



## A Conceptual Study on *Sheetpitta*, *Udarda* and *Koth* W.S.R. to Urticaria

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### ABSTRACT:

Urticaria is a disease characterized by erythematous and pruritic rashes in the dermis or large hypodermal swelling. It is lumpy and itchy rashes which look like the effect of nettle sting and occurs for more than six weeks. It affects 20% of people at some time in their life time. Though the disease is not life threatening, it makes patient worried, due to appearance and severe pruritus. Management primarily aimed at patient's education, avoidance of known triggers and pharmacotherapy i.e., antihistamine, glucocorticoids. The modern medicine provides temporary relief and patients have to take medicine for long time, which may have unwanted side effects. In Ayurveda *Sheetpitta*, *Udarda* and *Koth* having similar causative factors and symptoms like urticaria. In all these having common symptom of itchy red rashes on skin. For this according to Ayurved the sequential administration of Shodhana therapy and certain Shaman Yoga are quite beneficial. Virechana (therapeutic purgation) is best treatment for Pittaja Vyadhi and also important for Vataja, Kaphaj and Raktaj Vyadhi.

**Keywords :** Sheetpitta, Shodhana, Shaman, Virechana

### Introduction

According to Ayurved, allergies are mentioned under the concept of *Satmya-Asatmya*. It manifests due to exposure of *Asatmya Ahar-Vihar* and contact with different *Vishad* materials. <sup>(1)</sup> In Brihatrayi urticaria is described as *Kotha*. Madhav had depicted this disease in the form of separate conditions like *Sheetapitta*, *Udarda* and *Kotha*. <sup>(2)</sup> Involvement of *Tridosha* is being explained by Madhav in this disease.

Allergy is one of four forms of hypersensitivity and called as type I hypersensitivity. Allergic reaction distinctive because of excessive activation of basophils, Mast Cell and Eosinophil by type of antibody called Immunoglobulin E (Ig E). This reaction is inflammatory response. Skin allergies causes rashes, or swelling and inflammation within skin, which is known as a "wheal or flare" reaction characteristics of hives i.e., Urticaria.

Urticaria is characterized by "transient, intensely itchy, red swelling" on the skin and mucous membranes. They are transient in the sense that they appear with alarming speed, lasts for a few hours and disappear spontaneously without trace, only to appear at some other site elsewhere on the body. Each individual lesion will last not more than 24 hours. <sup>(3)</sup>

### Disease Review:

*Sheetpitta* is not described in Brihatrayies, but explanation about *Udarda*, *Koth* are mention as *Vyadhi*<sup>(4)</sup> or *Purvarupa*<sup>(5)</sup> and *Lakshana*<sup>(6)</sup>. *Sheetpitta*, *Udarda* and *Koth* are considered different according to involvement of *Dosha*, causative factors and symptoms. According to Madhav *Sheetapitta* and *Udarda* are synonyms of each other but *Sheetapitta* is having *Vata* dominance and *Udarda* having *Kapha* dominance. <sup>(7)</sup>

### Aim and Objective:

The Study about *Sheetpitta*, *Udarda* and *Koth* and Urticaria by Ayurvedic and Modern View.

### Material and Methods:

Review of *Sheetpitta*, *Udarda* and *Koth* from Charak Samhita, Sushrut Samhita, Yogratnakar, Madhavnidan, Bhaishajyaratnavali, Bhavprakash and Chakradatta,.

### Observations:

**1.Nidan:** Exposure to cold wind leads to vitiation of *Kapha* and *Vata* combining with Pitta results in impurities in *Raktadi Dhatu* and *Tvak* causes

*Sheetapitta.*<sup>(8)</sup>

1. *Aharaj Hetu.*<sup>(9,10)</sup> *Atisantarpan, Atilavan, Amla, Katu, Tikta and Kshar Sevan, Adhyashan, Virudhahar, Guru Dravya, Snigdha Bhojana, Dadhi, Visha-Yukta Annapanasevan.*

2. *Viharaja Hetu – Sheeta- Maruta -Sparsha, Vishayuktajal Snana, Abhyanga, Udvartana,*

*Vastra-Aabhushana-Keeta Damsha, Bahya Krimi, Chhardi Nigraha, Atidiwaswap, Shishir Ritu, Varshakala, Diwaswap.*

3. *Nidanaarthakara Roga – Sannipatika, Pittaja and Kaphaja Jwara, Unmarda, Adhoga Amlapitta.*

4. *Chikitsa Mithya Yoga – Vamana-Virechana Ayoga.*<sup>(11)</sup>

**Purvarupa:** *Pipasa, Aruchi, Hrullas, Dehasad, Gaurava, Raktalochana* are *Purvarupa.*<sup>(12)</sup>

**Rupa:**<sup>(13)</sup> *Varati Damshta Samsthana Shotha* (Inflammation like an insect bite), *Kandu Bahula* (Severe itching), *Toda Bahula* (Excessive pain like pricking), *Chardi* (Vomiting), *Jvara* (Fever), *Vidaha* (Burning Sensation), *Sotsanga Saraga Mandala, Ksanikotpatti Vinash.* The symptoms include *Varati Damshta Samsthana Shotha* and *Kandu Bahula* caused by *Kapha* vitiation, *Shula* caused by *Vata* and *Daha* caused by vitiation of *Pitta.*

**Samprapti:** The *Samprapti* of *Sheetapitta-Udarda- Kotha* is describe by *Madhav. Prakupita Vata* and *Kapha (Pradushta 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*). It Causes *Dushti* of *Raktadi Dhatu* and *Tvak* resulted into *Sheetapitta-Udarda.* Vitiation of *Vata* causes *Sheetpitta* and Vitiation of *Kapha* Causes *Udarda.* suppression of natural urges and *Vaman Yog* causes vitiation of *Kapha* and *Vata Doshas.* Due to this *Kapha* and *Vata* causes *Kanduyukta Mandal* form called as *Kotha* and it causes repeatedly called as *Uthkotha*<sup>(14)</sup>

## Ayurvedic treatment for Urticaria Principles of treatment of Sheetpitta, Udarda &Kotha

*Chakradutta* has systematically described the *Shamana Chikitsa* of these diseases giving considerable importance to *Doshagati.* He has advised that the individuals suffering from *Sheetapitta* can be given either *Sheeta* or *Ushna Ahara* and *Paniyas* with due consideration to *Doshagati.*<sup>(15)</sup> *Bhavaprakasha* has described *Shodhana, Shamana and Bahi Parimarjana Chikitsa* in *Sheetapitta.*<sup>(16)</sup> *Yogaratanakara* has described *Krimighna* and *Dadrughna* drugs to treat *Sheetpita.*<sup>(17)</sup> *Bhashajya ratnavali* has mentioned that patient suffering from *Kotha* should, in brief, adopt line of treatment prescribed for *Kustha, Amlapitta, Udarda.*<sup>(18)</sup>

## Principles of treatment of Sheetpitta, Udarda and Koth:

*Snehan, Swedan, Vaman, Virechan, Lepam, Udvartanam*

**Shodhana Chikitsa**<sup>(17)</sup>

1. **Vamana:** Emesis should be given with decoction of *Patola* and *Arishtaka.*

2. **Virechana:** Purgation should be given with decoction of *Triphala, pippali.*

1. **Charak - Udarda Prashamana**<sup>(19)</sup> *Mahakashaya, Katu Taila, Mustadi Churna.*

2. **Sushrut- Eladi Gana**<sup>(20)</sup>

3. **Chakradutta:**<sup>(21)</sup> *Shodhan Chikitsa: Vaman and Virechana*

*Shaman Chikitsa: Amrutadi Gan Kwath pan, Saguddipyaprayog,*

*Sthanik Chikitsa: Sidharthak Udavartanam, Durvadi Lep, Agnimanth , Nimbapatradi Lepa*

4. **Bhavaprakash:**<sup>(22)</sup> has described *Shodhana, Shamana and Bahi Parimarjana Chikitsa. Navakarshika Guggulu, Trikatu + Sharkara, Yavani + Vyosha + Yavakshara, Aardra Rasa + Purana Guda, Yavani + Guda, Guda + Amalaki, Nimba Patra + Ghrita + Amalaki, Ardra Khanda*

5. **Bhaishajya Ratnavali:**<sup>(23)</sup> *Yashtyadi Kwatha, Goghrita + Maricha As Vardhamana Prayoga , Haridra Khanda, Brihat Haridra Khanda, Shleshmapittantako Rasa , Veereshvaro Rasa , Shitapittaprabhanjana Rasa Durva + Nisha-Lepa, Siddhartha + Rajani + Kustha+ Prapunnada + Tila + Katu Taila-Udvartana, Katu Taila-Abhyanga, Kshara+ Rocksalt + Oil-Abhyanga*

6. **Yogaratanakar:**<sup>(24)</sup> *Vardhamana Pippali, Vardhamana Lasuna Prayoga, Agnimantha yog, Nimbapatra Yoga, Amrrutadi Yoga, Sidharthak Yoga, Kushtadi Churna.*

**Pathya-Apathya :**<sup>(25)</sup> **Pathya:** *Jeerna Shali Triphala Madhu, MudgaYusha, Kultha Kwath, Ushnodak, Dadima Phala, Moolak Yusha, Shigru.*

**Apathya:** *Ksheera Vikarani. Ikshu Vikarani Matsya, Naveena Madhya Snigha-Amla-Madhur Ahar, Chhardi Nigraha, Divaswap, Vrudhahar, Atap Sevan*

## Modern Review of Urticaria:

Urticaria (also known as hives) is produced due to localised oedema of dermis secondary to a temporary increase in capillary permeability.<sup>(26)</sup>

**Pathogenesis:**<sup>(26)</sup> Urticaria may be brought by either immunological and non-immunological mechanism. Urticaria is triggered by wide variety of antigens or by physical stimuli, including col, pressure and sunlight. They produce local degranulation of mast cells by various mechanism such as

1. Type 1 hypersensitivity
2. Spontaneous mast cell degranulation
3. Chemical mast cell degranulation
4. Autoimmunity

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## Classification:

### A] According to duration<sup>(26)</sup>

**1. Acute Urticaria:** Typically, lesions lasting less than 6 weeks are referred to as acute Urticaria. This form is due to exposure to food allergens food additives, certain medications.

**2. Chronic Urticaria:** If Urticaria lasts six weeks or more, it is called 'chronic urticaria'.

### B] According to (Causes<sup>(27)</sup>)

**1. Immunological Reactions:** Autoimmune, IgE dependent, immune complex – mediated, complement -kinin dependent

**2. Nonimmunological Reactions:** Direct mast cell releasing agent (opiates, antibiotics), Vasoactive Stimuli, Agents alter arachnoid acid metabolism (aspirin, NSAID, Benzoate)

**3. Physical-** Heat, Pressure, Sun, Hot or Cold Water

**4. Infections:** Viral Hepatitis, Infectious mononucleosis, HIV Seroconversion

**5. Food-** Fish, egg, cheese, nuts, Some Cooking Oil

**6. Drugs-** Salicylates, Opiates, NSAIDS, Antibiotics

**7. Contact urticaria:**<sup>(28)</sup> a) Dermographism: This is an exaggerated response of the skin to trauma, which release histamine from the mast cell.

b) Pressure urticaria: This occurs 4-6 hours after sustained pressure, like swelling of palms after continues clapping or swelling on buttocks after continuous sitting.

c) Cholinergic urticaria: Here following excessive exercise, sweating, after emotional stress, intensely pruritic small wheals all over body.

**8. Physical Urticaria :**<sup>(28)</sup> The physical urticaria is different from other urticarias in that the characteristic wheals can be reproduced by a physical stimulus such as cold, heat, pressure, vibration, sunlight, water, exercise, and increases in core body temperature.

### Management<sup>(29)</sup> 1. Urticaria due to physical causes or drugs excluded by history.

1. Complete food elimination followed by gradual introduction of one dietary element at the time helps in detection of food induced urticaria.
2. Mask use/ nasal filter use/change of place may work for inhalants.
3. Soothing lotion for topical application given during attack of urticaria
4. H1 Antihistamine: cetirizine, levocetirizine, Desloratadine, fexofenadine, Chlorpheniramine maleate, Hydroxyzine hydrochloride, Diphenhydramine etc.

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## Discussion:

*Abhishyandi Ahar, Adhyashan, Guru-Snigdha Bhojan , Dadhi* etc. are responsible for *Kaphaprapkop* and *Mandagni* ultimately which causes *Rasadushti*. *Atilavan, Katu, Kshara, Tikshna Dravya* causes *Pittaprapkop* and *Raktadushti*. *Vataprapkop* and *Tvak Vaigunyakara Nidan* like *Sheet Marut Sparsh, Chardi- Nigraha* and *Shishir Ritu*. In these diseases *Vata* and *Kapha* is vitiated along with *Pitta*. The vitiated *Kapha* merges with *Pitta* and vitiated *Vata* cause *Vimarg-Gaman* in *Tvak*. Hence these are *Tridoshaj* conditions. The symptoms include *Varati-Damshita-Samsthana Shotha* and *Kandu Bahulya* caused by vitiation of *Kapha*, *Shula* caused by *Vata* and *Daha* caused by vitiation of *Pitta*. *Snehan-Swedan, Vaman, Virechan, Lepa* and *Udavartana* are principles of treatment of *Sheetpitta, Udarda & Kotha*. *Vaman* is better for *Kaphaj* condition i.e. *Udarda* and *Virechan* and *Raktamokshan* for *Pittaj* and *Raktadushtijanya* condition. In *Shaman* treatment *Navakarshika Guggulu, Haridra Khanda, Shleshma-Pittantako Rasa, Kwath Pana of Amrutadi Gana* etc. can be used. In *Bahya Parimarjan Chikitsa* different *Lepa, Udavartan* and *Abhyang* are described like *Sidharthak Udavarthana, Durvadi Lepa, Abhyang* with *Katu Tail* etc. are depicted. *Pathya-Apathya* which are already mentioned above are important to restrict re-occurrence and also for the prevention of these conditions.

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## Conclusion:

In modern science there is corticosteroids and antihistaminic are used for treatment of Urticaria and other allergic skin disorders, but recurrence of disease is commonly found. Ayurved has lot of potential in the treatment aspect of allergic skin reactions by using various Ayurvedic treatment modalities and formulations. Recurrences can be prolonged or avoided by following *Pathya-Apathya* in logical manner.

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