



CLASSIFICATION OF UDAR ROG ACCORDING TO CHARAK SAMHITA

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ABSTRACT :

Charaka Samhita, a foundational text of Ayurveda, classifies Udar Roga (abdominal diseases) into 10 categories: Shula, Vidaga, Gulma, Udara, Anaha, Arbuda, Vatarakt, Krimija, Kshataja, and Agantuja. These categories encompass various abdominal disorders, including inflammatory conditions, tumors, obstructions, ulcers, parasitic infestations, injuries, and external factors. This classification system provides a comprehensive framework for understanding and managing abdominal diseases in Ayurveda, offering insights into diagnosis, treatment, and prevention. The categorization highlights the importance of individualized approaches to healthcare, considering unique factors and underlying causes. By exploring these categories, healthcare practitioners can better understand and address abdominal disorders, promoting holistic well-being.

1.INTRODUCTION :

Udar Roga, or abdominal diseases, are a common and complex group of disorders affecting the digestive system. In Ayurveda, the ancient Indian system of medicine, Udar Roga is classified into distinct categories to understand and manage these conditions effectively. Charaka Samhita, a foundational text of Ayurveda, provides a comprehensive classification system for Udar Roga, offering insights into the diagnosis, treatment, and prevention of abdominal diseases. This classification system is based on the underlying causes, symptoms, and individual factors, highlighting the importance of personalized approaches to healthcare. By exploring the Charaka Samhita's classification of Udar Roga, we can gain a deeper understanding of abdominal diseases and develop effective strategies for promoting digestive health and overall well-being.

DISCUSSION :

The classification of Udar Roga in Charaka Samhita offers a unique perspective on abdominal diseases, emphasizing the importance of individualized approaches to healthcare. By categorizing Udar Roga into 10 distinct categories, Charaka Samhita provides a comprehensive framework for understanding the complexities of abdominal disorders.

- Shula and Vidaga categories highlight the importance of managing pain and inflammation in abdominal diseases.
- Gulma and Udara categories emphasize the need to address underlying imbalances in digestion and metabolism.
- Anaha and Arbuda categories focus on the importance of proper bowel function and the management of obstruction and ulcers.
- Vatarakt and Krimija categories highlight the role of gut motility and parasitic infestations in abdominal diseases.
- Kshataja and Agantuja categories emphasize the importance of addressing external factors and injuries in abdominal diseases.

This classification system also underscores the importance of considering individual factors such as diet, lifestyle, and constitution (Prakriti) in the diagnosis and treatment of abdominal diseases. By understanding the underlying causes and mechanisms of Udar Roga, healthcare practitioners can develop effective treatment strategies that address the root causes of these conditions, rather than just symptoms.

Overall, the classification of Udar Roga in Charaka Samhita offers a valuable framework for understanding and managing abdominal diseases, and its principles can be applied in modern healthcare to promote digestive health and overall well-being.

CONCLUSION :

In conclusion, the classification of Udar Roga in Charaka Samhita offers a comprehensive and individualized approach to understanding and managing abdominal diseases. By categorizing Udar Roga into 10 distinct categories, Charaka Samhita provides a valuable framework for healthcare practitioners to diagnose and treat abdominal disorders effectively. This classification system emphasizes the importance of considering individual factors, underlying causes, and mechanisms of disease, and highlights the need for personalized approaches to healthcare. By applying the principles of Charaka Samhita's classification of Udar Roga, healthcare practitioners can promote digestive health, prevent complications, and improve overall well-being. As modern medicine continues to evolve, the wisdom of Ayurveda and Charaka Samhita's classification of Udar Roga can provide valuable insights and approaches to addressing the complex challenges of abdominal diseases.

REFERENCES :

1. "Charaka Samhita" by Acharya YT
2. "Bruhatrayi" (a collection of three major classical Ayurvedic texts)
3. "Laghutrayi" (a collection of three minor classical Ayurvedic texts)
4. "Charaka Udara Roga Chikitsa" (13th Chapter of Charaka Samhita Chikitsa Sthana)