

Kolakulaththadi udvartana in medoroga: A case study.

Abstract:

Introduction: Rapid urbanization has led to an increased prevalence of lifestyle disorders classified as Medoroga or Santarpanjanya Vikaras in Ayurveda. Medoroga results from the quantitative and qualitative increase of Meda Dhatu, manifesting as Medoroga. Ayurveda recommends Rukshana Chikitsa, particularly Udvartana — a dry powder massage — to counteract Santarpana Vyadhi. This study evaluates the effect of Udvartana with Kolakulaththadi Churna in the management of Medoroga. **Methods:** A 29-year-old male presented with Bharavridhi (excessive weight gain), Medovridhi (fat deposition at abdomen, waist, and chest), Kshudrashwasa (breathlessness), and Daurbalya (weakness). Clinical examination and Astavidha Pariksha confirmed Medoroga. The patient underwent Udvartana with Kolakulaththadi Churna once daily for 21 days. Parameters such as body weight, regional measurements, and symptom improvement were recorded before and after therapy. **Results:** After 21 days, the patient's weight decreased from 98 kg to 96 kg, with a visible reduction in Medovridhi and symptomatic relief in Kshudrashwasa and Daurbalya. Improvement in anthropometric parameters indicated the efficacy of Rukshana through Udvartana. **Discussion:** The Udvartana process induces Roukshya, Kharatwa, and Vaishadya, counteracting Snigdha and Guru properties of Meda Dhatu. The ingredients of Kolakulaththadi Churna — Kola, Kulattha, Yava, Rasna, Vacha, and others — possess Medohara and Kapha-Meda-Shoshaka actions, aiding fat reduction and metabolic correction. **Conclusion:** The findings of this case study demonstrate that Kolakulaththadi Churna Udvartana is an effective external therapeutic modality for managing Medoroga. The treatment produced measurable reductions in body weight, abdominal fat, and associated symptoms, indicating significant Rukshana and Medohara effects. The combined action of the churna's ingredients and the mechanical effects of Udvartana facilitated fat mobilization and improved metabolic balance. Overall, Udvartana with Kolakulaththadi Churna can be considered a safe, non-invasive, and beneficial supportive therapy in the management of Medoroga, with potential for wider clinical application.

Abbreviations: None used.

Keywords: *Medoroga, Udvartana, Kolakulaththadi Churna, Rukshana Chikitsa.*

Introduction

People these days are more prone to lifestyle challenges, which are listed under *Medoroga* as a result of urbanization. One of the best illustrations of a condition spurred on by *Meda Dhatu's Pramanataha Vriddhi* (quantity) and *Gunataha Vriddhi* (quality) is *Medoroga*. *Meda* is regarded as the primary *Dushya* for a number of ailments, including *Prameha*, *Medoroga* and others. *Chikitsa* is divided into two types in Ayurvedic classics: *Antaparimarjana* (internal) and *Bahirparimarjana* (external).¹

The particular *Chikitsa* chosen for this study is *Rukshana*. *Rukshana* is the process that results in *Roukshyam* (dryness), *Kharatwa* (roughness) and *Vaishadyam* (cleanness). Again, *Rukshana* is separated into *Abhyantara* and *Bahya*. To reduce *Santarpana Vyadhis*, *Udvartana* is used as *Bahyarukshana*.

The most major health problem that increases a person's risk of developing a number of illnesses is *Medoroga*. Numerous conditions such as diabetes, hypertension, cardiovascular diseases and others are made more likely by *Medoroga*.²

The technique of *Udvartana* involves massage to the body, excluding the head and neck, with strokes that move against the natural direction of the hair growth.³ It is known as *Sharira Parimarjana*, according to *Charaka*.⁴ In Ayurveda it is a daily regimen after *Abhyanga*.⁵

Case Description:

A 29-year-old male patient came to OPD with chief complaints:

Table No. 01: Complaints and duration

Sr. no.	Complaints	Duration
1.	<i>Bharavridhi</i> (excessive weight gain)	1 year
2.	<i>Medovridhi</i> (excessive fat) at <i>Udar</i> (abdomen), <i>Kati</i> (waist) and <i>Stana</i> (Chest) region	1 year
3.	<i>Kshudrashwasa</i> (difficulty in respiration)	2 months
4.	<i>Daurbalya</i> (generalized weakness)	1 month

The patient had not been taking any other medication. On examination, Medovriddhi at Stana, Udar and Kati region was noted along with Bharavridhi, Kshudrashwasa and Daurbalya.

Table No. 02: Astavidha Pariksha:

Nadi: 74/min Vaatkaphaj	Shabda: Prakrut
Mala: Asamyak	Sparsh: Prakrut
Mutra: Samyak 5-6 times/ 24hrs	Drika: Prakrut
Jivha: Ishat Saam	Akruti: Sthula

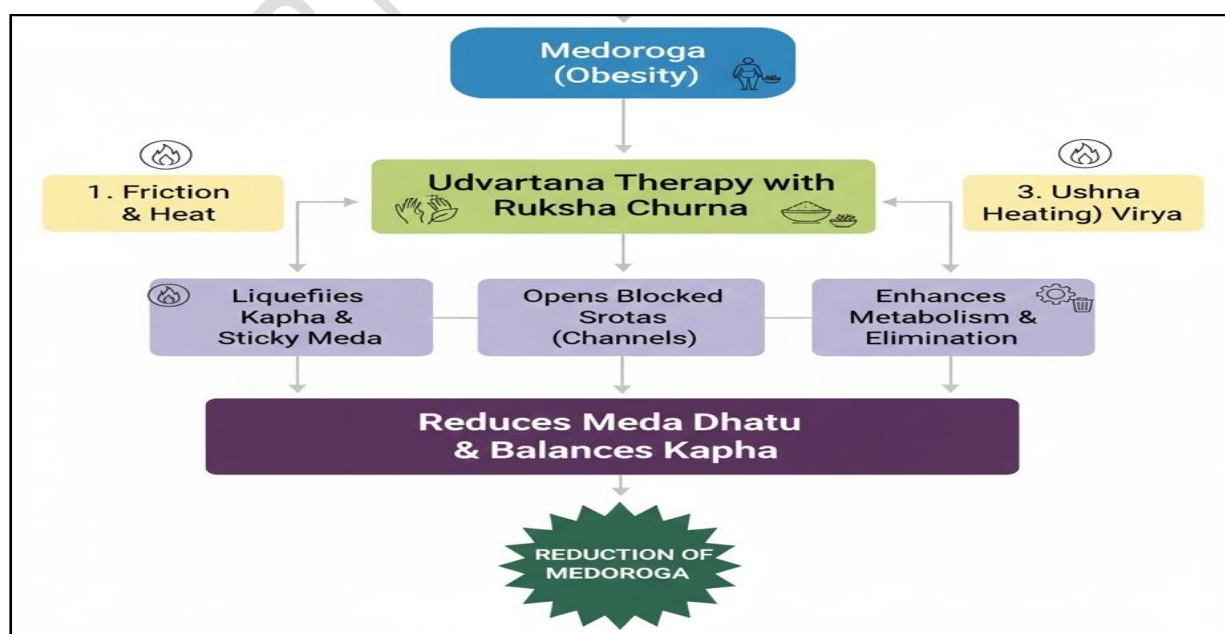
Table No. 03: General Examination:

Pulse: 74/min	RR- 22/min	Hight: 172cm
BP: 130/90 mm Hg	Temp- 99.1 F	Weight: 98kg
BMI- 33.13 (Obesity)		

Material and Methods:

Method of sampling & study design: A case study.

Materials: Udvartana treatment with Kolakulatthadi Churna. The Churna contains Kola (*Ziziphus jujube*), Kulattha (*Dolichos biflorus*), Suradaru (*Cedrus deodara*), Rasna (*Alpinia calcarata*), Masha (*Phaseolus mungo*), Atasi (*Calligonum polygonoides*), Kushtha (*Costus speciosus*), Vacha (*Calamus draco*), Shatavha (*Anethum graveolens*), Yavachurna (*Hordeum vulgare*) all described as Medohara.^{6,7}



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Figure No. 01: Samprapti Bhanga:⁸**70 Observation and Results:**

71 After 21 days of Udvartana, the patients:

- 72 • Weight reduced from 98 kg to 96 kg
- 73 • Symptomatic relief was seen in Bharavridhhi, Medovridhhi, Kshudrashwasa and
- 74 Daurbalya
- 75 • All girth measurements showed reduction (values preserved exactly as given)

76 This indicates reduction of subcutaneous fat and effective *Rukshana-Medohara* action.

Parameters	6/10/2025	27/10/2025
Weight	98 kg	96 kg
Girth at Nipple	108 cm	105 cm
Above 2cm of Nipple	106 cm	104 cm
Below 2cm of Nipple	107 cm	105 cm
Mid arm	42 cm	40 cm
Girth at umbilicus	98 cm	95 cm
Above 2cm of Umbilicus	99cm	97 cm
Below 2cm of Umbilicus	96 cm	95 cm
Girth at Mid-Thigh	58 cm	55 cm

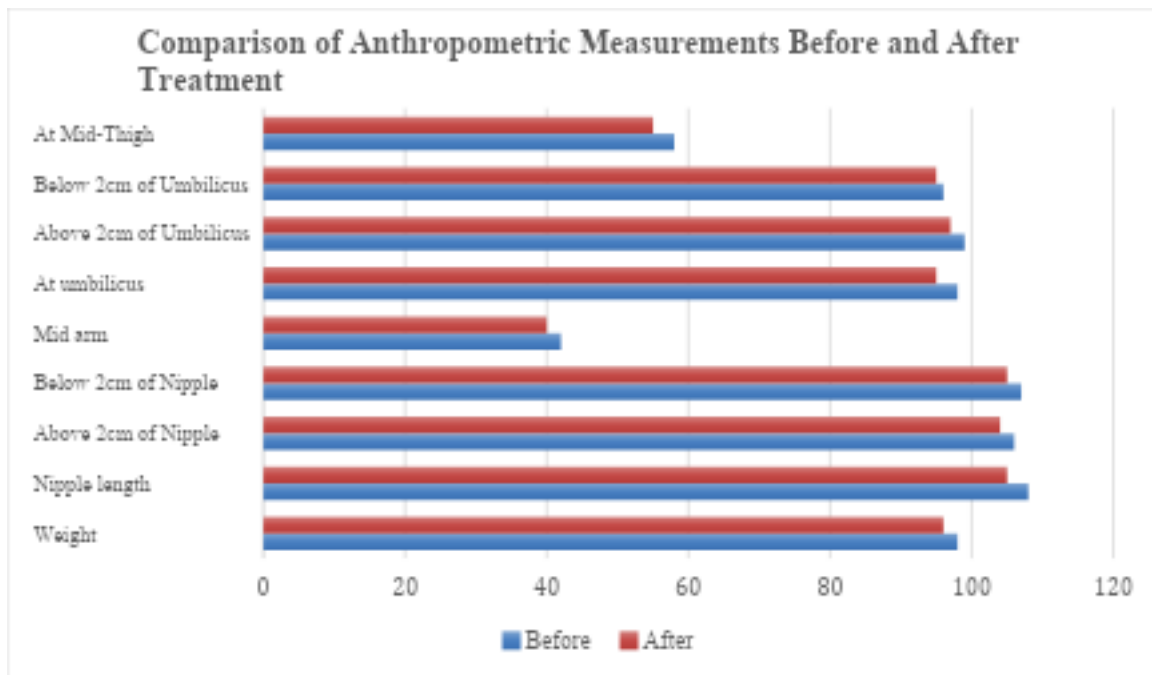


Table No. 05: Showing reduction in measurements after treatment.

Graph No. 01: Showing Comparison of Anthropometric Measurements Before and After Treatment

Discussion:

Modern lifestyles often result in *Santarpanjanya Vyadhi* such as *Medoroga*. The patient was diagnosed with *Medoroga* and received *Rukshana Upakrama (Bahya Rukshana)*. *Udvartana* for 21 days provided symptomatic relief.

Charaka, *Sushruta* and *Vagbhata* have mentioned *Udvartana* as a *Kapha-Meda* reducing procedure.^{9,10,11} *Kolakulathadi Churna* possesses *Medohara* properties and supported the reduction in *Medovridhi*.¹²

Conclusion:

Ayurvedic medicine is effective in *Medoroga*. *Udvartana* with *Kolakulathadi Churna* produces better results in *Medovridhi*.

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Conflict of interest: NIL

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