



MARICH CHURNA AND ARNI MOOL CHURNA FOR THE MANAGEMENT OF SHEETAPITTA (URTICARIA); AN AYURVEDA REVIEW

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ABSTRACT

Sheetapitta is common allergic reaction that can be correlated with urticaria as per modern science. *Sheetapitta* mainly occurs due to the excess intake of *Katu & Lavana* food, day time sleeping, exposure to cold wind, insect bite, seasonal changes and hereditary consequences. These factors *Kapha* and *Vata Doshas* aggravated, get combined with *Pitta Dosha* and spread throughout the body that results skin rashes. The common symptoms of disease are itching, pricking sensation, *Aruchi*, *Pipasa*, *Rakta lochanata* and skin manifestation. The ayurveda treatment of *Sheetapitta* mainly involves pacification of vitiated *Doshas* and detoxification of body using medicines and *Shodhna* therapy. The some ayurveda drugs offer beneficial effects in the management of such diseases therefore present article described role of *Marich Churna* and *Arni Mool Churna* in the management of *Sheetapitta*.

KEYWORDS: *Ayurveda, Sheetapitta, Urticaria, Marich, Arni Mool.*

INTRODUCTION

Sheetapitta (Urticaria) is common problem that mainly occurs due to the allergic consequences inside the body. The condition put severe health burden to the society since it greatly affect quality of life in terms of mental inferiority. It is believed that consumptions of incompatible food stuffs, *Sheeta Maruta Sparsha*, *Vastra*, *Vishyuktajal Snana*, presence of pathological conditions such as; *Pittaja jwara*, *Sannipatika*, *Unmada* and *Amlapitta* can lead disease triggering. Rash, reddish patches, *Hrillasa*, *Dehasada*, *Varati Damshta Samsthana Shotha*, *Toda Bahula* and *Jvara* are the major symptoms of *Sheetapitta*. The *Sheeta Maarutadi Nidana* leads vitiation of *Kapha* and *Vata Doshas* which ultimately causes disease manifestation through the various physiological consequences as depicted in **Figure 1**.

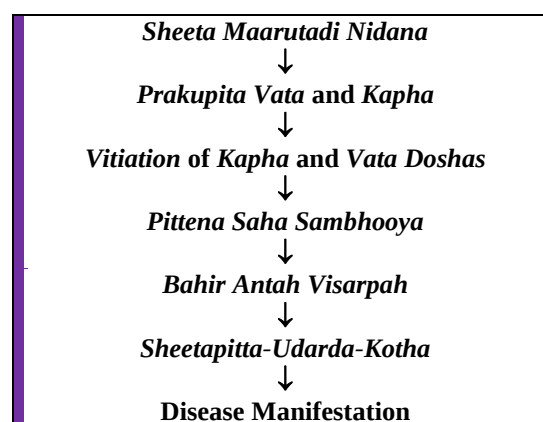


Figure 1: Pathogenesis of Sheetapitta.

The major causes of diseases are as follows

- ❖ Exposure to diversified climatic conditions including cold wind and icy atmosphere.
- ❖ Excessive intake of *Katu* and *Lavana* food stuffs.
- ❖ Day time sleeping.
- ❖ *Keeta damsha*.

- ❖ Side effects of medicine or improper use of *Shodhana* therapies.
- ❖ Genetic or incompatible daily regimen.

The symptoms of Sheetapitta are as follows

- ❖ Itching, pricking and burning sensation
- ❖ *Aruchi* and *Pipasa*
- ❖ Lethargy and psychological depression
- ❖ Eye discoloration and skin rashes

The major approaches of the treatment of *Sheetapitta* involve use of *Samshodhana* (purification) therapy and medications. In this regards ayurveda described *Shodhana* therapies such as; *Abhyanga*, *Svedana*, *Vaman* and *Virechana* along with medicine (herbs, polyherbal and ayurveda formulations). *Marich*, *Haridra*, *Arni Mool*, *Kapitha*, *Brihat Haridra*, *Khand Yoga*, *Mahamanjishthadi kwath* and *Arogyavardhini* are the some ayurveda drugs and formulations that can be used for the management of *Sheetapitta*. Present article described role of *Marich churna* and *Arni MoolChurna* in the management of *Sheetapitta*.

Marich Churna in Shitapitta

The main component of *Marich Churna* is *Marich* (*Piper Nigrum*) commonly termed as Black pepper offers following beneficial effects in *Sheetapitta*. *Marich* is one of the chief constituent of many Ayurveda formulations such as; *Kanchanara guggulu*, *Trikatu*, *Chitrakadi vati* and *Saraswat vati* etc. It not only alleviates *Kapha* and *Vata* but also increases *Pitta*, increase appetite therefore relieves symptoms of *Aruchi* and *Pipasa* associated with *Sheetapitta*. It pacifies vitiated *Doshas*, boosts metabolic activities therefore help in detoxification process which is very important aspect for the treatment of skin disease. Insect bites can trigger pathogenesis of *Sheetapitta* and *Marich* acts as antidote for many insect bites thus prevent such types of consequences. *Marich* light and minutes in nature therefore entered into deep tissue and channels to provide systemic relief from disease symptoms. The hot potency of *Marich* helps to reduce pathological events associated with coldness like; urticaria. It balances *Vata* and *Kapha Doshas* in body and pacifies causes of *Pitta* vitiation.

- ✓ Relief pain and burning sensation.
- ✓ Suppress diversified health effects that may occur due to the coldness since it induce internal heat.
- ✓ Increase circulation thereby incorporate fresh blood supply on affected area.
- ✓ Relieve consequences of *Sheetapitta* such as; fevers and inflammation.
- ✓ The pungent taste improves digestion thus relief anorexia.
- ✓ Acts as nervine stimulant thus pacify psychological depression associated with skin rashes.
- ✓ It posses antioxidant activities therefore reduces tissue damage associated with skin manifestation.

Arni Mool Churna in Shitapitta

Arni Mool is one of the important ayurveda drug offers beneficial effects in many pathological conditions associated with skin manifestation. It is ingredient of many ayurveda preparation such as; *Dashmularishtha*, *Gorochandi Vati* and *Dashmool Ghritha* etc. The roots possess stimulant, laxative, astringent, carminative and antibacterial properties. The anti-allergic, anti-urticaria and antipruritic properties of *Arni Mool Churna* reduces hives, itching and prickling pain associated with *Sheetapitta*.

Arni Mool Churna offers following properties:

- ❖ *Tikta, Katu* and *Kashaya Rasa*
- ❖ *Laghu* and *Ruksha Guna*
- ❖ *Ushna Virya*
- ❖ *Katu Vipaka*

The *Ushna Virya* offers hot potency thus reduces effects of cold wind that may cause pathogenesis of urticaria, it control phlegm and pacify *Vata*. *Arni Mool* helps to treat anxiety, depression and stress thus help in psychological problem involves in skin disease like; *Sheetapitta*. It offers relief in symptoms of urticaria such as; inflammation, pain, bacterial skin infection, problem of upper dermis and burning sensation. It help to correct liver functions thus relive symptoms of disease such as; *Aruchi* and *Pipasa*. Help in constipation and improves digestion thus regulate detoxification process which is prerequisite in skin problems. In urticaria root powder is recommended with *Ghee* that helps in blood purification and treats skin diseases. The roots possess stimulant effects of root pacify disturbed bowel movement, astringent effects suppress adverse allergic reactions caused by cold climatic conditions and antibacterial properties of root help to prevent skin infections and suppress further inflammatory lesions. The root alleviates pain, swelling and pricking sensations of urticaria. The drug promotes blood supply thereby reduces skin rashes and soothing effects of root offers symptomatic relief in burning pain of urticaria.

Maricha and Arni Mool Churna towards Samprapti Bhanga of Shitapitta

Maricha and *Arni Mool Churna* after meal offres relief in symptoms of *Shitapitta* such as; *Toda*, *Daha*, *Kandu* and round patches. The therapy pacifies vitiated *Vata* and *Kapha Dosha* and removes aggravated *Pitta*. *Agnimandya* produces *Apachita Ahara Rasa* that may enter into the *Rasavaha* and *Vatavaha Srotasa* ultimately resulting skin manifestation. The *Maricha* and *Arni Mool* possess *Tikta & Katu Rasa*, *Laghu Guna* and *Ushna Virya* thus prevent production of *Apachita Ahara Rasa*. The drug improves circulation of *Swedavaha Srotas* of skin thus facilitate detoxification through the skin pores. The *Churna* pacify stagnation of *Rasa-Vahinis* thus relieve symptoms of disease such as; burning sensation, itching and pricking pain. The *Pramathi* effects of therapy return back *Doshas* to *Kostha*. And then remove

them. The drugs not only offer *Vataghana* effects but also posses *Pittashamak* effect.

CONCLUSION

Maricha Churna and *Arni Mool Churna* helps in *Samprapti Bhanga* of *Shitapitta*. *Maricha Churna* and *Arni Mool Churna* improve signs and symptoms of *Shitapitta* and treat disease without any severe side effects. Hence it can be concluded that *Maricha Churna* and *Arni Mool Churna* can be used as drugs for the treatment of *Shitapitta*, however study on large population recommended for establishment of research findings.

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