

URTICARIA AYURVEDIC AND MODERN PROSPECTIVE

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Abstract- Urticaria is a type I allergic reaction which is manifested because of exposure to such allergens. Due to Agriculture and Industrialization incidences of urticaria have increased. Vata and Kapha are predominantly involved in this disease. Along with Pitta they create redness, swelling and itching on the skin. Acute urticaria shows more diffuse swelling of lips, face and larynx and is spread all over the body. Urticaria is a vascular reaction of the skin characterized by Sign and Symptoms like eruption of macule Urticaria coincides with Sheeta Pitta. Urdarda, Kotha, Ayurveda provides us with detailed knowledge about toxins, their management and methods of purging these poisons out of the body. Ayurvedic herbo mineral preparations restores healthy skin and cures urticaria by establishing the equilibrium of Tridosha (Vata, Pitta, Kapha) and Sapta Dhatus (body tissues).

Keywords- Urticaria, Sheeta Pitta, Urdarda, Kotha, Doshas.

Introduction

In Ayurveda, allergic presentation is explained under the concept of *Satmya-asatmya*. It manifests due to exposure to *Asatmya ahara-vihara* and contact with different allergens ¹. Symptoms of hypersensitive skin reaction is explained as *Kotha* in *Brihata Trayi* later on it is mentioned as a separate disease under the title *Sheeta Pitta-Urdarda-Kotha* by Madhavakara. ² The word "allergy" is derived from the ancient Greek word *allos* meaning "other" and *ergon* meaning "work". Allergy is one of four forms of hypersensitivity and is formally called type I (or Immediate) hypersensitivity. Allergic reactions are distinctive because of excessive activation of certain white blood cells called mast cells and basophils by a type of antibody called Immunoglobulin E (IgE).

The proper information of *Sheeta Pitta* are not found in *Brihata Trayies* but explanation about *Urdarda, Kotha, and Utkotha* are found as a *vyadhi* ³. or *purvarupa* ⁴ or *lakshana* ⁵. In Ayurvedic literature the *Sheeta Pitta, Urdarda & Kotha* these three disorders are mentioned almost similar but have different characteristics and different causative factors. *Madhavakara* gave *sheeta Pitta* as a synonym of *urdarda Kotha* and *vice versa*. He quoted that *Sheeta Pitta* having *Vatika* dominance while *Urdarda* having *Kaphaja* dominance and also mentioned specific characters of *Urdarda*. ⁶.

Material and Methods

All the relevant information pertaining to *sheeta Pitta urdarda Kotha* and *urticaria* was collected from different Ayurvedics and modern texts.

Nidana

Madhava nidana described detail *Nidana panchaka* of '*Sheeta Pitta-Urdarda-Kotha*'. He only mentioned '*Sheeta maruta sparsha*' as causative factor ⁷but in *Charaka samhita* we can find many causative factors, which are summarized below.

Table 1: Nidana mentioned in charak samhita

1	Rakta dushti	Raktapradoshja vikara, Raktarshe dushita raktanigrana ,Raktaja vikara etc,
2.	As Symptom in other diseases	Poorvarupa of kushta, Punaravartaka jwara,Sannipatika jwara ,Nanatmaja pittavikara Poorvarupa of unmada etc.
3.	Asatmya ahara vihara	Santarpana Janya vikara, Chhardi,Diwaswapnajanya vikara, Contact with various poisonous materials i.e. bathing water, oil massage

		,clothes,ornaments etc. Symptoms of Amashayagata visha, consumption of Dooshivisha etc.
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Table 2: Rupa of Sheetapitta -Udarda- Kotha ⁸

S.No	Rupa	S.No	Rupa
1	Varati dashta samsthanashotha	5	Jwara
2	Kandu bahula	6	Vidaha
3	Toda bahula	7	Sotsanga saraga mandala
4	Chardi	8	Ksanikotpatti vinasha

Samprapti

Samprapti is defined as the process involved in the pathogenesis of a disease by vitiated *Doshas* which are constantly circulating in the body. Madhavakara stated *samprapti* of *sheetapitta -udarda- kotha* as other Acharya's have just repeated the same thing. *Prakupita Vata* and *Kapha (Pradushtau Kapha Marutau)* due to '*Sheeta Marutadi Nidana (Sheeta Maruta Samsparshat)* – when being along with '*Pitta*' (*Pittena Saha Sambhooya*) spreads internally and externally (*bahir-antah visarpatah*) and results in to '*Sheetapitta-Udarda-Kotha*'⁹.

Samprapti Ghataka

Dosha: Tridosha

Agni: Manda

Doshagati: Vriddhi, Tiryak, Shakha

Vyadhimarga: Bahya

Dushya: Rasa, Rakta

Srotas: Rasavaha, Raktavaha

Srotodushti prakara: Vimarga Gamana

Udbhava Sthana: Aamashaya

Vyakti Sthana: Tvak

Svabhava: Ashukari

MODERN DESCRIPTION OF URTICARIA**Definition**

The word 'urticaria' is derived from the Latin word 'Urtica' which means stinging nettle. A transient redness and swelling of skin with itching, causing weal's in the dermis or large hypodermal swellings, is called Urticaria. Urticaria (hives) are transient lesions that are composed of a central wheal surrounded by an erythematous halo. Individual lesions are round, oval, or figurate and are often pruritic.

Epidemiology

1. Incidence: 20% of the total population may suffer from Urticaria once in their life. Acute urticaria is most common in young patients while chronic type is in middle-aged women.

2. Age: Bandkowski (1968) gave an age incidence of 3.4% in babies and children compared with the general population rate of 1.87% and he also pointed out that of 885 cases of Urticaria only one had occurred in a patient over 65 years of age. Urbech and Gottlieb showed that of 500 cases, 2/3rd occurred between ages of 20-40 years. It is generally agreed that urticaria is common in the third and fourth decade of life.

3. Sex: Generally, women have a greater tendency for urticaria. Volterani (1965) reported 64% of cases were females

Causes of urticaria can be classified as under IgE antibodies mediated

Food - Nuts, eggs, fresh fruits(especially citrus), chocolates, Fish and shellfish, tomatoes, milk and cheese, spices, yeasts, food additives and preservatives such as tartrazine.

Drugs - Painkillers e.g. Aspirin, codeine, antibiotics, penicillin, sulphonamides. Salicylates, Indomethacin and other non-steroidal anti-inflammatory drugs, opiates, radio contrast media, menthol.

Insect stings, Contactant-Latex, perfumes, wool animals.

Non-IgE mediated -

Endogenous mediators, Components of complement (C3a,C5a), Neuropeptides (substance P), Eosinophilic major basic protein.

Autoantibodies (IgG) - Direct against IgE or the high affinity IgE receptor

Physical Stimuli - Simple friction or scratching (dermatographism), sunlight, pressure, heat, cold temperature, water, vibration.

Inhalants - Latex, dust, animal dander, pollen.

Infections - Viral upper respiratory infections, bacterial (sinusitis, dental abscess, otitis), viral hepatitis, vaginitis, fungal, helminth.

Systemic Diseases - Collagen vascular diseases, leukemia, lymphoma, endocrinopathies, menstruation.

Pathogenesis

Urticaria results from an immediate hypersensitivity reaction after exposure to an allergen or an antigen. Upon exposure, the skin mast cell releases the mediator histamine. Through histamine's effects on the histamine₁ (H₁) receptors, the capillaries are dilated. With the dilation of the capillaries, vascular permeability occurs. Arteriolar dilatation through nerve reflex causes the typical flaring and eventually the extravasations of fluid cause the wheals. Histamine also causes the pruritus that accompanies the condition. Other mast cells products act as chemotactic factors that attract other effects or cells such as eosinophils. Urticaria results not only from sensitivity to antigens, but also from physical factors such as cold, heat, sunlight, water, pressure and vibration. The underlying mechanisms are not well understood, but the final common pathway is believed to involve release of mediators by activated mast cells and basophilic leukocytes. These mediators increase vascular permeability, and plasma leaks into the dermis, resulting in Urticarial wheals ¹¹.

Ayurvedic treatment for Urticaria

Principles of treatment of Sheetpitta, Udarda & Kotha

Chakradatta has clearly and 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 both Sheeta or Ushna ahara with due consideration to *Doshagati* ¹².

Bhavaprakasha has explained *Shodhana, Shamana and Bahya Parimarjana Chikitsa* in *Sheetapitta* ¹³.

Yogaratakara has described *Krimighna* and *Dadrughna* drugs to treat *Sheetpitta* ¹⁴.

Bhaishajya ratnavali has mentioned that patients suffering from *Kotha* should, in brief, adopt the line of treatment prescribed for *Kustha, Amlapitta, Udarda* ¹⁵.

PRINCIPLES OF TREATMENT OF SHEETAPITTA-UDARDA KOTHA.

S. No	Methods	Sheetpitta	Udarda	Kotha
1	Snehana	+	+	+
2	Svedana	+	+	+
3	Vamana	+	+	+
4	Virechana	+	+	+
5	Raktamokshana	+	+	+
6	Lepas	+	+	+
7	Udvartana	+	+	+

Shodhana Chikitsa ¹⁶

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

Virechana: Purgation should be given with decoction of *Triphala, Guggul Pippali*

Charaka Samhita ¹⁷ *Udarda Prashamana Mahakashaya, Katu Taila, Mustadi Churna*

Sushruta Samhita ¹⁸

Eladi Gana

Bhavaprakasha ¹⁹

Navakarshika Guggulu

Trikatu +Sharkara

Yavani +Vyosha +Yavakshara

Aardraka Rasa +Purana Guda

Yavani + Guda

Guda + Amalaki

Nimba Patra + Ghrita +Amalaki

Ardraka Khanda

Chakradatta²⁰

Visarpokta Amritadi Kwatha

Agnimantha Moola +Ghrita

Shushka Pakva Gambhari Phala after boiling with milk

Bhaishajya Ratnavali²¹

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 – Udvardana

Katu Taila – Abhyanga

Kshara Rock salt + Oil – Abhyanga

Yogaratanakara²²

Vardhamana Pippali

Vardhamana Lasuna Prayoga

Pathya-Apathya²³

Pathya-Apathya sevana vidhi plays an important role in the management of any disease. *Pathya* is that which is suitable to the disease and to the diseased. While *Apathya* is unsuitable and which aggravates the disease process leading to more discomfort to the patients. *Pathya* and *Apathya ahara* is listed below,

S. No	Pathya Ahara	Apathya Ahara and Vihara
1	Jeerana Shali	Ksheera Vikarani
2	Jangala Mamsa	Chhardi Nigraha
3	Triphala	Ikshu Vikarani
4	Madhu	Divaswapna
5	Mudga Yusha	Matsya
6	Kulattha Yusha	Poorva and Daksheena Disha Pavana
7	Ushnodaka	Anupa-Audaka Mamsa
8	Karkotaka Shaka	Snana
9	Karavellaka Shaka	Naveena Madhya
10	Moolaka Yusha	Atapa Sevana
11	Dadima Phala	Virudhahara
12	Shigru Shaka	Vyavaya
13	Moolaka Shaka	Snigdha, Amla, Madhura
14	Vetragara Phala	Dravya, Guru Annapana
15	Patika Shaka	
16	Shalincha Shaka	
17	Lava Rasa	
18	Tittira Rasa	
19	Katu Tikta	
20	Kahaya Rasa	
21	Kulattha Rasa	

Conclusion

In modern science there is vast treatment of Urticaria and other allergic skin disorders, but recurrence of disease is common in many cases. Ayurveda has a lot of potential in the treatment aspect of allergic skin reaction by using various Ayurvedic formulations and by following *Pathya apathya* in a logical manner.

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