

## 11.17. Udavarta

# Udāvarta (उदावर्त)

**“When obstructed Vāta reverses its normal downward course and drives contents - and symptoms - upward.”**

(Ā. Hr. Nidāna 12, CŚ Sūtra 26, CŚ Cikitsā 26)

This note gives a *clinically usable* blueprint:

- **Samprāpti-vighaṭana** - where to cut the chain.
- **Chikitsā-sūtra** - rule-set distilled from the classics.
- **30-day Chikitsā-yojanā** - day-wise outline with Rasāyana & Pathyā/apathyā.

## 1 ▶ Etiology & Classical Samprāpti

Link	Classical detail	Everyday picture
Nidāna	Dry, heavy, untimely food; suppression of <i>vāta utsarga</i> (flatus, feces, urine), prolonged sitting	Habitual ignoring of urge, chronic constipation, tight girdles, high-stress
Doṣa	<b>Apāna-Vāyu obstructed</b> in pakvāśaya + Kapha/Āma plug	Colon loaded with hard stool; spasm
Kinetic mis-fire	Upward push of Vāta → enters <b>Samāna, Udāna</b>	Bloating, reverse peristalsis, belch, hiccup, nausea
Vyakti	Constipation, abdominal distension, upward colic, painful micturition, even menstrual/ seminal retention in variants	IBS-C, chronic functional constipation, “bloating-reflux” combo

## 2 ▶ Samprāpti-Vighaṭana (break-points)

[Āvaraṇa melt] → Deepana-Pācana (Hingvāṣṭaka, Trikatu)  
↓  
Anulomana / Mrḍu Virecana (castor-oil, Avipattikara)  
↓  
Sneha-pāna + Abhyanga (Kṣīrabala, Mahāsneha)  
↓  
Basti (Nirūha with Dashamūla-Eranda kvātha + Anuvasana with Taila) → restores Apāna flow  
↓  
Rasāyana (Triphala-ghṛita, Aśvagandhā, Gudūcī) + Pathyā diet

**Mnemonic → “P V S B R”**

Pācana → Virecana → Sneha → Basti → Rasāyana

## 3 ▶ Chikitsā-sūtra (condensed from CŚ 26 & ĀH 24)

Step	Classical phrase (paraphrased)	Operational meaning
1	<b>“Āma-kapha-varge rūkṣa-svedaiḥ pācayet”</b>	Start with dry/hot foment + strong carminatives
2	<b>“Apāna-nayanārtham anu-lomanah”</b>	Gentle purgation / strong laxative to pull Vāta down

Step	Classical phrase (paraphrased)	Operational meaning
3	“Sneha-pānaḥ tato doṣa-mārga-śodhanāya”	Internal oleation once plug is gone
4	“Bastiḥ apāna-mūla sthāpako”	Both Nirūha & Anuvasana are must; they reset Apāna
5	“Sthiri-karaṇe rasāyanāni”	After bowels regular, use Rasāyana to heal gut-nerves

## 4 ▶ 30-Day Chikitsā-yojanā (prototype for chronic Vātaja Udāvarta)

Day	Dawn	Midday	Dusk / Night	Target
1-3	2 g <b>Hīngvāṣṭaka cūrṇa</b> + warm water	Warm barley-gruel	<b>Valuka-Sweda</b> 15 min abdomen	Āma melt
4 (bed-time)	—	—	30 ml <b>Eranda-taila</b> with ginger-decoction	Mṛḍu Virecana (4-6 greasy motions)
5-10	10 ml <b>Kṣīrabala taila</b> b.i.d.	Light rice + mugda + ghee	Abhyanga belly-flank	Sneha-saṁskāra
11-18	<b>Yoga-basti 8-cycle</b> ← alt. Dashamūla-Eranda Nirūha 500 ml / Anuvasana 60 ml	Same diet	Gentle Pawan-muktāsana set	Apāna reboot
19-30	1 tsp <b>Triphala-Ghṛita</b> h.s.	500 mg <b>Gudūci-satva</b> b.i.d.	10 g <b>Aśvagandhā-lehya</b> h.s.	Rasāyana & tone

### Clinical mile-stones

- Day 5: bloating ↓, first effortless stool.
- Day 12: daily bowel without strain; belch/hiccup frequency ↓.
- Day 30: abdomen soft, normal urge-response cycle restored.

## 5 ▶ Recommended medicines

Purpose	Formulation	Typical dose*
Deepana	<b>Hīngvāṣṭaka, Trikatu</b>	2 g t.i.d.
Virecana	<b>Eranda-taila, Avipattikara cūrṇa</b>	25-30 ml / 10 g
Sneha-pāna	<b>Mahāsneha</b> or <b>Kṣīrabala taila</b>	8-15 ml bid
Nirūha Basti	<b>Dashamūla-Eranda kvātha</b> + madhu + saindhava + taila	500 ml
Anuvasana	<b>Kṣīrabala / Bala-taila</b>	60 ml
Rasāyana	<b>Triphala-Ghṛita, Aśvagandhā-lehya, Gudūci-satva</b>	as above

\*Titrate to strength & digestion.

## 6 ▶ Pathyā / Apathyā

### □ Pathyā (support)

Warm, mildly unctuous meals on schedule  
Plenty of ghee, sesame oil, cooked veg  
Sip hot water, cumin-ginger tea  
Respond to natural urges promptly  
Daily 30-min walk, gentle yoga twists  
Early bed, adequate sleep

### □ Apathyā (harm)

Skipping meals, late-night eating  
Dry snacks, cold salads, popcorn  
Carbonated drinks, fridge water  
Habitual suppression  
Prolonged desk-sitting without breaks  
Night-vigils, screen binge



## ✂ KEY TAKE-AWAYS

1. **Udāvarta = reverse Vāta due to outlet block** - first *unblock*, then Sneha.
2. **Mṛdu Virecana + Basti** are pivot; laxatives alone give partial relief.
3. **Sneha before plug-clearance worsens distension** - never jump sequence.
4. **Rasāyana** (Triphala-Ghṛita, Aśvagandhā) tones gut nerves; keeps habit.
5. **Pathyā**: regular meals, no urge suppression, daily movement - prevents relapse better than any drug.

Apply the ladder *P V S B R* and Udāvarta usually resolves within a month, leaving a patient with light abdomen and predictable bowel rhythm.

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