



DRUG REVIEW OF ADRAK KHAND IN URTICARIA

Dr. Dimple Patidar¹, Dr. S. N. Tiwari², Dr. Naini Jain³

¹PG Scholar Department of Samhita and Siddhant, Govt. Ayurvedic College Rewa M.P.

²Associate Professor, Department of Samhita and Siddhant, Govt. Ayurvedic College Rewa M.P.

³PG Scholar Department of Samhita and Siddhant, Govt. Ayurvedic College Rewa M.P.



*Corresponding Author: Dr. Dimple Patidar

PG Scholar Department of Samhita and Siddhant, Govt. Ayurvedic College Rewa M.P.

DOI: <https://doi.org/10.5281/zenodo.21715437>



How to cite this Article: Dr. Dimple Patidar¹, Dr. S. N. Tiwari², Dr. Naini Jain³ (2026). Drug Review of Adrak Khand In Urticaria. World Journal of Pharmaceutical and Life Sciences, 12(7), 1–5.

This work is licensed under Creative Commons Attribution 4.0 International license.

Article Received on 20/06/2026

Article Revised on 09/07/2026

Article Published on 01/08/2026

ABSTRACT

Introduction:- In *Ayurveda*, urticaria, often referred to as *Sheetapitta*, is a hypersensitive skin condition marked by wheals, itching, and erythema. Along with *Rakta dushti*, it is frequently linked to the vitiation of *Vata* and *Kapha doshas*. Antihistamines, which offer symptomatic relief but may have limitations in chronic instances, are the mainstay of modern management. *Ayurveda* uses *Shamana* and *Shodhana* therapies to provide holistic management. Ginger (*Zingiber officinale*) is the primary ingredient in *Adrak Khand*, a traditional polyherbal mixture used for allergy diseases such as *Sheetapitta*. It is a possible treatment choice because it has *Deepana*, *Pachana*, and anti-allergic qualities. **Material-** In addition to contemporary pharmacological databases and published research publications, this drug review was carried out using traditional Ayurvedic sources such as *Bhaishajya Ratnavali* and *Charaka Samhita*. The components, *Rasa* (taste), *Guna* (qualities), *Veerya* (potency), *Vipaka* (post-digestive impact), and *Karma* (therapeutic action) of the formulation *Adrak Khand* were examined. Its function in treating urticaria (*Sheetapitta*) was highlighted in particular. The pharmacological characteristics of its components, including their anti-inflammatory, antihistaminic, and immunomodulatory effects, were also examined. **Result:-** Important components of *Adrak Khand* include *Shunthi* (*Zingiber officinale*), *Trikatu*, *Triphala*, and sugar base, all of which have an effect on the immune and digestive systems. *Shunthi* has strong antihistaminic and anti-inflammatory properties that lessen wheal development and itching. *Trikatu* corrects *Agnimandya*, a crucial component in the pathophysiology of *Sheetapitta*, by improving bioavailability and digestion. *Triphala* supports immunological regulation and functions as a moderate detoxifier and *Rasayana*. *Rakta* is purified and *Vata-Kapha dosha* is calmed by the mixture. According to recent research, ginger inhibits inflammatory mediators that are involved in allergic reactions, such as prostaglandins and leukotrienes. In general, *Adrak Khand* treats urticaria's symptoms as well as its underlying cause. **Discussion:-** According to *Ayurveda*, *doshic* imbalance, impeded *Agni*, and *Ama* production are the pathophysiology of urticaria. *Adrak Khand* aids in *Ama pachana* and the restoration of digestive fire because of its *Ushna Veerya* and *Deepana-Pachana* qualities. Hypersensitivity reactions are lessened by its *Vata-Kapha shamaka* effect. In contrast to traditional antihistamines, it tackles the underlying pathophysiology in addition to relieving symptoms. However, people with *Pitta* predominance should use it with caution due to its *Ushna* character. Its potential as a secure and efficient substitute for chronic urticaria is highlighted by the merging of classical knowledge with contemporary pharmacology. **Conclusion:-** A promising Ayurvedic treatment for urticaria (*Sheetapitta*) is *Adrak Khand*. It effectively treats both symptoms and underlying reasons thanks to its multi-targeted strategy, which includes anti-inflammatory, antihistaminic, and digestive effects. To confirm its effectiveness and safety on a larger scale, more clinical research is advised.

INTRODUCTION

ayurveda Samhita sheetpitta is mentioned in *twak vikar*. In contemporary science these can be linked to urticaria. *sheetpitta* is derived from two-word *sheeta* and

pitta. Here *sheet* represents the *pitta dosha* in conjunction with *kapha* and *vata*. *Sheetpitta* is referred to as *tri doshaj vyadhi* in *ayurveda*, the main *dushya* are *rasa* and

rakta and the *doshas* of *vata* and *pitta* are prevalent. It is very common complaints in day-to-day practice.

Sheetpitta is one of the illnesses caused by *virudhahara sevan*. It is described in details in *madhav nidan*, *yogratnkara*. An episode of Urticaria (hives) can start as itching, followed by swollen red wheals. The Itching may be mild or severe. The symptoms include *Varti Damshta samsthana Sotha*.^[1] (inflammation like an insect bite) and *Kandu Bahula* (severe itching) caused by *Kapha* vitiation, *toda Bahula* (excessive pain like pricking) caused by *Vata* and *Daha* caused by *Pitta*. *Sheetpitta*, *udarda* and *kotha* are three different terms used in *samhitas*. Having few different characteristics and different causative factors. *Sheetapitta* is not mentioned in *brihtrayee* but these terms are mentioned as *purvarupa*,^[2] *lakshan*^[3] and *vyadhi*.^[4] *madhukosh*

explained the features of *sheetapitta* and *udarda* are similar to each other. *sheetapitta* is *vata dosha* predominance while *udarda* is *kapha dosha* predominant. Urticaria affects about 20% of population at some point in lifetime.^[5] Even though it is not a fatal illness, it lowers a patient's quality of life and makes irritable. The word "urticaria" comes from the Latin word "urtica," which means stinging nettle. Urticaria is a common condition that is characterized by erythematous and itchy lesions involving the dermis and mucous membrane. It is brought on by capillary dilatation and increased permeability. There are numerous etiological factors for urticaria, such as foods, medications, physical stimuli, infections, autoimmune diseases, and IgE antibodies. *Khanda* is a granule preparation and its assimilation starts from the buccal cavity.

INGREDIENT OF ADARAK KHANADA

S.NO.	NAME	LATIN NAME	Quantity	Part used
1.	Adraka	<i>Zingiber officinale rosc</i>	2 ser (2 lit)	Rhizome
2.	Goghrita	Cows' ghee	1 ser (1 lt)	-
3.	Godugdha	Cow's milk	4 ser (4 lit)	-
4.	Sarkara	Sugar	1 ser (1lit)	-
5.	Pippali	<i>Piper longum linn.</i>	5 tola (60g)	Fruit
6.	Pippalimula	Root of piper longum linn	5 tola (60g)	Root
7.	Maricha	<i>Piper nigrum linn.</i>	5 tola (60g)	Fruit
8.	Shunti	<i>Zingiber officinale rosc</i>	5 tola (60g)	Rhizome
9.	Chitraka	<i>Plumbago zeylanica</i>	5 tola (60g)	Root bark
10.	Vidanga	<i>Embeliaribes brum</i>	5 tola (60g)	Fruit
11.	Musta	<i>Cyperusrotundus</i>	5 tola (60g)	Rhizome
12.	Nagkeshara	<i>Mesuaferrea</i>	5 tola (60g)	Fruit
13.	Twak	<i>Cinnamomumzeylanicum Blume</i>	5 tola (60g)	Bark
14.	Ela	<i>ElettariacardamomumMaton.</i>	5 tola (60g)	Fruit
15.	Tejpatra	<i>CinnamomumtamalaNees&Eberm</i>	5 tola (60g)	Leaves
16.	Kachora	<i>Curcuma zedoariaRosc.</i>	5 tola (60g)	Rhizome

1. ADARAK

BOTNICAL NAME: ZINGIBER OFFICINALE

Classification according to classical texts: -

Charak Samhita – *truptighna*, *arshpghna*, *Deepana*, *shoolprashmana*, *Trishna nigravana*

According to Acharya Charak, this herb has a number of benefits, including *deepana*, *virshya*, and pacification of *vata* and *kapha dosha*. Its *Vipaka* is *Madhur*, it is used in *Hridaya roga* and it is best for appetizer.^[6]

Sushrut Samhita – *pipalyadi gana*, *trikatu*

According to acharya Sushruta it pacifies *vata* and *kapha dosha*, it is good for voice and relieves constipation and gas bloating also. *Adraka* is helpful in abdominal pain. *Adraka* is *katu Rasa* and *ushna veerya* and *rochan*, *hridya* and *virshya*.^[7]

Active ingredients that reduce inflammatory mediators related in urticarial responses include gingerols and shogaols, which inhibit the cyclooxygenase (COX) and lipoxygenase pathways.

Ginger stabilizes mast cells and reduces histamine release, respectively, which are important factors in urticaria wheal growth and itching.

Gingerols, shogaols, paradols, and zingerone are the main active ingredients in ginger; they have immunomodulatory, anti-inflammatory, and antioxidant properties.^[1]

Ginger chemicals inhibit the production of proinflammatory cytokines (TNF- α , IL-1 β , and IL-6) and NF- κ B, which are processes linked to hypersensitive inflammation.^[2]

Pharmacological activities

S. No.	Property	Description
1.	Rasa	Katu, tikta
2.	Guna	Laghu, ruksha

3.	<i>vipaka</i>	<i>Katu</i>
4.	<i>Veerya</i>	<i>Ushna</i>
5.	<i>Doshaghnata</i>	<i>Kapha, pittahara (bhavprakash nighntu)</i> <i>Vata hara (raj nighnatu)</i>

2. GO-GHRITA

Latin name- *Butyrum depattum*

S. No.	Property	Description
1.	<i>Rasa</i>	<i>Madhur</i>
2.	<i>Guna</i>	<i>Snigdha</i>
3.	<i>Veerya</i>	<i>Sheeta</i>
4.	<i>Vipaka</i>	<i>Madhura</i>
5.	<i>Doshaghnata</i>	<i>Tridoshashamaka</i>

Charaka mentioned that *Ghrta*, *Taila*, *Vasa* and *Majja* are best among all *Sneha Dravyas*.

Among these four, he has indicated the superiority of *Ghrta* because of its *Samskaranuvarthana* property.^[8]

Ghrta pacifies *Pitta* and *Vata*, increases *Rasa*, *Shukra* and *Ojas*. It also produces *Nirvapana*, *Mruduta* enhances *Svara* and *Varna*. *Ghee* pacifies *Vata* by *Sneha guna* and *Pitta* by its *Sheeta guna* and *Kapha* having equal quality it acts on it by *Samskara*.

In experimental studies, *ghree's* fatty acids can lower inflammatory mediators such as prostaglandins and leukotrienes.

Ghee's antioxidants—vitamins A, E, and carotenoids—may absorb free radicals, reducing chronic inflammation and subsequent tissue damage. #

Go-Ghrta is a useful adjuvant and supportive treatment for urticaria. Its immunomodulatory, *Rakta-prasadana*, *Pitta-Vata shamana*, and anti-inflammatory properties aid in the relief of symptoms including burning, itching, and recurrence. Cow *ghee* is beneficial for chronic, recurring, and *Pitta*-dominant urticaria, however it shouldn't be used in place of emergency or acute antihistamine medication.

3) GO- DUGHDA

S.NO	PROPERTY	DESCRIPTION
1.	<i>Rasa</i>	<i>Madhur</i>
2.	<i>Guna</i>	<i>Guru, snigdha</i>
3.	<i>Veerya</i>	<i>Sheeta</i>
4.	<i>Vipaka</i>	<i>Madhura</i>
5.	<i>Doshakarma</i>	<i>Vatapitta shamak</i>

Milk is *vata* and *pitta dosha shamak* due the above said properties. *Go-dugdha* acts as *rasayana*, *jivniya*, *varnaya*, *Medhya*.^[10]

4) SITA OR SUGAR – According *ayurveda Samhita*, *sharkara* is considered as *sita*. According to *asthang hrudaya sharkara* is considered in *ikshu varga*. Because the drug *sarkara* is prepared from the juice of *saccharum officinarum* Linn.

- *Rasa* – *Madhura*, *tikta*, *Kashaya*

- *Guna* – *snigdha*, *sheeta*
- *Veerya* – *sheeta*
- *Vipaka* – *Madhura*
- *Doshghnata* – *vata pitta shamaka*
- *Karma* – *rochana*, *rakta vikar nashaka*, *balya*, *shukrala*.
- **Therapeutic uses** – *sharkara* used in *daha*, *Trishna*, *chharti*, *murcha*.^[11]

S. no.	Ingredients ^[12]	<i>Rasa</i>	<i>Guna</i>	<i>Veerya</i>	<i>Vipaka</i>	<i>Doshaghnata Karma</i>	<i>Rogaghnata (specially in context to sheetpitta)</i>
1.	<i>Pippali</i>	<i>Katu</i>	<i>Laghu, snigdha, Tikshna</i>	<i>Anushna sheeta</i>	<i>Madhur</i>	<i>Kaphavata-Shamak</i>	<i>Deepana, kushtha, krimighna,</i>
2.	<i>Pippali mool</i>	<i>Katu</i>	<i>laghu, ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavata shamak Pitta vardhak</i>	<i>Deepana Krimighna</i>

3.	Marich	Katu	Ruksha Tikshana	Ushana	Katu	Kapha vata shamak	Agnimandhya Kushta, shola
4.	Shunthi	Katu	Laghu, snigdha	Ushna	Madhura	Kapha vata dosha shamak	Shotha, sheetpitt kushta, shool
5.	Chitrak	Katu	Laghu, Ruksha	Ushna	Katu	Kaphavata shamak	Krimighna kushtaghna
6.	Vidanga	Katu	Tikshna Ruksha Laghu	Ushna	Katu	Kapha vata shamak	Kriminashak Kushthagha Rasayan
7.	Musta	Katu Tikta kashaya		Sheeta		Kaphapitta nashak	Kriminashaka
8.	Twaka	Katu tikta madhura	Laghu ruksha Tikshna	Ushna	Katu	Kapha vata shamak	Kandughana Krimighna
9.	Nagkesar	Kashaya	Ruksha Laghu	Ushna			Kushtaghana Kandughna
10.	Ela	Katu	Laghu	Sheeta	Madhura	Vatanasha	
11.	Tejpatra	Katu Tikta Madhura	Laghu	Ushna	Katu	Vata kapha shamak	Kandughana Krimighna
12.	Karchura	Katu Tikta	Laghu	Ushna	Katu	Vata khapha nashak	Kushthagha Vranghana

Pipali

The most researched substance, piperine, is essential to its immunomodulatory and anti-allergic properties. Piperine has been shown to **inhibit mast cell degranulation**.

Piperine is primarily responsible for the potent anti-allergic, anti-inflammatory, mast cell stabilizing, antioxidant, and immunomodulatory effects of Piper longum.

Marich

Piperine reduces wheals and itching by preventing mast cells from releasing histamine.

Anti-inflammatory effect: Inhibits cytokines and prostaglandins, two inflammatory mediators.

Shunthi

Wheals and itching reduce when gingerols and shogaols prevent mast cells from releasing histamine. Reduces prostaglandins and leukotrienes by suppressing the COX and LOX pathways. It works well as a preventative and supportive medication for both acute and chronic urticaria.

Chitrak

inhibits the release of histamine and mast cell degranulation. Controls hypersensitivity-related immunological reactions. frequently used along with Madhu or Go-ghrita to reduce the irritating impact.

Vidanga- Embelin prevents the release of histamine and the degranulation of mast cells. suppresses inflammatory mediators such as IL-1 β and TNF- α .

In the curcuma zedoaria These compounds and curcuminoids reduce inflammatory mediators Trijat (twak patra, ela)- It protects damaged skin from

subsequent infections. increases metabolism, which in turn minimizes immunological hypersensitivity based on by toxin accumulation.

PROBABLE MODE OF ACTION OF “ADARAKA KHANDA”

- Almost drug of *adaraka khanda* is *katu, tikta rasa*. *Katu* and *tikta rasa* illuminates the *agnimandhya*, and increases the *jatharagni*. By this *jatharagni* will lead to increase of all *dhatavagni* thus the *dusthi* of *rasa* and *rakta* will be appeased.
- When the *agni* is corrected. All of the *dhatus* particularly *rasa* is formed properly. All *dhatus* will develop correctly when the *rasa* is well- formed.
- *Agni* increases or comes to at its normal stage. *Ama* is removed form channels of body because the majority of the substances have *deepan-pachan* qualities, they will aid in the removal of *ama*.
- Milk is a considerable complete diet, and *go-ghrita* and *go-dugdha* are enhanced with almost all minerals. Both of these will boost the immune system's strength, which in turn will boost the body's ability to produce more *oja*.
- By slowing down the pathogenesis or inflammatory process, the majority of the elements with *deepan-pachan*, *kandughna*, *kushthagha*, and *shothaghna* qualities would aid in the *samprapti vighatana* of *sheetapitta*. All of these also function by lowering the production of histamine and other inflammatory chemicals.
- *Tridosha* involvement is present in *sheetapitta*, *udarda* and *kotha* according to the context hence,

tridosahara medication ought to be provided. The primary ingredient in *adaraka khanda* is *adaraka* itself which anti-allergic, *tridoshashamak* property, anti-allergic, anti-inflammatory properties, characteristics, thus it will undoubtedly defeat the body's pathogenic processing.

- Main drug of *adraka khanda*, *adarak*, *go ghrita*, *go dugdha*, sugar and other drug have *varnya* qualities that will assist the skin remain in its regular state and lessen the impact of allergens on a protected skin.

CONCLUSION

Adaraka Khanda is collective combination of **digestive stimulants (pippali, shunthi, maricha, chitraka)** and nutritive media like *dugdha-ghrit-sarkara* which promotes dual benefits balancing causative *doshas* and nourishing skin tissues. Its **tridosahara** feature coordinates with Ayurvedic treatment principles for Sheetapitta/Urticaria. The classical formulation of **Adaraka Khanda**, as detailed in Bhaishajya Ratnavali, offers a reasonable and traditional option for management of **Sheetapitta** (urticaria), upheld by its **deepana-pachana, tridosha shamak, anti-itching, anti-inflammatory, rasayana** actions. When it comes to ayurveda therapy *hetu,linga, aushadha* are three components of ayurveda, they should be taken into account while preparing a treatment plan. Additionally in order to avoid contracting an illness one must adhere to the *nidan parivarjana* concept. *Aushadha* is one of the pillars of *tray stambh* of ayurveda.

REFERENCE

1. Madhav Nidana of Madhavakar, 50/3 Part II, Chaukhambha Sanskrit Sansthan, Varanasi.
2. Prof. Gaur Banwari Lal CARAKA SAMHITĀ Composed by Maharṣi Agniveśa and Revised by Caraka and Drdhabala VOLUME- 3(chikitsa sthan chapter no 7/12) Rashtriya Ayurveda Vidyapeeth Edition: First, August 2014.
3. Prof. Gaur Banwari Lal CARAKA SAMHITĀ Composed by Maharṣi Agniveśa and Revised by Caraka and Drdhabala VOLUME- 3(chikitsa sthan chapter no 3/108) Rashtriya Ayurveda Vidyapeeth Edition: First, August 2014.
4. Prof. Gaur Banwari Lal CARAKA SAMHITĀ Composed by Maharṣi Agniveśa and Revised by Caraka and Drdhabala VOLUME- 1(chikitsa sthan chapter no 20/17) Rashtriya Ayurveda Vidyapeeth Edition: First, August 2014.
5. KANNU PRIYA1, Anupama Vinayak Mauskar, Acute Urticaria in Children in a Tertiary Care Hospital: A Cross-sectional Study, Journal of Clinical and Diagnostic Research. 2021 Jun; Vol-15(6): SC05-SC08.
6. Prof. Gaur Banwari Lal CARAKA SAMHITĀ Composed by Maharṣi Agniveśa and Revised by Caraka and Drdhabala VOLUME- 1(chikitsa sthan chapter no 27/296) Rashtriya Ayurveda Vidyapeeth Edition: First, August 2014.
7. Shastri Dr Kaviraja ambikadutta shastri, ayurveda-tattva-sandipika nidana sthan 46/227, hindi commentary, chaukhambha Sanskrit sansthan.
8. Charak samhita, Sutra sthana 13/13, Pandit Kashinath Pandey and Dr. Gorakhnath Chaturvedi; Chaukhamba- Bharti Academy, Varanasi.
9. Charak samhita, Sutra sthana 13/13, Pandit Kashinath Pandey and Dr. Gorakhnath Chaturvedi; Chaukhamba- Bharti Academy, Varanasi.
10. Tripathi Dr. brahmanand astanga hridayam of srimadvagbhata hindi commentary sutrasthan 5/21-22, chaukhambha Sanskrit sansthan.
11. Tripathi Dr. brahmanand astanga hridayam of srimadvagbhata hindi commentary sutrasthan 5/50 chaukhambha Sanskrit sansthan.
12. Dravyaguna Vigyan priyavat sharma reprint 2013; 2 publisher chaukhambha pharati academy.