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RESEARCH ARTICLE

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AYURVEDIC REVIEW OF URTICARIA VIS-À-VIS SHEETAPITTA

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ABSTRACT

Urticaria is a disease characterized by erythematous and pruritic rashes in the dermis or large hypodermal swellings. It is lumpy and itchy rashes which look like the effect of a nettle sting and occurs for more than six weeks. It affects 20% of people at some time in their life time. Though the disease is not life threatening, it makes patient worried, due to its appearance and severe pruritus. Management primarily aimed at patient's education, avoidance of known triggers and pharmacotherapy i.e. antihistamines, glucocorticoids. The modern medicine provides temporary symptomatic relief and patient have to take medicines for long time, which may be having some unwanted side effects. In Ayurvedic texts, *Sheetapitta* share similar symptomatology and causative factors as Urticaria. *Sheetapitta* is having a common symptom of itchy red rashes on skin on almost all over the body. In Ayurveda, the sequential administration of *Shodhana* therapy and certain *Shaman Yoga* are quite beneficial. *Virechana* (therapeutic purgation) is best treatment for *Pittaja* vyadhis and also it is important treatment for *Vataja*, *Kaphaja* and *Raktaja* vyadhis (as these all are vitiated in *Sheetapitta*), thus *Virechana* eradicates the aggravated Doshas from the body thereby giving a marked relief in patients of Urticaria.

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INTRODUCTION

Urticaria is one of the dermatological diseases characterized by sudden eruptions of itchy wheals which may appear on any part of the skin and mucous membranes. Individual lesions as a rule do not last longer than a few minutes to a few hours and disappear without leaving any trace¹. An episode of Urticaria (hives) can start as itching, followed by swollen red wheals. The Itching may be mild or severe. Scratching, alcohol beverages, exercise and emotional stress may worsen the itching. Urticaria affects about 15-20 % of total population². This condition can interfere in routine activities of the patient. It is intermittent and frustrating for both the patients and physicians. Urticaria is generally manifested due to foods such as eggs, Nuts, shellfish etc., and resolves with only symptomatic treatment. Commonly Antihistamines and steroids are used in the treatment of Urticaria, long term use of which may cause adverse effects in the human body³. *Sheetapitta* is a disease caused when a patient is exposed to cold breeze which results in vitiation of *Kapha* and *Vata*. These two combine with *Pitta* and circulate all over the body producing the signs and symptoms over the skin. The symptoms include *Varati Damstavat Sotha* and *Kandu* caused by *Kapha* vitiation, *Shula* caused by *Vata* and *Daha* caused by *Pitta* vitiation. Sometimes it also causes symptoms like *Chardi*, *Hrillas*, *Aruchi*, *Dehasada*, *Angagaurava*, *Jwara*, *Vidaha* and *Pipasa*⁴⁻⁷.

Sheetapitta Chikitsa⁸⁻¹³: Treatment can be divided into three phases – It is stated that in '*Alpa dosha avastha*' *Langhanais* advised, in

Madhya dosha, *Langhana* along with *Pachana* and in *Prabhoot Dosh* treatment is *Shodhana*. *Shamana Chikitsa* also holds good impact on the *Sheetapitta*. *Vata Pradhana Tridosahara* drugs mentioned in *Rasa Rakta dushti* are beneficial in *Samprapti vighatana* there by reverting disease.

Samprapti Ghataka

Dosha: Tridosha
Agni: Manda
Doshagati: Vriddhi, Tiryak, Shakha
Vyadhi marga: Bahya
Dushya: Rasa, Rakta
Srotas: Rasavaha, Raktavaha
Srotodushthi prakara: Vimargagamana
Udbhava Sthana: Aamashaya
Vyakti Sthana: Tvak
Svabhava: Ashukari

DISCUSSION

In the *Samprapti* of this disease *Agni mandhya* and *Ama* plays a major role. Improper *Agni* along with irregular food habits caused the formation of *Ama* which further vitiate the *Tridosha* and createssrothorodha by *sanga* and *Vimargagamana*. Thus the *doshadushyasammurchana* commencing in *Aamashaya* gets

sthanasamsraya in *Twak* and produces the *Lakshanas*. As the treatment aims at *Sampraptivighatana* and *NidanaParivarjana*, the treatment principle should be *Deepana- Pachana, Tridosahara, srothosodhana* and *balavardhana*.

Shamana Chikitsa: *Parada, Swarna, Loha, Tamra, Abhraka, kasisa, ghandaka, gairika, pravala* and *shanka* are the major mineral drugs that have action on *Sheetapitta*. Most of the *yoga* which are mentioned above contains these minerals as major ingredients. Among ingredients most of the minerals possess *Madhura Kashaya rasa, Snigdha guna, Sheeta virya, Madhura and Katu Vipaka*. Most of the ingredients have *vata kaphahara, Tridosahara, pittahara, doshaghnakarma* and *karma* exhibited include *Rasayana, kushtagna, varnya* and *kandughna*. These *rasa guna* and *karma* help in the *Sampraptivighatana* and thus proves to be effective in the management of *Sheetapitta*.

Shodhana Chikitsa¹⁴

Vamana: Emesis should be given with decoction of *Patola* and *Arishtaka*.

Virechana: Purgation should be given with decoction of *Triphala, Guggulu, Pippali*.

Other References

*Charaka Samhita*¹⁵: *Udarda Prashamana Mahakashaya, Katu Taila, Mustadi Churna*.

*Sushruta Samhita*¹⁶: *Eladi Gana*.

*Bhavaprakasha*¹⁷: *Navakarshika Guggulu Trikatu + Sharkara Yavani + Vyosh + Yava kshara Aardra Rasa + Purana Guda Yavani + Amalaki Nimba Patra + Ghrita + Amalaki Aardra Khand*.

*Chakradatta*¹⁸: *Visarpokta Amritadi Kwatha Agnimantha Moola + Ghrita Shushka Pakva Gambhari Phala* after boiling with milk.

*Bhaishajya Ratnavali*¹⁹: *Yashyadi Kwatha*.

*Yogaratanakar*²⁰: *Vardhamana Pippali Vardhamana Lasuna Prayoga*

Pathya-Apathya²¹: *Pathya-Apathya Sevana Vidhi* plays an important role in the management of any disease. *Pathya* is that which is suitable to the disease and to the diseased. While *Apathya* is unsuitable and which aggravates the disease process leading to more discomfort to the patients.

Pathya Ahara Vihara: 1. *Jeerna Shali* 2. *Jangama Mamsa* 3. *Triphala* 4. *Madhu* 5. *Mudga Yusha* 6. *Kultha Yusha* 7. *Ushnodaka* 8. *Karkotaka Shaka* 9. *Karavellaka Shaka* 10. *Moolaka Yusha*.

Pathya Ahara Vihara: 1. *Ksheera vikarani* 2. *Chhardi Nigraha* 3. *Ikshu Vikarani* 4. *Divaswapna* 5. *Matsya* 6. *Purva and Daksheena Disha Pavana* 7. *Amupa- Udaka Mamsa* 8. *Snana* 9. *Naveen Madhya* 10. *Atapa Sevana*.

CONCLUSION

In modern science there is vast treatment of Urticaria and other allergic skin disorders but reoccurrence of disease is common in very much cases. *Sheetapitta* is commonly encountered *Twak Vikara* in clinical Practice. Ayurveda has lot of potential in the treatment aspect of allergic skin reaction by using of various Ayurvedic formulations and by following *Pathya-Apathya*.

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