

**A review on *Udvartan* as *Daurgandhyahar***
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**ABSTRACT:**

Due to increased stress factor daily routine regimen are ignored which later on develops into many disorders. *Charak* describes *Udvartan* as *Shareera Parimarjanam*, *Charaka* states that *Shareera Parimarjanam* destroys body odour, *Guruthva*, *Tandra*, *Kandu*, *Arochaka*, *Sweda* etc. of the body *Udvartan* of *sugandhi dravyas* mentioned in various Ayurvedic texts if used in daily regimen may act as a preventive measure to reduce the bad body odour and an alternative to deodorants.

**Keywords:** *Udvartan*, daily regimen

**INTRODUCTION:**

Ayurved stands through *swasthasya swasthya rakshanam* that is healthy person should maintain the health and this is maintained through *Dincharya*,

*Ritucharya*, *Sadvritta*, *Panchakarma* etc. *Acharya* has suggested some beneficial procedure i.e. *Abhyang*, *Udvartan* etc. in daily regimen. *Udvartan* is a procedure where a group of medicated herbs which are in the powdered form are rubbed all over the body. In daily life style deodorants are been most commonly used which acts as a skin irritant and may later develop carcinogenic changes on body. Here in this article we have tried to utilise the procedure of *Udvartan* as daily household steps that can be easily implement in life and get benefited out of the same.

**Concept of *Udvartan***

- *Udvartan* is a procedure where a group of medicated herbs which are in the powdered form are rubbed all over the body.

- The word *Udvartana* is derived from the root *Ud + Vrith + Nich + Bhavae + Karaneva lyud*, meaning *Vilepanam* or *Gharshanama* i.e. rubbing of the body. *Udvarthanaapasnanam Vinmoothra Rakthameva Cha, Sareera, Nirmalaeekarana Gandha Dravyadi Utsadana Mithyara.*
- It is a cleaning procedure. It cleans *Mala, Mutra* and *Rakta* of the skin by using *Gandha Dravyas*.
- *Charaka* describes *Udvartana* as *Shareera Parimarjanam*, *Charaka* states that *Shareera Parimarjanam* destroys body odour, *Guruthva, Tandra, Kandru, Arochaka, Sweda* etc. of the body

#### Types:

*Udvartan* also dilate the orifices of *Sira* and increases *Tvakgatha Agni* i.e. *Bhrajaka Pitta*.

*Susruthacharya* mentions two varieties *Udgharshana* and *Utsadana*.

**Udgharshana** - *Udvartana Chathra Pravilayaneeya Vimplavanakarama. Dalhana's commentary about Uthgharshana is (Ud + Gharshana = Gathradi Kharshanam) Udkarshanam Asnehaoushadha Churnadi Bhir Gharshanam*. Rubbing the body with powdered medicine without mixing with oil or other *Drava Dravyas* is known as *Udgharshana*. *Udgharshana* pacifies the

bodily *Vayu*, cures itching, rashes and eruptions. *Udgharshana* also dilates the orifices of *Sira* and increases *Tvakgatha Agni* or *Bhrajaka Pitta*. Friction of the body with brick powder excites the heat of skin, destroys itching and rashes etc.

**Utsadana** - *Sasneha Kalkenodkharshanam Utsadanam*. Friction of the body with pasted form of medicine, i.e. medicine mixed with oil or other *Drava Dravyas* like water is known as *Utsadana*. *Utsadana* specifically improves the complexion of females and gives a lovely appearance, cleanliness and beauty from the above quotations it is clear that *Udvartana* is an external application.

#### Benefits of *Udvartana*

- Reduces excess of fat in the body.
- Promotes skin Beautification.
- Improves Complexion.
- Cures itching sensation.
- Eliminates bad odour due to sweating.
- Leads to sense of lightness in the body.

#### Aspect of *Udvartan* as *daurgandhyahar*

*Udvartan* is the procedure of massaging the powder of herbs in direction opposite to the orientation of hair on body. This process is explained in ancient text of *Ayurveda* like *Asthang Hridaya* by *Vagbhatacharya*, *Charak*

*Samhita* by Charakacharya. *Udavartan* with *sugandhi dravyas* like *chandan*, *shati*, etc. if used in daily regimen acts as a preventive measure to reduce the bad body odour and an alternative to deodorants. *Agaru*, *Karpur*, *Chandan*, *KarpurKachari* etc in moderately coarse powder form(mesh size 65) can be for *Udvartan*. Armpits of the body and groin region *Udvartan* of *sugandhi dravyas* done on daily basis for about 10 mins in Morning time may act as *daurgandhyahar*. All the *sugandhi dravyas* has *daurgandhanashak* property hence, helps to get rid out of bad body odour in daily regimen to achieve wellness. It provides firmness to body, smoothness to skin and increases complexion of skin. Dry powder of herbs is used hence it is known as *Ruksha Udvartan*. *Udvartan* opens the circulatory channels, facilitates the metabolic activity and improves the complexion of skin. *Daurgandhyam Hanti*- eliminates the bad body odor due to excessive sweating.

*Twakprasadakara*- promotes the excellence of skin.

## DISCUSSION:

**नगरी नगरस्येव रथस्येव रथी यथा**

**स्वशरीरस्य मेधावी कृत्येष्ववहितो भवेत्**॥ १०

३॥ Ch.Su.5/103

A wise person should be vigilant about his duties towards his own body like an officer-in-charge of a city and a charioteer towards the city and the chariot respectively. Both the similes are meaningful here. An officer in charge of a city is vigilant about his duties more towards the internal problems of the city while charioteer, more towards the external problems of the chariot while the former takes care to remove the impediments in the way of maintenance of peace in the city, the charioteer does so to avoid the external contact of the chariot with the undesirable elements. A city may be destroyed by coming in contact with undesirable citizen living inside the city, the chariot, likewise, may get destroyed by falling into a pit or following an uneven path. Similarly, wise man has to be attentive towards his body, not only towards its external needs but also towards the maintenance of internal stability.

- The main difference of *Udvartana* from *Abhyanga* is that *Udvartana* is done in upward direction (*Pratiloma*) whereas *Abhyanga* is done in downward direction (*Anuloma*). For *Abhyanga*, medicated oil is used.
- *Udvartan* is the transmission of energy in the form of motion with pressure. The effects produced on the organism

are by auto-muscular motions and pressure on the one hand and by communicated motions and pressure on the other.

- Yogaratnakara states that *Udvartan* normalizes the increased *Kapha* and diminishes *Medodhatu*. It increases *Shukra Dhatu*, gives strength to the body and increases blood formation. It increases body complexion and makes the skin smooth.
- *Sushrutacharya* describes that *Udvartan* helps to restore the deranged *Vayu* of the body to its normal condition. It liquefies *Kapha* and *Meda*, gives smoothness and cleanness to the skin and imparts firmness to the limb

## CONCLUSION

- We the *Vaidya's* should take the responsibility to make aware the present state of health of patient and help to find a better way and also provoked the patient to follow this as daily regimen.

- *Udvartan* done on daily regimen shows phenomenal effect to reduce body odor instead of using Deodorants which causes skin irritation if used frequently.
- Regular *Udvartan* is good for not only cellulites, but it helps to lose weight by increasing the basal metabolic rate. It is particularly good for skin care as its powerful exfoliating effect magically conditions the skin.

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