Role of Avarana in the etiopathogenesis of Urustambha

Dr. Akhil Sharma, Dr. A. S. Prashanth, Dr. S. G. Chavan

1Post Graduate Scholar, 2Professor & Head, 3Professor, Department of Post Graduate Studies in Kayachikitsa, Ayurveda Mahavidyalaya, Hubli, Karnataka, India.

INTRODUCTION

The word ‘Urustambha’ consist of two words “Uru” and “Stambha”. Uru means thighs and Stambha means cramping / spasticity / rigidity / stiffness. According to Shabda Kalpa Druma (Uru Stambhanati Iti Uru + Stambha + Anah). According to Acharya’s, Urustambha is a disease of Uru Pradesha in which there is occurrence of numbness, coldness, stiffness and immobility of thighs. Acharya Charaka explained Urustambha separately from the Vata Vyadhi Adhyaya because Urustambha is Kapha Dosha Pradhanaja Vyadhi. Where as, Acharya Sushrutha explains Urustambha in Mahaavata Vyadhi Chikitsa and Acharaya Vagbhata has mentioned Urustambha in Vatavayadhi because it can be considered as a Vata Dosha Pradhanaja Vyadhi. In Urustambha, patient gets symptoms like Gouravam, Ayasa, Sankoch, Vedana, Sphurana, Toda like Lakshanas in Uru Pradesha. Urustambha is a Tridoshaja Vyadhi, in which there is dominance of Kapha and Avarana of Vata get sub-charged with the Meda and Kapha settle down into the lower limbs which gives rise to painful and immobile condition of the lower limbs.

Key words: Urusthambha, Avarana, Vata, Meda Dhatu.

ABSTRACT

All the functions of the body are controlled by three fundamental factors called Tridosha. As per Ayurveda, these are considered as ‘the pillars of the body’. Dosha’s in the state of equilibrium perform the normal functions of the body but when they get vitiated, they cause diseases. Urustambha is a lifestyle disorder and it is commonly seen in the higher socio-economic status. Sushrutha Acharya named this disease as Adhyavata. Urustambha is a grave condition, in which the patient’s thighs become painful, numb and immobile. In this disease, deranged Vata due to intake of Apathy Ahara Vihara sub-charged with the Meda and Kapha settle down into the lower limbs which gives rise to painful and immobile condition of the lower limbs.

Key words: Urusthambha, Avarana, Vata, Meda Dhatu.

Address for correspondence:
Dr. Akhil Sharma
Post Graduate Scholar, Department of Kayachikitsa, Ayurveda Mahavidyalaya, Hubballi, Karnataka, India.
E-mail: akhilsharma021993@gmail.com
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**NIDANA**

**Aharaja Nidana**

Intake of Snigdha, Ushna, Laghu, Shita, Drava and Ruksha substances, when the ingested food is partially digested and partially undigested, Dadhi (yoghurt), Kshira (milk) and meat of Gramya (domesticated animals), Anupa (animals inhabiting marshy land) and Audaka (aquatic) animals, Madya (Alcohol).[13]

**Viharaja Nidana**

Divaswapna (sleep in day time), Prajagaraihi (awake at night), Langhana (fasting), Aadyasa (taking food while the previous meal is not digested), Ayasa (overexertion), Bhaya (exposure to fearful situations), Vega Dharana.[13]

**Purvaroopa**

The premonitory signs and symptoms of Urustambha (spasticity of the thighs) are Dhyana (fixed gaze), Atinidra (excessive sleep), Staimitya (indolence), Aruchi (anorexia), Jwara (fever), Lomaharsha (horripilation), Chardi (vomiting), Jangha Uru Sadana (asthenia of calf and thigh muscles).[14]

**Roopa**

Jangha Uru Glani (excessive fatigue of the calf muscles and thighs), Daha-vedana (constant pain with slight burning sensation), Sheetam Sparsham Na Vetti Cha (insensitivity to cold touch), Lack of control over the functions like standing, pressing the feet on the ground, walking and movement of the lower limbs and feeling as if limbs are propelled by someone else.[15] According to Acharya Sushruta, symptoms like Romancha, Vedana, Jwara, Nidraadhiyaka, Stambhata, Sheetalata, Sangyashunyata, Gouravata etc. are explained.[16]

**Samprapti of Urusthambha**

Due to Ahita Ahara and Vihara, there is Dosha Prakopa especially Kapha which leads to Agni Mandhya. Due to Agni Mandhaya, there is production of Ama (a product of altered digestion and metabolism). This Ama combines with the Medas in Koshta and causes Sanga in Koshta which causes Avarodha of Vata and ultimately leads to the Prakopa of the Vata Dosha. At the same time, the Ama Dosha enters into circulation by Rasa Vahinis and due to its Guru Guna it moves downwards towards Uru Pradesha through Adhogami Siras and takes Sthana Samsharaya in Uru Pradesha. Then, the Prakupitta Vata Dosha causes Purana of Uru Pradesha and produces symptoms like Supti, Kampa, Vedana and Sphurana and other symptoms of Urustambha.[17]

**Samprapti Ghataka**

- Dosha - Kapha Pradhan Tridosha, Amadosha
- Dushya - Rasa and Meda
- Agni - Jatraagni Mandya
- Strotas - Rasvaha and Medhovaha
- Roga Marga - Madhyama Rogmarga
- Stroto Dushti Prakara - Sanga
- Adhishtana - Uru Pradesha
- Utpatti Sthana - Amashya, Pakwashaya
- Vyadhi Swabhava - Ashukari

**Upadrava of Urusthambha**

Gourava, Aayasa, Sankocha, Daha, Vedana, Shunyata, Toda, Kampana. These types of symptoms ultimately lead to the death of the patient.[18]

**Sadhya Asadhyta**

The individual suffering from Urusthambha along with Daha (burning sensation), Toda (pricking like pain) and Kampa (tremors) finally leads to death of the individual which means Urusthambha along with these signs and symptoms is incurable. If such signs and symptoms are absent and disease is diagnosed earlier, then the disease can be cured with proper treatment.[19]

**Chikitsa Sutra**

Since Kapha and Ama are predominant in the Samprapti of Urustambha, the physician should constantly administer appropriate alleviation therapies for their Kshapana, Shoshana and Shamana.[20]
All the therapeutic measures which destroy Kapha but do not aggravate Vata should be employed for the treatment of Urustambha taking into consideration the Agni and Bala of the patient.[21]

**Yoga’s administered in Urustambha**

**Samangadi Yoga**
The patient suffering from Urustambha should take Samanga, Shalmali and Bilva along with Madhu.[22]

**Srivistakadi Yoga**
Srivistaka, Udichya, Devadaru, Nata, Chandana, Dhataki, Kushta, Taolisna, Nalana can be administered to the patient along with Madhu.[23]

- Musta, Haritaki, Padmaka, Lodhra, Tiktarohini.
- Devdaru, Haridra, Daru-haridra, Vacha and Katuka-Rohini
- Pippali, Pippalimula, Sarala, Devdaru.
- Chavya, root of Chitraka, Devdaru and Haritaki.
- Bhallataka, Pippalimula and Pippali.

All the above mentioned recipes in the form of Kalka are to be administered along with Madhu.[24]

**Sarangeshthadi Churna, Murvadi Yoga, Swaranshiryadi Churna.[25]**

**Piluparnyadi Taila, Kusthadya Taila, Saindhavadhy Taila, Ashtakatvara Taila.[26]**

**External therapy**
Valmika-mrittikadi Utsadana, Ashwagandhadi Utsadana, Takrayadi Lepam, Sarshapa Lepam, Vatsakadi Lepam.[27]

Patients of Urustambha should engage in such activities which reduce Kapha and Medha that is one should indulge in physical exercises like advise to walk over ground which is covered with the gravels and sand, climb on hilly areas and swimming against the river currents in cold water because while swimming the physical exercise produces heat and this heat cannot get disperse from the body because of the cold water surrounding the body. The heat generated remains inside the body to dissociate Kapha from the adhered tissues resulting in its alleviation.[28]

**Rukshana Chikitsa**
According to Shabdakaladrum, Rookshna is Aprema, Achikwana, Snehashunya. The quality which is devoid of stickiness is called as Rukshana.[29]

**Udavartana in Urustambha**
According to Acharya Sushruta, by using Udvaratana, the Avarodha gets cleared and there is an increase in the Bhrajaka Pitta and this leads to the destruction of Vata, Vilayana of Kapha and Medha. Hence, keeping in mind the above mentioned phenomenon Udavartana is indicated in Urustambha.[30]

**Ruksha Swedana in Urustambha**
In this procedure, sweat is induced by giving heat by Valuka etc. and this will help in Kshapana and Shoshana.[31]

**Rukshana in Kaphavruta Vata and Medasaavruta Vata**
The Symptoms of Kaphavruta and Medasaavruta Vata are Staimitya (feeling of coldness in the body), Gouravata (pain), Shopha, Snigdta etc. By administering Katu, Tikta, Kashaya and Ushna Dravyas, Langhana, Shrama and Ruksha Anna-Paana and Chikitsa help in Kshapana and Shoshana of Kapha and Medas.[32]

**Pathya**
The patient of Urustambha is constantly given unctuous regimens, so Yava (barley), Syamaka (millet), Kodrova along with vegetable cooked with water and oil without adding salt, leaves of Sunisannaka, Nimbi, Arka, Vetra, Aravadha, Vayasi, Vastuka and bitter vegetables like Kulaka are useful for the patients.[33] Administration of alkali preparations, Arista, Haritaki, water added with Madhu and Pippali cures Urustambha.[34]

**Why Panchakarma is contraindicated in Urustambha?**
Snehana and Basti Karma always aggravate Kapha. Virechana Karma is also effective in removing the localized Kapha located in its own place and Pitta can be easily removed by Vamana. Both of these, Kapha
and Pitta located in the Amashaya can be eliminated by Virechana. When located in Pakvashaya, all the three Doshas can be rooted out by Basti Karma. But when associated with Ama and Meda and especially when these are firmly located in the thighs, it is impossible to eliminate them by the Panchakarma.

Since the Ama and Medas are lodged in the adobe of Vayu which is Sheeta (cold) in nature and as these are firmly localized in the Uru (thighs), it is not easy to eliminate them just as it is difficult to lift water located at a lower level. Whereas, when there is Supti and Sankocha in Urustambha and on administration of Snehana Karma, there is further deterioration of the condition. That’s why therapies like Snehana and Basti Karma etc. are contra-indicated in the treatment of Urustambha.^[35]

**DISCUSSION**

Acharya Sushruta has explained Urustambha as Adhyavata and there is a direct correlation of Urustambha with Avarana. Acharyas have mentioned that particularly Kaphaavruta Vata and Medasavruta Vata play a significant role in the Sampapti (pathogenesis) of Urustambha. Acharya Sushruta explained Urustambha as Adhyavata, which looks similar to Medasavruta Vata. Urustambha is Kapha Pradhana Tridoshaja Vyadh. Due to Kapha dominance, Sanga takes place in Kostha as a result of which there is Avarana of Vata by Kapha and Medas. The Virmarga Gamana of Doshas takes place which leads to Sthana Samshraya in Uru Pradesha which ultimately leads to Urustambha. When there is Avarana of Vayu by Kapha in Urustambha, the symptoms like Sheetata, Gouravata, Shopha are produced due to Kapha Avarana and the symptoms like Toda, Shoola, Suptata etc. are produced due to Avrutta Vata. When there is Avarana of Vata by Medas, the symptoms like Aruchi, Chala, Snighda, Mridhu, Sheeta, Shopha appears.

**CONCLUSION**

Urustambha is a lifestyle disorder and it is commonly seen in the higher socio-economic status. It is a grave condition, in which the patient’s thighs become painful, numb and immobile. Due to Avarana of Vata by Kapha and Medas, Urustambha takes place because of which the Doshas are deep seated in Uru Pradesha. And hence, it’s very difficult to eliminate the Doshas from there Ashaya Sthana. So, by understanding the concept of Urusthabha, the disease can be easily treated by removing the Avarana. Simultaneously, we can prevent the progression of the disease into Asadhya Avastha. Hence, it is necessary to understand the concept of Urusthamba for better diagnosis and its management.

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