



Review Article

A CONCEPTUAL STUDY OF SHEETPITA, UDARD AND KOTHA W.S.R TO URTICARIA : A REVIEW

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ABSTRACT

Urticaria is a type I hypersensitivity reaction which is manifested because of exposure to such allergens. Epidemiology of Urticaria is increasing now days due to Industrialization and Agriculture. *Vata* and *Kapha* are two "Doshas", which are primarily disturbed in this disease. In the combination with *Pitta* they create redness, swelling and itching on the skin. Acute urticaria is associated with more diffuse swelling of lips, face and throat and is spread all over the body.

Urticaria is a vascular reaction of the skin characterized by a sudden general eruption of pale Sign and Symptoms of Urticaria resembles with *Kotha*, *Udarda*, *Sheetapitta*. *Kotha* is one of the symptom mentioned by our Acharyas when body exposed to *Asatmyaj Ahara* and *Vihara*. Eg. Contact with poisonous material and *Sheeta vayu* etc. Our Ancient Acharayas has mentioned several classical Ayurvedic formulations for the cure of urticaria. Ayurveda provides us with detailed information about toxins, their management and methods of purging these poisons out of the body. Ayurvedic herbo mineral preparations restores healthy skin and cure urticaria by establishing the equilibrium of *Tridosha (Vata, Pitta, Kapha)* and *Sapt dhatus* (body tissues). The present paper intends to highlight the Ayurvedic management in reducing sign-symptoms and recurrence of the disease.

KEYWORDS: Urticaria, *Sheetpita*, *Udard*, *Kotha*, *Doshas*.

INTRODUCTION

In Ayurveda, allergic manifestation is mentioned under the concept of *Satmya-asatmya*. It manifests due to exposure to *Asatmya ahara-vihara* and contact with different poisonous materials (allergens)¹. Symptoms of allergic skin reaction is mentioned as *Kotha* in *Brihata Trayi* later on it is developed as separate disease under the title *Sheetapitta-Udarda-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 as 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). This reaction results in an inflammatory response which can range from mild discomfort to grave consequences. Skin allergies frequently cause rashes, or swelling and inflammation within the skin, which is known as a "wheal and flare" reaction characteristic of hives [Urticaria] and angioedema. "Urticaria is a recurrent, transient, cutaneous swelling with erythema which resolves within 24 hours without leaving any residual cutaneous signs."

Disease Review

The proper references for *Shitapitta* are not found in *Brihatrayies* but explanation about *Udarda*, *Kotha*, *Utkotha* are found as a *vyadhi*³ or *purvarupa*⁴ or *lakshana*⁵. In Ayurvedic texts, the *Shitapitta*, *Udarda* & *Kotha* these three disorders are described almost similar but having few different characters and different causative factors. *Shitapitta* and *Udarda* are synonyms of

each other described by *Madhavakara*. He quoted that *Shitapitta* having *Vatika* dominancy while *Udarada* having *Kaphaja* dominancy and also mentioned specific characters of *Udarad*.⁶

The Great Physician *Charak* has not directly used a word *Shitpitta* but words *Kotha*, *Utkoha* and *Udarda* has mentioned at different places.

Madhava nidana explained detail *Nidana panchaka* of '*Sheetapitta-Udarda-Kotha*'. He only mentioned '*Sheeta maruta sparsha*' as causative factor⁷but in *Charaka samhita* we can find many causative factors, which are summarized below.

Nidana

Table 1: *Nidana* mentioned in *Charak Samhita*

1.	<i>Rakta Dusti</i>	<i>Raktapradoshaja Vikara, Raktarshe dushita rakta nigraha, Raktaja Vikara</i> etc.
2.	As Symptom in other Diseases	<i>Poorvarupa of Kushta, Punaravartaka Jwara, Sannipatic Jwara, Nanatmaja Pittavikara, Nanatmaja Kaphavikara, Poorvarupa of Unmada</i> etc.
3.	Faulty Ahara and Vihara	<i>Santarpana Janya Vikara, Chhardi Nigrahaja vikara, Diwaswapnajanya Vikara, Contact with various poisonous materials i.e., bathing water, oil massage, clothes, ornaments etc., Symptom of Amashayagata visha, Intake of Dooshivisha</i> etc.

Rupa**Table 2: Rupa (symptoms) of Sheetapitta-Udarda-Kotha⁸**

S. No.	Rupa	S. No.	Rupa
1.	Varati dashta samsthana Shotha	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. The first and foremost person to describe the Samprapti of Sheetapitta-Udarda-Kotha is Madhavakara in Madhav Nidana, as other Acharays have just repeated the same thing. Prakupita Vata and Kapha (Pradushtau Kapha Marutau) due to 'Sheeta Marutadi Nidana (Sheeta Maruta Samsparshat) - when being mixed 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

Dosha : Tridosha

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Vyakti Sthana : Tvak

Svabhava : Ashukari

MODERN DESCRIPTION OF URTICARIA**Definition**

The word 'urticaria' derived from Latin word 'Urtica' which means stinging nettle. A transient redness and swelling of skin with itching, causing wheals 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 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. A personal or family history of atopy is no more common in patients with urticaria. patients with active atopic dermatitis or hay fever have an increased incidence of allergic urticaria.

2. Age: Bandkowski (1968) gave an age incidence of 3.4% in babies and children compared with 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 year 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 third and fourth decade of life.

3. Sex: Generally, women having a greater tendency for urticaria. Volterani (1965) reported 64% of cases were females.¹⁰

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 - Pain killers e.g. Aspirin, codeine, antibiotics, pencyllin, 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.

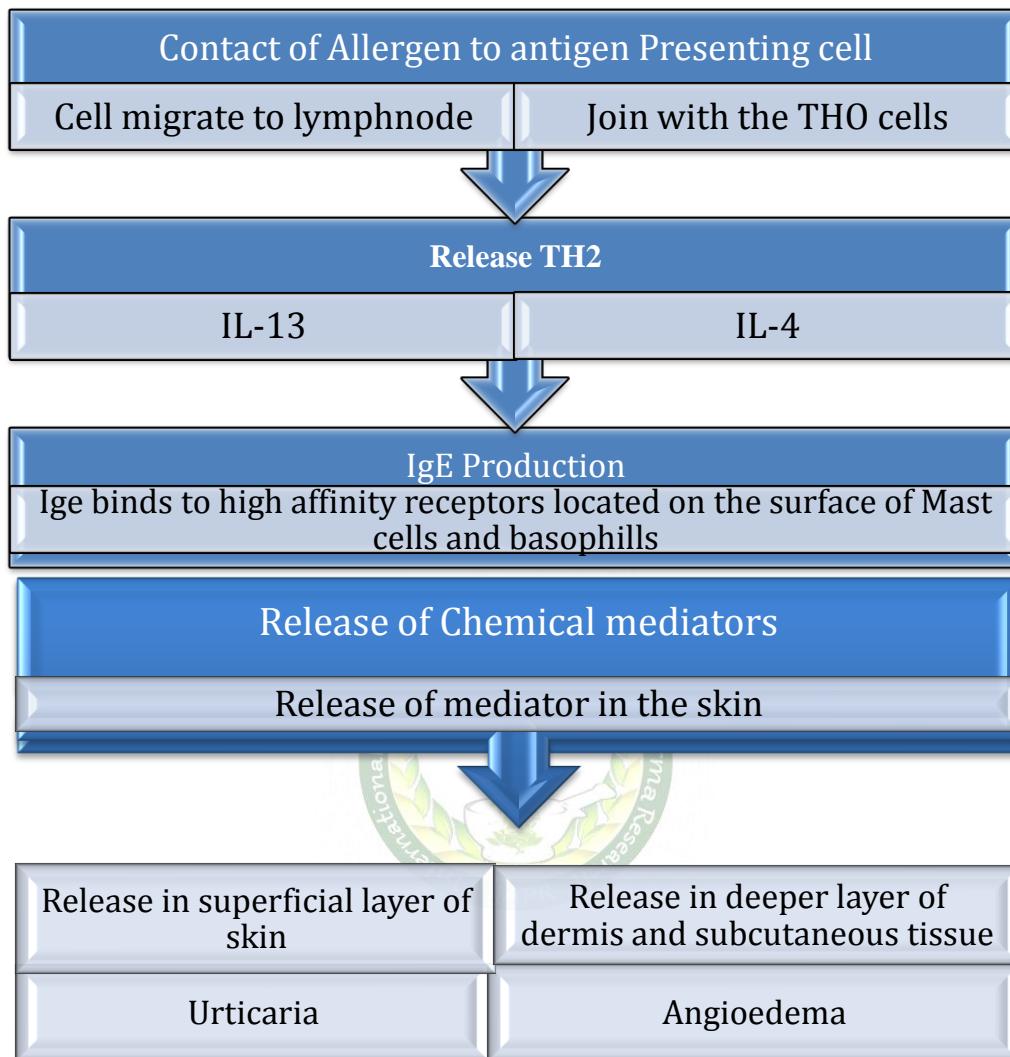
Pathogenesis

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

effect 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

Pathogenic pathways of Urticaria



Classification

1. Acute
2. Chronic

1) Acute Urticaria: Typically, lesions lasting less than 6 weeks are referred to as acute Urticaria. This form is more common in young people and is most likely due to exposure to food allergens, food additives, certain medications.

2) Chronic Urticaria: The word ‘chronic’ simply means that it lasts a long time. If Urticaria lasts six weeks or more, it is called ‘chronic urticaria’.

Physical Urticaria

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.

Thermal Urticaria: Cold Urticaria, Heat Urticaria

Light - Solar Urticaria, Porphyria

Water- Acquagenic urticaria (water, sweat)

Contact Urticaria

a) Dermographism: In Dermographism, which accounts for an estimated 8.5% of all cases of physical Urticaria, wheals and flares occur in response to simple rubbing of the skin. Urticaria accompanies the wheal and flare, and seems disproportionate to the degree of stimulation and the appearance of the wheal and flare.

b) Pressure urticaria: This type of urticaria can occur right way, precisely after a pressure stimulus or as a deferred response to sustained pressure being enforced to skin. The source of pressure on the skin can happen from tight fitted clothes, belts, clothing with tough straps.

c) Vibratory urticaria: It is rare familial condition consisting of erythema and edema following the stretching of skin.

d) Localized heat urticaria: It occurs when heat is applied locally, results in edema and erythema at the site of heat contact.

e) Cholinergic urticaria- 34% of all the physical urticaria are cholinergic, which occur with exercise, anxiety, sweating, and passive warming. The precipitating factor in this reaction is elevated core body temperature.¹²

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 either *Sheeta* or *Ushna ahara* and *Paniyas* with due consideration to *Doshagati*.¹³

Bhavaprakasha has described *Shodhana, Shamana* and *Bahi Parimarjana Chikitsa* in *Sheetapitta*.¹⁴

Yogaratanakara has described *Krimighna* and *Dadrughna* drugs to treat *Sheetpita*.¹⁵

Bhashajya ratnavali has mentioned that patient suffering from *Kotha* should, in brief, adopt line of treatment prescribed for *Kustha, Amlapitta, Udarda*.¹⁶

PRINCIPLES OF TREATMENT OF SHEETAPITTA-UDARDA KOTHA.

S.No	Methods	Sheetpitta	Udarda	Kotha
1.	<i>Snehana</i>	+	+	+
2.	<i>Svedana</i>	+	+	+
3.	<i>Vamana</i>	+	+	+
4.	<i>Virechana</i>	+	+	+
5.	<i>Raktmokshana</i>	+	+	+
6.	<i>Lepas</i>	+	+	+
7.	<i>Udvartanas</i>	+	+	+

*Shodhana Chikitsa*¹⁷

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

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

Charaka Samhita¹⁸

Udarda Prashamana Mahakashaya, Katu Taila, Mustadi Churna

Sushruta Samhita¹⁹

Eladi Gana

Bhavaprakasha²⁰

Navakarshika Guggulu

Trikatu +Sharkara

Yavani +Vyosha +Yavakshara

Aardraka Rasa +Purana Guda

Yavani + Guda

Guda + Amalaki

Nimba Patra + Ghrita +Amalaki

Ardraka Khanda

Chakradatta²¹

Visarpokta Amritadi Kwatha

Agnimantha Moola +Ghrita

Shushka Pakva Gambhari Phala after boiling with milk

Bhaishajya Ratnavali²²

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+ Rock salt + Oil – Abhyanga

Yogaratanakar²³

Vardhamana Pippali

Vardhamana Lasuna Prayoga

Pathya-Apathya²⁴

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,

Pathya Ahara	Apathya Ahara and Vihara
1. <i>Jeerna Shali</i>	1. <i>Ksheera vikarani</i>
2. <i>Jangala Mamsa</i>	2. <i>Chhardi Nigraha</i>
3. <i>Triphala</i>	3. <i>Ikshu Vikarani</i>
4. <i>Madhu</i>	4. <i>Divaswapna</i>
5. <i>Mudga Yusha</i>	5. <i>Matsya</i>
6. <i>Kulattha Yusha</i>	6. <i>Poorva and Daksheena Disha Pavana</i>
7. <i>Ushnodaka</i>	7. <i>Anupa- Audaka Mamsa</i>
8. <i>Karkotaka Shaka</i>	8. <i>Snana</i>
9. <i>Karavellaka Shaka</i>	9. <i>Naveena Madhya</i>
10. <i>Moolaka Yusha</i>	10. <i>Atapa Sevana</i>
11. <i>Dadima Phala</i>	11. <i>Virudhahara</i>
12. <i>Shigru Shaka</i>	12. <i>Vyavaya</i>
13. <i>Moolaka Shaka</i>	13. <i>Snigdha, Amla, Madhura</i>
14. <i>Vetragra Phala</i>	14. <i>Dravya, Guru Annapana</i>
15. <i>Potika Shaka</i>	
16. <i>Shalincha Shaka</i>	
17. <i>Lava Rasa</i>	
18. <i>Tittira Rasa</i>	
19. <i>Katu, Tikta</i>	
20. <i>Kashaya Rasa</i>	
21. <i>Kulattha Rasa</i>	

CONCLUSION

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

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