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ABSTRACT :

Shitapitta (urticaria) is one among the *Tvak Vikara* which makes the patient worried due to its appearance of wheals all over the body with severe itching, burning sensation and pain. Urticaria affects about 15-20 % of total population .This condition can interfere in routine activities of the patient. It is intermittent and frustrating for both the patients and physicians. Commonly Antihistamines and steroids are the only treatment for urticaria. Long term use of them, the adverse effects is seen to the human body. Hence the alternative management of *Shitapitta* (urticaria) with indigenous preparation was tried in this study. Among the many herbomineral formulations explained in classical texts, *Amrutadi Kwath* possesses the *Shitapittaghna* action as mentioned in *Bhaishajya Ratnavali* . So, a prospective open clinical trial was carried out in 30 patients of *Shitapitta* with *Amrutadi Kwatha*. The results obtained were significant and hence we conclude that *Amrutadi Kwath* is highly effective in management of *Shitapitta*(urticaria).

Key words: *Shitapitta*, *Amrutadi kwath*, *tvak vikara*, urticaria.

INTRODUCTION:Besides the miraculous achievement of modern medical science, humanity is passing through a horror of diseases and drug phobia. Most of the time, we achieve mere symptomatic relief and the underlying pathology is not treated properly. Often the condition may lead to sleep disturbance, altered emotional & social isolation. Despite the high frequency of certain skin diseases in developing countries, they have so far not been regarded as a significant health problem in the development of public health strategies. Treatment failure rate is extremely high in management of skin diseases in primary care setting.*Shitapitta* is one of the commonest diseases which are correlated as Urticaria in modern terms, characterized by itchy red rashes on skin. It affects 15-20% of the population at some point in their lives. *Shitapitta* is a disease caused

when a patient is exposed to cold breeze. Due to this, there will be vitiation of *Kapha* and *Vata*. These two combine with *Pitta* and circulate all over the body with dominancy of *vata dosha*. Thus producing the signs and symptoms over the skin, features being *Varati Danshtravat Shotha*(rashes), *Kandu* (itching), *toda* (pricking sensation), *vidaha*(burning sensation) and *jwara*.(fever).

Commonly Antihistamines and steroids are the only treatment for urticaria. Repeated intake of antihistamines or corticosteroid reduces the immunity of body and displays many side effects. Here, Ayurveda has a definitive edge in providing a comprehensive solution to this problem. Even though Urticaria is not a life threatening disease, it seriously affects the quality of life. For the management of *Shitapitta*, different herbs and

herbomineral formulations are explained in classical texts of Ayurveda which restore balance of disturbed *doshas* and thus cure urticaria by establishing the equilibrium of *tridosha* and *dhatu*s. As the drug selection seems classical, authentic, economical and easily available mentioned in Bhaishajya Ratnavali, we have decided to use *Amrutadi Kwath* in a randomised clinical study of *Shitapitta*.

Contents of *Amrutadi Kwath* :

1. *Guduchi* (*Tinospora Cordifolia*)
2. *Haridra* (*Curcuma Longa*)
3. *Nimba* (*Azadiracta Indica*)
4. *Dhanvayas* (*Fagonia Cretica*)

All in Equal quantity

Kwath Nirman (Preparation of Decoction) was done as per procedure described in *Sharangdhara samhita*

Dose : 24 ml x Twice a Day

Aushadhi Sevan Kala : *Bhojanottar*

Route of Administration : Oral

Duration : 28 Days

Follow up : After every 7 days

After obtaining clearance from the ethical committee, the Coarse powder of *Amrutadi kwath* was provided to patient and explained the procedure of preparation of *Kwath* to take it at home in decided dose and advised to consult if any adverse effect occurs. Before providing the Coarse powder of *Amrutadi Kwath* to patient, *kwath* was prepared with afore mentioned method and send to laboratory for phyto-chemical analysis and quality assurance and after reporting it was used for study.

2. METHODS :

CENTER OF STUDY : S.S.N.J. Ayurved Rugnalaya, Solapur

METHOD OF SAMPLING : simple randomized

STUDY DESIGN : Prospective non-comparative open study.

SOURCE OF DATA: A total 30 patients were selected from OPD & IPD of

AIM: To study the clinical efficacy of “*Amrutadi Kwatha*” in *Shitapitta*.

MATERIAL AND METHODS: Total 30 patients of age between 18-50 years presenting classical symptoms of *Shitapitta* were selected randomly from our O.P.D. and I.P.D. of S.S.N.J. Ayurved Rugnalaya, Solapur irrespective of gender, religion, occupation, social-economic status.

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INCLUSION CRITERIA

1. Patients of age group between 18 to 50 years of both sexes, irrespective of religion, occupation and socio economical status were selected.
2. Patients representing sign and symptoms of “*Shitapitta*”.
3. Patients willing to participate in the study will be selected explaining them details about study.

EXCLUSION CRITERIA

1. Patients below the age 18 and above 50 years.
2. Patients of *Shitapitta* with any complications.
3. Patients known to have drug allergy or other hypersensitive reaction.
4. Patients those who don't follow instructions of *vaidya*.

ASSESSMENT: The efficacy of therapy was assessed on the basis of Subjective parameters before and after treatment. To describe the result objectively and for statistical analysis of subjective parameters multidimensional scoring system was adopted. Score was given for Subjective parameters as follows.

I) Subjective Parameters: Symptoms were graded as follows

Table no.1

Sr. no	Sign / Symptom	Absent/ Normal	Mild 1	Moderate 2	Severe 3
1	<i>VaratiDamsha Samsthana Shotha</i>	Absent	Scattered-on specific area	Scattered-on some part of the body	Scattered-all over body
2	<i>Kandu</i>	Absent	Occasional	disturbing normal activity, feels uneasiness.	disturbing normal activity and sleep
3	<i>Toda</i>	Absent	Occasional	disturbing normal activity, feels uneasiness.	disturbing normal activity and sleep.
4	<i>Chardi</i>	Absent	Occasional	1 to 2 times a day	more than 2 times a day
5	<i>Jwara</i>	Absent	Upto 100 ⁰ F	100 ⁰ F-103 ⁰ F	more than 103 ⁰ F
6	<i>Vidaha</i>	Absent	Occasional	disturbing normal activity, feels uneasiness.	disturbing normal activity and sleep

ASSESSMENT OF RESULTS It is based on Subjective parameters assessed by severity of symptoms present before and after treatment.

TOTAL EFFECT OF THERAPY

1. Excellent Results : Relief in *Lakshanas* above 70%
2. Moderate Results: Relief in *Lakshanas* between 30 to 70%

3. Poor Results : Relief in *Lakshanas* below 30% or no change in *Lakshanas*

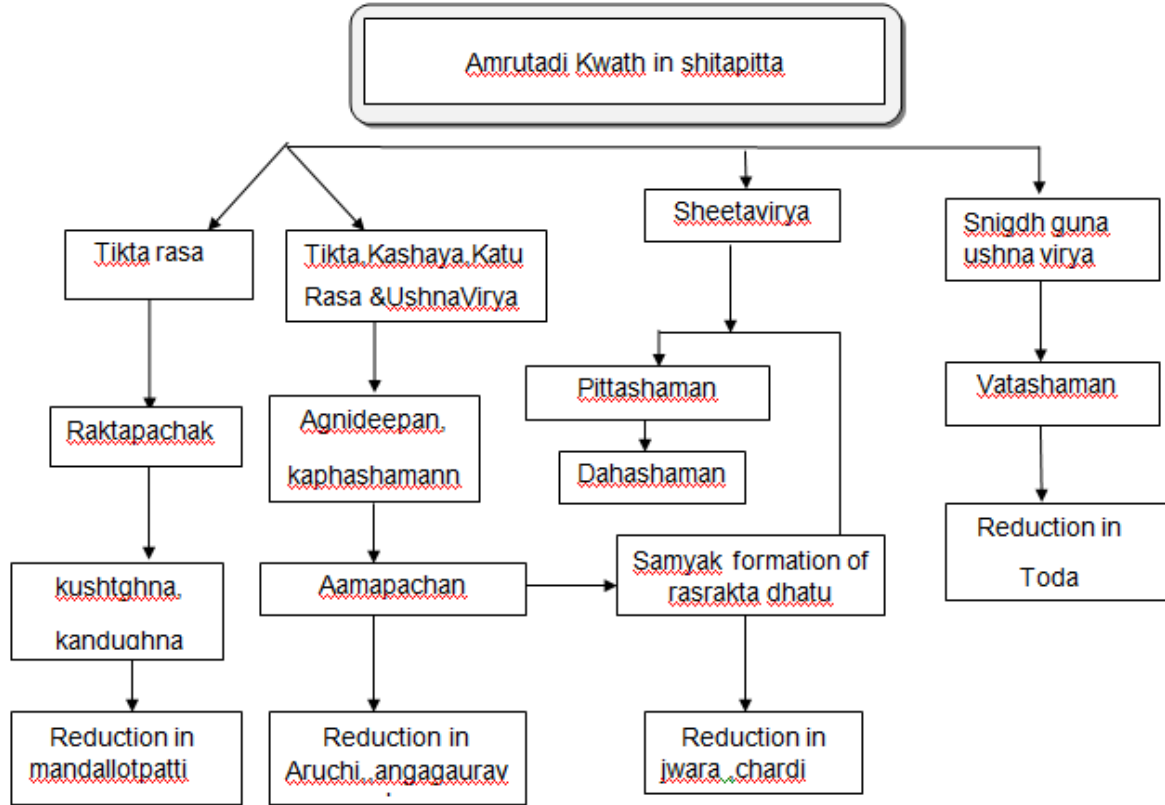
RESULTS :Results showed that there was significant relief in symptoms of *Shitapitta*. There was 71.428% relief in *varatidamsh sansthan shotha*, 78.481% relief in *kandu* symptom, 70.27% relief in *toda* symptom, 100 % relief in *chardi* symptom, 90.90% relief in *jwara* symptom and *vidaha* shows 72.72% relief

Symptom	BT score	AT Score	Relief	Relief %
<i>Varati Damsh Sansthan Shotha</i>	84	24	60	71.428
<i>Kandu</i>	79	17	62	78.481
<i>Toda</i>	74	22	52	70.27
<i>Chardi</i>	17	0	17	100
<i>Jwar</i>	11	1	10	90.90
<i>Vidaha</i>	55	15	40	72.72

Out of 30 patients, 20 patients got relief above 70% from symptoms of *Shitapitta* while 10 patients experienced 30%-70% relief from symptoms of *Shitapitta*.

DISCUSSION:

Mode of action of Amrutadi Kwath:



Kwath is prepared by using the *bharadwaj* *Amruta* - It is popularly known as *Rasayani*, *Agnidipani* which shows its effectivity on *rasa rakta dhatu*. Because of its '*Vichitrapratyarabdha*' property it is *Tridosha shamak*, *Raktagata kleda*, *Pitta*, *visha shamak*. It exhibits *Deepan*, *Pachan*, *kushtaghna*, *twakdosshar* property

Nimba - *kapha pitta shamaka* due to its *Tikta rasa*, while its *krimighna*, *Jantughna*, *Kandughna*, *Kushtaghna*, *Shothagna*, *rasraktagata kleda shoshan karma* is also well known.

In *Shitapitta*, there mainly occurs the *prakopa* of *kapha* and *vata*, along with the *pitta samsarga*. Hence the influence of *tridosha* is seen in the *samprapti* of the *Shitapitta* along with the *rasarakta dushti*. Among the *ghatakdravyas* of *Amrutadi kwath*,

Haridra - exhibits *kaphavata shamak* activity on virtue of its *ushna virya* and also *pittashammak* due to its *tiktarasa*. Its *Kushtaghna*, *Kandughna*, *vishghna* property activity is also well known.

Dhamasa – Exhibits *vatapittashamak* activity due to its *madhur vipaka* and

shitavirya. It act as *dahaprashamak*, *jwaraghna*, *twakdosshar* and *vranaropak*.

All the ingredients of *Amrutadi Kwath* are mainly *tikta rasatmak*, *tridosha shamak*, *rasaraktagata pitta shamak* and have property of *deepan*, *pachan*, *krumighna*, *kushtagna*, *Jwaragna*, *dahaprashaman*.

CONCLUSION: Above discussion indicates that the *Amrutadi kwath* has contents which subside the *Tridoshas*, purifies the *rasa*, *rakta* and strengthen the *twacha* (Skin) by their *varnya and prasadana* activity. This clearly supports its role in *samprapti bhanga of Shitapitta*.

This study “*Shitapitta chikitsarth amrutadi kwathasya Upayoga*” shows highly significant results in symptoms of *Shitapitta vyadhi Viz-Varatidamsh sansthan shotha, kandu, toda, chardi, jwar, vidaha*. Hence we can say that this herbal formulation is effective in *Shitapitta vyadhi*.

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Declared