



Review Article

UDAVARTA AND DIET: AYURVEDA'S PATH TO WELLNESS

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ABSTRACT

*Udavarta*, an Ayurvedic condition caused by the reversal of *Apana Vata*, results from factors like *Vegadharana* (suppression of natural urges), excessive intake of *Ruksha* (dryness), *Kashaya* (astringent), *Tikta* (bitter), *Katu* (pungent) foods, *Upavasa* (fasting), and *Ativyavaya* (indulging in excessive sexual acts). This leads to disturbances in the downward movement of stool, urine, and *Vata*, causing symptoms such as *Vibandh* (constipation), *Adhmana* (abdominal distension), *Hrillasa* (nausea), *Shoola* (pain), and *Avipaka* (indigestion). If left untreated, *Udavarta* can contribute to systemic complications affecting the respiratory, digestive, cardiac, urinary, and nervous systems, even bleeding disorders. Modern diseases such as irritable bowel syndrome (IBS) and chronic constipation show similarities with *Udavarta*. A meta-analysis by Barberio et al. reported a prevalence of functional constipation ranging from 10.1% to 15.3%, highlighting the need for effective dietary interventions. Although current guidelines lack specificity regarding food choices. So, this review article was done to prepare an Ayurvedic dietary chart from Ayurvedic classics that can play an important role in prevention as well as management of *Udavarta*. *Ahara Draya* having *Snigdha* (unctuousness), *Mridu* (softness), *Saraka* (purgative), *Vatanulomaka* (proper elimination of flatus), *Varchobhedi* (causing diarrhea/loose motions), *Srushtamutrapurisha* (easy elimination of stool, urine), *Vibandhghna* (anti-constipative), *Udavartahara* properties. These *Dravya* treat *Udavarta* by softening the stool, clearing *Purishavaha Srtotas*, easy passage of stool, elimination of flatus, and pacify *Vata*. *Pathya Ahara* should be included in diet along with medication for the better management of *Udavarta* after proper assessment of *Agni Bala* (digestive power), *Koshta* (alimentary canal), *Prakriti* (somatic constitution).

INTRODUCTION

Traditional Indian system of medicine, refers "*Udavarta*" as a chronic digestive issue characterized by the upward movement or reversal of *Apana Vata* (one of the five subtypes of *Vata* situated in the pelvic region) against its normal downward flow [1]. Vitiating of *Apana Vata* occurs because of *Dharana* of the *Adharniya Vega* (suppression of non-suppressible urges), excess intake *Kashaya* (astringent), *Katu* (pungent), and *Tikta* (bitter), *Rasa* (taste) dominant *Ahara* (diet), excessive intake of *Ruksha Ahara* (dry diet), excess *Upavasa* (fasting), and *Ati Vyavaya*

(indulging in excessive sexual acts), this leads to hampered movement of *Purisha* (stool), *Mutra* (urine), and *Apana Vata* [2]. Obstructed *Apana Vata* due to above mentioned causes, reverses its direction and moves upward. Upward-moving *Vata* causes accumulation of waste products (e.g., feces, gas) in the colon. Most common symptoms of *Udavarta* are *Vibandha* (constipation), *Adhmana* (abdominal distension), *Hrillas* (nausea), *Udara Shoola* (abdominal pain), *Avipaka* (indigestion). [3] If it is untreated or undiagnosed early it can lead to complications related to various body systems like respiratory system (*Kasa* (cough), *Shwasa* (breathlessness) etc. digestive system (*Jwara* (fever), *Aruchi* (tastelessness) etc. cardiac system, *Hrdroga* (diseases of heart), urinary system (*Mutrakrchhra* (dysuria), *Ashtila* (hypertrophy of prostate gland), nervous system (*Aandhya* (blindness), *Badhriya* (deafness/hearing impairment) etc. bleeding disorder like, *Asrapitta* (bleeding disorders) etc [4].

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Modern diseases like irritable bowel syndrome (IBS), and constipation can be correlated to *Udavarta*, as both involve disturbances in digestion and elimination. A systemic review and meta-analysis by Barberio et al. concluded that the pooled prevalence of functional constipation in studies using the Rome I, II, III, and IV criteria were 15.3%, 11.2%, 10.4%, and 10.1%, respectively<sup>[5]</sup>. Given the limitations and side effects of pharmacological laxatives, dietary intervention represents a safe, cost-effective, and sustainable alternative for managing chronic constipation<sup>[6]</sup>. The absence of standardized dietary protocols leads to inconsistencies in clinical advice, potentially reducing treatment efficacy<sup>[7]</sup>. This shows an urgent need to update guidelines for the management of chronic constipation to reflect current evidence to increase the effectiveness of clinical advice and improve patient care. A disease can be cured even without medicine only through conducive diet and lifestyle, but without proper *Pathya* even hundreds of medicines cannot cure a disease<sup>[8]</sup>. *Pathya* (wholesome) and *Apathya* (unwholesome) are defined as the *Ahara Dravya* and activities that do not adversely affect the body systems and are liked by the mind are regarded as *Pathya*. Likewise, *Ahara Dravya* and activities that adversely affect the body system and are disliked by the mind are regarded as *Apathya*<sup>[9]</sup>. Current dietary guidelines often fail to provide clear, actionable recommendations regarding specific food sources, fluid requirements, and the role of particular nutrients (e.g., sorbitol, prebiotics) in bowel regulation<sup>[10]</sup>. Globally, various dietary patterns such as high-fibre diets are commonly recommended, but there is no specific diet formulated for *Udavarta*

(constipation). However, Ayurvedic literature provides detailed guidance under *Ahara Varga*, listing both *Pathya* (wholesome) and *Apathya* (unwholesome) foods. These dietary guidelines can be effectively used not only to manage *Udavarta* but also to prevent its complications. This review aims to compile and present the dietary recommendations mentioned in Ayurvedic *Samhitas* for both the prevention and management of *Udavarta* through appropriate and health-supportive eating practices.

#### MATERIALS AND METHODS:

*Ahara Dravya* having 'Mridu', 'Brimhana', 'Tarpana', 'Saraka', 'Bahuvarcha', 'Vatanulomaka', 'Varchobhedi', 'Srushtamutrapurisha', 'Vatanashaka', 'Anabhishyandi', 'Vibandhghna', 'Udavartahara', 'Baddhavidamutra', 'Vatala', 'Vibandhkara', 'Adhmanakara', 'Samgrahi', 'Vishtambi' properties were collected from classical Ayurveda texts viz., *Charaka Samhita* with available *Chakrapani* commentary, *Sushruta Samhita* with available *Dalhana* commentary, *Ashtangahridya* with available *Arundatt* and *Hemadri* commentary and categorized into *Pathya* and *Apathya* for *Udavarta*. Research articles were searched using key words "Udavarta", "chronic constipation", "diet and chronic constipation", "role of diet in the management of diseases", "diet pattern" using online data bases viz., PubMed, Google Scholar, Dhara and Ayush Research Portal.

#### RESULTS

Thorough review of Ayurvedic classical literature suggest that *Ahara Dravyas* presented below in tabular form can found to be effective in prevention and management of *Udavarta*.

**Table 1: Pathya Shuka Dhanya (group of grains) for Udavarta**

S.No.	Ahara Dravya	Common Name	Properties	Reference
1.	Godhuma ( <i>Triticum aestivum</i> L.)	Wheat	<i>Madhura</i> (sweet taste), <i>Sheeta</i> (coldness), <i>Guru</i> (heaviness), <i>Snigdha</i> (unctuousness), <i>Vrishya</i> (promotor of spermatogenesis and aphrodisiac), <i>Brimhana</i> (nourishment), <i>Jeevana</i> (to give life), <i>Samdhana</i> (helps in tissue aggregation and healing of wounds or fractures), <i>Vatahara</i> (relives Vata).	Ch. Su. 27/21

Godhuma [table 1] has *Madhura*, *Snigdha*, *Brimhana* properties that can help in *Udavarta*.

**Table 2: Pathya Simbhi Dhanya (group of pulses/legumes) for Udavarta**

S.No.	Ahara Dravya	Common Name	Properties	Reference
1.	Masha ( <i>Vigna mungo</i> (L.))	Black gram	<i>Vrishya</i> , <i>Snigdha</i> , <i>Guru</i> , <i>Ushna</i> (hotness), <i>Madhura</i> , <i>Balya</i> (strength, stamina and immunity promoter), <i>Saraka</i> (purgative), <i>Vatahara</i>	Ch. Su. 27/24

Masha [table 2] has *Madhura*, *Snigdha*, *Saraka* properties that can help in *Udavarta*.

**Table 3: Pathya Shaka (group of vegetables) for Udavarta**

S.No.	Ahara Dravya	Common Name	Properties	Reference
1.	Mulaka ( <i>Raphanus sativus</i> L.)	Radish	Tikta (bitter taste), Kshara (alkaline), Ushna, Laghu (lightness)	A.H. Su. 6/102-103
2.	Alabu ( <i>Lagenaria siceraria</i> (Molina) Standl.)	Bottle gourd	Ruksha, Sheeta, Guru, Varchabhedi (diarrhea/loose motions)	Ch. Su. 27/112
3.	Vastuka ( <i>Chenopodium album</i> L.)	Goosefoot	Snigdha, Agnideepana (enhancing metabolic fire), Srushtamutrapurisha (easy elimination of stool, urine)	S. Chi. 6/8
4.	Tanduleeyaka ( <i>Amaranthus spinosus</i> L.)	Spiny pigweed		
5.	Jivanti ( <i>Leptadenia reticulata</i> )	Meethi dodi		
6.	Upodika ( <i>Basella alba</i> L.)	Indian spinach		
7.	Palaka ( <i>Spinacea oleracea</i> L.)	Spinach		
8.	Cangeri ( <i>Oxalis corniculata</i> L.)	Indian sorrel		
9.	Kushmanda ( <i>Benincasa hispida</i> )	White guard	Madhura, Amla (sour), Laghu, Kshara	Ch. Su. 27/113

Shaka [table 3] having Vatanulomaka, Varchobhedi, Srushtamutrapurisha properties that can help in Udavarta.

**Table 4: Pathya Phala (group of fruits) for Udavarta**

S.No.	Ahara Dravya	Common Name	Properties	Reference
1.	Mrudvika ( <i>Vitis vinifera</i> L.)	Raisin	Madhura, Snigdha, Sheeta, Vrishya, Brimhani	Ch. Su. 27/125-126
2.	Priyala ( <i>Buchanania lanzan</i> )	Charoli nut	Snigdha, Vatahara, Anushna	A.H. Su. 7/161

Phala [table 4] having Madhura, Snigdha, Brimhana, Vatanashaka properties that can help in Udavarta.

**Table 5: Pathya Gorasa (group of milk and milk products) for Udavarta**

S.No.	Ahara Dravya	Common Name	Properties	Reference
1.	Ghrita	Ghee	Snigdha, Madhura, Sheeta, Mridu (softness), Deepana, Anabhishtyandi (doesn't obstruct channels)	S. Su. 45/96
2.	Ksheera	Milk	Jivanam (vitalization/vitalizers), Balya, Vrishya, Brimhana, Vajiirara (aphrodisiac), Rasayana (rejuvenation), Medhya (intellect enhancer), Ayushya (life span enhancer), Vayasthapana (regulate ageing process), Udavartahara	S. Su. 45/49
3.	Takra	Buttermilk	Blockage of channels, vitiated Vata	S. Su. 45/87

Gorasa Varga [table 5] having Madhura, Snigdha, Mridu, Deepana, Brimhana, Balya properties that can help in Udavarta.

**Table 6: Pathya Madya (group of fermented liquors) for Udavarta**

S.No.	Ahara Dravya	Properties	Reference
1.	Madira	Hikka, Swasa, Pratishyaya, Kasa, Aruchi, Varchgraha, Vami, Anaha, Vibandha, Vataghna	Ch. Su. 27/180
2.	Amlakanji	Deepana, Vata-Kaphanashaka, Vibandhghna, Avasranshi (laxative)	Ch. Su. 27/192

Madya Varga Dravya [table 6] having Deepana, Avasranshi, Vibandhghna properties that can help in Udavarta.

**Table 7: Pathya Harita (group of salads) for Udavarta**

S.No.	Ahara Dravya	Common Name	Properties	Reference
1.	Shunti		Rochana, Deepana, Vrushya, Vatakapashamaka, Vibandhnashaka	Ch. Su. 27/166

Harita Varga Dravya [table 7] has Deepana, Vibandhnashaka properties that can help in Udavarta.

**Table 8: Pathya Ikshu (group of sugars) for Udavarta**

S.No.	Ahara Dravya	Common Name	Properties	Reference
1.	Gauda	Jaggery	Srishtashakrita, Srishtavata (easy passage of flatus), Deepana, Tarpana (satiating)	Ch. Su. 27/186

*Ikshu Varga Dravya* [table 8] has *Srishtashakrita, Srishtavata, Deepana, Tarpana* properties that can help in *Udavarta*.

**Table 9: Pathya Jala Varga (group of various types of water) for Udavarta**

S.No.	Ahara Dravya	Common Name	Properties	Reference
1.	Ushnodaka	Luke warm water	Vatanulomana Deepana, Pacana, Laghu, Adhmana, Vata-Kapha Nashaka	Ch. Su. 13/44 A.S. Su. 6/11

*Ushnodaka* [table 9] has *Deepana, Pacana, Vatanulomana Tarpana* properties that can help in *Udavarta*.

**Table 10: Pathya Mamsa (group of meat) for Udavarta**

S.No.	Ahara Dravya	Common Name	Properties	Reference
1.	Caranayudha	Chicken	Balya, Vatahara	Ch. Su. 27/67
2.	Rohit Matsaya	meat of Rohit fish	Laghu, Deepana, Vatahara, Chakshushya (good for eye and eye sight), Vrishya	Ch. Su. 27/83

*Mamsa Varga Dravyas* [table 10] have *Brimhana, Vatahara* properties that can help in *Udavarta*.

**Table 11: Pathya Krittanna (group of processed food items) for Udavarta**

S.No.	Ahara Dravya	Properties	Reference
1.	Yava Apupa (type of food preparation made from flour of barley)	Udavarta (obstipation), Pratishtaya (chronic rhinitis), Kasa (cough), Meha (frequent and excessive micturition), Galagraha (choking sensation in throat)	Ch. Su. 27/265
2.	Yava Vatyā (porridge prepared with fried barley)		
3.	Saktu (roasted grain flour)	Ruksha, Vatala, Bahuvarcha, Anulomani (mild purgative action)	Ch. Su. 27/263
4.	Peya (thin gruel of rice)	Svedajanana (excessive sweating), Agnijanana, Vatanulomana (proper elimination of flatus)	Ch. Su. 27/250
5.	Manda (liquid portion of rice prepared by adding 1 part rice and 14-part water)	Agnideepana, Vatanulomana	
6.	Shukta (a kind of sour liquid prepared from roots and fruits by first steeping them in oil and salt, then drying them, and afterwards leaving them in water to undergo acetous fermentation)	Vatanulomana	Ch. Su. 27/284
7.	Kulattha Yusha (soup of vegetables and/or pulses)	Vatanulomana	S. Su. 46/33
8.	Kanji	Deepana, Vibandhghna (anti-constipative), Avasransi (laxative)	Ch. Su. 27/299

*Krittanna Varga Dravya* [table 11] has *Vatanulomana, Bahuvarcha, Anulomana, Udavartahara* properties that can help in *Udavarta*.



**Table 12: Pathya Aharayogi (group of adjuvants of food) for Udavarta**

S.No.	Ahara Dravya	Properties	Reference
1.	Vida Lavana	Tikshna (sharpness), Ushna, Vyavayi (substances with quick spread even without digestion), Deepana, Shoolanashaka (relives pain), Vatanulomana	Ch. Su. 27/302
2.	Hingu	Katu, Ushna, Laghu, Deepana, Pachana (enhancing digestion), Rochana (taste enhancer), Vibandhghna	Ch. Su. 27/299
3.	Sauvarcala	Vibandhghna, Hridya (palatable and pleasing to mind), Udgarashodhi (purification of eructation)	Ch. Su. 27/301

Aharayogi Dravya [table 12] has Deepana, Pacana and Vibandhghna properties that can help in Udavarta.

**Table 13: Apathya Diet for Udavarta**

S.No.	Varga (classification)	Ahara Dravya	Properties
1.	Shuka Dhanya (group of cereals)	Kangu (Foxtail millet), Kodrava (Kodo millet), Journaha (Sorghum), Nivara (Jungali-dal), Madhulika (Finger millet), Gaveduka (Adlay millet)	Ruksha, Baddhavidamutra (retention of Mutra and Purisha)
		Yava (Barley)	Ruksha, Sheeta, Laghu, Vatala
2.	Simbhi Dhanya (group of pulses)	Mudga (Green gram), Adhaki (Pigeon pea), Masura (Lentil), Kalaya (Mutter pea), Makushta (Tepary bean), Chanaka (Chick pea), Sateena (Sann hemp), Tripata (Indian pea),	Ruksha, Vibandhkara (causes constipation), Adhmanakara (causes distension/ tympanites/ meteorism), Baddhavidamutra
		Kulattha (Horse gram)	Samgrahi (proper absorption), Katu Vipaka
3.	Shaka Varga (group of Vegetables)	Rajakshavaka (Safed sarson), Shati Shaka (Spiked ginger lily), Patha (Velvet leaf), Changeri (Indian sorrel), Patola (Pointed gourd), Mandukaparni (Gotu kola), Karkotaki (Spiny gourd), Karavellaka (Bitter gourd), Parpata (Fumitory), Vartaka (brinjal), Karira (Kair), Kulaka (Snake gourd), Shakuladini (Buffalo spinach), Kembuka (cauliflower), Koshataka (Turai)	Grahi, Sheeta
		Tumba (Bottle gourd), Shrigataka (Water chestnut) Shigru (Drumsticks)	Ruksha, Grahi
		Trapusa (Cucumber), Ervarauka (Rock melon), Surana (Elephant-foot yam)	Ruksha, Vishtambi
		Kalaya (Indian pea)	Vatala
		Sarsapa (Mustard)	Grahi, Baddhavidamutra
4.	Phala Varga (group of fruits)	Sinchitaka (Apple), Aam Tinduka (Indian persimmon), Dadima (Pomegranate), Vrikshamla (Kokum), Bal Bilva (Apple wood)	Grahi
		Kapittha (Wood apple), Jambava (Malabar plum), Tanka (Pear)	Vatala, Grahi
		Bhavya (Elephant apple), Fhalgu (Common fig), Akshoda (Walnut), Mocha (Banana), Kharjura (Date palm), Panasa (Jack nut), Narikela (Coconut), Parushaka (Phalsa), Tala (Wine palm), Abhishuka (Pista)	Guru, Vishtambi

5.	Gorasa Varga (Milk product)	Navaneeta (Butter)	Samgrahi
		Dadhi (Curd) Kilata (inspissated milk), Kurchika (solid part of milk boiled with butter milk or curd), Morana (late beestings), Piyush (colostrum)	Vishtambi, Guru
6.	Madya	Yavasura (supernatant alcohol made up of barley)	Guru, Ruksha, Vishtambi
7.	Ikshu	Madhu (Honey)	Guru, Sheeta, Ruksha
8.	Jala	Sheetal Jala (Cold water)	Stambhana (promotes stiffness)
9.	Mamsa	Ajamamsa (Mutton)	Samgrahi
10.	Krittanna	Vilepi (thick gruel of rice), Shali Saktu	Grahi
		Dhana, Virudha, Vataka, Mamsarasa, Panaka, Vaidal, Yavasura	Vishtambi
11.	Aharayogi	Taila (oil)	Baddavidamutra

Ahara Dravya [table 13] having properties like Ruksha, Baddhavidamutra, Vatala, Vibandhkara, Adhmanakara, Samgrahi, Katu Vipaka, Vishtambi are Apathya for Udavarta.

## DISCUSSION

### Discussion on Pathya diet for Udavarta

**Madhura Rasa:** It promotes Rasa Dhatu (primary product of digested food), Rakta Dhatu (blood), Mamsa Dhatu (muscle tissue), Meda Dhatu (fat tissue), Asthi Dhatu (bone tissue), Majja Dhatu (bone marrow), Ojas (essence of all seven Dhatu) and Shukra Dhatu (semen) and alleviates Pitta and Vayu [11].

**Madhura Vipaka:** It has Srushtamutrapurisha (easily excretion of urine and faeces from the body) [12].

**Snigdha Guna:** It is responsible for Kledana, imparting smoothness, moisture and oily nature to the body channels thus relieve Udavarta caused by Vata Prakopa due to Ruskha Guna dominant Ahara.

**Mridu Guna:** It is responsible for Slathane, bringing about softness of stool and Srotas thus, these properties help in easy evacuation of stool and relieves Udavarta [13].

**Deepana and Pacana:** Aam (undigested food) formed due to Mandagni (weak state of digestive fire) block the channels which results in disturbed movement of Purisha, Mootra and excessive collection of vitiated Apana Vata. Ahara Dravya having Deepana and Pacana property clears obstructed Srotas by digesting Aam.

**Brimhana:** It has ability to Pushtijanana [14], promotes tissue growth and Tarpana property produces Truptijanana [15] (satiating) effect to the body tissue thus alleviates Dhatukshayajanya Vata and can relieve Udavarta.

**Bahuvarcha** (excessively formed stool): property helps in Udavarta caused by Vitiated Vata due to Purishakshaya. Bahuvarcha Guna increases the amount of Purisha and normalize the Vata thus relieves Udavarta.

**Saraka and Varchobhedi:** Dravyas having Saraka and Varchobhedi pierces or promotes passage, especially in digestion or excretion improve constipation by their purgative action thus treat Udavarta. Varchobhedi Dravyas are seen as alleviating constipation, gas, griping, or stool stagnation by supporting proper passage through the digestive tract.

**Vatanulomaka:** Vatanulomaka property Dravya promotes the downward movement of Vata dosha, especially within the gastrointestinal tract. It supports or restores the natural downward movement of Vata and improves the symptoms like Shira Shoola, Udgara Bahulya, Shoola, Avipaka, Hrillas etc. caused due to upward movement of Vata, thus it relieves Udavarta. Ahara Dravya with Vibandhghna properties is effective in the treatment of Udavarta because of their Prabhava (exceptional activity).

### Discussion on Apathya diet for Udavarta

**Ruksha guna:** Ruksha guna is responsible for Shoshana [15], which results in absorption of moisture from stool, it solidifies the stool thus causes Udavarta. Baddhavidamutra is the condition where elimination of stool and/or urine is impaired- often due to Vata aggravation, dryness, or obstruction of the respective Srotas (channels). [14]

**Katu Vipaka:** Katu Vipaka has property to cause Baddhavidamutra so, it hampers the normal movement of stool thus causes Udavarta.

**Samgrahi:** Samgrahi Dravya has ability to digest the undigested stool and stop the repeated episode of defecation [16], if it is used by digestive issue patient, can increase retention of obstruct Apana Vata, that can worsen Udavarta.

**Vishtambi:** Vishtambi Dravyas are Adhovatarodhi in nature so, they block the downward movement of Apana Vata resulting excessive collection of vitiated Vata, thus it increases the severity of Udavarta. Vibandhkara, Adhmanakara, Vatala Dravya because of

their direct relationship with symptoms of *Udavarta*, they worsen disease condition.

*Agni Bala* (digestive power), *Prakriti* (nature of the patient), nature of the *Koshta* (alimentary canal), *Udavarta* condition, and *Samskara* (processing) should be considered before taking *Pathya- Apathya* as a diet for *Udavarta*.<sup>[17]</sup> *Udavarta* patient with poor digestive capacity *Ahara Dravya* having *Laghu Guna* are beneficial, with history of *Pitta Prakriti Ahara Dravya* having *Sheeta Guna* are beneficial, with history of *Krura Koshta Ahara Dravya* having *Snigdha Guna* are beneficial. Those *Ahara Dravya* not suitable according to *Agni Bala, Prakriti* (nature of the patient and *Dravya*), nature of the *Koshta* (alimentary canal) by applying suitable *Samskara*, we transform them and can make suitable according to disease condition. Some of the cereals, vegetables and pulses we commonly used are *Apathya* for *Udavarta* but we can use them in *Udavarta* if we process them in *Ghrita (ghee)* on the place of oil, roasted cereals can be used. By Applying suitable *Smaskara Apathya* for *Udavarta* can be transform into *Pathya* for *Udavarta*.

## CONCLUSION

*Ahara Draya* having properties like *Madhura Rasa, Madhura Vipaka, Snigdha, Mridu, Deepana, Pacana, Brimhana, Tarpana, Saraka, Bahuvarcha, Vatanulomaka, Varchobhedi, Srushtamutrapurisha, Vatanashaka, Anabhishyandi, Vibandhghna, Udavartahara* should be included in diet after considering *Agni Bala* (digestive power), *Prakriti* (nature of *Dravya* and patient), nature of the *Koshta* (alimentary canal) to prevent further complication occurs due to *Udavarta*. Diet recommended as an *Apathya* (unwholesome) for *Udavarta* can be used as a wholesome diet by applying suitable *Samskara*. Additional randomized controlled trials are needed to assess the impact of these dietary guidelines when used alongside medication. This food chart could be safe, cost-effective, and sustainable alternative for managing *Udavarta* in daily practice as well as a preventive measure. These dietary guidelines alone are insufficient to achieve the desired results; they should be complemented by appropriate lifestyle modifications.

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## List of Abbreviations

Ch. Charaka

S. Sushruta

A.H. Ashtanga Hridaya

Chi. Chikitsa

A.S. Ashtanga Samgraha

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