



CONCEPTUAL ARTICLE ON SHEETAPITTA WITH SPECIAL REFERENCE TO URTICARIA

Dr. Chandan Mahajan^{1*}, Dr. Ammana Sharma², Dr. Hanika Sharma³

¹PG Scholar 1st yr- Kayachikitsa Department,

²Assistant Professor - Kayachikitsa Department,

³2nd yr PG Scholar - Kayachikitsa Department,

Jammu Institute of Ayurveda and Research, Jammu and Kashmir, India.



*Corresponding Author: Dr. Chandan Mahajan

PG Scholar 1st yr- Kayachikitsa Department, Jammu Institute of Ayurveda and Research, Jammu and Kashmir, India.

Article Received on 23/10/2023

Article Revised on 13/11/2023

Article Accepted on 03/12/2023

ABSTRACT

Ayurveda is the science of life providing guidelines on ideal daily and seasonal routines, diet, behaviour and proper use of senses for healthy and happy life. It suggests health as the balanced and dynamic integration between our environment, body, mind, and spirit. *Sheetapitta* is *Tridoshajanya Vikara* manifested on the skin keeping the blood (*Rakta Dhātu*) as its base & characterized by dark red skin rash, raised & itchy bumps. Its symptoms can be correlated with those of Urticaria. Urticaria is a type I hypersensitivity reaction which is manifested because of exposure to such allergens. Hence anti-histamines like Chlorpheniramine maleate, cetirizine, etc. are the drugs of choice, often accompanied by corticosteroid (Dexamethasone). But this treatment often fails and may not give a long standing relief. The contributing factor for this failure is the allergen, which is difficult to identify by any means of investigation. Allergens are present as food, medicine and environmental factors. Exposure to such allergens is unavoidable contributing to the increasing incidence of skin diseases. As *Sheetapitta* is a very common prevalent disease in the society and many allopathic medicines show no result in treating *Sheetapitta* completely, therefore there is need of better alternative ayurvedic treatment like *Amritadi Yoga*. It has contents *Amrita*, *Neem*, *Haridra*, *Duralabha* these drugs work at the level of *Dosha*, *Dushya*, *Agni* and *Srotas* and it help in treating *Sheetapitta*.

KEYWORDS: *Ayurveda*, *Sheetapitta*, *Udarda*, *Kotha*, *Urticaria*.

INTRODUCTION

Sheetapitta is a skin disease explained by *Acharya Madhavakara*, the author of *Madhavanidana*. The *Lakshanas* (symptoms) are *Varati Dashta Samsthana Shotha* (wheals like that of awasp sting), *Kandu* (itching), *Toda* (pain), *Jwara*, *Vidaha* (burning sensation). The signs and symptoms *Sheetapitta* are similar to the signs and symptoms of Urticaria. So we can correlate *Sheetapitta* with Urticaria. Urticaria is a vascular reaction pattern characterised by transient, erythematous, oedematous papules or plaques (wheals) of varying sizes and shapes which are usually pruritic. It 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. 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. In Allopathy, Antihistamines and steroids are commonly used in the treatment of Urticaria and longterm use of it may cause adverse effects. *Sheetapitta* is a disease caused when a patient is exposed to cold breeze which results invitation of *Kapha* and *Vata*. These two get combined with *Pitta* and circulate all over the body producing the signs and symptoms over the skin. The symptoms include *Varati Dashta Samsthana Shotha* 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*.

Disease Review

The proper references for *Sheetapitta* are not found in *Brihatrayies* but explanation about *Udarda*, *Kotha*, *Utkotha* are found as a *Vyadhi*^[1] or *Purvarupa*^[2] or *Lakshana*.^[3] In *Ayurvedic* texts, the *Sheetapitta*, *Udarda* & *Kotha* these three disorders are described almost similar but having few different characters and different causative factors. According to *Madhavakara*, *Sheetapitta* and *Udarda* are synonyms of each other. He quoted that *Sheetapitta* having *Vatika* dominancy while *Udarada* having *Kaphaja* dominancy and also mentioned specific characters of *Udarda*.^[4] *Acharya Charaka* has not directly used a word *Sheetapitta* but words *Kotha*, *Utkoha* and *Udarda* has mentioned at different places. *Madhava Nidana* explained detail *Nidana Panchaka* of 'SheetapittaUdarda-Kotha'. He only mentioned 'Sheeta MarutaSparsha' as causative factor.^[5]

Nidana

Exposure to cold wind leads to vitiation of *Kapha* and *Vata Dosh* combining with *Pitta* result in impurities in blood causing skin disorders.

1. *Aaharaja Hetu* – *Santarpana*, *Atilavana Sevan*, *Atiama Sevan*, *Katu Sevan*, *Kshara Sevan*, *Tikshna Madya Sevan*, *Viruddha Aahara Sevan*, *Adhyasana*, *Guru Dravya Sevan*, *Snigdha Bhojana Sevan*, *Dadhi Sevan*, *Visha-Yukta Annapanasevan*.
2. *Viharaja Hetu* – *Sheeta Maruta Sparsha*, *Vishayuktajal Snana*, *Abhyanga*, *Udvaratana*, *Vastra*, *Aabhushana*, *Keeta Damsha*, *Bahya Krimi*, *Chhardi Nigraha*, *Atidiwaswap*, *Shishir Ritu*, *Varshakala*, *Diwaswap*, insect bite.
3. *Nidanaarthakara Roga* – *Sannipatika*, *Pittaja And Kaphaja Jwara*, *Unmarda*, *Adhoga Amlapitta*.
4. *Chikitsa Mithya Yoga* – *Vamana-Virechana Ayoga*.^[6]

Rupa (Symptoms and Signs)

Amritadi yoga

DRAVYA	LATIN NAME	FAMILY
AMRITA	Tinospora cordifolia	Menispermaceae
NEEM	Azadirachta indica	Meliaceae
HARIDRA	Curcuma longa	Zingiberaceae
DURALABHA	Fagonia cretica	Meliaceae

Drug	RASA	GUNA	VIRYA	VIPAK	KARMA
Amrita	Tikta, Kashaya	Laghu, Guru, Snigdha	Ushna	Madhur	Kamla-Kushta-Vataraktanashaka, Jwarhara, Krimihara
Neem	Tikta, Kashaya	Laghu, Ruksha	Sheeta	Katu	Kushthahara, Raktishodhaka, Aruchihara, Jwarahara.
Haridra	Tikta, Katu	Laghu, Ruksha	Ushna	Katu	Kandughna, Lekhaniye, Kusthaghna, Vrananashak
Duralabha	Kashaya, Tikta	Laghu, Ruksha	Sheeta	Madhur	Krimighana, Sheetala, Dahahara, Visarpanashak,, Medoroghara, Jwarahara.

PATHYAAPATHYA

- *Varati Damshta Samsthana Shotha* (Inflammation like an insect bite)
- *Kandu Bahula* (Sever itching)
- *Toda Bahula* (Excessive pain like pricking),
- *Chardi* (Vomiting)
- *Jvara* (Fever)
- *Vidaha* (Burning Sensation).
- *Sotsanga Saraga Mandala*.
- *Ksanikotpatti Vinasha*^[7]

Samprapti

Samprapti is defined as the process involved in the pathogenesis of a disease by vitiated *Doshas* which are constantly circulating in the body. The first and foremost person to describe the *Samprapti* of *Sheetapitta-Udarda-Kotha* is *Madhavakara* in *Madhav Nidana*, as other *Acharyas* have just repeated the same thing. *Prakupita Vata* and *Kapha* (*Pradushta Kapha Maaruta*) due to *Sheeta Maarutadi Nidana* (*Sheeta Maaruta Samsparsha*) when being mixed with *Pitta* (*Pittena Saha Sambhooya*) spreads internally and externally (*Bahir Antah Visarpah*) and resulted into *Sheetapitta-Udarda-Kotha*. Exposure to cold or suppression of natural urges cause vitiation of *Kapha* and *Vata Doshas*. *Pitta Prakopak* lifestyle causes *Pitta* vitiation with more vitiation of *Vata Dosh* thus resulting in *Sheetapitta*.^[8]

Samprapti Ghataka

- *Dosha: Tridosha*
- *Agni: Manda*
- *Doshagati: Vriddhi, Tiryak, Shakha*
- *Vyadhimarga: Bahya*
- *Dushya: Rasa, Rakta*
- *Srotas: Rasavaha, Raktavaha*
- *Srotodushti Prakara: Vimarga Gamana*
- *Udbhava Sthana: Aamashaya*
- *Vyakti Sthana: Tvak*
- *Svabhava: Ashukari*

Pathya-Apathya plays an important role in the management of any disease. *Pathya* is that which is suitable to the disease and to the diseased. (Things to do). While *Apathya* is unsuitable and which aggravates the disease process leading to more discomfort to the patients. (Things not to do).

Pathya and Apathya for Sheetapitta are as follows

Pathya – Jeerna Shali, Mudga Yusha, Shigru Shaka, Patola Shaka, Triphala, Ushnodaka, Jangala Mamsa, Kulatha Yusha, Karvellaka Shaka, Dadima Phala, Madhu, Katu, Tikta, Kashaya Rasa, Lava-tilkta Mamsa Rasa.

Apathya – Matsaya, Poorva and Dakshin Disha Pavana, Naveena Madya, Chhardi Nigraha, Divaswapna, Snana, Virudhaahara, Aatap Sevana, Vyavaaya, Snigdha, Amla, Madhura Dravya, Guru Annapana

DISCUSSION

Amritadiyoga have *Tikta, Kashaya, Katu Rasa* and these drugs have the properties of *Rakta Shodhan, Vatanulomana, Pittakaphaprashamana, Deepana, Pachana* which help in the management of *Sheetapitta*.

Amrita has mast cell stabilizing effect as well as H1 anti Histamine effect on allergic disorders.

Hydroxy groups of *Haridra* may play a significant role in both anti oxidative and anti allergic activities.

Aqueous extract of *Neem* stimulates immune response by stimulating mast cell, Humoral and cell mediated response.

Amritadiyoga has significant effect on controlling *Sheetapitta*.

Combined effect of *Amrita, Nimba, Haridra* and *Duralabha* act in different levels of the *Samprapti* and does the *Vighatana*.

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. *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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