

NIDANAPANCHAKA OF URUSTAMBHA VYADHI: A REVIEW ARTICLE

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Article Received on
03 Jan. 2023,

Revised on 24 Jan. 2023,
Accepted on 13 Feb. 2023

DOI: 10.20959/wjpr20234-27289

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ABSTRACT

In Ayurveda all the functions of the body are controlled by Tridosha (Vata-Pitta-Kapha). Vata being the dominant control the function and movement of other Dosha. Urustambha is a Kapha dominant disease of Uru Pradesh (thigh region) in which there is occurrence of stiffness, numbness & immobility of thigh. Acharya Sushruta named it as Adhyavata because it is seen in high socioeconomic class. This article is aimed to understand the etiology, pathogenesis, symptoms, prognosis & Pathya-Apathya of Urustambha in Ayurveda context.

KEYWORDS: Urustambha, Kapha Dosha, Vata Dosha, Medo Dhatu, Adhyavata.

INTRODUCTION

The word 'Urustambha' is composed of two words 'Uru' (thigh) & 'Stambha'^[1] (stiffness). Urustambha is a disease of Uru Pradesh in which there is occurrence of numbness, stiffness, coldness & immobility of Uru takes place. Acharya Charak explains Urustambha in both Samanyaja and Nanatmaja Vata Vyadhi. This disease is an independent chapter in Charak Samhita. It is a Tridosha Vyadhi in which dominance of Kapha and Avarana of vata by Kapha and Meda takes place. Acharya Sushruta and Acharya Vagbhatta has mentioned Urustambha in Mahavata Vyadhi Chikitsa Adhyaya because they have considered it as a Vata Dosha Pradhana Vyadhi.

“In this disease Kapha Dosha associated with Medo Dhatu affect Vata & Pitta Dosha to cause Stambhan (spasticity) of Uru(thigh) by their Shaitya (coldness) and Sthairya(immobile) properties. This alignment is called URUSTAMBHA.”^[2]

There is no direct and exact correlation of Urustambha with any modern disease or condition available but depending on the symptoms it can be correlated with the Myopathies. In Sushruta Samhita, it is also called as Adhyavata.^[3]

MATERIAL AND METHOD

The article is based on review of Nidanapanchaka of Urustambha Vyadhi from Ayurveda Samhita and text available in the library of Govt. Ayurveda College, Raipur (C.G). Text books referred are Charak Samhita, Sushrut Samhita, Astanga Hridayam, Madhava Nidana, *Bhaishhya Ratnavali* along with commentaries.

AIM AND OBJECTIVE

To study the Nidanapanchaka of Urustambha Vyadhi with ayurveda aspect.

NIDANAPANCHAK (Etiopathology)

NIDANA – it includes.

- **Aharaja Nidana**^[4]

- Excessive intake of Snigdha (unctuous), Ushna (hot/spicy), Laghu (light), Sheeta (cold), Drava (liquid), Sushka (dry) Ahara when the previous meal has not been digested.
- Dadhi(currd), Ksheer(milk), consuming flesh of Gramya(urban areas animal), Anupa(marshy land animals) & Audaka(aquatic animals).
- Pishtanna(food made from rice)
- Vikrita Madya(denatured alcohol).

- **Viharaja Nidana**^[4]

- Divaswapna(day time sleeping)
- Ratrijagrana (awaken during night)
- Langhan (fasting)
- Adhyasana (habit of consuming food while previous has not been digested)
- Ayasa(exertion)
- Vegadharana (natural urges suppression)
- Sankshobha (irritation)

- **Mansik Nidana** – Bhaya (fear)^[5]

PURVAROOPA (Prodromal symptoms)^[6]

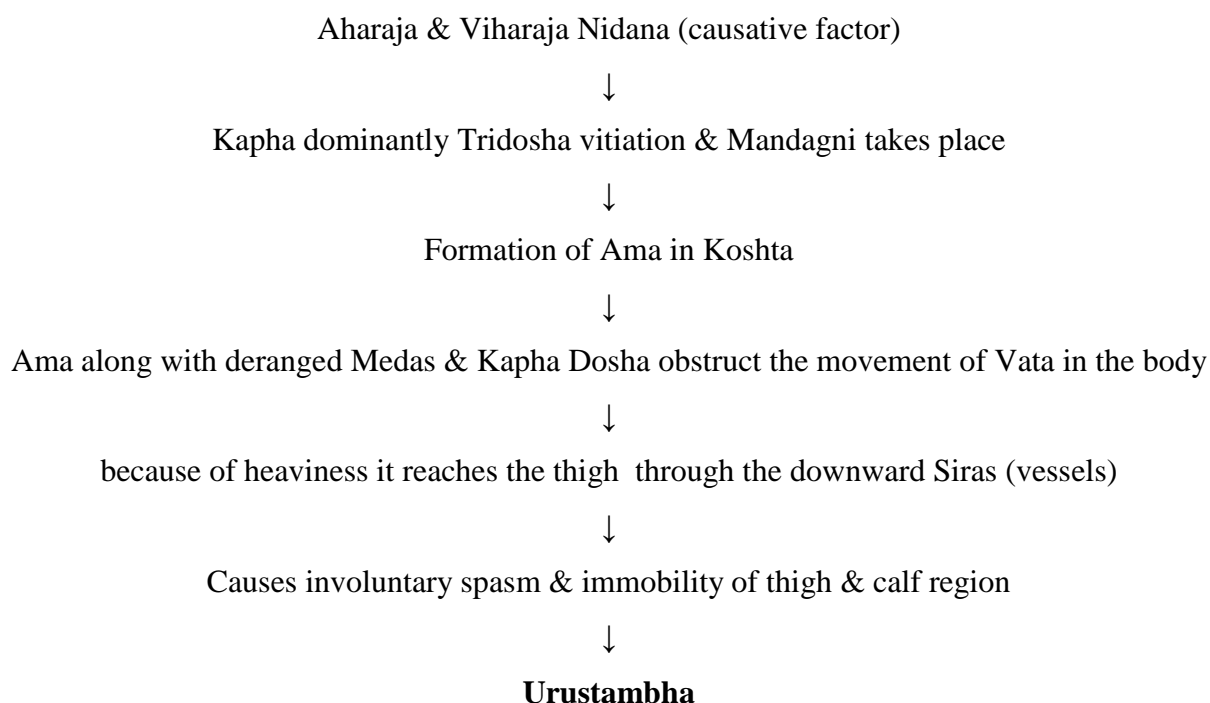
- a) Nidra Adhikya (excessive sleep)
- b) Dhyanam (stress/ anxiety)
- c) Stamita(feeling of body being covered with wet clothes))
- d) Jwara(fever)
- e) Romaharsha(horripilation)
- f) Aruchi (anorexia)
- g) Chardi (vomiting)
- h) Janghvo sadanam (dragging pain of thigh)

ROOPA (SYMPTOMS)^[7]

- a) Jangho Uru Glani (fatigue in thigh & calf region)
- b) Daha (burning sensation)
- c) Vedana (pain in thigh)
- d) Padam Vyathite Nyastam (feeling of pain while keeping feet on ground)
- e) Sheeta Sparsha Na Vetti (insensitivity to cold touch)
- f) Sansthane Pidhite Gatyam (lack of control over standing & pressing the feet on ground)
- g) Chalane Nishwara (lack of control over lower limb movement)
- h) Sambhagna Uru Paadao Manyate (feeling of broken legs)
- i) Angamarda(bodyache)^[8]
- j) Stamitya(feeling of body being covered with wet clothes)
- k) Romharsha (horripilation)
- l) Jwara(fever)
- m) Nidra adhikya(excessive sleep)
- n) Stabdhata(stiffness)
- o) Guru Avasthira Uru(heavy & unstable thigh)
- p) Dhyana (stress/anxiety)^[9]
- q) Tandra (drowsiness)
- r) Chardi (vomiting)
- s) Aruchi (anorexia)
- t) Supti (numbness).

SAMPRAPTI (pathogenesis)^[10]

Due to etiological factor, formation of Ama & vitiation of Kapha pre-dominantly Tridosha occurs which get associated with the Medodhatu, obstructs the movement of Vata Dosha in the body and because of heaviness, it immediately reaches the thigh region through downward going Siras(vessels) & causes involuntary spasm & immobility of thigh & calf region. This is Urustambha.

Samprapti chakra**SAMPRAPTI GHATAK**

| | | |
|---------------------|---|---|
| Dosha | – | Kapha dominantly Tridosha, Ama Dosha |
| Dushya | – | Rasa, Meda |
| Adhishtan | – | Uru Pradesh |
| Srotas | – | Rasavaha, Medovaha |
| Srotodushti Lakshan | – | Sanga |
| Utpattisthana | – | Amashayottha |
| Agni | – | Mandagni |
| Sadhyata Asadhyata | – | acute without complication is Sadhya & chronic with complications is Asadhya. |

UPDRAVA (Complication)^[11]

a) Gauravta (heaviness in body)

- b) Ayasa (fatigue)
- c) Samkocha(feeling of contractures in body part)
- d) Daha (burning sensation)
- e) Ruka(pain)
- f) Supti (numbness)
- g) Kampana(tremors)
- h) Bhedana(cutting pain)
- i) Sphurana (throbbing pain)
- j) Toda (pricking pain)

SADHYATASADHYATA (prognosis)^[12]

- **Asadhya Lakshan** – burning sensation in feet, Arti(restlessness), Toda(pricking pain), Vepan (tremor in body).
- **Sadhy Lakshan** – newly diagnosed & without complication

UPSHAYA ANUPASHAYA (pathya/apathya)^[13]

| Pathya/Upshaya | Apathya/Anupashaya |
|---|--|
| Pathya Aahara- Kododhanya, Lalchawal, Yava, Kulatth, Shyamak, Kshudradhanya, Uddalak Dhanya, Sahijanfalli, Karel, Parval, Lahsun, Chaupatiyashak, Bathuashak, Vetagrashakneempatti, Shalinch, Haritiki, Bangan, Amaltas, Tiltailkhali, Takra Arishta, Madhu, Kshara, Gomutra, Ushnajal. Katu-Tikta-Kashaya Rasa Bhojan. | Apathya Aahara- Guru, Sheeta, Drava, Snigdha, Viruddha, Asatmya Ahara. |
| Pathya Vihara- <ul style="list-style-type: none"> • Vigorous physical exercise. • Walking on sand. • Swimming in clean river or pond. • Swimming against river tides. | Apathya Vihara – Snehan, Vamana, Virechan, Raktamokshan, Basti Karma |

CONCLUSION

From the above article, it is clear that Urustambha is a life style disorder occur due to consumption of Apathya which results in disturbance in digestion & formation of Ama, along with Tridosha vitiation that causes stiffness of the Uru(thigh) region. This condition is treatable in acute condition with no complication. This is a disease where Panchakarma is contraindicated and is curable by Kshapana, Shoshana and Shamana (medicinal treatment). By following Pathya it can be prevented.

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