

AYURVEDIC TREATMENT MODALITIES OF SHEETPITTA, UDARDA AND KOTHA: A CLASSICAL REVIEW

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ABSTRACT

Sheetpitta, *Udarda* and *Kotha* mentioned in *Madhava Nidana* immediately after *Kushtha roga* these disease are also manifested in skin. *Sheetpitta* is diagnosed clinically based on symptoms like *Varteedashtavat Shotha*, *Kandu*, *Toda* being caused or aggravated by exposure to cold or even moist wind. Skin diseases are a major health problem in all age group and are associated with significant morbidity. Treatment failure rate is extremely high in the management of skin disease in primary care scope. *Ayurveda* has better treatment for the skin diseases as compared to other medical science.

KEYWORD: *Sheetpitta*, *Udarda*, *Kotha*, *Dosha*.

INTRODUCTION

Ayurveda an ancient medical tradition from India is the science of life. It provides an integrated approach in preventing and treating illness through lifestyle interventions and natural therapies. *Ayurveda* provide us detailed information about *Sheetpitta*, *Udarda* and *Kotha* disease and their management. The appearance of itching wheals over the body, having elevated centers surrounded by the patches of redness is identified as *Sheetpitta*. The wheals tend to disappear in a day or two and sometimes accompanied by fever, vomiting and burning sensation. *Sheetpitta* is caused by contact with very cold breeze, *Kapha* and *Vata* getting aggravated, along with *Pitta* it involves skin externally and internally blood and other tissue. Prodromal features of the disease include feeling of thirst, loss of appetite, oppression in the chest, debility, heaviness of the body and redness of the eyes are its symptoms. *Prakriti* of person, *Dosha*, *Dasha*, *Ritu* and *Agni* are the main key factors for these diseases to appear.

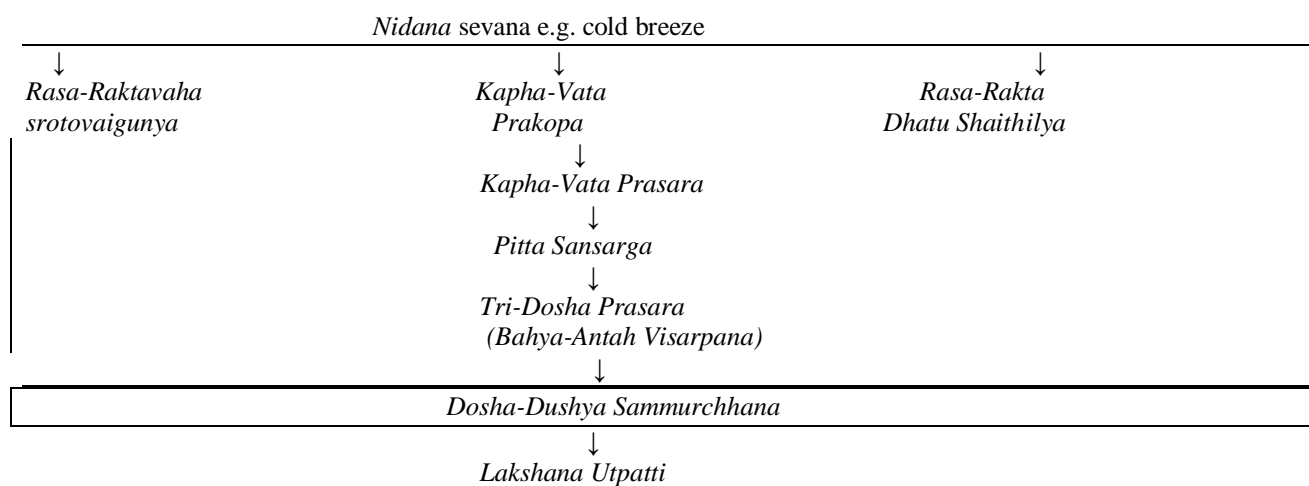
Definition of *Udarda*

Elevated, reddish, highly irritating, round patches caused by *Kapha* during *Shishir Ritu*(winter) is known as *Udarda*.^[1]

Samprapti Chakra:

Nidana and *Samprapti* (Causative Factor And Pathogenesis)

Samprapti is defined as the process involved in the pathogenesis of a disease by vitiated *Tri-doshas* which are constantly circulating in the body. *Samprapti* of *Sheetpitta*, *Udarda* and *Kotha* was described first time in *Madhava Nidana*. *Vata* and *Kapha Dosha* gets aggravated due to exposure of cold breeze along with *Pitta Dosha* spreads internally and externally and results into *Sheetpitta*, *Udarda* and *Kotha*.^[2]



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*Sheetpitta
(Vata)*

Samprapti Ghataka:

Dosha: Tri-dosha

Dushya: Rasa, Rakta

Agni: Mandagni

Srotas: Rasavaha, Raktavaha

Srotodushti: Vimarga gamana

Udbhava Sthana: Amashaya

Swabhava: Ashukari

Vyakta Sthana: Twaka

↓

*Udarda
(Kapha)*

↓

*Kotha
(Vamanvega Vidharana)*

Purvarupa (Premonitory Symptoms)^[3]

- Thirst (*Pipasa*)
- Anorexia (*Aruchi*)
- Nausea (*Hrillasa*)
- Debility (*Deha-sada*)
- Feeling of heaviness of the body (*Anga-gauravam*)
- Redness of the eyes (*Rakta-lochanata*)

Rupa (General Symptoms)

Elevated patches (rashes) resembling that produced by the sting of the wasp, associated with severe itching and pricking pain, vomiting, fever and feeling of burning sensation are the characteristic features of *Udarda*, known as *shitapitta*. In *Shitapitta*, *Vata* is predominant while in *Udarda*, *Kapha* is predominant.^[4]

Incomplete emesis, suppression of the movement of *Pitta*, *Kapha* and *Anna* (food) lead on to the appearance of innumerable rashes, red in colour, highly itching and relapsing many times. This condition is known as *Kotha*.^[5]

Chikitsa (Treatment)

Line of treatment of *Sheetpitta*, *Udarda* and *Kotha* are described in all *Ayurveda Classics* like *Snehana*, *Swedana*, *Vamana*, *Virechana*, *Abhyanga*, *Parisheka*, *Lepa*, *Udvartana*, *Raktamokshana*.

The patient suffering from *Udarda* should use the following therapies

- Massage with mustard oil
- *Swedana* with hot water
- *Vamana* therapy with the help of the decoction of *Patola* and *Arishta*
- *Virechana* therapy with *Triphala*, *Guggulu* and *Pippali*
- Intake of *Navkarshika Guggulu* with *Triphala* mixed with Honey
- Intake of *Amritadi Kwatha*
- Intake of *Yavani* along with Jaggery
- Consuming the powder of *Agnimantha mool* and *Ghrita* during morning hours.
- *Haridra Khanda* and *Ardraka Khanda*
- *Shitapitta Bhanjana Rasa*, *Vishveshwara Rasa* and *Sleshmapittantaka Rasa*
- *Sparshavataghni Vati*^[6]
- *Trikatu + Sita* (Sugar)
- *Guda + Amla*
- *Vyosha + Kshar + Yavani*
- *Adraka Rasa + Purana Guda*
- *Guda + Yavani*
- *Nimba Patra + Amla + Ghrita*^[7]
- *Siddharthaka Udvartana*
- *Durvadi Lepa*, *Agnimantha Pralepa*, *Nimbapatradi Lepa*
- *Udardahar Yoga* (*Amratadi Gana* Decoction), *Eladi Gand*^[8]

- *Gambharika Faladi Yoga, Yashtyadi Yoga, Amratadi Yoga, Saguda Deepyaka Yoga, Yavanyadi Yoga, Agnimantha Yoga, Nimbapatra Yoga*
- *Kushthadi Churna, Saindhavadi Yoga, Siddharthakadi Yoga*
- *Krimi and Dadruhara Chikitsa*^[9]

Pathya- Apathya

The patient suffering from *Sheetpitta, Udarda* and *Kotha* should take following type of diet e.g. *Purana Shali, Mudga* and *Kulattha Yusha, Shigru Mool, Karvellam, Upodika, Vetagra, Dadima, Triphala, Madhu, Jangala Mamsarasa, Katu, Tikta, Kashaya Rasa Dravya*,^[10] *Ushna Jala*, and all *Pitta-Shleshmahara* products.^[11]

Ksheera and *Ikshu Vikara, Matsya, Anupa Mamsa, Naveena Madya, Vamana Vegadharana, Divashayana, Vyavaya, Viruddhashana, Snana, Atapa, Snigdha, Amla* and *Madhura Rasa* and *Guru Anna* is prohibited in the patient of *Sheetpitta, Udarda* and *Kotha*.^[12]

DISSCUSSION

According to *Madhava Nidana, prakupita Vata* and *Kapha* due to *Sheeta Maruta Samsaparshadi Nidana*, along with *Pitta* spreads internally and externally and result in manifestation of *Sheetpitta, Udarda* and *Kotha*. *Bahirvisarpana* of this combination of *vikruta Tri-dosha* results in *Utsannamandala* along with *raga* and *kandu*. When one gets large patches on skin, pain similar to a piercing needle and looses touch sensation over the affected part, the physicians refer such condition as case of *Sparshavata. Dosha- Dushya Sammurchhana* leads to *Dushti of Tri-Dosha* mainly *Bhrajakapitta* leading to *Agnimandya* which can be considered as release of different mediators by hypersensitivity reactions resulting in different types of allergic skin disorders.

Acharya Madhavakara has described *Shitapitta* and *Udarda* synonyms of each other and recited that *Shitapitta* is having *Vata* dominance and *Udarda* having *Kapha* dominance. *Sheetpitta, Udarda* and *Kotha* are slightly different from each other in *Ayurveda* texts. *Bhaishjya Ratnavali* has described that patient suffering from *Kotha* should adopt line of treatment prescribed for *Kushtha, Amlapitta* and *Udarda*. *Bhawaprakasha* has described *Shodhana* and *Shamana Chikitsa* in *Sheetapitta, Chakradutta* has mentioned *Shaman Chikitsa* of these diseases. *Yogaratanakar* has prescribed *Krimighna* and *Dadruhna Chikitsa*.

CONCLUSION

In modern medical system there is vast treatment of many allergic skin disorders but reoccurrence of disease is very common. *Ayurveda* has lot of capacity in the treatment aspect of allergic skin disorders by using of various *Ayurvedic* formulations and following *Pathya Apathya*.

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