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Address
- Vikram Nagar, Boudhi Chouk, Latur.
- Tq. Latur, Dis. Latur 413512 (MS.)
- (+91) 9922455749, (+91) 8999250451

Email
- aiirjpramod@gmail.com
- aayushijournal@gmail.com

Website
- www.aiirjournal.com

CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE
Conceptual Study of Utklesha

Vd. Madhav Kedari Patade
P.G. (Scholar), Dept. of Samhita & Siddhant,
L.K.R. Ayurvedic Mahavidyalaya & Post-Graduate Research Centre,
Gadhinglaj, Kolhapur

Abstract -
In Ayurveda there are many terms which are not well understood by everyone. Or there may be confusion about them. To use Ayurveda properly in our clinical practice we should understand each and every term detail. Utklesha is a term come across many times in shodhana chikitsa as prerequisite, as lakshana of different vyadhis. This is a specific dosha avastha. This study is a literary study of concept of utklesha.

Key words: Utklesha ; dosha avastha

Introduction :
Ayurveda is now available to us in the form of Samhitas or sangraha granthas in sanskrita. Ayurveda has its own terminology. To understand Ayurveda we have to understand its terminology thoroughly. Utklesha is a term which comes across many times while studying Ayurveda as dosha avastha or as a shodhana prerequisite or symptom of many diseases. In this article we will review the references of utklesha and concept of utklesha. Sometimes we get confuse about prasraravastha and utklesha. Both are different entities.

Now we see some definitions of उत्क्लेश.

Definition:

- उत्क्लेश दोषाणां स्थानाचलनं। (सर्वान्ग सुल्दर)1
  - Dosha get mobilize in its own sthan.

- उत्क्लेश दौषष कोपयन स्थानाचलयति। (सर्वान्ग सुल्दर)2
  - Dosha get aggravated in its own sthan.

- उत्क्लेश वमनोन्मुखत्वमिव। (आयुर्वेद साराण)3
  - Prone to emesis.

- उत्क्लेश उत्क्लेशान्तर विद्ये हल्लासदिणा बहिर्गमनोन्मुखान। (त्रिपपणिण)4
  - Expel doshas causing nausea.

The definition of utklesha itself says that due to hetusevan dosha get aggravated and they having specific mobilizing property in its own sthan. This mobilizing property we use in purvkarma of panchkarma.

The purpose of panchkarma is to expel imbalanced dosha out of the body. But dosha are stick to the body so we need to aggravate that. So in shodhana we purposefully cause utklesha of dosha. Vagbhatacharya gives example of dirty cloth to tell the importance of snehan, swedan before panchkarma. The utkleshit dosh will easily remove from the body.
In purvakarma of Vaman we have to give kaphvardhak and dravaguna bhuishtha aahar which cause kaphotkle. Here we purposefully cause utklesha; so these doshas are not harmful to the body. In Jwara when the kapha dosha is in utklishvatavastha in aamashaya then the first line of treatment is Vamana.6 (च.चिं.3/146)

We get the ref. of utklesha in vaman, virechan vyapad. If there is no utklesh of dosha then dosha couldn’t expel out thoroughly which causes vyadhi.7 (अ.ह.क.3/5) chakrapani uses निर्त्तु word for thoroughly. निर्त्तु इति निशोषण हूँ | In बस्तित्वायपद सिद्धि adhyaya of Charak Samhiita another ref. is there. In bahudoshavastha after snehan, swedan if mrudu gunatmak basti is given to the patient due to less utklesh of dosha; less dosha expelled out which may cause Pravahika.

There is another condition that if the utkleshit dosh doesn’t expel out then it causes vibhramsha, shwaythu, hikkadi disease.8 (अ.ह.क.3/6) same condition occurs in Vireshan ayoga lakshana. In this pitta and kapha (having mobilizing property) doesn’t expel out causes utklesh lakshana.9 (अ.ह.सू.13/31)

In Snehan mithyayoga10 (अ.ह.सू.18/32) utklesha is mention as lakshna. Mithyayoga in the form of amatra, ahita, akale, mithya aahar vihar. So we come to know that these are the causes of utklesha too.

Utklesha is mentioned as lakshana in many vyadh. These are kaphaj Vidhradhi, kaphaj udar, kaphaj madatayya, kaphaj ajirna, kaphaj atisar, kaphaj mukhrrog, Pachyanman jwar, chardi purvrupa. From the ref. we will come to know that in all vyadhi Kapha aadhikya is there. So the kaphaj guna snigdha, guru, shlakshna, murtasa guna may help to increase utklesha.

Vagbhatacharya mentioned Shalan (Haritak) drvya like shigru, jambir are दोषोत्क्लेषकारक11 (अ.ह.सू.6/106) In Shwitra chikitsa, patient should be given krumi utkleshit aahar before shodhan karma. The utkleshit aahar will easily remove dosha from the body.

Pathogenesis of udar.

Charkacharya in udar chikitsa explains the pathogenesis of udar12 (च.चिं.3/29 30); this pathogenesis helps us to learn the pathogenesis of utklesha too.

Hetu- avyayam, divaswapna, atiswadu, atisnigdha, atipicchilu, dadhi, audak, anup mans atisevana.

Hetusevan

Shleshma dushti

Strotorodha

Utklesha

This pathogenesis happens to develop utklesh lakshana.

Vagbhatacharya mentioned types of Basti according to Parinam.

1. उत्क्लेषन 2. शुद्धिकर 3. शमन13 (अ.ह.सू.19/49)
उत्क्लेश बस्ति – This basti we can use when there is Leen doshavastha, jirna vyadhi or in unutklisha dosha.

In yog Basti upakrama niruha and anuvasan Basti should be given alternate. Because if sneha Basti is given continuously it cause doshotklesh.

Discussion:

Utklesha is a specific avastha of doshas. In this avastha dash get aggravated in its own sthan and they can mobilize. In uttklesha, pitta & kaphas drava and Sandra guna increases and chal guna of vata dosha. Some hetu also helps doshas to move further in प्रसारस्थान leads to च्याधि तिरिम्मिती.

Utklesha has come as lakshana of different vyadhis where it mostly denotes kafadhikya. Utklesha is purposefully done in the treatment of lin dosha and also for shodhana.

Conclusion:

- Dosh get aggravated and they having specific mobilizing property in its own sthan is called utklesha.
- Utklesha seen as symptoms in many vyadhi.
- Utklesha as a lakshana denotes kaphadhikya.
- In shodhana we purposefully cause utklesha of dosha. So they can easily remove from the body.
- If utkleshit dosha doesn’t expel out through body it causes many disease.

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