



COMMONLY PRACTICED RASAYOGAS IN SHEETAPITTA W.S.R. TO URTICARIA: A REVIEW

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ABSTRACT

Sheetapitta is one among the *Tvak Vikara* that have similar *hetu* of *kotha* and *udarda*. *Vata* and *Kapha* are two “*Doshas*”, which are primarily disturbed which in turn is associated with *Pitta* resulting in *tridosha prakopa* leading to redness, swelling itching on the skin etc. Symptoms include appearance of wheals all over the body with severe itching, burning sensation and pain. Symptomatology and causative factors of *Sheetapitta* can be considered similar to that of ‘Urticaria’. In this work an attempt was made to collect the details of *Rasayogas* used in *Sheetapitta*. Method adopted was, review of literatures in print and digital media. In total 17 formulations were enlisted among which 10 formulations are directly indicated in *Sheetapitta* and 7 formulations are commonly prescribed by the physicians in the disease. Attempts to analyze the mode of action of these formulations based on their ingredients and efficacy at the level of *dosha*, *samprapthi* and symptoms has been done in this article.

Keywords: *sheetapitta*, *rasayoga*, *urticaria*, formulations .

INTRODUCTION: Ayurveda is the system of indigenous medical science that systematizes & applies knowledge about health and diseases in Ayurveda. Metals & minerals are considered as *parthivadravyas* and are included in *rasashastra*; herbal drugs are mainly used in *bhaishajyakalpana*. *Rasashastra* deals with various process of converting metals and minerals into formulations called *rasayoga*

Sheetapitta: In current scenario of changing life pattern and sedentary lifestyle people do not follow the rules of *swasthavritta*. Polluted environment, Food habits, workload and stress etc. have become main triggering factors for the manifestation of diseases.

Sheetapitta is one among the *Tvak Vikara*. Symptoms include appearance of wheals all over the body with severe itching, burning sensation and pain. Symptomatology and causative factors of

Sheetapitta can be considered similar to that of ‘Urticaria’.

Sheetapitta is a disease caused when a patient is exposed to cold breeze which results in vitiation of *Kapha* and *Vata*. These two combine with *Pitta* and circulate all over the body producing the signs and symptoms over the skin.¹ The symptoms include *Varati Damstavat Sotha* and *Kandu* caused by *Kapha* vitiation, *Shula* caused by *Vata* and *Daha* caused by *Pitta* vitiation. Sometimes it also causes symptoms like *Chardi*, *Hrillasa*, *Aruchi*, *Dehasada*, *Angagaurava*, *Jvara*, *Vidaha* and *Pipasa*.^[2-5]

Urticaria is one of the dermatological diseases characterized by sudden eruptions of itchy wheals which may appear on any part of the skin and mucous membranes. Individual lesions as a rule do not last longer than a few minutes to a few hours and disappear without leaving any trace.⁶ An episode of urticaria (hives) can start as itching, followed by swollen red wheals.

The Itching may be mild or severe. Scratching, alcohol beverages, exercise and emotional stress may worsen the itching.

Urticaria affects about 15-20 % of total population⁷. This condition can interfere in routine activities of the patient. It is intermittent and frustrating for both the patients and physicians. Urticaria is generally manifested due to foods such as eggs, Nuts, shellfish etc., and resolves with only symptomatic treatment. Commonly Antihistamines and steroids are used in the treatment of urticaria, long term use of which may cause adverse effects in the human body.⁸

- **Sheetapitta Chikitsa**^[9-14]. Treatment can be divided into three phases – It is stated that in ‘Alpadosha avastha’ Langhana, in Madhya dosha, Langhana along with Pachana and in Prabhoot Dosha treatment is Shodhana. line of treatment should be adopted. Samanachikitsa also holds good impact on the sheetapitta. Vatapradhana tridoshahara drugs mentioned in rasa raktadushti are beneficial in samprapthivighatana there by reverting disease.

Rasayogas in chikitsa:

Rasachikitsa is the superior line of samana chikitsa and rasa vaidya is considered as prathama among practitioners.¹⁷ By virtue of its small dose, quick effectiveness, tastelessness, and long shelf life rasaushadhi occupy superior status among ayurvedic medicine. Rasaushadhis have vyavayi, vikasi and yogavahi properties which assist in faster action¹⁶.

MATERIALS AND METHODS:

In this study, an extensive literature search was carried out to find out yogas that are exclusively indicated in sheetapitta prakarana from classic Rasashastra literature were collected. The books utilised include Yogaratnakara, Bhaishajyaratnavali, Rasayogasagara, RasatantraSara va siddhaprayoga sangraha etc. Internet sources including authentic articles were also considered for reference. As only few references were obtained in this regard, study was extended to include yogas used for Sheetapitta chikitsa; but not having direct reference for it.

Yogas indicated in sheetapitta prakarana

Table 1: samanayogas that directly mentioned in sheetapitta prakarana

SL NO:	FORMULATION	DOSE AND ANUPANA
1.	Sheetapitta bhanjana rasa ¹⁹	125-250 mg with madhu
2.	Haridra khanda ²⁰	5to15 gms with luke warm water
3.	vatapittanthaka rasa ²¹	2 ratti
4.	sleshma pittala rasa ²²	2 ratti
5.	sidda makara dwaja ²³	25 mg to 100 mg with ardaka swarasa/honey
6.	Guduchyadi loha ²⁴	6 ratti with dhanyaka kwataha
7.	pittantaka rasa ²⁵	2 ratti
8.	rasadi gutika ²⁶	1 to 2 ratti
9.	sitari rasa ²⁷	1 valla for 1 month with ardaka swarasa
10.	vireshwara rasa ²⁸	4 ratti with dhanyaka kwatha

Common shamanayogas in sheetapitta

Table 2: samanayogas commonly practiced in sheetapitta management

Sl N	Formulation	Ingredients	Dose	Anupana	Properties
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	<i>Laghusutashekhar a rasa (Y R)</i>	<i>Swarnagairika, shunti, Nagavalli swarasa</i>	1to2 tab	<i>Madhu</i>	<i>Vatapitta shamaka, dipana,pachana, Vishaghna</i>
	<i>Sheetapitta bhanjan rasa (rasayoga sagara)</i>	<i>Shudhha parada 3 parts, shudha gandhaka 3 parts, Kasisa bhasma 3 parts, Tamra bhasma 3parts; processed in Bhringraja Swarasa</i>	125to 250 mg	<i>Madhu</i>	<i>Pitta vatashamaka</i>
	<i>Sutashekhar a rasa (AFI-Y R)</i>	<i>Suddha parada, swarna bhasma,sudda tankana,suddha vatsnabha, suddha gandaka, tamra bhsma, sankha bhasma, trikatu, suddha dhatura bija, bilva majja, caturjata churna, Bringaraja swarasa</i>	125to 250 mg	Honey, ghee	<i>Pittavata shamaka, rasayana, dipana,pachana, anulomana</i>
	<i>Arogyavardinivati (RRS)</i>	<i>Suddha parada, suddha gandaka, loha bhasma, abhraka bhasma, tamra bhasma, suddha shilajatu, suddha guggulu, triphala, citrakamula, katuki, Nimba vrkshadala rasa</i>	3ratti	Honey, ksheera	<i>Vatakapha shamaka, pachana, dipana,rakta prasadana, srotosodhana, twacya</i>
	<i>Gandakarasayana (YR)</i>	<i>Suddha gandaka, pippali, pippali moola, lavanga, nagakesara,</i>	250m g	Honey, water	<i>Vata kapha samaka, rasayana,dhatu prasadana, dipana pachana, twacya</i>

		<i>trikatu, triphala, vidanga</i>			
	<i>Mallasindura (RYS)</i>	<i>Suddha parada, Rasa karpura, Suddha gauripashana, Suddha gandhaka</i>	125m g	Honey, ardaka swarsa	<i>Kapha-vata shamaka, Sroto sodhana, dipana</i>
	<i>Swarnabhasma (rasamruta 3)</i>	<i>Shudda Swarna, sweta mallaka, Kanchanara drava, Tulasi swarasa</i>	30to 100m g	Honey, Butter	<i>Tridoshasamaka, rasyana, srava, dathuprasadana, balya</i>
	<i>Pravalabhasma (RT)</i>	<i>Pravala Kumari swarasa</i>	200to 300m g	<i>Tulasi swarsa, milk, Ghee</i>	<i>Tridosha samaka, raktaprasadana, balya, twacya, varnya</i>
	<i>Haridrakhanda (BR)</i>	<i>Haridra, trikatu, trijata, trivrit, triphala, Loha bhsama</i>	5to15 gms	Luke warm water, warm milk	<i>Tridoshahara, dipana, raktaprasadana, twacya, varnya, kandughna</i>

After analyzing the above mentioned yogas the ingredients like *parada, swarna, tamra, loha, shanka, abhraka, shilajatu, gandhaka, gairika, kasisa, and pravala* are

used in common. An attempt is made to analyze the probable mode of action of these drugs in *sheetapitha* management on the basis of its *rasapanchaka*.

Table 3 : Properties of mineral ingredients mentioned in rasayogas

RASADRA VYA	RASA	GUN A	VIR YA	VIPA KA	KARMA	DOSHAGNA THA
<i>PARADA</i>	<i>Shatrasa</i>	<i>Snigdha</i>			<i>Rasayana, yogavahi, balya</i>	<i>Tridosha hara</i>
<i>SWARNA</i>	<i>Madhura</i>	<i>Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vishaghna hrudiyam medhyam</i>	<i>Tridosha hara</i>
<i>TAMRA</i>	<i>Tikta, madhura kashaya</i>	<i>Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Lekhana, vishahara sarakam, kushtahara panduhara</i>	<i>Pitta kapha hara</i>
<i>LOHA</i>	<i>Madhur tikta, kashaya</i>	<i>Ruksha guru</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Varnya, medyam, kushtaghna</i>	<i>Kapha pitta hara</i>
<i>SHANKA</i>		<i>Sheeta</i>	<i>Sheeta</i>		<i>Balya, dipana, varnya</i>	<i>Pittahara</i>
<i>ABHRAKA</i>	<i>Madhura</i>	<i>Snigdha</i>	<i>Sheeta</i>		<i>Varnya, kushtaghna, dipana</i>	<i>Tridosha hara</i>
<i>SHILAJATH U</i>	<i>Tikta</i>	<i>Sheeta</i>	<i>Natishna</i>	<i>Katu</i>	<i>Rasayana, yogavahi,</i>	<i>Vatahara</i>

			<i>a</i>		<i>mutrala</i>	
<i>GANDHAKA</i>	<i>Madhura</i>	<i>Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kushtaghna, kandughna</i>	<i>Kapha vata hara</i>
<i>GAIRIKA</i>	<i>Madhura, kashaya</i>	<i>Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vishaghna, kandughna</i>	<i>Rakta pitta hara</i>
<i>KASISA</i>	<i>Amla, tikta, kashaya</i>	<i>Grahi</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kandughna vishaghna kushtagna</i>	<i>Vata kapha hara</i>
<i>PRAVALA</i>	<i>Madhura</i>	<i>Sheeta, laghu</i>	<i>Sheeta</i>		<i>Varnya, dipana, pachana</i>	<i>Vata hara</i>

DISCUSSION: *Sheeta pitta* is one among *tvakvikara* caused by *Tridoshaprakopa*. *Varati Damstavat Sotha* and *Kandu* caused by *Kapha*, *Shula* caused by *Vata* and *Daha* caused by *Pitta*. Based on the symptomatic representation it can be correlated as urticaria, as same symptoms like severe itching, pain, burning sensation can be seen in urticaria.

Parada, swarna, loha, tamra, abhraka, kasisa, ghandaka, gairika, pravala and *shanka* are the major mineral drugs that have action on *sheetapitta*. Most of the *yoga* which are mentioned above contains these minerals as major ingredients. Among ingredients most of the minerals possess *madhura kashaya rasa, snigdha guna, sheeta virya, madhura* and *katu vipaka*. Most of the ingredients have *vatakaphahara, tridoshahara, pittahara, doshaghna karma* and *karma* exhibited include *rasayana, kushtagna, varnya* and *kandughna*. These *rasa guna* and *karma* help in the *samprapti vighatana* and thus proves to be effective in the management of *sheetapitta*. Among seventeen *rasa yoga* mentioned in this compilation; first ten *yogas* are directly indicated in *sheethapitta* and last nine *yoga* mentioned in detail are most commonly practiced formulations which give promising result in the management of *sheetapitta*. Among the ten commonly practiced *yogas*, three

yogas namely *arogyavardini vati, gandhaka rasayana* and *mallasindura* act on the vitiated *vatakapha dosha*, thus act on *doshik* level in the management of *Sheetapitta*. Six *yogas* namely *lagusuthashekara rasa, sheethapitta bhanjana rasa, suthashekara rasa, swarna bhasma, paravala bhasma* and *haridra khanda* are *pitta shamaka, Raktaprasadaka* and *vishahara* in action thus acting on *samprapthi vighatana*. Four *yogas* namely *arogyavardini vati, sheetapitta bhanjana rasa, pravala bhasma* and *gandhaka rasayana* does symptomatic management of *sheetapitta*. These *yogas* are *varnya, twachya, kandughna* and *raktha prasadana* in *karma*.

In modern medical science, treatments of acute as well as chronic urticaria are antihistamines which are recommended as first-line therapy. In patient with poor response, antihistamines coupled with corticosteroids, anti-inflammatory agents, immunosuppressant agents etc. are given. *Tulasi*²⁷, *haridra*²⁸, *rasna*²⁹, *sigru*³⁰, *dadima*³¹ etc mentioned among ingredients of *yogas* are known natural antihistamines. *Arogyavardhini vati* is clinically proved for its anti-inflammatory, immunomodulatory effects. *Haridra khanda* is best known antihistamic preparation which shows results in allergic

conditions and also significant effect shown in urticaria pigmentosa³². *Mallasindura* with key ingredients as malla and *rasakarpoora* have purgative properties, and it is anti-inflammatory in nature. *Gandhaka rasayana* is also best *kushtahara dravya* which have immunomodulatory and anti-inflammatory properties³³. Action of remaining *yogas* needs to be analyzed based on clinical studies.

CONCLUSION: *Sheetapitta* is commonly encountered *tvak vikara* in clinical Practice. In this work an attempt was made to collect the details of *Rasayoga* used in *Sheetapitta*. After a thorough literature search in print and digital media, 17 formulations are enlisted. Among them 10 formulations are directly indicated in *Sheetapitta* as explained in the *phalashruti*. Out of these only two formulations are usually prescribed by the practitioners to treat *sheetapitta*. Apart from these another 7 formulations were found to be practiced in the management of the said disease. Further an attempt was made to analyze the mode of action of the formulations and it is found that the major mineral ingredients present in formulation work on *sheetapitta* by virtue of their rasa, guna and karma. After analyzing it is found that few formulations act on *dosha*, few on *samprapthi* and few on *Lakshana*. In general, These formulations restores healthy skin and cure urticaria by establishing the equilibrium of *Tridosha* (*Vata, Pitta, Kapha*) and *Sapta dhatus* (body tissues) there by does relief from symptoms. However methodical randomized clinical trials are required to validate the action of these *rasayogas* in *sheetapitta*.

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