

## 11.16. Urustambha

# Urustambha

(massive heaviness, stiffness, and aching of both thighs – the classic “leg-block” of the Santarpanottha group)

Textual home-base: **Āṣṭāṅga-hṛdaya, Cikitsā-sthāna, Chapter “Urustambha-chikitsā”** (entire chapter is devoted to the disease) and the earlier **Nidāna-sthāna “Santarpanottha-vikāra”** section.

## 1 ▶ Etiopathogenesis in a nutshell

Link	Classical reading	Modern parallel
<b>Nidāna</b>	Long over-nutrition ( <i>santarpana</i> ): heavy sweet/sour food, curd at night, day-sleep, no exercise	Hyper-caloric life-style, metabolic syndrome
<b>Doṣa mix</b>	<b>Kapha + Āma</b> flood → lodge in <b>Uru</b> (thigh) channels; Kapha “blankets” <b>Vāta</b>	Inter-muscular oedema, venous & lymph stasis, myofascial tightness
<b>Srotas</b>	Medo-māmsa-vaha blocked; Vāta can’t propel dhātu-rasa → “stumbling heaviness”	Impaired micro-circulation, lactate build-up
<b>Vyakti</b>	Sudden or gradual heaviness, stiffness, pain; thighs feel “stone-packed”; knee/ankle spared early	Bilateral thigh ache, difficulty flexing hip/knee, waddling walk

**Key dictum** from AH Urustambha chapter:

“Until Kapha-āvaraṇa is removed, **Sneha is absolutely contraindicated**; it will aggravate the plug.”

## 2 ▶ Samprāpti-Vighaṭana (breaking the chain)

- Kapha-āma liquefaction** – very dry / hot fomentations (**Valuka-sweda, Dhānyāmla-dhārā**), plus strong **Deepana-pācana** powders (Trikatu, Hiṅgavāṣṭaka).
- Evacuation / Anulomana** – single or repeated **Mṛdu Virecana** with castor-oil, or classical **Vamana** if chest-Kapha dominates.
- Rūkṣa-Udvardhana** – powder massage (Kolakulathādi cūrṇa) to “churn” Kapha-medas in the thighs.
- Lekhana / Kṣāra-basti** – scraping basti (Daśamūla-kṣāra, gomūtra) every other day until limb lightness is felt.
- Only then Sneha** – moderate taila-abhyanga & *Patra-piṇḍa-sweda* to restore Vāta rhythm.
- Rasāyana** – light, Kapha-shaving tonics (Gudūcī, Āmalakī, Guggulu-tikta-ghṛita) + monitored exercise for lasting recovery.

## 3 ▶ Chikitsā-sūtra - distilled ladder

Laṅghana → Rūkṣa-Sweda → Deepana-Pācana  
↓  
Virecana / Vamana  
↓  
Kṣāra / Lekhana Basti  
↓  
Moderate Sneha-Sweda

↓  
Rasāyana + Vyāyāma

“Rūkṣa first, Sneha later” is the non-negotiable rule.

## 4 ▶ 30-Day Chikitsā-yojanā

Day-block	Core Therapy	Expected milestone
1-3	Dry hot <b>Valuka-sweda</b> thighs 15 min + 2 g <b>Trikatu</b> t.i.d.	Sweat, heaviness ↓ a little
4 (night)	30 ml castor-oil purge with warm ginger-water	5-6 oily stools, tongue coat clears
5-10	Daily <b>Kolakulathādi-udvartana</b> 20 min → same Valuka-sweda	Thighs feel lighter, stiffness ↓
11-18	<b>Kṣāra-basti</b> (dashamūla kṣāra-kvātha + gomūtra + taila) on odd days; warm water diet on basti days	Limb girth ↓ 1-2 cm, walk easier
19-24	Begin <b>Abhyanga</b> with 50 ml warm <b>Triphalā-taila</b> + <b>Patra-piṇḍa-sweda</b>	No rebound heaviness; Vāta pacified
25-30	<b>Rasāyana</b> start: 10 g <b>Guggulu-tikta-ghṛita</b> a.m.; 500 mg <b>Gudūci-satva</b> b.i.d.; daily 30-min brisk walk	Stable lightness, ROM restored

(Doses modulate with age, strength & gut-fire.)

## 5 ▶ Rasāyana

Drug	Why in Urustambha	Typical dose
<b>Guggulu-tikta-ghṛita</b>	“Scrapes” residual medo-kapha yet nourishes joints	5-10 ml empty stomach
<b>Gudūci-satva</b>	Anti-āma, anti-oxidant, light	500 mg b.i.d.
<b>Āmalakī-rasāyana</b>	Cools post-procedure pitta, vitamin-rich	1 tsp a.m.
<b>Śuddha Śilājatu</b> (optional)	Mineralises bones after weight-loss	250 mg b.i.d.

## 6 ▶ Pathyā-Apathyā checklist

### ☑ Do

Barley, millet, green-gram soup, buttermilk spiced with Trikatu  
Warm water, dry-ginger-coriander tea  
Daily **Udvartana** & hot bath  
Regular brisk walk, Surya-namaskāra  
Thin cotton/linen clothes

### ☒ Avoid

New rice, curd at night, cheese, sweets  
Cold drinks, beer  
Day-sleep, couch-sitting > 45 min  
Heavy gym before Kapha clears  
Thick fleece trapping moisture

### ☑ Take-home bullets

1. **Urustambha is Kapha-āma barricading Vāta in the thighs** — never oil first.
2. Sequence = **Laṅghana** → **Śodhana** → **Lekhana** → **Sneha**.
3. **Basti** (especially Kṣāra / Lekhana) is the game-changer; think “colon scrapes thigh heaviness”.
4. Rasāyana must be **Kapha-śamaka & lekhanīya**, not bulk-building.
5. Continued **pathyā diet + exercise** prevents rebound heaviness once procedures stop.

With this clear ladder students can safely convert theory into a day-wise protocol for any Santarpana-based heavy-thigh



syndrome labelled **Urustambha**.

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