

## A REVIEW ARTICLE ON SHITAPITTA (LAGHUTRAYIS)

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Received date: 30 December 2021

Revised date: 20 January 2022

Accepted date: 10 February 2022

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### ABSTRACT

Urticaria comes from the Latin word "urtica," which meaning "stinging nettle." Urticaria is a temporary redness and swelling of the skin accompanied by itching that results in wheals (localised intracutaneous oedema) in the dermis or massive hypodermal swellings.<sup>[1]</sup> Shitpitta Udara, Kotha are having similar symptomatology and causative factor correlated with urticaria. These are mentioned as three separate disorders in Ayurveda. *Udard, koth, raktapradoshaja vikara and shitapitta are allergic disorders.* In some cases, the disorder is relatively mild, recurrent. To further complicate the issue, a fairly extensive list of diseases can cause Urticaria. There are so many internal and external Ayurvedic drugs are available. Urticaria affects 20% of people at some point in their lifetime. In laghutraya various panchakarma explained in shitapitta so we are taken a brief description about study of panchakarma in shitapitta according to laghutraya for this particular article.

**KEYWORDS:** Shitapitta, Panchakarma, Laghutrayi.

### INTRODUCTION

In current scenario of changing life pattern and sedentary life style people do not follow the rules of dinacharya, Rutucharya etc.

Urticaria is one of the dermatological condition characterized by sudden eruption of itching any part of the skin shitpitta is one among twak vikar. It described as tridoshaj vyadhi but vata, pitta dosha are predominant and rasa and rakta are main dushya shitapitta has symptoms like kandu (itching), shool (pain) mandal (circular rashes), daha (burning sensation) utseda, toda, jwar. In Ayurveda, the causes or same symptoms are seen in –Raktapradoshaja vikaras – blood vitiated disorders Punaravartaka Jvara – recurrent fever, Sannipataja Jvara – fever caused by tridoshas, Nanatmaja pittavikara – intrinsic pitta diseases, Nanatmaja kaphavikara – intrinsic kapha diseases, Santarpana janya vikara – life style disorders due to over nutrition, Chardi nigraha – controlling of the natural urge of vomiting, Divasvapna – sleeping at day time, Contact with polluted water for bathing, tight clothing, artificial ornaments etc. Amashayagata viaha – endotoxin of stomach, Intake of dushivisha (less potent toxic substances that which remain in a dormant state within the body for years) etc. in some cases, the condition is mild and recurrent. Many

of antihistamic agents shows the instant relief in symptoms but it frequently occurs. Characterized by weal with pale interiors and well-defined red margins; usually the result of an allergic response to insect bites or food or drugs. Ayurveda has explained various types of diseases and symptoms that are similar to “allergy.” Acharya Charaka has described some allergic disorders, e.g., Udara under Kaphanatanmaja vyadhi and Kotha under Raktapradoshaja vikara. Acharya Bhava Prakasha and Madhav have also described Shitapitta under allergic disorder.<sup>[2]</sup>

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 ‘SheetapittaUdarda-Kotha’.

शीत मारुती संस्पर्शप्रदुष्टो कफामरुतो पित्तेन सह संभुय बहिरंत विसर्पितः !! मा. नि!!

शीतपित्त उदरं च तथा कोठा भिधे गदे !कृमिदद्रहरः कार्यः  
:शीतपित्त अखिलः क्रमः !स्निग्ध स्विन्न स्यं संशुद्ध कोष्ठे  
समचरित !ततः कुष्ठहरः सर्वोविधयो विधिरदरात !!११!

क्षयः स्थानं च वृद्धि दोषाणां त्रिविधा गत्रः।

ऊर्ध्वं चाध त्रययक्च त्रवेजेया त्रिविधाऽपरा॥११२॥

त्रिविधा चापरा कोष्ठशाखाममायद्धस्थसद्भिषु।

इत्युक्ता त्रव्रधभेदेन दोषाणां त्रिविधा गत्रः॥११३॥

च. सू. १७/११२, ११३.

Author	Kalpa on shitapita
Bhavprakash <sup>[3]</sup>	<ul style="list-style-type: none"> <li>Navakarshika Guggulu</li> <li>Trikatu Sharkara</li> <li>Yavani Vyosha Yavakshara</li> <li>Aardraka Rasa Purana Guda</li> <li>Yavani Guda</li> <li>Guda Amalaki</li> <li>Nimba Patra Ghrita Amalaki</li> <li>Ardraka khanda</li> </ul>
haishagya Ratnavali <sup>[4]</sup>	<ul style="list-style-type: none"> <li>Visarpokta Amritadi Kwatha</li> <li>Agnimantha Moola Ghrita</li> <li>Yashtyadi Kwatha</li> <li>Amratadi Kwath</li> <li>Goghrita, Maricha Vardhamana Prayoga Haridra Khanda Brihat Haridra Khanda Shleshmapittantako Rasa Veereshvaro Rasa Sheetapitta Bhanjan Ras Vardhamana Pippali Vardhamana Lasuna Kushathadi Churna Vardhman Lashuna Guduchi Dhamasa Nimba Nisha Kwath</li> </ul>

Gati means movements. So if the shitapita Samprapti is studied as Ashayapkarsha gati as vitiation of Vata and Kapha Dosha in Pitta Sthan where Pitta is Prakrut, but

Lakshanas are of Pitta Dosha Prominently.in laghutrayis shitapitta is treated with vaman, virechana, lepa, raktamokshana etc for that perticular

Vaman	Patolpatra+nimbpatra+madanphal kwath -	Bhaishagya Ratnavali.
	Sadya vaman -patol +nimba sal +vasa kwath -	Yogratnakar, <sup>[5]</sup>
Virechan	Triphala+shudhha guggul +pippali -	Yogratnakar Bhaishagya Ratnavali
Raktamokshana	It is a technique for removing dushita dosha from the blood. For Rakta dusti and Rakta pradoshaja vikara, it is the best Shodhan karma. After Mahatiktaka Ghrutapana, it can be done	Yogratnakar
Lepa	Durva+ haridra.	Bhaishagya Ratnavali
	Saindhavadi yog: Kushta+saindhav mixed with ghrita.	Madhav Nidan. <sup>[6]</sup>
Udvartana	Siddharthak yoga: shweta sarshap,+rajni + kushtha +prapunda +tila +katu tail udvartana.	Yogratnakar
	Kushtadi churn kusht+haridra+daruharidra+ sursa+patol+nimb+ ashwahandha+devdaru+shigru+sarshap+tejbaphal+dhane.sambhag+takra (takrapisht)	Yogratnakar
Abhyanga	Katu taila.	Yogratnakar, Bhaishagya Ratnavali
	Yavakshar +saindhava+ sarshapa taila.	Bhaishagya Ratnavali

## DISCUSSION

Vamana, Virechana Raktamokshana,Lepa,Udvartana are the various special procedures are explained in Laghutrayas for Shitapitta In Bhaisajya Ratnavali Patol+ Nimba Patra +Madanphal Kwatha is used for Vamana And Yogaratnakara, Vasa +Nimba Sal +Vasa kwatha used for Sadya Vamana. Virechan is a another procedure in shitapitta for that different types of kalpas are used. Tikta gruta is given before Raktamokhana in shamana matra Pittashamak Dravyas are used for LOCAL application i.e lepa. For Udvartana Ushna, Tikshana dravya are used. in treatment of Shitapitta Yogratnakar explained that Krumihara drugs are used, treatment

Krumi and Dardru are consider as a line of treatment in Shitapitta.

## CONCLUSION

Shitapitta is caused by Asatmya ahara-vihara exposure. Asatmya ahara-vihara reduces body immunity, allowing allergens to come into contact with the body and cause allergy diseases such as Shitapitta. shodhana is important in shitapitta specially vaman virechan and raktamokshana said by laghutrais.

**REFFERANCES**

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