



A Review Article On Sheetpitta(Urticaria) & Its Ayurvedic Management.

Dr. Sandhya Manwar, PG Scholar , Department of Kayachikitsa, TAMV , Pune .

Dr. Sangeeta P. Sawant , M.D. Ph. D. (Kayachikitsa) Assit. Prof. Department of Kayachikitsa, TAMV , Pune.

Abstract- Sheetpitta, Udard, Kotha are types of skin disorders. These can be correlated with urticaria in modern science. Sheetpitta, Udard, Kotha are having similar symptoms and causative factors. Sheetpitta is one of the disorders caused by virudhahara sevan. Sheetapitta in which vata, kapha are two doshas which causes due to doshaprakopaaka hetu & combination with pitta dosha & creat the symptoms like Varti 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).etc.

There are internal & exertal Ayurvedic medicines which are used in treating these disorders.

Keywords : Sheetpitta, Udarda, Kotha, Ayuvedic management

Introduction :

A] Sheetapitta : It is a type of skin disorder mentioned in Ayurveda. It is described in details in Madhav Nidana, Yogratakara laghutrayi. Skin eruptions & all over itching is observed in the disease. Sheetapitta is formed with two words which are exactly opposite to each other. Here, Sheet denotes Kapha & Vata & there combination with Pitta dosha. In Ayurveda Sheetapitta is described as Tridoshaj vyadhi(Disease), but vata & pitta dosha are predominant & Ras & Rakta are main dushya.

Today's life is very fast & with urbanization daily life style changes very drastically. Polluted environment, work in shift duties, stress & anxiety etc. are the main trigger factor for the variation of vata & manifestation of disease in today's era.

B] Udarda:

If Kapha dosha is involved then it leads to Udarda. Itching sensation is the main differentiation factor in sheetapitta & udarda. It is more seen in udarda due to the involvement on kapha dosha.

Prodromal signs : elevated , reddish , highly irritating , round patches produced by kapha. during Shishir Ritu.

C] Kotha:

It is the disorder due to suppression of (vaman) emesis. are observed like Sheetapitta .It is a type of allergy or hypersensitivity. Fish, some infection , some medicines like Quinine are proved allergic.

In samhita sheetapitta causes given are as follows:-

1. Aaharaja Hetu:

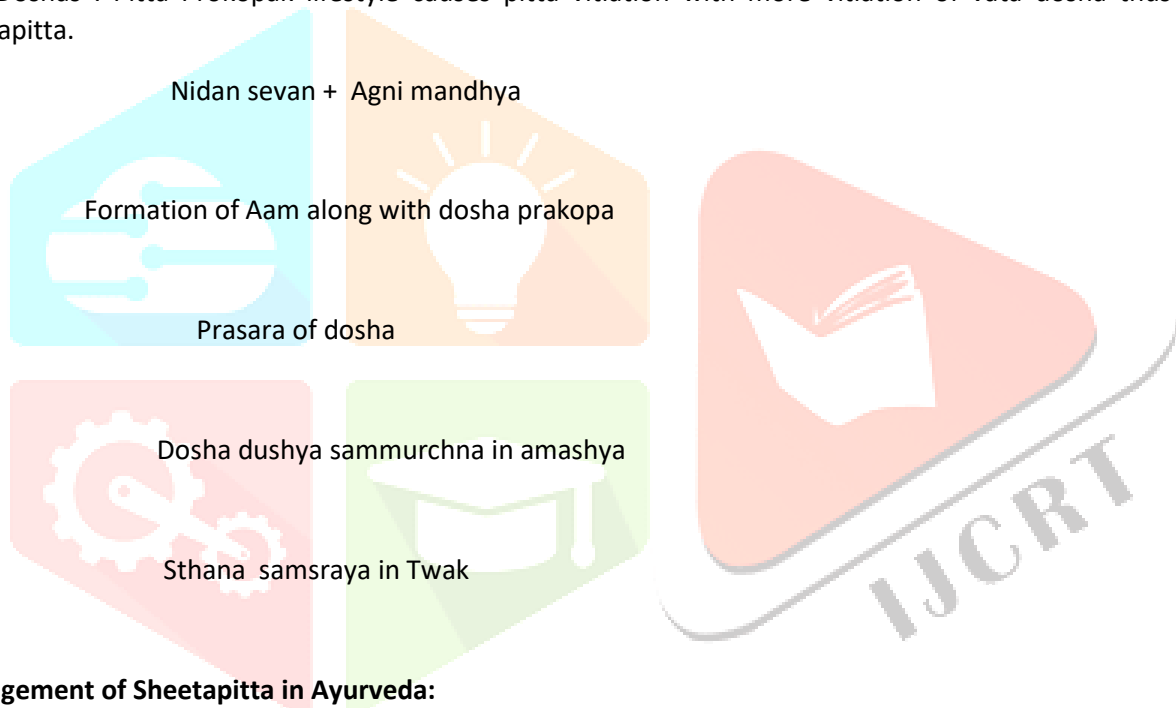
Santarpana, Atilavana sevan, Atiamla sevan, viruddha Aahar sevan , Tikshna madya sevan Katu sevan , Kshara sevan, Adhyasana, Guru Dravya sevan, Snigdha Bhojan sevan , Dadhi sevan, vish Yukta Annapanasevan.

2.Viharja Hetu :

Sheeta Marut sparsha , Vishayuktajal snana , Abhanga , Udvartana , vastra , Keeta Damsha , Bahya krimi , Chhardi Nigraha , Atidiwaswap , Shishir Rutu ,Varshakala.

Samprapti OR Pathogenesis -

Samprati is defined as the process involved in the pathogenesis of a disease by vitiated doshas which are constantly circulating in the body. The first person to describe the samprati of Sheetapita –Udarda – Kotha is madhavakara. Prakupita vata & kapha (pradushta kapha Maaruta) due to Sheeta maarutadi Nidana (sheeta Maaruta Samsparsha) when being mixed with pitta (pittena Saha Sambhooya) spreads internally & externally (Bahir Antah Visarpah) & resulted into sheetapitta- udarda- kotha. Exposure to cold or suppression of natural urges cause vitiation of kapha & vata Doshas . Pitta Prokopak lifestyle causes pitta vitiation with more vitiation of vata dosha thus resulting in sheetapitta.



Management of Sheetapitta in Ayurveda:

- Chakradutta has described the shaman chikitsa of these diseases giving importance to Doshagati. In sheetapitta can be given ushna Ahar.
- Bhavaprakasha described shodhana , shaman , & Bahi Parimarjana Chikitsa in sheetpitta.
- Yogaratnakara has described Krimighna & Dadrughna drugs to treat sheetapitta.
- Bhashajya Ratnavali has mentioned that patient suffering from kotha should in brief.

As the treatment aim is samprapti-vighatana & Nidan Parivarjana. The principle should be Deepana – Pachana, Tridoshahara ,srothoshodhana & balavardhana.

Shaman Chikitsa:-

The major mineral drugs that have action on sheetapitta are , Parad , Swarna , Loha , Trama , Abhraka , Kasis , Gandhak , Gairik , Praval & Shanka etc

Among most of the minerals possess Madhura, Kashaya rasa , Snigdha guna , Sheeta virya , Madhura & Katu vipaka. Most of the ingredients have vata kaphahara , Tridoshahara , Pittahara. It also include Rasayana , Kushtagna , Varnya & Kandughna properties. These rasa ,guna, & karma help in sampraptivighatana & thus proves to be effective in the management of sheetapitta.

Shodhana Chikitsa :

In Laghutrayis Sheetapitta is treated with Vaman , Virechana, Lepa , Raktamokshana. Etc

Vaman : should be given with patolpatra + nimbpatra +, madanphal kwath as mention in Bhaishajya Ratnavali . Sadya vaman – Patol + Nimbsal + Vasa kwath.This mention in Yogratnakar.

Virechana – Triphala + Shuddha guggul + Pippali. This yog is mention in Yogratnakar ,Bhaishjya Ratnavali.

Raktamokshana :

It is the technique for removing dushita dosha from the blood . For Rakta dushti & Rakta pradoshaja vikara, it is the best shodhana karma.

Lepa : In Bhaishjya Ratanavali , Durva + Haridra. explain in Sheetapitta.

Saindhavadi yog :Kushta +saidhav mixed with ghrita .This yog found in Madhav Nidan.

Udvardana : Kushtadi churna - kushta + haridra + daruharidra + sursa + Patol + shigru + nimb + ashwagandha + devdaru + sarshap + tejbalphal + takra. It is seen in Yogratnakar.

Abhyanga : In Yogratnakar , Bhaishajya Ratnavali Katu taila describe for Sheetapitta

Yavakshar + saidhava + saeshapa taila

These described in Bhaishjya Ratanavali

Kaipa on Sheetapitta :**Author**

Bhavprakash

Bhaishajya Ratanavali

Charaka Samhita

Kalpa

Navakarshika GUggulu

Trikatu Sharkara

Yavani Vyosha Yavakshara

Aardraka Rasa Purana Guda

Yavani Guda

Guda Amalaki

Nimb patra Ghrita Amalaki

Ardraka Khanda

Visarpokta Amritadi kwatha

Agnimantha Moola Ghrita

Yashtyodi Kwath

Goghrita, Maricha Vardhamana Prayog Haridra Khanda

Brihat Haridra Khanda

Udarda Prashmana Mahakashaya

Pathya- Apathya :

Pathya- Apathya sevan vidhi plays an important role in the management of any disease .Pathya is that which is suitable to the disease & to the diseased while Apathya is unduitable & which aggravates to the disease process leading to more discomfort to the patients.

Pathya Aahara:

Jerena Shali , Jangala mamsa , Triphala , Madhu, Mudga Yusha , Kulattha Yusha , Ushnodaka , Karkotaka shaka , Karavellaka Shaka, Moolak Yusha , Dadima Phala , Shigru Shaka , Vetragra Phala , Potika Shaka, Lava Rasa, Tittira Rasa.

Apathya Aahara :

Ksheera Vikarani , Chhardi Nigraha , Ikshu Vikarani , Divaswapa , Masthya , Anup – Audak mamasa ,Virudhahara , Vyavaya , Guru Annapana.

Discussion :

The first line of treatment for sheetapitta is Nidan parivarjana , so it is advised to the patient to find out what may be the cause & try to avoid it as far as possible. Panchakarma that is Vaman , Virechana , Raktamokshana , are explained in laghutrayas for Sheetapitta

Various Yogas are described in Yogratnakar , Bhashjya Ratanavali , Bhavaprakash samhita above mention yoga possess madhura kashaya rasa , Snigdthaguna ,Sheeta virya Madhura & Katu Vipaka. Most of the ingredients have vata kaphahara, Tridoshahara , pittahara ,doshaghna karma & karma exhibited include kushtagna , varnya & kandughna.

These rasa, guna , & karma help in the samprapti vighatana & thus effective in the management of Sheetapitta.

Conclusion :

Sheetapitta is commonly encountered disease in todays daily life. It has lot of potential in the treatment aspect of allergic skin reaction by using of various Ayurvedic formulations & by following pathya- Apathya.

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