Effect of Ushnodaka and Vyayama in Medovriddhi: A conceptual study

Dr. Deepika Mehra, Dr. Ankit Agrawal, Dr. Sujit Kumar, Dr. Vaidehi V Raole, Dr. Sunil P Nikhate and Dr. Mariya Husain

Abstract
Acharya Charak has described Medovriddhi as excessive increase in quantity of Meda Dhatu leading to pendulous movements of buttock, abdomen and chest with morphological disproportion and Acharya Sushrut explain Medo Vriddhi Lakshnas like unctuousness in organs, enlargement of abdomen, flanks etc. Medovriddhi is caused due to vitiation of body entities like Kapha Doshha, Meda Dhatu, Mala etc, and if it is not managed it leads further diseased condition like Sthoulya, Prameha etc. That’s why this has drawn my attention towards prevention of diseases & control of Medovriddhi with the help of ayurvedic management in the form of Ushnodakpan and Vyayama.

Keywords: Vyayama, ushnodak, medovriddhi, ayurveda

1. Introduction
A balanced state of the main elements of our body (Dosha and Dhatu), proper digestion (Agni), proper excretion (Mala Kriya), happy and balanced condition of Atma (soul), and senses (Indriyan), this play a important role in our body if these are in balance condition, no disease occur, if these are in vitiation condition they produce many diseases [3]. Medovriddhi Meda causes unctuousness in organs, enlargement of abdomen and flanks and also the disorders cough, dyspnoea etc. Medovriddhi is caused due to vitiation of body entities namely like Kapha Doshha, Meda Dhatu, Mala etc.

Acharya Charak has described Medovriddhi as excessive increase in quantity of Meda Dhatu leading to pendulous movements of buttock, abdomen and chest with morphological disproportion. Increased Meda causes unctuousness in organs enlargement of abdomen, flanks. Acharya Vagabhatta has stated that the increased Medo Dhatu also produces the similar features of Mamsa Dhatu and also causes fatigue, dyspnoea on exertion, drooping of buttocks, breast and abdomen [4].

2. Materials and Methods
As this is conceptual study therefore whole relevant ayurvedic classics as well as modern literature and scientific journal if necessary will be carried out.

2.1 Medovriddhi: In Ayurveda, medovriddhi has been described as Sthoulya or Medoroga in Santaranpatha Vikara. i.e the disease caused by over nourishment.

3. Etiopathogenesis and effect of excessive Medovriddhi [5],
In obese person short/less longevity, restricted/limited movement, difficulty in sexual relations, weakness, obnoxious body odors, hyper-perspiration, excessive hunger (voraciousness), and excessive thirst (polydispsia) these eight (complications) abnormalities/defects develop.


Nidan Sevan
Consumption of heavy, sweet, cold and fatty diet, absence of physical exercise, day sleep etc.

leads to excessive accumulation of Medas, Dhatu

Srato Avrodha by Meda

Vata specially confined to Koshta and causes Jatharagni Vridddhi

Causes Sthulata
5. Definition of Vyayama

Vyayama is a physical action which brings stability and strength in body is termed as vyayama [6]. According to Acharya Sushrut The work involving exertion of the body is known as Vyayama (Physical exercise) [7]. After doing it one should press the body gently all over.

6. Aspect of Vyayama
Perspiration, enhanced respiration, lightness of the body, inhibition of the heart beat are the Samyaka Vyayama Lakshana [8]. One should perform vyayama as “Balardha” known as half of their body capacity and also according to different types of seasons [9].

7. Vyayama under daily routine
According to Acharya Vagbhatta Vyayama comes under Dinacharya which is very important for maintaining various types of life style disorders [10].

Vyayama brings lightness in our body, provides ability to work, stability, strength, resistance to discomfort and alleviation of Dosha (Mainly Kapha Dosha). It also increases power of digestion.

9. Types of Vyayama
According to Acharya Charaka there are different types of Vyayama like Travel in exceedingly jolting vehicles(horse riding and chariot race etc), Sitting, sleeping, standing or moving in irregular posture and indulgence in physical exercises of this sort in irregular posture Weak person fights with a stronger one (wrestling, judo etc), using the too big bow or speaks too much Carries too big load (weight lifting etc), Swims in water for a long distance (different swimming competition), Runs fast to cover a long distance (cross country or marathon race etc.) [12].

10. Vyayama in different Ritus (seasons) [13]
a) Varsha Ritu- Vyayama is avoided.
b) Hemant Ritu- Half of the strength.
c) Vasant Ritu- Regularly practice.
d) Grishta Ritu- Only mild.

11. Contraindication of Vyayama [14]
Vyayama is contra-indicated for persons, who are emaciated due to excessive sexual activity, weight lifting and by traveling on foot and for those who are in grip of anger, grief, fear, exhaustion and for the children, for the old persons and for persons having Vatika constitution and professionals of speaking too much. One should not do Vyayama while he is hungry and thirsty also.

12. Ushnoadak
12.1 Ushnodak laxana [15]
The one which is Ardhaswishihtam that is heated and reduced to half, Nirmalam, Nirvegam and Nishphenum is called as Ushnodakam.

13. Types
On Basis of Dosha [16].
a. Vatahara – 3/4th Part of the water is left out after boiling.
b. Vata-Pittahara – 1/2 parts is left out after boiling.
c. Tridosahahara– 1/4th Part to be left out after boiling.

14. Functions of Ushnodakpana [18], It pacifies Kaptha Vata Dosha and Meda Dhatu Kasa, Swasa and Jwara. It has also Deepan Basti Shodhan properties and said to be always Pathyakara.

15. Contra-indications [18]: According to Acharya Sushrut it is in contraindicated in Murcha, Pitta Roga, Visha, Daha, Chardi, Bhrama, Klama.

16. On Basis of Ritu’s [19].
a. Sharad – 1/4th Part to be left out after boiling.
b. Hemant – 1/8th Part to be left out after boiling.
c. Shishira, Vasant and Greeshma – 1/2th Part to be left out after boiling.
d. Vipartita ritu and Pravritta – 1/8th Part to be left out after boiling.

17. Action of Ushnodakpana and Vyayama on Medovriddhi

Ushnodakpana and Vyayama

Produce Ushna in Sharira

Pacify the excess amount of Medo Dhatu and Kaptha

Remove it from the body

18. Conclusion
The main aim of Ayurveda is to maintain the health of healthy individuals and to treat the diseased conditions [20]. So for maintaining the health one should follow proper daily and seasonal regimen which is advised by our Acharyas. Medovriddhi, Prameha, hypertension are the life style disorders which are caused due to irregular diet and habits. Akhar & Vihar plays an important role in the management of Medovriddhi. Ushnodak is one of the Unique Dravadravya which is explained by Yogaratnakara comes under Akhara used in the management of Medovriddhi [5] and Practice of Vyayama brings about lightness, ability to work, stability, resistance to discomfort and alleviation of Doshas (specially Kapha), which comes under Vihar in Charaka Samhita [6]. These vyayama and ushnodak both plays a very effective role in the management of Medovriddhi and also in maintaining the health.

19. References


14. Yogaratnakara by dr. indradev tripathi and daya Shankar tripathi, Chaukhamba krishnadas academy Varanasi jala prakrana 75


16. Bhavaprakasa by Dr. Bulusu sitaram chaukhambha Orientalia, Varanasi Madhya Khanda 1/64.


19. An Appraisal on Complex Relationship between Vyayama (Physical Activity) and Health: Insights from Ayurveda Vandana Verma Assistant Professor, Kriya Sharir, Faculty of Ayurveda, IMS, BHU, Varanasi, India ISSN: 2249-9571.
