



JOURNAL OF EMERGING TECHNOLOGIES AND INNOVATIVE RESEARCH (JETIR)

An International Scholarly Open Access, Peer-reviewed, Refereed Journal

ANCIENT REVIEW ON SHEETAPITTA

*DR. UMESH BALASO JAGTAP.
PG SCHOLAR KAYACHIKISTA DEPT.
LRP COLLEGE ISLAMPUR, SANGLI,
MAHARASHTRA, INDIA
EMAIL: UMESH.DUJ@GMAIL.COM*

*DR.ABHINANADAN PATIL .
PROFESSOR KAYACHIKISTA DEPT, LRP
COLLEGE ISLAMPUR, SANGLI,
MAHARASHTRA,
INDIA*

*DR.SONAL SHAHA.MD [KAYCHIKISTA]
HOD KAYACHIKISTA DEPT, LRP
COLLEGE ISLAMPUR, SANGLI,
MAHARASHTRA,
INDIA*

*DR.DHAIRYASHIL PATIL MD
KAYACHIKISTA ASSOCIATE PROFESSOR
KAYACHIKISTA DEPT, LRP
COLLEGE ISLAMPUR, SANGLI,
MAHARASHTRA,
INDIA*

*DR.SHRADDHA PATIL
ASSISTANT PROFESSOR KAYACHIKISTA
DEPT, LRP
COLLEGE ISLAMPUR, SANGLI,
MAHARASHTRA,
INDIA*

ABSTRACT -

Sheetapitta is one among the important skin problem described in Ayurveda. Prakupita Vata and Kapha due to Seeta Marutadi Nidana when being mixed with Pitta spreads internally and externally resulted into Sheetapitta Vyadhi. The features being varatee damstravat sotha and kandu caused by kapha, shula caused by vata and Daha caused by pitta. Even sometimes it causes symptoms like chardi, Hrilasa, Aruchi, Jwara and vidaha .Here Along with pitta there is vitiation of shitgunnatmak kapha and vata, so the disease named as Sheetapitta³. Urticaria can be used as modern term for sheetapitta.

Shitapitta though it is skin disease it is not mentioned under Kushtha due to its typical and distinct pathogenesis (samprapti). As per modern science Shitapitta can be considered as allergic skin disorder. Shitapitta arises because of exposure to Asatmya ahara-vihara. Asatmya ahara-vihara hampers immunity of body which allows allergens to come in contact with the body causing allergic conditions like Shitapitta. To treat Shitapitta is a challenge for Ayurveda physicians also as it takes long duration to get relief from Kandu, Daha etc. and patients are not ready to wait and rush to other physician in quest of relief.

KEYWORDS- AYURVEDA, SHEETPITTA,LIFESTYLE,CHIKISTA,PATHYA APATHYA.

INTRODUCTION-

As per the view of Ayurveda our body is composed of dosha, dhatu and mala. Ayurveda is not only a system of medicine rather it is the way of life. It includes physical, mental and spiritual well-being. Now ayurveda becoming more and more acceptable globally as it is eco-friendly, toxicity free and cost-effective due to its holistic approach. Its objective is to promote and preserve the health along with cure of disease means the purpose of ayurveda is to protect the health of healthy and alleviate the diseases .

Ayurveda deals the preventive as well as curative aspects of disease. Dinacharya (daily regime) is one of the part of preventive aspects of disease. Ayurveda is a science based upon observation of living things and their reaction to environment. It is designed to increase the well-being and happiness in all aspects. Aahar, Nidra and Bramhacharya are called Trayaupasthambha means pillars of life. Ayurveda describes basic rules of life to maintain the Health of the healthy person like Dinacharya, Rutucharya, Aharavidhi, Swasthavrutta, Sadavrutta etc. The people who follow these rules have healthy state of body and mind that is Balance state of Dosha, Dhatu, Mala, Agni and Happiness of Mind.

The life style today has become fast and people are not able to follow the Dinacharya and Rutucharya. So in day-to-day life they come across many factors which are against Dinacharya and Rutucharya. These factors are responsible for many diseases. Also due to heavy industrialization and heavy traffic one constantly comes into contact with various pollutants. The spicy and fast food eaten now a days, which have very fewer nutritional values and also having similar properties to Viruddhahara. These all ultimately resulted into Dhatudurbalya (i.e., lower immunity).

MATERIALS AND METHODS- Udarda-Sheetapitta-kotha has almost similar symptomatology and causative factors so that urticaria. These three are usually used as synonyms of each other¹⁰ having common symptoms of itchy red rashes on skin on almost all over the body. Udarda-Sheetapitta-kotha almost similar symptomatology and causative factors so that urticaria¹¹ . Madhavkara describe Sheetapitta and udarda and as synonyms of each other, but then he quoted vata dominancy in sheetapitta and kapha dominancy in Udarda¹².

- **Hetu-**Vitiated Kapha and Vitiated Vata due to Sheet Marutadi hetu (cold weather and exposure to cold wind) get mixed with Pitta. Further Kapha and Vata along with Pitta spreads all over the body and results in diseases Sheetapitta.
- Santarpana Nidana like Adhyasana, Guru Dravya, Snigdha Bhojana, Dadhi, Amla, Lavana are responsible factors for Kaphaprakopa and production of Mandagni, which plays major role in pathogenesis of Sheetapitta.
- Hetus like Atilavana Sevana, Amla, Katu, ksara, Tikсна Dravya and Madya are responsible for Pitta Prakopa and Rakta Dushti .
- Hetus like Viruddhahara and Adhyasana are responsible for causing Mandagni and ultimately producing Ama which is having properties like Visha. These Hetus are also responsible for Sheetapitta Vyadhi.
- Atikrodha, Atapsevan, Atisrama, Abhighata, Santap and sharad kal are responsible for Pittaprakopaka and Rakta Dushti ultimately causing Sheetapitta Vyadhi.
- Hetus like Atidiwaswap, Drava, Snigdha, Guru Bhojan, Chhardi Nigraha are responsible for Kaphaprakopa and Rasa Dushti ultimately causing Sheetapitta Vyadhi.
- Jwara is a Rasa Dushti Janya Vyadhi. Also responsible for Tridosha Prakopa mainly Pitta- Prakopa. This Tridosha Prakopa and Rasa Dushti can be seen in Paittika Jwara and Kaphaja Jwara and causing symptoms of Sheetapitta Vyadhi.

Purvarupa are the signs and symptoms seen before the actual Symptoms of the disease being produced during the pathogenesis of the disease. In

PURVARUPA-Sheetapitta the following symptoms can be seen ,

- Pipasa - Thirst
- Aruchi - Loss of Appetite

- Hrilasa - Nausea
- Angasada - Feeling of tiredness.
- Angagaurava - Feeling of heaviness
- Raktalochanata - Redness of eyes

RUPA-

- Varatee Dashtravat shotha (Inflammation like an insect bite / wheals /utsedha)
- Kandu (itching)
- Toda (pricking pain)
- Vidaha (Burning Sensation)
- Chhardi (Vomiting)
- Jwara (Fever)

CHIKITSA -can be divided into three phases i.e.

1) Shodhan

2) Shaman

3)Pathya – Apathya

In Charak Vimansthan³⁸ it is stated that

- ✦ Bahu Doshavastha - Shodhan
- ✦ Madhya Doshavastha - Langhan, Pachan i.e. Shaman
- ✦ Hina Doshavastha – Langhan

a) Vamana : Vamana by Patola, Nimba and Vasa Kwatha is said to be useful as treatment of Sheetpitta.

b)Virechana: Virechana is performed by Triphala, Guggulu and Pippali is best for treating Sheepitta Or by Nishoth + Gandharv Haritaki .

c)Raktamokshan: After Abhyantar Snehapan of Mahatikta Ghrita Raktamokshan is useful in treatment of Sheetpitta.

❖ SHAMAN :

Shaman for Sheetta is described as-

a) Bahyya Shaman

B)Abhyantar Shaman

a) BAHYYA SHAMAN : -

Different Bahyya Shaman Yogas useful for Sheetpitta are as follows :

- Abhyanga by Katu Taila and Parisheka by Ushnaambu.

- Abhyanga by Yavakshara + Saindhava + Sarshapa Taila
- Eladigana Churna + Taila for Udvartana
- Lepa by Durva + Nisha

b) ABHYANTAR SHAMAN -

- ❖ Udarda Prashamana Mahakshaya
- ❖ Eladi Gana as Shamana drugs for Kotha
- ❖ Goghrita + Maricha
- ❖ Trikatu + Sharkara
- ❖ Guda + Amalaki
- ❖ Yavani + Guda
- ❖ Nimba Patra + Ghrita + Amalak
- ❖ Agnimantha Moola + Ghrita

PATHYA APATHYA :

Pathya and Apathya for Sheetpitta are as follows:

Pathya – Jeerna Shali, Mudga Yusha, Shigru Shaka, Patola Shaka, Triphala, Ushnodaka, Jangala Mamsa, Kulatha Yusha, Karvellaka Shaka, Dadima Phala, Madhu, Katu, Tikta, Kashaya Rasa, Lava-tilkta Mamsa Rasa.

Apathya – Matsaya, Poorva and Dakshin Disha Pavana, Naveena Madya, Chhardi Nigraha, Divasvapan, Snana, Virudhaahara, Aatap Sevana, Vyavaaya, Snigdha, Amla, Madhura Dravya, Guru Annapana

CONCLUSION- Shitapitta arises because of exposure to Asatmya ahara-vihara. Asatmya ahara-vihara hampers immunity of body which allows allergens to come in contact with the body causing allergic conditions like Shitapitta. To treat Shitapitta is a challenge for Ayurveda physicians also as it takes long duration to get relief from Kandu, Daha etc. and patients are not ready to wait and rush to other physician in quest of relief. . The features being varatee damstravat sotha and kandu caused by kapha, shula caused by vata and Daha caused by pitta.

REFERANCES-

- [1] Vd. Athavale, Dustanta Sushruta Samhita, Godavari publication and book promoters Nagpur with Marathi translation of text.print-2008. Nidan sthana, chapter-15, Sloka-3, p.130
- [2] Acharya Vidyadhar Shukla, Charka samhita , chaukhamba sanskar pratishthan ,foreword by Acharya priyavrata sharma nidan sthana chapter30, Sloka-26 , p.447
- [3] Prof.Yadundana upadahaya,madhav nidanam,chaukhamba sanskrita sansthan,chokhamba publication,chapter-50 Sloka-1 ,page no-168 [4] Vishalakshiviswanath, Dermatology, published by wiley Blackwell 2012,page no 176.
- [5] Dr Nitin .pai.s.Rajiv Gandhi university of health sciences, karnataka, Bangalore 2008 & <https://www.ncbi.nlm.nih.gov/m/pubmed/>
- [6] Bhavaprakasa by Bhisagratna Pandit Sri Brahma Sankara Misra,published by Chaukhambha Sanskrit Bhawan, Varanasi, Eleventh Edition 2010, Madhyakhanda.
- [7] Acharya Priyavat Sharma, Drvyagun Vigyan, Bharti Academi Chaukhamba publication 2015, page no 263.
- [8] Acharya Priyavat Sharma, Drvyagun Vigyan, Bharti Academi Chaukhamba publication 2015, page no 264.
- [9] Acharya charak, charak samhita edited by Brahmanand Tripathi, Chaukhamba Publication 2008, page no.62.
- [10] Yadavji Trikmji Acharya, Drustarth Madhavnidan, edited by P.G.Athavl, Marathi translation, Drustarth mala publication 1996, page no. 150.
- [11] Yadavji Trikmji Acharya, Drustarth Madhavnidan, edited by P.G.Athavl,Marathi translation, Drustarth mala publication 1996,page no.150
- [12] YadavjiTrikmji Acharya, Drustarth Madhavnidan, edited by P.G.Athavl,Marathi translation, Drustarth mala publication 1996,page no.151
- [13] A study on the prospects of Ayurvedic Management of Urticaria by Dr Sheetal Varma and Dr Vishal Varma.05/2016