



Journal of Research in Indian Medicine
An Official Publication of Bureau for Health & Education Status Upliftment
 (Constitutionally Entitled As Health-Education, Bureau)

A CONCEPTUAL REVIEW OF UTSADANA

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ABSTRACT

Panchakarma is specialized modality of *Ayurveda* not only for alleviating the diseases but also for preventive and promotive health care. Preventing life style disorders one should follow *Dinacharya*, *Rithucharya* and *Swasthavrita*. *Dinacharya* is a part of Indian culture. It includes so many *panchakarma* procedures and *Udwarthana* is one among them.

Udwarthana is *bahiparimarjana chikitsa*. *Acharya Susruta* classified *udwarthana* into two *utsadana* and *utgharshana* in *Anagathabhadhratishedha adhyaya*. Massaging the body with dry herbal powders mixed with *sneha* is *utsadana*, mainly used for the beautification of females. *Utsadana* and *Utgharshana* dilate the blood vessels and increases *brajaka pitta*, alleviates *kapha* and *vata*. It is a kind of effleurage where stretching is not intended. In this article the definition, benefits, role of *brajaka pitta* and mode of action of *utsadana* has been discussed.

Keywords: Panchakarma, Dinacharya, Udwarthana, Utsadana.

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Website: <http://heb-nic.in/jrim>

Received on 29/09/2022

Accepted on 12/10/2022 © HEB All rights reserved

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