

“A STUDY ON THE PROSPECTS OF AYURVEDIC MANAGEMENT OF URTICARIA”**¹*Dr. Sheetal Verma and ²Dr. Vishal Verma**¹Associate Professor, Department of Samhita Sanskrit Evum Siddhanta Uttarakhand Ayurved University, Gurukul Campus, Haridwar, Uttarakhand, India.²Associate Professor, Department of Shalya Tantra Uttarakhand Ayurved University, Rishikul Campus, Haridwar, Uttarakhand, India.***Corresponding Author: Dr. Sheetal Verma**

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ABSTRACT

Urticaria is a disease characterized by erythematous and pruritic rashes on skin. *Udarda-Sheetapitta-Kotha* has almost similar symptomatology and causative factors as Urticaria. *Asatmya*, *Virudhahara* and *Dushivisha* are common etiological factors for these diseases. 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 have to take medicines for long time, which may be having some unwanted side effects. *Ayurveda* can provide permanent cure for the disease. In *Ayurveda*, the sequential administration of *Shodhana* therapy and certain *Shaman Yogas* are quite beneficial. *Ayurvedic* medicines are cost effective, easily available and safe for long term use.

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

Urticaria is a disease characterized by erythematous and pruritic rashes in the dermis or large hypodermal swellings.^[1] It is lumpy and itchy rashes which look like the effect of a nettle sting and occurs for more than six weeks.^[2-3] It affects 20% of people at some time in their life time.^[4-5] Acute Urticaria is most common in young patients while chronic type is in middle-aged women which are more difficult clinical problem.^[6-7]

Though the disease is not life threatening, it makes patient worried, due to its appearance and severe pruritus.^[8-9] In some cases, the disorder is relatively placid but recurrent and frustrating for both patient and physician. In other cases, it manifests as a part of spectrum of systemic anaphylaxis. Patients often seek medical attention with the anticipation that cause can be identified.

Concept of Urticaria in Ayurveda

Udarda-Sheetapitta-Kotha has almost similar symptomatology and causative factors as Urticaria. These three are usually used as synonyms of each other^[10], having a common symptom of itchy red rashes on skin on almost all over the body. Various conditions like *Asatmyahara*, *Virudhahara* and *Dushivisha* are common etiological factors for these diseases which can be correlated with allergic conditions.^[11] *Udarda-Sheetapitta-Kotha* has almost similar symptomatology and causative factors as Urticaria.^[12] *Madhavakara*

described *Sheetapitta* and *Udarda* as synonyms of each other; but then he quoted *Vata* dominance in *Sheetapitta* and *Kapha* dominance in *Udarda*.^[13]

***Nidana*^[14-17]**

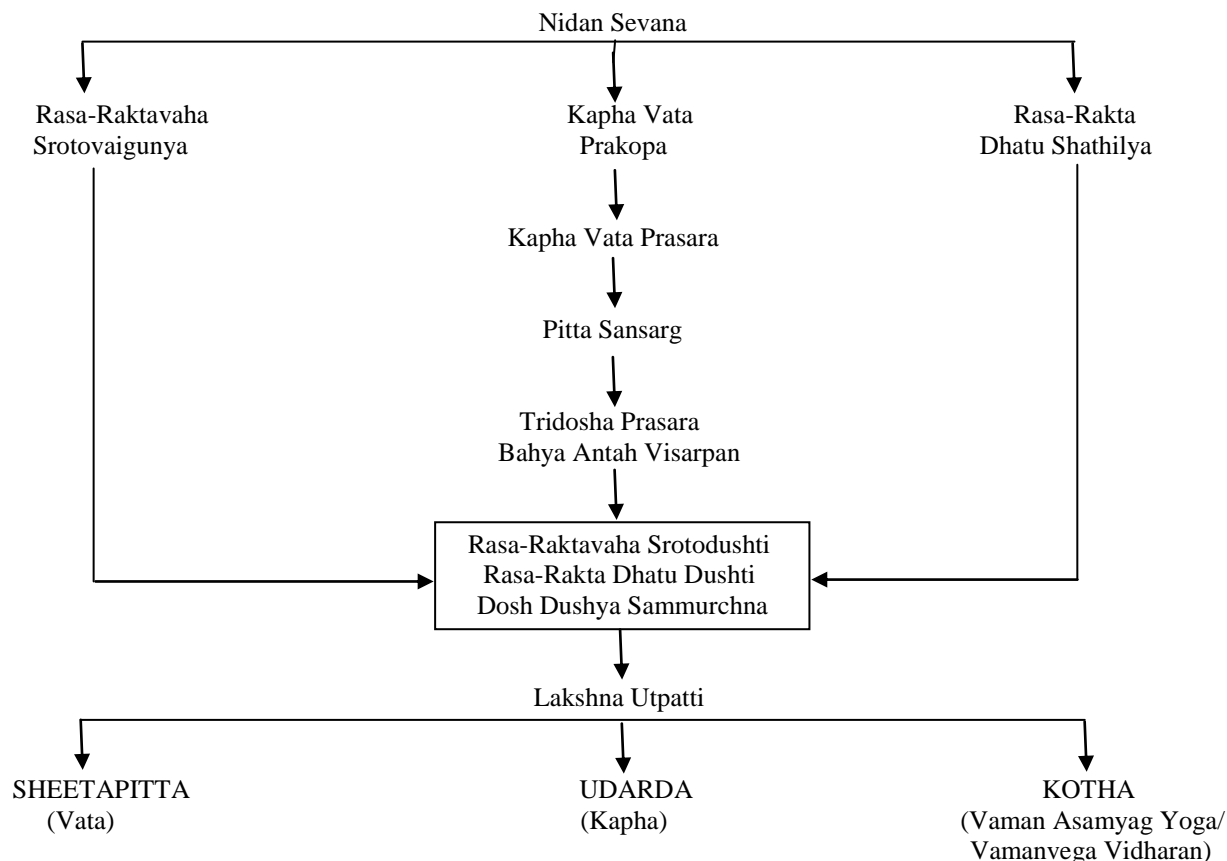
1. ***Aaharaja hetu*** – *Santarpana*, *Atilavana*, *Atiamla*, *Katu*, *Kshara Sevana*, *Tikshna Madya*, *Viruddha Aahara*, *Adhyasana*, *Guru Dravya*, *Snigdha Bhojana*, *Dadhi Sevana*, *Dushivisha*, *Visha-yukta Annapana*.
2. ***Viharaja Hetu*** – *Sheeta Maruta Sparsha*, *Vishyukta-Jal Snana*, *Abhyanga*, *Udvartana*, *Vastra*, *Aabhushana*, *Keeta Damsha*, *Bahaya Krimi*, *Chhardi Nigraha*, *Atidivasvapa*, *Shishir Ritu*, *Varshakala*
3. ***Nidanaarthakara Roga*** – *Sannipatika*, *Pittaja* and *Kaphaja Jwara*, *Unmarda*, *Adhoga Amalpitta*
4. ***Chikitsa Mithya Yoga*** – *Vamana-Virechana Ayoga*.

***Purvarupa*^[18]** – *Pipasa*, *Aruchi*, *Hrillasa*, *Dehasada*, *Angagaurava* and *Raktalochanata* are *Purvarupas* of *Udarda* mentioned in *Madhava Nidana*.

***Rupa*^[19]** – *Varati Damshta Samsthana Shotha*, *Kandu Bahula*, *Toda*, *Chhardi*, *Jwara*, *Vidaha*

***Samprapti*^[20]** – *Prakupita Vata* and *Kapha (Pradushtau Kapha Maruta)* due to *Sheeta Marutadi Nidana (Sheeta Maruta Samsparsha)* when being mixed with *Pitta*

(*Pittena Saha Sambhooya*) spreads internally and externally (*Bahir Antah Visarpah*) and resulted into *Sheetapitta-Udarda-Kotha*.



Samprapti Ghataka

Dosha – Tridosha with Vata-Kapha dominancy

Dushya – Rasa, Rakta

Srotas – Rasa, Rakta vaha

Agni – Mandagni

Srotodusti – Vimarga-gamana

Vyakti Sthana – Twak

Swabhava – Aashukari

Vyadhimarga – Bahya

Management^[21-26] – It is stated that in ‘Alpa dosha’ treatment is *Langhana*, in *Madhya dosha*, treatment is *Langhana* and *Pachana* and in *Prabhoot Dosha* treatment is *Shodhana*. Treatment can be divided into three phases –

Shodhan Therapy

- Vamana* – by *Patola* + *Aristak* + *Nimba* + *Vasa Kwath* or by *Madanphala* + *Vacha* + *Mulethi* or by plain Luke warm water.
- Virechana* – by *Triphala* + *Guggulu* + *Pippali*, or by *Nishoth* + *Gandharv Haritaki*
- Raktamokshana* – *Raktamokshana* after *Mahtikta Ghrita Pana*

Shaman Therapy

a) Bahya Shamana

- Surasa Svarasa Lepa*
- Abhyanga* by *Katu Taila* and *Parisheka* by *Ushnaambu*.
- Abhyanga* by *Yavakshara* + *Saindhava* + *Sarshapa Taila*
- Eladigana Churna* + *Taila* for *Udvardana*
- Lepa* by *Durva* + *Nisha*
- Udvardana* by *Siddhartha* + *Rajani* + *Prapunnada* + *Tila* + *Katutaila*

b) Abhyantara Shamana

- Udarda Prashamana Mahakshaya*
- Eladi Gana* as *Shamana* drugs for *Kotha*
- Navakarshika Guggulu*
- Trikatu* + *Sharkara*
- Guda* + *Amalaki*
- Yavani* + *Vyosha* + *Yavakshara*
- Aardraka Rasa* + *Purana guda*
- Yavani* + *Guda*
- Nimba Patra* + *Ghrita* + *Amalaki*
- Aardraka Khanda*
- Animantha Moola* + *Ghrita*
- Shushka Pakva Gambhari Phala* after boiling with milk
- Yashtyadi Kwatha*
- Goghrita* + *Maricha* as *Vardhamana Prayoga*

- xv. *Haridra Khanda*
- xvi. *Brihat Haridra Khanda*
- xvii. *Shleshmapittantaka Rasa*
- xviii. *Veereshvaro Rasa*
- xix. *Sheetapittabhanjana Rasa*
- xx. *Vardhamana Pippali*
- xxi. *Vardhamana Lasuna Prayoga*

Pathya-apathya^[27]

- a) **Pathya** – *Jeerna Shali, Mudga Yusha, Karkataka Shaka, Shigru Shaka, Patola Shaka, Triphala, Ushnodaka, Shushka Moolaka Yusha, Jangala Mamsa, Kulatha Yusha, Karvellaka Shaka, Moolaka Shaka, Dadima Phala, Madhu, Katu, Tikta, Kashaya Rasa, Lava-tittra Mamsa Rasa*
- b) **Apathya** – *Ksheerekshu Vikara, Matsaya-aanupa-audaka Mamsa, Poorva and Dakshin Disha Pavana, Naveena Madya, Chhardi Nigraha, Divasvapan, Snana, Virudhaahara, Aatap Sevana, Vyavaaya, Snigdha, Amla, Madhura Dravya, Guru Annapana.*

DISCUSSION

Urticaria is a disease characterized by erythematous and pruritic rashes on skin. *Udarda-Sheetapitta-Kotha* has almost similar symptomatology and causative factors as Urticaria. *Asatmyaahara, Virudhahara* and *Dushivisha* are common etiological factors for these diseases. The modern medicine provides temporary symptomatic relief and patient have to take medicines for long time, which may be having some unwanted side effects. *Ayurveda* can provide permanent cure for the disease.

Prakupita Vata and *Kapha* when being mixed with *Pitta* spreads internally and externally resulted into *Sheetapitta-Udarda-Kotha*. The primary aim of treatment is stated that in '*Alpa dosha*' treatment is *Langhana*, in *Madhya dosha*, treatment is *Langhana* and *Pachana* and in *Prabhoot Dosh*a treatment is *Shodhana*.

Shaman Aushadhis having *Ushna, Tiksha, Ama Pachak* and *Vatanuloman* properties are excellent for *Vata-Kapha Shaman* and *Vimargagami Pitta* treatment. *Marich* is said to be drug of choice for Urticaria. *Haridra* and its preparations are very useful as they are having *Deepan, Pachan* properties, reduces the *Kleda* which is helpful in pacifying the symptoms like *Kandu* and *Daha* of urticaria. *Vanga bhasma* and *Trivanga Bhasma* are also useful in *Kandu*. *Sootshekhar Rasa, Arogyavardhini Vati, Gandhak Rasayan* and *Chaturbhuj Rasa* are some other preparations useful for Urticaria.

CONCLUSION

It can be concluded that *Asatmya, Virudhahara* and *Dushivisha* plays a major role in causation of this disease. Thus the approach of *Ayurveda* in this field is essentially preventive and the medicines can provide permanent and better cure for the disease.

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