

Udarshool: a review of ayurvedic and modern perspectives on abdominal pain
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Abstract

Udarshool refers to abdominal pain according to *Ayurvedic* medicine. This condition can manifest as acute or chronic pain and is often associated with various *doshic* imbalances (*Vata*, *Pitta*, *Kapha*). *Udarshool* is commonly observed in infants and adults, and it may be symptomatic of various systemic diseases. *Ayurveda* classifies *Udarshool* into types like *Vataja* (*Vataja Udarshool*), characterized by spasmodic, shifting pain; *Pittaja* (*Pittaja Udarshool*), characterized by burning, sharp pain; *Kaphaja* (*Kaphaja Udarshool*), characterized by heavy, dull pain; *Sannipataja*, indicating mixed *dosha* symptoms; and *Krimija*, caused by worm infestation. Diagnosis involves both *Ayurvedic* methods (*Nadi Pariksha*, *Jihva*, *Mala*, *Mutra*, *Sparsha*, *Darshana*) and modern investigations (CBC, LFT, USG). Management focuses on *Deepana-Pachana* (digestive stimulants) and *dosha*-specific treatments, complemented by specific *Pathya*

(recommended) and *Apathya* (avoided) practices.

Keywords: *Udarshool*, Abdominal Pain, *Ayurveda*, *Vata*, *Pitta*, *Kapha*, *Deepana-Pachana*.

Introduction
What is Udarshool?

Udarshool refers to abdominal pain in *Ayurvedic* medicine. It can be acute or chronic, and related to various *doshic* imbalances (*Vata*, *Pitta*, *Kapha*). The condition is common in infants, adults, and in various systemic diseases.

Aim, and Objects

The aim of this review is to consolidate the understanding of *Udarshool* based on *Ayurvedic* principles, detailing its classification, diagnostic criteria, and management strategies, alongside its correlation with modern differential diagnoses.

Methodology

The methodology for assessing *Udarshool* integrates both traditional *Ayurvedic* examination techniques and contemporary diagnostic tools.

Investigations

Ayurvedic investigation techniques include:

- *Nadi Pariksha, Jihva, Mala, Mutra, Sparsha, Darshana.*

Modern investigation techniques include:

- CBC, ESR, CRP.
- LFT, KFT, Urine test.
- USG abdomen.
- X-ray/CT abdomen if needed.
- Stool test (for worms).

Discussion

The manifestation of abdominal pain, or *Udarshool*, is understood through both *doshic* imbalance and modern etiological factors.

Types of *Udarshool* in *Ayurveda*

- *Vataja Udarshool* – Spasmodic, shifting pain.
- *Pittaja Udarshool* – Burning, sharp pain.
- *Kaphaja Udarshool* – Heavy, dull pain.
- *Sannipataja* – Mixed *dosha* symptoms.
- *Krimija* – Worm infestation pain.

Differential Diagnosis of *Udarshool*

Udarshool must be differentiated from several conditions, both *Ayurvedic* and modern.

Agnimandya (Indigestion). *Anaha* (Constipation). *Atisara* (Diarrhea). *Grahani* (IBS). *Arshas* (Piles). Appendicitis, Peptic ulcer, Renal colic. Gynecological: Dysmenorrhea, PID. Intestinal obstruction, Hernia, Gallstones.

Management Principles The management of *Udarshool* is multifaceted, emphasizing the correction of digestive fire and the alleviation of the specific aggravated *dosha*.

- *Deepana-Pachana* (digestive stimulants).
- *Vatahara, Pittahara, Kaphahara* based on *dosha*.
- Use of classical formulations (e.g., *Hingvastak, Avipattikar*).
- *Basti* is used for *Vata*, cooling herbs are used for *Pitta*, and *Langhana* is used for *Kapha*.
- Pediatric care includes *Ajmoda Arka, Pippali churna*, and oil massage.

Pathya-Apathya Dietary and lifestyle recommendations are crucial for the comprehensive management of *Udarshool*.

Pathya (Recommended):

- Warm water, light diet, cow *ghee*, *jeera, ajwain*.

Apathya (Avoid):

- Cold, stale, oily, spicy, fermented foods.
- Irregular eating habits, overeating.

Conclusion

Udarshool, recognized as abdominal pain in *Ayurveda*, requires an integrated diagnostic approach utilizing both traditional examination and modern clinical investigation. Effective management hinges upon identifying the predominant *doshic* imbalance and employing appropriate therapies, such as *Deepana-Pachana* and *dosha*-specific treatments. These treatments are supported by adherence to therapeutic dietary guidelines (*Pathya* and *Apathya*). This comprehensive approach ensures targeted relief and addresses the root cause of the acute or chronic pain experienced by patients.

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Conflict of Interest: Non

Source of funding: Nil

Cite this article:

Udarshool: a review of ayurvedic and modern perspectives on abdominal pain
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Ayurline: International Journal of Research In Indian Medicine 2025; 9(5):01- 03