

A REVIEW ON EFFECT OF DURVADI LEPA IN SHEETAPITTA (URTICARIA)

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ABSTRACT

Ayurveda is not only a system of medicine but is comprehensive science of life. In Ayurveda, *Sheetapitta* is mentioned as *Vata*, *Pitta* predominant *Tridoshaj Vyadhi* and *Rakta* are main *Dushya*. Madhavkara described *Sheetapitta* as a separate disease under the title of *Sheetapitta-Udarda*. When person contact with cold wind, *Vata* and *Kapha* are two *Doshas* get vitiated which in turn is associated with *Pitta dosha* then spreads in skin and *Raktadi Dhatu* resulting *Sheetapitta*. Urticaria is a kind of skin rash with red, raised, itchy bumps. It is a dermal vascular reaction of the skin characterized by the appearance of itchy wheals, which are elevated (edematous), pale or erythematous, transient and evanescent plaque lesions. The worldwide incidence is 0.1% –3% of the population with women affected twice more likely than men. It is estimated that about 1 in 5 people will have urticaria once in their lifetime and this seems to be the case across all age groups. Modern medicine provide temporary symptomatic relief and patient has to take medicine for long time, which may be having some unwanted side effect so complete relief from the condition without its recurrence and side effects is still a question which could be sought out by Ayurveda. Various previous researches shown that ayurveda has the potential in the management of *Sheetapitta* patients. Hence the present review paper is taken up A Review on Effect of Durvadi lepa in Sheetpitta (Urticaria).

KEYWORDS: Sheetpitta, Urticaria, Durva, Tridosha, Udarda.**INTRODUCTION**

In Ayurveda, *Sheetapitta* is mentioned as *Vata*, *Pitta* predominant *Tridoshaj Vyadhi* and *Rakta* are main *Dushya*. Madhavkara described *Sheetapitta* as a separate disease under the title of *Sheetapitta-Udarda*. When person contact with cold wind, *Vata* and *Kapha* are two *Doshas* get vitiated which in turn is associated with *Pitta dosha* then spreads in skin and *Raktadi Dhatu* resulting *Sheetapitta*. *Sheetapitta* and *Udarda* as synonyms of each other but then he quoted that *Sheetapitta* having *Vatika Dominency* while *Udarda* having *Kaphaja Dominency* and also mentioned specific character of *Udarda* as *Mandala* (Rashes) having inflamed edges with depressed center.^[1] *Yogratnakra* describes same *Nidan* and *Samprapti* of *Sheetapitta* like *Madhav nidan*. Clinical feature of *Sheetapitta* are *Varati Dansha Sansthana Shotha, Kandu, Toda, Chhardi Jwara, Vidaha*.^[2] In Ayurveda the disease *Seetapitta* correlated with a condition called urticaria.

Urticaria is a kind of skin rash with red, raised, itchy bumps. It is a dermal vascular reaction of the skin characterized by the appearance of itchy wheals, which are elevated (edematous), pale or erythematous, transient and evanescent plaque lesions. According to modern pathology almost 1/3rd of Urticaria are cholinergic. Urticaria mainly classified into two types acute and chronic urticaria depending upon the duration of condition, If urticaria persists less than 6 weeks duration is called acute urticaria while more than 6 weeks as chronic urticaria. Acute urticaria appears more commonly in children and young adults of which common causes are infections, food, drugs (intravenous more than oral forms), and insect stings.

Main causes of Urticaria include autoimmune reaction, drugs, allergens in food, inhalants and injections, contact (e.g. saliva, animal, latex), physical (e.g. sun, heat, cold, water, pressure), infection (e.g. viral hepatitis, infectious mononucleosis, HIV), idiopathic.^[3] Elevated body

temperature plays important role in pathogenesis. An episode of it may start with itching followed by red elevated patches at site of itching. Scratching, beverages, emotional conditions and exercise are provocative factors for the symptoms. Episodes of urticaria may continue to relapse for days, weeks, months or year, if not treated properly. Frequent attacks may hamper patient's mental condition. There is no permanently treatment of Urticaria in modern science and treatment aims on Symptomatically. Repeated intake of anti-histamine or corticosteroids provide temporary relief as well as tend to reduce immunity threshold.

The worldwide incidence is 0.1% –3% of the population with women affected twice more likely than men. It is estimated that about 1 in 5 people will have urticaria once in their lifetime and this seems to be the case across all age groups. Up to 1% of the population suffers from chronic urticaria and all age groups appear to be affected, although the peak incidence is between 20 and 40 years of age.^[4]

The lifetime prevalence of acute urticaria is about 20%. Acute urticaria is more common than Chronic urticaria. Point prevalence of Chronic urticaria ranges from 0.5 to 1% of the worldwide population of all age groups. Its prevalence is more common in young people and middle-aged females. The disease may last for several years in many patients. In 25–75% of patients, the duration is more than 1 year.^[5]

Need of Study

Sheetapitta is commonly found health problem among society when the modern counterpart *Sheetapitta* i.e. urticaria, is compared for knowing the prevalence of the disease, it is observed that approximately 15 to 20 % of the general population are found to get suffered from

urticaria at least once during their lifetime. For 2017, the prevalence of urticaria was estimated at 86 million cases and the annual incidence at 160 million cases globally.^[6] there is as such no effective treatment for *Sheetapitta* in modern medical science, modern medicine provide temporary symptomatic relief and patient has to take medicine for long time, which may be having some unwanted side effect so complete relief from the condition without its recurrence and side effects is still a question which could be sought out by Ayurveda.

Poorvaroopa (premonitory sign)

Poorvaroopa of *Sheetapitta* are *pipasa, Aruchi, Hallasa* (Nausea), *Daah, Anga Saad, Anga Gaurav, Raktalochanata* (redness in eye).^[7]

Roopa

In Yogaratanakara Symptoms of *Sheetapitta* mentioned like *Varati Dansha Sansthana Shotha, Kandu, Toda, Chhardi Jwara, Vidaha*.

MATERIALS AND METHODS

This review paper Ayurveda text book, modern text book, different journal and other contemporary sources were explored and relevant information was collected and presented in organized manner.

RESULT

In context of Udard kotha, *Sheetapitta Chikitsa Prakaran Chakradatta Samhita* mentioned *Durvadi lepa* in the management of *Sheetapitta* (Urticaria).^[8]

दूर्वानिशायुतो लेपः कच्छूपामाविनाशनः । क्रिमिदुद्धर्श्वैव शीतपित्तापहः
स्मृतः ॥ 6॥

(वक्रदत्त- उदरद कोठ शीतपित्त चिकित्सा अध्याय)

S. N.	Name Of the Drug	Rasa Panchaka
1	<i>Durva (Cynodon dactylon)</i>	<i>Rasa- Madhur, kashaya</i> <i>Guna- Laghu, Snigdha</i> <i>Virya- sheeta</i> <i>Vipaka- Madhura</i> <i>Dosakarma- Kaphapittashamaka</i>
2	<i>Haridra (Curcuma longa)</i>	<i>Rasa- Katu, tikta</i> <i>Guna- Ruksha</i> <i>Virya- Ushna</i> <i>Vipaka- Katu</i> <i>Dosakarma- Kaphapittashamaka</i>

Probable mode of action of Durvadi lepa in Sheetapitta

- *Durva* has Madhur Rasa and Kashaya Rasa both rasa having Pitta Shamaka Property and in *Sheetapitta* disease also Vata Pitta is dominant so by using *Durva* the symptoms of *Sheetapitta* are cure.
- Due to presence of Seeta Virya in *Durva*, it cures pitta related symptoms of *Sheetapitta* Vyaadi.
- Due to presence of Madhur Vipaka Of *Durva*, It pacify the Pitta related symptoms of *Sheetapitta*.
- In *Sheetapitta* Vyadhi, Vata is aggravated and *Durva* has Snigdha Guna, hence its use pacifies Vata dosha.
- Due to the presence of Tikta Rasa in the *Haridra*, it reduces Pitta related symptoms in the patient of *Sheetapitta*. Due to the presence of Ruksha Guna, it pacify Kapha. Due to the presence of Ushana Virya and Katu Vipaka, it reduces Kapha related symptoms.
- *Haridra (Curcuma longa)*-The various analytical shows its anti-bacterial effect, insecticidal effect,

antifungal effect and anti parasitic effect (Krimighni), antihistaminic effect and also treating various skin disorders (effect on Twak roga).^[9]

- Durva (*Cynodon dactylon*) - Various study shows its Anti-inflammatory, Antimicrobial Property.^[10]
- Durva (*Cynodon dactylon*) Having Immuno-modulatory property.^[11]

Looking at the properties of Durva and Haridra, it is proof that if the paste of both is applied then the disease of Sheetapitta will be cured. Taking equal amount of Durva and haridra than make a lepa. This lepa used in Kacchu, Pama, Krimi, Dadru and Sheetapitta.

CONCLUSION

Sheetapitta (Urticaria) is a disorder caused by 'Asatmya Sevana' means the 'Exposure to allergens and antibody'. Nidhan parivarjan is first line Of treatment of any disease in ayurveda so it is advised to the patient to find out the cause of disease and try to avoid it as far as possible. After apply of Durvadi lepa reduce the symptoms of Sheetapitta improve the Quality of life of patients.

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