

“*Urustambha*” – Aortoiliac occlusion with Metabolic syndrome?

Prasad Mamidi, Kshama Gupta

Department of Kayachikitsa, Faculty of Ayurveda, Parul University, Vadodara, Gujarat, India

Abstract

Urustambha is a grave condition, in which the patient's thighs become painful, numb and immobile. *Urustambha* is a disease which is not amenable to *panchakarma* (five evacuative procedures) treatment. Till date, there is no clear understanding of the concept of *Urustambha* and its clinical application. This article is aimed to understand the concept of *Urustambha* and its correlation with relevant modern pathology or disease. *Urustambha* is a lifestyle disease and it is commonly seen in higher socioeconomic status. *Urustambha samprapti* resembles with atherogenesis. *Diva swapna* and *raatri jaagarana* explained in *Urustambha nidaana* may indicate obstructive sleep apnea (OSA). Clinical presentation of *Urustambha* may be unilateral or bilateral or both. *Charaka's* version of *Urustambha* indicates vascular pathology like “aortoiliac occlusion” with an underlying “metabolic syndrome (MS),” whereas *Sushruta's* version of *Urustambha* indicates inflammatory pathology of spinal cord like “acute transverse myelitis” or “inflammatory myelopathy” or “infectious myelitis.” Principles of *Urustambha* are applicable for the prevention and management of the conditions like atherosclerosis, MS, OSA, aortoiliac occlusion, diabetes mellitus, obesity, cardiovascular pathology, acute myelopathy and other ischemic and inflammatory spinal diseases.

Key words: Aortoiliac occlusion, atherosclerosis, metabolic syndrome, myelopathy, obstructive sleep apnea, *Urustambha*

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