



## CRITICAL REVIEW OF SAMPRAPTI OF URUSTAMBHA WITH SPECIAL REFERENCE TO AVARANA

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### ABSTRACT:

Ayurveda is the science of life. The three fundamental components i.e., *Tridosha*, govern all the body. These are referred to in Ayurveda as “the pillars of the body.” *Doshas* in a balanced state carry out bodily functions normally, but when they become vitiated, they lead to illnesses. Even if *Vata* is optimal and resides at its own site, nothing should interfere with its movement, so called as ‘*Avyahatgati*’. *Gati* is the characteristic feature of *Vata*. *Avarana* means *Avarodha* i. e. obstruction or resistance or friction to the normal *Gati* of *Vata*. The *Urustambha Chikitsa* chapter addresses how to treat *Urustambha*, which is a Sanskrit term for "stiff thighs." The inability to move the pelvis and lower extremities as well as pain are common symptoms in patients. It is a common symptom of higher socioeconomic level individuals with lifestyle disorders. This illness was known as *Adhyavata* by Acharya Sushruta. *Panchakarma* is contraindicated for only this illness. Because of how it presents clinically, it may be mistakenly identified as a *Vata* dominant illness; nevertheless, the predominant pathogens are *Kapha* and *Meda Dhatu*. As a result of consuming *Apathya Ahara Vihara*, disordered *Vata* that has been sub-charged with *Meda* and *Kapha* settles down into the lower limbs, causing pain and immobility.

**Keywords:** *Avarana, Kapha, Meda, Urustambha, Vata*

## INTRODUCTION:

The words “Uru” and “Stambha” mean “thigh” and “cramping/ spasticity/ rigidity/ stiffness,” respectively. The word “Urustambha” literally means immobility of thigh. A serious condition called *Urustambha* causes the patient’s thighs to become uncomfortable, numb, and immobile.

The detailed description of *Urustambha* is available in

- 1) Charaka Samhita - 27<sup>th</sup> chapter of Chikitsa Sthana - *Urustambha chikitsitam Adhyaya*<sup>[1]</sup>,
- 2) Sushruta Samhita - description regarding *Urustambha* can be seen in the 5<sup>th</sup> chapter of Chikitsa Sthana - *Maha Vata Vyadhi Chikitsitam Adhyaya*.<sup>[2]</sup>
- 3) Ashtanga Hridaya - 15<sup>th</sup> chapter of Nidaana Sthana - *Vata Vyadhi Nidaana Adhyaya*.<sup>[3]</sup>

**Synonyms** - According to Sushruta Acharya,<sup>[2]</sup>

- 1) *Aadhy Vata* (commonly seen in higher socioeconomic class)
- 2) *Urustambha* (stiffness of thighs)
- 3) *Kapha Medo Avrita Vata* (*Vata* obstructed by *Kapha* and *Medas*)

Patient in *Urustambha* exhibits symptoms similar to *Gouravam*, *Ayasa*, *Sankoch*, *Vedana*, *Sphurana*, and *Toda* similar to *Lakshanas* in *Uru Pradesha*. *Urustambh* is the *Tridoshaja*

*Vyadhi* which is characterised by the predominance of *Kapha* and the occurrence of *Avruta Vata*. The *Chala Guna* of *Vata* is in charge of the body's different systems. The obstruction of *Vata* causes its functions to be hindered, which results in the development of *Vata Vyadhi*. So, according to Acharya Charaka, *Urustambha* was ruled by *Samanyaja* and *Nanatmaja Vata Vyadhi*. There are *Lakshanas* in *Avarana* called *Sheetata*, *Gouravta*, *Shoola*, *Shopha*, or *Chalayamana*, *Snigdghata*, *Mruduta*, and *Sheeta Shopha*, which are comparable to the symptoms of *Urustambha*.

Therefore, we can conclude that the role of *Avarana* in the *Samprapti* (pathogenesis) is directly referenced.

**Objective:** To study the role *Avarana* in *Samprapti* of *Urustambha*.

## MATERIAL AND METHOD:

Ayurvedic information about “*Urustambha*” gathered from important literature, including the Charaka Samhita, Sushruta Samhita and Ashtanga Hridaya.

## REVIEW OF LITERATURE -

### **Avarana:**

*Avarana* of *Vata* is the situation that occurs when elevated *Pitta*, *Kapha*, *Dhatu*, or *Mala* block the passage of *Vata* leading to its *Prakopa*.

### **Number of Avarana :**

- 1) *Murta Avarana* - 22
- 2) *Amurta Avarana* \_ 20
- 3) *Mishra Avarana* - Innumerable

**Need of the study of Avarana :**

- 1) The knowledge of *Avarana* mirrors *Samprapti* of disease.
- 2) Accurate diagnosis of disease can be made by the knowledge of *Avarana* concept.

***Kaphavrutta Vata*<sup>[4]</sup> -**

If the *Vata* is blocked by the *Kapha*, there will be an excess of cold, heaviness, and pain, as well as a desire for fasting, exercise, dry, and hot things.

***Medavrutta Vata*<sup>[5]</sup>:**

Anorexia and moveable, smooth, soft, and cold swellings in the body are signs of *Vata* obstruction in *Meda Dhatu*. This condition is named as *Adhyavata*, and it is challenging to treat.

***Nidana of Urustambha*<sup>[6]</sup> –**

• ***Aharaja Nidana* -**

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

• ***Viharaja Nidana* -**

- 1) *Divaswapna* (sleep in day time),
- 2) *Prajagaraihi* (awake at night),
- 3) *Langhana* (fasting),
- 4) *Aadyasa* (taking food while the previous meal is not digested),
- 5) *Ayaasa* (overexertion),
- 6) *Bhaya* (exposure to fearful situations)
- 7) *Vega Dharana*

***Samprapti*<sup>[7]</sup> -**

Due to *Ahita Ahara* and *Vihara*, there is *Dosha Prakopa* especially *Kapha* which leads to *Agnimandya*. Due to *Agnimandya*, 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*.

***Samprapti Ghataka* -**

- 1) *Dosha – Kapha Pradhan Tridosha, Amadosha*

- 2) *Dushya – Rasa and Meda*
- 3) *Agni – Jatharagni Mandya*
- 4) *Strotas – Rasvaha and Medovaha*
- 5) *Roga Marga – Madhyama Rogmarga*
- 6) *Stroto Dushti Prakara – Sanga*
- 7) *Adhishtana – Uru Pradesha*
- 8) *Utpatti Sthana – Amashya, Pakwashaya*
- 9) *Vyadhi Swabhava – Ashukari*

#### **Clinical features<sup>[8]</sup>:**

- 1) Excessive fatigue of calf muscles and thighs,
- 2) Constant pain with slight burning sensation,
- 3) Pain in feet on stepping on the ground,
- 4) Insensitivity to cold touch,
- 5) Loss of muscle power on standing, resisting the movement, walking and on moving the lower limbs,
- 6) Unable to move the upper and lower parts of the lower limbs due to the feeling that they are fractured.

#### **Principles of management<sup>[9]</sup> -**

Due to prominent roles that *Kapha* and *Ama* play in the pathophysiology of *Urustambha*, the physician should constantly as well as carefully provide therapies for *Samshamana* (pacification), *Kshapana* (reduction) and *Shoshana* (drying up by absorption).

#### **DISCUSSION:**

*Urustambha* has been described by Acharya Sushruta as *Adhyavata*, and there is a clear connection between *Urustambha* and *Avarana*. Acharyas have noted that the *Samprapti* of *Urustambha* is primarily influenced by *Kaphaavruta Vata* and *Medasavruta Vata*. *Urustambha* was described by Acharya Sushruta as *Adhyavata*, which resembles *Medasavruta Vata*. *Kapha Pradhana Tridoshaja Vyadhi* is *Urustambha*. *Sanga* occurs in *Kostha* as a result of *Kapha* dominance, which causes *Avarana* of *Vata* by *Kapha* and *Medas*.

When the *Vimarga Gamana* of the *Doshas* occurs, *Sthana Samshraya* in *Uru Pradesha* and *Urustambha* are the results. In *Urustambha*, *Avarana* of *Vayu* by *Kapha* causes symptoms like *Sheetata*, *Gouravata*, and *Shopha* produced because of *Avrutta Vata*, while symptoms like *Toda*, *Shoola*, *Suptata*, etc. are produced because of *Kapha Avarana*. Symptoms like *Aruchi*, *Chala*, *Snighda*, *Mridhu*, *Sheeta*, and *Shopha* develop when there is *Vata Avarana* by *Medas*.

*Urustambha* denotes vascular pathologies such as aortic occlusion. Aortic occlusion is the rare condition and normally results in lower limb ischemia with severe claudication. Also, acute myelopathy,

atherosclerosis, etc. can be prevented by the management of *Urustambha*.

#### CONCLUSION:

A lifestyle disorder called *Urustambha* is frequently observed in people of higher socioeconomic level. The patient develops a serious ailment where their thighs the three numb, stiff, and painful. The *Doshas* are deeply ingrained in *Uru Pradesha* as a result of the *Avarana* of *Vata* by *Kapha* and *Medas*, which causes *Urustambha*. Therefore, it is exceedingly challenging to get rid of the *Doshas* from that *Ashaya Sthana*. Therefore, by eliminating the *Avarana*, the ailment can be effectively healed by grasping the notion of *Urustambha*. At the same time, we can stop the illness from turning into *Asadhya Avastha*. As a result, knowledge of the *Urustambha* idea is essential for accurate diagnosis and treatment.

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