies like (upward movement of wind in the abdomen) and others.

Treatment of *Kshatodara*

Treatment for *Kshatodara/Chidrodara*, or abdominal swelling brought on by intestinal perforation, is similar to that for *kaphodara*. *Swedana*, on the other hand, is not given to the patient. If the *Chidrodara* patient has a fever, cough, and excessive thirst; if he has lost all of his muscle mass; diminished if his digestion and food intake are inadequate; if he has dyspnea and colic symptoms;

Additionally, such a patient should not be treated if his sense organs become compromised.

Treatment of *Jalodara*

In *Udakodara/ Jalodara* (*Ascites*), the patient initially receives treatments to fix the flaws in the liquid elements (*Apam Doshaharani*). Treatments comprising *Gow-mutra* (cow's urine), medications with "*Tiksna*" (sharp) properties, and various alkalies are given to the patient. Food that stimulates digestion and is provided to him reduces *Kapha*. The patient gradually loses access to water and other drinks.

Milk's significance in *Jalodara*

प्रयोगाणां च सर्वेषामनु क्षीरे प्रयोजयेत् | दोषानुबन्धरक्षार्थं बलस्थैर्यार्थमेव च॥

In the management of all kinds of *Udara rogas*, milk is mentioned to restore the body's vital capacity and *dosha* contract. *Jalodara* is specifically mentioned in the *Ushtri Dugdha Acharyas*. *Godugdha* is preferred when *Ushtri Dugdha* is unavailable. by the *Acharyas Godugdha*, also known as cow milk, is the only complete food that is both nutritious and simple to digest. In *Udara Rogas*, the patient's body becomes impaired by drug use, so milk is said to be as beneficial as nectar. In *Jalodara*, Ayurveda has also recommended surgery and fluid removal as the first line of treatment.

Usage of Buttermilk (*Takra*) in Different Types of *Udara Roga*

Patients with *Udara roga* benefit from buttermilk since it is low - saturated, sweet (rather than sour), and not very thick.

1.	<i>Vataja</i>	<i>Pippali</i> and <i>Saindhav</i>
2.	<i>Pittaja</i>	<i>Madhuka</i> (<i>licorice</i>) and <i>Sharkara</i>
3.	<i>Kaphaja</i>	<i>Yavani</i> , <i>Saindhav</i> , <i>Ajaji</i> , <i>cumin</i> and <i>Trikatu</i>
4.	<i>Nichayodar</i>	<i>Tryusana</i> (<i>ginger</i> , <i>pepper</i> , <i>long pepper</i>) <i>Kshara</i> and <i>Saindhav</i>
5.	<i>Plihodar</i>	<i>Madhu</i> , <i>Tailam</i> , <i>Vacha</i> , <i>Sunthi</i> , <i>Shatahva</i> , <i>Kustha</i> and <i>Saindhav</i>
6.	<i>Baddhagudodara</i>	<i>Hapusha</i> , <i>Yavani</i> , <i>Ajaji</i> and <i>Saindhav</i>
7.	<i>Chidrodara</i>	<i>Pippali</i> and <i>Madhu</i>
8.	<i>Jalodara</i>	<i>Trikatu</i>

(Ch.Chi. 13/101-103)

DISCUSSION

Udara roga is *Tridoshaja Vyadhi*, caused by *Mala Dushti* and *Mala Sanchaya* in the peritoneal cavity. The primary causes of *Udara roga* are *Swedavaha* and *Ambuvaha Srotodushti Vikar*. It is also affected by *Jatharagnimandata*, *Pranavayu*, and *Apanvayu Dushti*, *Swedavaha Ambuvaha Srota's dushti* result is the excessive accumulation of fluid, particularly in the peritoneal cavity. Ayurvedic treatments for *Udara roga* include *Agnideepan* (to increase appetite), *Nitya Virechana* (purgation therapy), and *Yakrituttejjak* (a liver function stimulant). The first medication of choice in *Udara Roga* is *Virechana Aushadha* because *Nitya Virechana* is the line of treatment there. Since *Srotorodha* occurs in *Udara*, it is necessary to go for

Srotoshodhana in order to remove the obstruction using the *Teekshna* and *Ushna gunas* of *Virechana dravyas*.

CONCLUSION

Specifically, *Nidana Parivarjan*, *Agnivardhana*, *Srotoshodhan*, and *Nitya Virechana* are the key aspects of concentration for *Udara roga* management in Ayurveda. As a result, it is abundantly clear from this article that when *Shaman Chikitsa*, *Shodhana Chikitsa*, and *Pathya* collaborate. It promotes in *Srota Shodhana* and the eliminate the *dosha* from the body. the situation with *Udara roga* improves quickly. Due to the complications, this disease complex is difficult to deal with.

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