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Review Articles

A Critically Review On Sitapitta Udard And Kotha W.S.R To Visha

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ABSTRACT- Type I hypersensitivity reaction, manifested due to exposure of allergens or visha k/a Urticaria. Now days due to food adulterance, Industrialization, use of insecticide, Pesticide or herbicide in agriculture, use of chemical to cook food and preserve food acts as artificial poison which may trigger the allergic reaction according to Desh, Kala, Bala and prakrati of particular person. The Agad tantra, branch dealing with all type of poison, mention the Urticaria as Udard and Kotha in Symptoms of different visha and different stages of visha. Urticaria is vascular reaction of skin causing generalized eruption. The most characteristic nidana of Udarda, Sheetapitta Udarda and Koth is exposure to Asatmyad ahar and vihar, Dushi visha and Gara visha which also indicate that poison acting as allergen and causing urticaria. In the review article we are trying to stabilize the concept that urticaria is caused by visha dravya used as either means.

Key words- Kotha, Udard, Dushivisha, Garavisha, Allergent.

Introduction:-

The world wide occurrence is 0.1% to 3% of population with men affected twice less likely than women.About 1% of population suffers from chronic urticaria.It is approximate that about 200 in 1000 person will have urticaria(hives) once in their life time.About 1% of Population suffers from chronic urticaria.Generally urticaria occurs in between 20 to 40 year og age.urticaria is specify by a raised,red,itchy,pruritic rash,central swelling and surrounding epidermal erythema resulting from vasodilation increased vascular permeability and increased blood flow.Urticaria acts like an allergy.This type of allergic reactions are type 1 hypersensitivity.This Allergic reactions are special because of uncontrolled activation of white blood cell like mast cell &basophils by a type of antibody called IgE.Skin allergies usually cause Swelling,inflammation and rashes within skin which is known as characteristic of urticaria.Acharya Charak and Sushrut has not directly word used Shitpitta but Uarda,Kotha,has mentioned at charak samhita and Sushrut samhita.

Urticaria-

Urticaria, commonly referred to as hives, is types 1 hypersensitivity reaction to a variety of exenous and endogeneous antigens. Histamine is released that causes vascular dilation with resultant dermal edema and pruritis.

Urticaria may be divided into:-

1.**Acute**-Lasting less then 6 weeks.

2.**Chro nic**- Lasting more then 6 weeks.ⁱ

Udardda and Kotha-There are two other diseases called Udardda and Kotha which resemble Urticaria. In consequence of exposure to cold winds, both the Vayu and Kapha become excited.The predominance of the vayu and Sitapitta; while the predominance of the pitta generates .

Dushi visha- Dushi visha constantly pollutes the bodily tissues on account of the various factors such as geographical condition, time,diet and day-sleep and is therefore called dushi visha.ⁱⁱ

Dushi visha work-Sense of intoxication after meal,indigestion,aversion to food,circular-patches(Mandala)and urticarial rashes on the skin (Kotha),Stupor,Loss of essential constituents ofthe body(Dhatukshaya),Swelling of feet and hands,ascites,vomiting,diarhoea,discolouration,fainting,intermittent pyrexia and excessive thirst,insanity,blurred speech,leprosy and other diseases are caused by dushi vishaⁱⁱⁱ

Eight different stages as follows(Ch.chi.23)-

Third stage (vitiation of mamsa):Mandala,Pruritus,oedema and urticaria^{iv}.

Udardda.Kotha results from the administration of emetics which have failed to act properly.

<p>Urticarial vasculitis</p>	<p>• Lesions are usually painful (rather than pruritic), last >48 hours, and leave discoloration on the skin</p>
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Systemic mastocytosis	<ul style="list-style-type: none"> • Rare condition that involves the internal organs (liver, spleen, lymph nodes, bone marrow), in addition to the skin
Atopic dermatitis	<ul style="list-style-type: none"> • Chronic, highly pruritic inflammatory skin disease • Clinical manifestations vary with age
Bullous pemphigoid	<ul style="list-style-type: none"> • Chronic, autoimmune, blistering skin disease
Erythema multiforme	<ul style="list-style-type: none"> • Acute, self-limited, skin condition • Considered to be a type IV hypersensitivity reaction to certain infections, medications, and other various triggers
Familial cold autoinflammatory syndrome	<ul style="list-style-type: none"> • Rare, inherited inflammatory disorder characterized by recurrent episodes of rash, fever/chills, joint pain, and other signs/symptoms of systemic inflammation triggered by exposure to cooling temperatures • Onset usually occurs during infancy and early childhood and persists throughout the patient's life
Fixed drug eruptions	<ul style="list-style-type: none"> • Lesions occur from exposure to a particular medication and occur at the same site upon re-exposure to the offending medication • Lesions usually blister and leave residual pigmentation
Subacute cutaneous lupus erythematosus	<ul style="list-style-type: none"> • A non-scarring, photosensitive skin condition • May occur in patients with systemic lupus erythematosus (SLE) and Sjögren syndrome
Pruritic urticarial papules and plaques of pregnancy	<ul style="list-style-type: none"> • Benign skin condition that usually arises late in the third trimester of a first pregnancy

Muckle-Wells syndrome	<ul style="list-style-type: none"> • Rare genetic disease that causes hearing loss and recurrent hives • May lead to amyloidosis
Schnitzler's syndrome with monoclonal IgG kappa gammopathy	<ul style="list-style-type: none"> • Rare disease characterized by chronic, non-pruritic hives, periodic fever, bone and joint pain, swollen lymph glands and an enlarged spleen and liver^v

Cause of urticaria- Medicine- Asprin, opiates, NSAID, penicillin, Foods such as nuts, eggs, strawberries, wheat product, meat, milk. Dust mites, Latex, Pollen, Sunlight exposure, Scratching, Exercise etc.

Nidana ; Nidana mentioned in **Charak Samhita.**

1. Rakta Dusti Raktapradoshaja Vikara, Raktarshe dushita rakta nigraha, Raktaja Vikara etc.

2. As Symptom in other Diseases-Poorvarupa of Kushta, Punaravartaka Jwara, Sannipatic

Jwara, Nanatmaja Pittavikara, Nanatmaja Kaphavikara, Poorvarupa of Unmada etc.

3. Faulty Ahara and Vihara-Santarpana Janya Vikara, Chhardi Nigrahaja vikara, Diwaswapnajanya Vikara, Contact with various poisonous materials

Types of Urticaria:-

1)Cholinergic urticaria (Micropapular urticaria)

2)Localized Heat urticaria(Heat urticaria)

3)Solar urticaria

4)Cold urticaria

5)Contact urticaria

6)Dermographism

7)Aquagenic urticaria

8)Vasculitic urticaria

9)Urticaria pigmentosa^{vi}

Kotha or urkotha is similar to shitapitta, but the causative factor in kotha is improper purification by medicated vomiting. If there is continuous recurrence of kotha, then it is termed as urkotha.

Purvarupa- Thirst, aruchi, nausea, lethargy and redness of eyes, Dah.

Rupa-Rash on the skin with itching, burning sensation and pain are main symptoms.

In udara there are circular rashes on the skin which are slightly elevated at the ridge.^{vii}

Sitapitta symptoms-

1.Kandu	Dosha : Tridosha
2.Todh	Agni : Manda
3.Chardi	Doshagati : Vriddhi, Tiryak, Shakha
4.Jwar	Vyadhimarga : Bahya
5.Dah	Dushya : Rasa, Rakta
6.vartidastsansthan shoth. ^{viii}	Srotas : Rasavaha, Raktavaha

Hetu and samprapti-Usually allergy is due to vitiated pitta and Blood.Low immunity is responsible for almost all type of allergies.The main cause of almost all allergies is ama produced by low digestive fire.Ama can be at the level of digestive tract or at tissue level.Accordingly different symptoms are produced at different levels.Production of ama causes vitiation of ama cause vitiation of blood ,pitta or kapha(produce different symptoms).Immunity also plays an important role.^{ix}

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

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Treatment-The basic pathogenesis in the case of urticaria is release of histamine.Therefore it requires only antihistaminis for treatment.For rapid relief of acute severe urticaria with laryngopharyngeal edema 0.5 to 1 ml of epinephrine should be used.A short burst of corticosteroids is reserved for very severe episodes of urticaria.^x

According ayurveda Treatment-

1-Nidhan parivajan

2-sanshodhan chikstha-
Abhyanga,swadan,vaman,virechan,raktmo
shan

3.sanshman chikstha-
parlep,udvartan,medicine

Vaman-If in this disease, the Amasaya be found to be full with undigested food, the patient should be made to vomit by administering the dejection of the leaves of patol.bark of nibh,leaves of vasa.

Virechan-For purging,half a tola should be given of the pulv of three Myrobalnce(Triphala),Bolasamodendron Mukul(Gugulu), and Piper longum(Pipli), taken in equal measure.

Abhayanga and swedan-Rubbing the body with mustard oil and the use of boiled water in a luke-warm state both for bathing and drinking are beneficial.

Charaka Samhita-Udarda Prashamana Mahakashaya, Mustadi Churna, Katu Taila,^{xi}

Sushruta Samhita-Eladi Gana^{xii}

Yogratnakr-(p.no-663-664)

Ghambhariphalidiyoga,Amartadiyoga,Yav anyadiyoga,Nibhyoga,Sandvadilepa,Yasti mdhivadikwath,

Bhavaprakasha-(p.no-547-548)Navakarshika Guggulu ,Tri

katu +Sharkara,Yavani +Vyosha +Yavakshara,Aardraka Rasa +Purana Guda, Yavani + Guda,Guda + Amalaki,Nimba Patra + Ghrita +Amalaki,Ardraka Khanda

Chakradatta-(p.no-398-399)Visarpokta Amritadi Kwatha,Agnimantha Moola +Ghrita,Guddipyak yoga,Duwardilepa,Nibhpatradilepa.

Shushka Pakva Gambhari Phala after boiling with milk

Bhaishajya Ratnavali-(p.no-897-900)

Goghrita +Maricha. As Vardhamana Prayoga(Shitpittanashak yoga)

Haridra Khanda,Brihat Haridra Khanda,Shleshmapittantako Rasa

Veereshvaro Rasa,Aadarkhand,Shitapittaprabhanjana Rasa,Durva + Nisha – Lepa,

Siddhartha + Rajani +Kustha+ Prapunnada +Tila + Katu Taila – Udvartana,

Katu Taila – Abhyanga,Kshara+ Rock salt + Oil – Abhyanga

The following remedies are useful-

Aushadh-All these are for internal administration.

1-Old treacle mixed with the juice of ginger;2.Two tolas of ghee obtained from cows milk, mixed with with the pulv of the pepper 1/8 tola taken every morning;3.Hardrakhanda ;4.VrhatHardrakhanda ;5. Ardraka khanda.

Parlep-Plaster may also be used consisting of; 1.Turmeric and panicum dactylon pounded together into paste;2.Mustard – seeds of the white variety, turmeric,the seeds of cassia tora,sesame seeds of the black variety pounded together with mustard-oil.The bowels should always be kept clean.

Diet and forbidden practices-

The direction about food and forbidden practices laid down in the chapter on Vatarakta should apply.The patient should use boiled water lukewarm for bathing.The body should always be kept covered with warm clothing.^{xiii}

Pathya Ahara-Jeerna shali,jangala mamsa ,Tripala, Mudgayusha, Kulattha yusha ,Ushnodaka, Karkotaka Shaka,

Karavellaka shaka, Moolaka yusha, Dadima phala, Shigru shaka, Moolaka shaka, Vetragra phala, Potika Shaka, Shalincha shaka, Lava rasa, Tittira rasa, Katu, Tikta, Kashaya rasa, Kulatha rasa.

Apathya Ahara-Ksheera vikarani, Chhardi Nigraha, Ikshu Vikarani, Divaswapna, Matsya, Poorva and Daksheena Disha pavana, Anupa-Audaka Mamsa, Snana, Naveena Madhya, Atapa sevana, Virudhahara, Vyavaya, Snigdha, Amla, Madhura, Dravya, Guru Annapana.^{xiv}

Conclusions:-

Urticaria is a common disorder that often presents with angioedema. It is generally classified as acute (lesions occurring for <

6 weeks), chronic (lesions occurring for > 6 weeks) and physical (lesions result from a physical stimulus). The disorder can usually be diagnosed on the basis of clinical presentation and history, however, diagnostic tests may be helpful for confirming the diagnosis. Second-gene

ration, non-sedating H1-receptor antihistamines represent the mainstay of therapy for both acute and chronic urticaria; first-generation sedating antihistamines may be used as adjunctive therapy in patients with nocturnal symptoms. For severe, refractory chronic urticaria, short courses of oral corticosteroids and certain immunosuppressant and immunomodulatory therapies may be beneficial.

ⁱ Arora Arvind; Self assessment and review of short subject, vol.1 *Skin*psychiatry*Anaesthesia*Radiology, Pulse hospital, chhatrasangh chauraha, Gorakhpur(U.P)p.no-67.

ⁱⁱ Ambikadatashastra, Sushrut of maharshi sushrut, frist part (kalp sthan)2/33Chaukhamba Sanskrit sansthan, Varanasi(2012), Pg no-34.

ⁱⁱⁱ Ambikadatashastra, Sushrut of maharshi sushrut, frist part (kalp sthan)2/30-32)Chaukhamba Sanskrit sansthan, Varanasi(2012), Pg no-33.

^{iv} Kashinatha shastri, Dr. Gorakha –nath Chaturvedi, Charak samhita of Agnivesha, volume2, chikitsa sthan 23, Chaukhamba Sanskrit Sansthan Varanasi(2012) pg no

^v Amin kanani, Urticaria and angioedema; Kanani et al. Allergy & clinical Immunology 2011, 7(suppl):S9 Allergy Asthma & clinical Immunology

^{vi} Arora Arvind; Self assessment and review of short subject, vol.1

*Skin*psychiatry*Anaesthesia*Radiology, Pulse hospital, chhatrasangh chauraha, Gorakhpur(U.P) p.no-70.

^{vii} Prof. Dr. Subhash ranade; Kayachikitsa, part-2, Chaukhamba Sanskrit pratishthan first edition 2005 pg no-484.

^{viii} Dr. Indradev tripathi, Yogaratnakara, chowkhamba krishnadas academy Varanasi pgno-662

^{ix} Prof. Dr. Subhash ranade; Kayachikitsa, part-2, Chaukhamba Sanskrit pratishthan first edition 2005 pg no-483.

^x Arora Arvind; Self assessment and review of short subject, vol.1

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^{xi} Brhamanada Tripathi; Charak samhita, Chaukhamba bharti Academy Varanasi-2007; Sutrasthana chapter 4, pp-94. Chikitsasthana chapter7, pp-298. Sutrasthana chapter27, pp-536.

^{xii} Ambikadatashastra, Sushrut of Maharshi Sushrut, Frist part(Sustra sthan)38\25, Chaukhamba Sanskrit Varanasi(2012), p.no-185

^{xiii} Kaviraj nagendra nath sengupta; The Ayurvedic system of Medicine(Second Revised Edition) vol.1, Sri Satuuru publication Delhi(1998)

^{xiv} Kaviraj govind das sen, Bhaisajya Ratnavali; Chaukhamba Surbharati prakashan, Varanasi, 2005; p.no-900.