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Dr. Deepika Mehra
Department of Kriya Sharira,
Parul Institute of Ayurveda,
Parul University, Vadodara,
Gujarat, India

Dr. Ankit Agrawal
Department of Kriya Sharira,
Parul Institute of Ayurveda,
Parul University, Vadodara,
Gujarat, India

Dr. Sujit Kumar
Department of Kriya Sharira,
Parul Institute of Ayurveda,
Parul University, Vadodara,
Gujarat, India

Dr. Vaidehi V Raole
Department of Kriya Sharira,
Parul Institute of Ayurveda,
Parul University, Vadodara,
Gujarat, India

Dr. Sunil P Nikhate
Department of Kriya Sharira,
Parul Institute of Ayurveda,
Parul University, Vadodara,
Gujarat, India

Dr. Mariya Husain
Department of Kriya Sharira,
Parul Institute of Ayurveda,
Parul University, Vadodara,
Gujarat, India

Effect of *Ushnodaka* and *Vyayama* in *Medovridhhi*: 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 *Medovridhhi* 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 Vridhhi Lakshmas* like unctuousness in organs, enlargement of abdomen, flanks etc. *Medovridhhi* is caused due to vitiation of body entities like *Kapha Dosha*, *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 *Medovridhhi* with the help of ayurvedic management in the form of *Ushnodakpan* and *Vyayama*.

Keywords: Vyayama, ushnodak, medovridhhi, 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]. *Medovridhhi Meda* causes unctuousness in organs, enlargement of abdomen and flanks and also the disorders cough, dyspnoea etc. *Medovridhhi* is caused due to vitiation of body entities namely like *Kapha Dosha*, *Meda Dhatu*, *Mala* etc.

Acharya Charak has described *Medovridhhi* as excessive increase in quantity of *Meda Dhatu* leading to pendulous movements of flanks, 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, dysponea on exertion, drooping of buttocks, breast and abdomen [4].

2. Materials and Methods

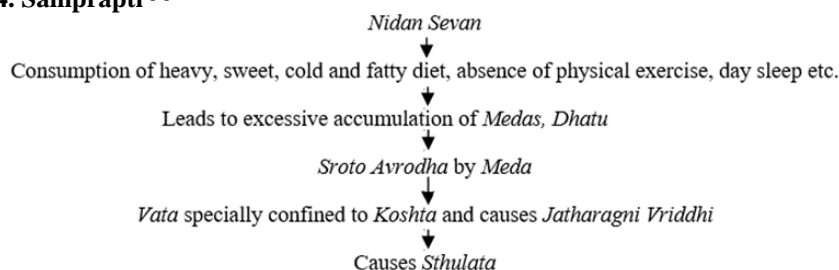
As this is conceptual study therefore whole relevant ayurvedic classics as well as modern literature and scientific journal if necessary will be carried out.

2.1 Medovridhhi: In Ayurveda, medovridhhi has been described as *Sthoulya* or *Medoroga* in *Santarpanotha Vikara*. i.e the disease caused by over nourishment.

3. Etiopathogenesis and effect of excessive *Medovridhhi* [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.

4. Samprapti [5]



Correspondence

Dr. Deepika Mehra
Department of Kriya Sharira,
Parul Institute of Ayurveda,
Parul University, Vadodara,
Gujarat, India

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].

8. Benefits of Vyayama [11]

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]

- Varsha Ritu*- *Vyayama* is avoided.
- Hemant Ritu*- Half of the strength.
- Vasant Ritu*- Regularly practice.
- Grishma 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. Ushnaodak

12.1 Ushnodaka laxana [15].

The one which is *Ardhavaishistam* that is heated and reduced to half, *Nirmalam*, *Nirvegam* and *Nishphenam* is called as *Ushnodakam*.

13. Types

On Basis of *Dosha* [16].

- Vatahara* – 3/4th Part of the water is left out after boiling.
- Vata-Pittahara* – 1/2 parts is left out after boiling.
- Tridosahara*– 1/4th Part to be left out after boiling.

14. Functions of Ushnodakpana [18].

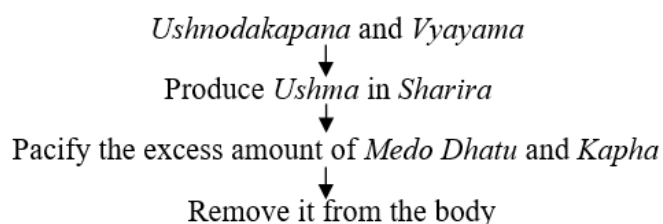
It pacifies *Kapha Vata Dosha* and *Meda Dhatu Kasa, Swasa* and *Jwara*. It has also *Deepan Basti Shodhan* properties and said to be always *Pathyakara*.

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

16. On Basis of Ritu's [19].

- Sharad* – 1/4th Part to be left out after boiling.
- Hemant* – 1/8th Part to be left out after boiling.
- Shishira, Vasanta and Greeshma* – 1/2th Part to be left out after boiling.
- Viparita ritu and Pravritta* – 1/8th Part to be left out after boiling.

17. Action of Ushnodakpana and Vyayama on Medovriddhi



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. *Ahar & Vihar* plays a important role in the management of *Medovriddhi*. *Ushnodak* is one of the Unique *Dravadravya* which is explained by *Yogratnakara* comes under *Ahara* 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 *Vihara* 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.

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