

The Efficacy of Haridra Khand in the Management of Shitapitta-A Case Study

Dr. Vaishali Ekanath Tayade¹, Dr. Jaydeo Laxman Borkar²

¹Professor, Kayachikitsa Department, At Smt Shalinitai Meghe Ayurved College Bhilewada Bhandara

²Associate Professor Forensic Medicine Department. Rajarshie Chhatrapati Shahu Maharaj Government Medical College Kolhapur

ABSTRACT

Sheetpitta is one among the important and common skin problem described in Ayurveda. Prakupita Vata and Kapha due to shita marutnidana when being mixed with pitta spreads internally and externally resulted into Sheetpitta Vyadhi. In present busy and fast life, one can't follow the rules of 'Dinacharya' and 'Ritucharya' described in 'Ayurveda'. Due to heavy industrialization and heavy traffic, one constantly comes into contact with various pollutants. The spicy and fast food eaten now a days, which have very fewer nutritional values and also having similar properties to 'Viruddhahara'. These all ultimately resulted into 'Dhatudaurbalya' (i.e. lower immunity). Which causes sensitization towards allergens as well as antibodies and produces various types of allergic reactions, one of them is 'Urticaria', which is very common. Now a days the spicy and fast food eaten which have very less nutritional values and also having similar properties to Asatmyasevan. 'Asatmyasevan'¹ means the 'Exposer to allergens and antibody'. Due to this there is increased Vaat, Pitta, Kapha dosha in our body.² Within the tridosha, Pitta dosha is most aggravating and causing Sheetpitta all over body. Sheetpitta can be correlated with urticaria. Sheetpitta [Urticaria] is a type I Hypersensitivity reaction which is manifested because of exposure to allergens. Epidemiology of urticarial is increasing nowadays due to industrialization.

Keywords –Ayurveda, Sheetpitta, Shaman Chikista, Haridra Khanda, Case Study

INTRODUCTION

In Sheetpitta there is appearance of wheals all over body with severe itching, pain and burning sensation which leads to serious impairment of quality of life. Sheetpitta (Urticaria) is recurrent, transient, cutaneous swelling and erythema which resolves within 24 hours without leaving residual cutaneous signs.³ Vitiated Vata causes Vimargamana in Twacha with the symptoms of Sheetapitta –Kandu, Toda, Daha, Mandal Utpatti, Jwar, Chhardi.⁴ Patients have to take medicines for lifetime, which are having some unwanted side effects. As acute episodes of urticaria lasts for 6 weeks or less and chronic episodes lasts more than 6 weeks. Urticaria affects about 15-23% of total population.⁵ This condition can interfere in routine activities of the patient.

Urticaria can appear at any age, from infancy to old age. The most common age group is 18 to 60 years. Women are more likely than men to suffer from urticaria. For chronic urticaria, the ratio (women to men) has been pegged at 2:1 (REF. Harrison's Internal Medicine, 15th Edition).⁶

Due to fast and heavy industrialization, environmental and professional hazards are increased. So many diseases are emerging out in modern life patterns. On the other hand, originate different types of anxieties, worries, anger, hastily, resentment fear and depression. Due to these factors, Now a days various type of skin disease are on rampage. Now a days the spicy and fast food eaten, which has less nutritional values and also having similar properties to "Viruddhahara". These all ultimately resulted into "Dhatudurbalya" (i.e. lower immunity). Which causes sensitization towards allergens as well as antibodies and produces various types of allergic reaction, one of them is Urticaria", which is very common.⁷

A transient redness and swelling of skin with itching, causing weal's in the dermis or large hypodermal swellings, is called Urticaria.

A lumpy & itchy rash which look like the effect of a 'nettle sting & occurs for more than six weeks. The condition also called 'Nettle rash' as it looks like it. The word 'Urticaria' derived from Latin word 'Urtica' which means

stinging nettle. English word 'Hives' has meaning that it isn't the rash caused by 'Nettle sting'. **Urticaria**, or hives, is truly not one disease, but a **reaction pattern of the skin** - "a vascular reaction, usually transient, involving the upper dermis, representing localized edema caused by dilatation and increased permeability of the capillaries, and marked by the development of wheals." It manifests as a pruritic, erythematous, raised rash. Urticaria has many etiologies and different pathophysiology's, having acute and chronic forms. The chronic form is by far the more difficult clinical problem, and is the subject of most of the following.

Hives are quite common, with approximately 20% of the population having them at some point in their lives. The clinical presentation varies, as far as appearance and location of lesions, the presence of accompanying angioedema, and the duration of lesions. The etiology also varies and, in most cases of chronic urticaria, the urticaria is idiopathic. Idiopathic urticaria and angioedema can even be accompanied by symptoms and signs of anaphylaxis in a syndrome called idiopathic anaphylaxis. Urticaria may, in fact, be part of a spectrum of disease ranging from simple pruritis to life-threatening anaphylaxis. Whether most of these idiopathic cases are truly due to internal factors or whether they are due to occult external causes is a matter of continual debate.⁸

Typical urticarial lesions are very pruritic, erythematous raised papules and plaques with no change in surface markings (i.e., no scaling, blistering, or any permanent change in pigmentation). Individual hives can range in size from a few millimeters to several centimeters, and can be "blotchy" or "streaky" in pattern. The lesions will usually resolve in 24 hours or less, with no residual remaining changes. Distinctions between chronic urticaria and urticarial vasculitis, are that the individual urticarial lesions usually last more than 24 hours, they tend to preferentially involve the lower extremities, and that there may be residual surface changes (e.g., purpura).^{9,10}

'Urticaria' is a disease characterized by itchy red rashes on skin on almost all over the body. 'Shitapitta-Udarda-Kotha' are having similar symptomatology and causative factors as Urticaria. So, various types of 'Urticaria' can be taken as 'Shitapitta-Udarda-Kotha'.

'Shitapitta' is described in 'Madhyakhanda' of Bhavaprakasha in chapter No. 55. **Yogaratanakara** :Detailed description of disease and its treatment describe under title 'Shitapittadi Nidana Chikitsa' in its 'Uttara Khanda'. Though the disease, 'Urticaria' is not a life threatening, it makes worried the patient due to its appearance, severe itching disturbing routine and its nature susceptible to be chronic. Urticaria affects 20% of people at some point in their lifetime. In some cases, the disorder is relatively mild, recurrent and frustrating for both the patient and physician. In other cases, it manifests as part of a spectrum of systemic anaphylaxis, which may be life threatening. The disability and distress caused by Urticaria can lead to serious impairment of quality of life, almost comparable to that experienced by patients with cardiovascular disease. To further complicate the issue, a fairly extensive list of diseases can cause Urticaria. Patients often seek medical attention with the hope that a reversible cause can be identified. Therefore, the challenge for the clinician is to try to identify a cause that could lead to a specific treatment or avoidance strategy. A carefully taken history, blood tests, cutaneous punch biopsy, and allergy skin testing may provide the clues to specific mechanisms in some cases. Often, however, it is impossible to pinpoint the exact cause. Modern medicine not having any remedy for permanent cure but remission of the disease can be achieved administering the medicine. Patients have to take those medicines for lifetime, which are having some unwanted side effects. Ayurveda can provide better and permanent management for 'Shitapitta'.

AIM-

To study the role of Haridra Khand in Sheetapitta with special reference to Urticaria

Objectives

To study the effect of Haridra Khand in management of shitpitta.

MATERIAL AND METHODS

'Urticaria' is disease characterized by itchy red rashes on skin on almost all over body. 'Sheetpitta' are having similar symptoms and causative factors as urticaria. So, various types of 'Urticaria' can be taken as Sheetpitta. 'Sheetapitta' (Urticaria) is one of the common dermatoses found all over the disease, 'Urticaria' is not a life threatening, it makes worried the patient due to its appearance of severe itching disturbing routine and its nature susceptible to be chronic. Ayurveda can provide better and permanent management for Sheetpitta. 20% of total population may suffer from urticaria once in their life. As the name sheetpitta suggests the involvement of kapha and vata dosha along with pitta dosha. It is a treatment to eliminate the Vitiated Doshas, thus completely preventing or curing the disease. Shaman has a role as a Promotive, Preventive, Curative and Rehabilitative procedure. In Sheetpitta, Dushti of Doshas is very prominent. Hence, Sheetpitta needs Shaman Chikitsa. In these Shaman chikitsa orally Khand uses. It has less possibility of complications and orally taken easily. So it is widely used as shaman therapy in routine. It is more acceptable to all classes of patients. In addition to the acceptability and popularity. It acts on Rasavaha and Raktavaha strotas also ultimately Rasa and Raktadhatu. Hence Khand is definitely effective in Sheetpitta Vyadhi.

CASE REPORT

A 42 years female patient housewife came with chief complaints of urticarial rash on all over body, mandolotaptti, daha,kandu ,small mosquito bite like impression on both hands, since last 32 month on the onset of rashes she taking antihistaminic drugs, but in winter season rashes appears. she wants to takes ayurvedic treatment So, for further treatment she came to ourStudy was done at OPD and IPD of kayachikista department, at *Smt Shalinitai Meghe Ayurved College Bhilewada Bhandara, Maharashtra.*

present illness:-

Patients with symptoms like;

- Severe Itching – Kandu
- Prickingpain – Toda
- Burning – Daha
- Rashas – Mandala
- Frequent attacks

Personal history

- Occupation- housewife
- Addiction- Nill
- Examination

Vital of the patient were in normal limits.

Systemic examination -

RS	AEBE Clear
CVS	S1S2 N
CNS	Conscious oriented.
P/A	soft

Ashtavidh parikshan -

Nadi	Vataj
Mala	Samyak
Mutra	Samyak
Shabda	Prakrut
Sparsha	Anushna Sheeta
Jivha	Ishad sama
Druka	Prakrut
Akruti	Madhyam

Dashavidha parikshan -

Dushya	Asthi, Sandhi, Mansa
Desh	Sadharan
Bala	Madhyam
Kala	Varsha ritu
Agni	Vishamagni
Prakruti	Vata-Pittaj
Vaya	Madhyam
Satmya	Madhyam
Satva	Madhyam
Ahara	Mishra

NIDANA-‘Nidana’ means the causative factors of disease. ‘Nidana’ having three effects in pathogenesis of disorder in pathogenesis of disorder i.e.

- Dosh Prakopa

- Dushya Dushti and
- Sroto Vaigunya.

'Nidana' can be classified under following titles i.e.

- 1) Aaharaja Hetu
- 2) Viharaja Hetu
- 3) Nidanarthakara Roga
- 4) Chikitsa Mithya yoga.

Samprapti-

Dhatudushti according to the Lakshnas of Sheetapitta is tabulated below.

Sr. No.	Lakshanas	DhatuDushti
1	Varati Damshturvath Shotha	Rasa,Rakta(Twacha)
2	Kandu	Rakta
3	Toda	Rasa
4	Chardi	Rasa
5	Jwara	Rasa
6	Vidaha	Rakta

Samprapti-Ghataka:

Table showing Samprapti Ghatak

Dosha	→ Tridosha
Dushya	→ Rasa, Rakta, Twak
Agni	→ Manda and/or Vishama
Srotas	→ Rasa, Raktavaha, Mans, Annava
Srotodushti Prakara	→ Vimarga Gamana
Udbhavasthana	→ Amashaya
Samcharasthana	→ Tiryaka Shira; Rasa, Rakta Vaha Srotas.
Vyadhimarga	→ Bahya
Svabhava	→ Ashukari
Vyakti Sthana	→ Twak

CHIKITSA-

In classical texts the Haridra Khand is described for 'Shitapitta-Udarda-Kotha' i.e.

zÉÏiÉÏmÉ´ÉÉâSSiMüÉâPûÉiÉç xÉmiÉÉWûÉSâuÉ IÉÉzÉrÉâiÉç|
WûËUSiÉ IÉÉqÉiÉ: ZÉhQû: MûhQûûlÉÉç mÉUqÉÉæwÉkÉqÉç ||
pÉæ.U. 55 (13-17) (zÉÏiÉÏmÉ´É - ESSi ÍcÉ.)11

TREATMENT GIVEN TO THE PATIENT-

- **HARIDRA KHAND Matra** - 6gm B.D
- **Anupan**– Ushna Jala
- **Aushadh Sevan Kal**– Vyanoudana (After meals)
- **Route of Administration** – Oral
- **Duration of Medication** – Up to 14 Days
- Eladi tailam for local application
- Mridu Shodhan Chikitsa (Mild purgation)
- Dipan & Pachan- Chitrakadi Vati -250 mg bd for 2 days
- Snehan- Tiktak Ghrita- 10 mg, 20 mg, 30 mg for 1 st , 2 nd and 3rd day accordingly

Pathya Apathya:

Pathya and Apathya for ‘Shitapitta - Udarda - Kotha’ are as follows; [B.P. SUK. 42-47]

a) Pathya :-

Pathya In Sheetapitta-

- Jeerna Shali	- Lavan- Tittira Rasa
- Jangala Mamsa.	- Mudga Yusha
- Kulattha	- Karavellaka
- Karkotaka	- Shigru Shaka
- Moolaka	- Madhu
- Potika	- Vetragra Phala
- Shalincha	- Dadima
- Ushnodaka	- Triphala
- Tikta, Kashaya Rasa	- Shushka Yusha, Moolaka Kulattha Rasa

Preparation of food → sukhi mooli/kulatha + lava-tittira mansa
[Chakradutta. UKS. 12 –13]

a) **Apathya:** [B.R.USK.-49-50]

Apathya In Sheetapitta

- Ksheerekshu Vikarani	- Matsya- Anupa- Audaka Mamsa.
- Naveena Madhya	- Chhardi Nigraha
- Poorva and Daksheena Disha Pavana	- Divasvapa
- Snana	- Viruddhahara
- Atap Sevana	- Snigdha , Amla, Madhura Dravya
- Vyavaya	- Guru Annapana

RESULT

- Patient was instructed for follow up every 7 days. All the sign and symptoms before treatment is likely to diminished .
- Doshas are pacified by Shaman Chikitsa. At last follow up all symptoms i.e. Varati Damsha Sansthana Shotha (urticaria), Kandu (Itching), Toda (Pain), Vidaha (Burning), Jwara (Fever) and Chardi
- (Vomiting) were present in very soft state. Symptoms were not regular like before. Symptoms were going on and rotten,
- Previous studies have also shown that Sheetpitta can be cured well by Ayurvedic treatment. Diagnosis of Vyadhi Avastha
- and Nidan Parivarjan was the chief factor behind relief.

DISCUSSION

- Haridra,Shunthi,Marich,Pippali,Twak,Ela,Tejapatra,Vidanga,Nishoth,Haritaki,Bibhitaki,Amalki,Nagarmot ha,Lohabhasma,Goghrita,GodugdhaSharkara .This contents will be most effective in disease like Sheetpitta, Udard & kotha.
- The probable mode of action of these drugs can be attributed to Tridosha saman, Rasayan, Deepan and Pachan properties.
- Most of the drugs has properties like katu rasa,ushna virya,laghu ruksha guna.they act as Tridoshaghna.Twak Vaigunya Relieved by Vata-Pittaghna Property of drug.

- By Tikta, Katu in Rasa, Laghu, Ruksha in Guna, and Katu in Vipaka, ushna veerya thus pacifies the vitiated Kapha dosh which is dominant in the pathogenesis of Sheeta Pitta. Aampachak, raktaprasadak, Kushthghna, Vayasthapak, Dahaprashaman, Shothhar, V edanasthapak, Kandughna, Raktagatavikarprashamak, Jarghna. hence reduces the symptoms like Daha, Toda, Kandu, Jwar, Charddi, Mandalotpatti.

CONCLUSION

In Ayurveda, Urticaria can be taken as 'Shitapitta-Udarda-Kotha', according to the similarity of symptomatology. The sensitization towards the antibody can be taken as Dhatu Daurbalya specially Rasa and Rakta Dhatu Daurbalya. Rasayana therapy is the best choice of management to correct the Dhatu Daurbalya. So, present study was carried out to evaluate the efficacy of Haridra khand in the management of Urticaria. Haridra khand provided better relief in all the signs, symptoms and overall improvement, gives symptoms relief in case of shitapitta. maximum cure can be obtained in the patients of Chronic Urticaria, as well as its recurrence can be prevented.

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