

URTICARIA W.S.R. TO SHEETAPITTA: A REVIEW ARTICLE

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Article Received on 13/10/2021

Article Revised on 03/11/2021

Article Accepted on 24/11/2021

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 lifetime. 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 must 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.

KEYWORDS: Urticaria, Sheetapitta, Shaman Yoga, Shodhana, Virechana.

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 trace. 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 population. 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 body. Sheetapitta is a disease caused when a patient is exposed to cold breeze which results in vitiation of Kapha and Vata. These two combines 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.

Sheetapitta Chikitsa

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*

SAMPRAPTI GHATAKA**Dosha:** Tridosha**Agni:** Manda**Doshagati:** Vriddhi, Tiryak, Shakha**Vyadhi marga:** Bahya**Dushya:** Rasa, Rakta**Srotas:** Rasavaha, Raktavaha**Srotodushti prakara:** Vimargagamana**Udbhava Sthana:** Aamashaya**Vyakti Sthana:** Tvak**Svabhava:** AshukariDosha 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.

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 creates *srothorodha* by *sanga* and *Vimargagamana*. Thus, the *doshadushyasammurchana* commencing in *Aamashaya* get *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, doshagnakarma and karma exhibited include Rasayana, kushtagna, varnya and kandughna. These rasa guna and karma help in the Samprapti vighatana and thus proves to be effective in the management of Sheetapitta.

Shodhana Chikitsa

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: Udarda Prashamana Mahakashaya, Katu Taila, Mustadi Churna.

Sushruta Samhita: Eladi Gana.

Bhavaprakasha: Navakarshika Guggulu Trikatu + Sharkara Yavani + Vyosh + Yava kshara Aardraka Rasa + Purana Guda Yavani + Amalaki Nimba Patra + Ghrita + Amalaki Aardraka Khanda.

Chakradatta: Visarpokta Amritadi Kwatha Agnimantha Moola + Ghrita Shushka Pakva Gambhari Phala afterboiling with milk.

Bhaishajya Ratnavali: Yashtyadi Kwatha.

Yogaratanakar: Vardhamana Pippali Vardhamana Lasuna Prayoga

Pathya-Apathya: 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. 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. Anupa- 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 many cases. Sheet pitta 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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