

Role of Panchkarma in the Management of Sheetapitta

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ABSTRACT: The term *Sheetapitta* is made up of two words *Sheeta* and *Pitta*. This condition occurs due to dominance of *sheeta* over *Pitta Dosha*. Due to exposure to *sheeta*, *Kapha* and *Vata Doshas* gets aggravated and combine with *Pitta Dosha*. These spread all over the body and produce rashes on the surface of the skin. In Ayurveda *Sheetapitta* (Urticaria) or *Udarda* are described under the term as allergy. Allergy is a reaction of the body caused by using or touching in contact of such agents which are not liked by individuals body. Urticaria (*Sheetapitta*) starts all over skin of the body like arms neck and trunks with red, itchy, raised areas of that appear in varying shapes and sizes. Urticaria can be round or rings or large patches. In modern science Urticaria produced by histamine. Histamine plays a major role in many allergic reactions. Role of Histamine are dilates blood vessels , makes the vessel walls abnormally permeable and fluid to leak from the local blood vessels, leading to swelling in the skin. In *Sheetapitta Panchakarma* therapies because of all three *dosha* aggravation, so such as *Abhyanga* (massage), *Swedana* (fomentation), *Vaman* (induced vomiting) and *Virechan* (induced lose motion) are effective for Urticaria. In the detailed paper author will describe the role of *panchkarma* therapies and procedures to treat as well as cure *Sheetapitta*

Key words - Ayurveda, *Sheetapitta*, *Panchkarma*, *Pitta Dosha*.

INTRODUCTION

In *sheetpitta* , due to altered food habitat and life style changes, vitiated *vata* and *kapha dosha* along with *dushta pitta* affect the *Rakta dhatu (dushya)* producing symptoms on *twacha* (skin) likes *kandu* (itching), *Toda* (pain) and *Daha* (burning sensation)¹. Causative factors of *Sheetpittaudarda-kotha* described in *Madhav nidan* in detailed . Treatment of *Sheetpitta* mentioned in *yogratnakar*, *chakradatta* and *bhaishajya ratnavali*. Management of *sheetpitta* includes *katu taila abhyanga*, *swedan* by *koshna jal*, *vamana*, *virechana* and *shaman chikitsa*² . *Sheetpitta* can be correlated with urticaria

.It is a vascular reaction of skin marked by transient appearance of smooth, slightly elevated papules or wheals³. *Panchkarma* procedure means five therapies that bring about the homeostasis by the way of evacuation of accumulated morbid *doshas*. The forcible expulsion of undigested pitta and *kapha* through the oral route by the way of inducing vomiting is known as *vaman*⁴.

In Ayurveda, the sequential administration of *Shodhana* therapy and certain *Shaman* Yoga are quite beneficial. *Virechana* (therapeutic purgation) is best treatment for *Pittaja vyadhis* and also it is important treatment for *Vataja*, *Kaphaja* and *Raktaja vyadhis* (as these all are vitiated in *Sheetapitta*), thus *Virechana* eradicates the aggravated *Doshas* from the body thereby giving a marked relief in patients of *Sheetapitta* (Urticaria).

Causes of Sheetapitta / Urticaria⁵

- Excess intake of pungent (katu) and salty (lavana) food, mustard
- Overconsumption of sour gruels
- Sleeping during the day
- Contact with cold substances
- Exposure to cold wind
- Improper emesis (vomiting)
- Insect bite (keeta damsha)
- Coming in contact with poisonous bugs and insects (krimi samsarga)
- Effect of seasonal changes on the body

SYMPTOMS OF SHEETAPITTA⁶

- Itching/pricking sensation
- Nausea/vomiting
- Fatigue
- Tastelessness (aruchi)
- Thirst (pipasa)
- Lethargy
- Reddish discoloration of the eyes (rakta lochanata)

- Fever

Sheetapitta Chikitsa⁷⁻¹²

- *Alpa dosha avastha* - *Langhana* is advised
- *Madhya dosha* - *Langhana* along with *Pachana*
- *Prabhoot Dosha* - *Shodhana*.
- *Shamana Chikitsa* also holds good impact on the *Sheetapitta*.
- *Vata Pradhana Tridosahara* drugs mentioned in *Rasa Rakta dushti* are beneficial.

DIET REGIEME FOR URTICARIA

Histamine producing foods should be avoided in Urticaria. All the fermented products have histamine content. So those should be avoided.

Restricted foods in Urticaria are-

1. Pickles
2. All dairy products containing cheese and Curd
3. Artificial polished pulses, Artificial flavours Bleached flour
4. Chocolate
5. Eggplant, Pumpkin, Spinach, Tomato and all tomato products.
6. All fats and oils with colour and/or preservatives, Hydrolyzed lecithin, Margarine.
7. Prepared salad dressings with restricted ingredients.
8. Prepared gravies.

Allowed foods in Urticaria

1. Plain milk, Ricotta cheese.
2. Any pure unbleached grain or flour
3. All pure fresh vegetables and juices except those listed
4. All pure, freshly cooked meat or poultry.
5. Pure butter, Pure vegetable oil, Homemade salad dressings with allowed ingredients, Lard and meat drippings.
6. Homemade gravies

DISCUSSION

As per Ayurveda, *Sheetapitta* is a *tridosha vyadhi*. *Yog ratnakar* described the *vaman* therapy as main *shodhan chikitsa* for *sheetpitta*. In the *Samprapti* of this disease *Agni mandhya* and *Ama* plays a major role. Improper *Agni* along with irregular food habits caused the formation of *Ama* which further vitiate the *Tridosha* and creates *srothorodha*

by *sanga* and *Vimargagamana*. Thus the dosha dushya sammurchana commencing in *Aamashaya* gets *sthanasamsraya* in *Twak* and produces the *Lakshanas*. As the treatment aims at *Samprapti vighatana* and *Nidana Parivarjana*, the treatment principle should be *Deepana- Pachana, Tridosahara, srothosodhana* and *balavardhana*.

ROLE OF PANCHAKARMA IN SHEETAPITTA

As per Ayurveda *Sheetapitta* is a *Tridoshaja vyadhi*, characterized by *Kandu, Toda* and *Daha* etc. According to modern science *Sheetapitta* can be correlate with the 'Urticaria'. Skin diseases results in discomfort also it gives an ugly look and affects the person's psychological and social status. So, the perfect line of treatment of Ayurveda in which *Prakupita* (elevated) *doshas* are removed out by *Panchakarma (shodhana)* therapy and after this remaining *doshas* gets subside by shaman therapy as mentioned in Ayurvedic text . In *Sheetapitta* Mainly *Vata* and *Kapha* is vitiated along with *Pitta dosha*. The *Prakupita* (vitiated) *Kapha* merges with the *Pitta* and due to *vata dosha*, cause *vimargagamana* (spread all over body) in *Twaka*. (Skin) *Virechana* is a treatment for *Pitta dosha* according to Charaka¹³, *Pitta sanargaja doshas*, *Kapha sansargaja doshas* and also for *Pitta sthangata Kapha* by *Vagbhata*¹⁴.

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. *Sheetapitta* is commonly encountered *Twak Vikara* in clinical Practice. Ayurveda has lot of potential in the treatment aspect of allergic skin reaction by using of various Ayurvedic formulations and by following *Pathya-Apathya*. Ayurvedic Panchakarma therapies play a major role in *Samprapti vighatana* of *Sheetapitta*. The recurrence rate of disease treated by *shodhana Panchakarma* therapies is very low. By reviewing all the *samhitas* and various research articles, the author is of the opinion that *shodhana chikitsa* is the best *chikitsa* for *Sheetapitta*.

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