



ISSN 2456-3110

Vol 4 · Issue 6

Nov-Dec 2019

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

# JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



**Charaka**  
Publications

Indexed

# Conceptual study on *Sheetapitta*, *Udarda* and *Kotha* with special reference to *Urticaria*

Dr. Danamma Wali<sup>1</sup>, Dr. Ranjitha<sup>2</sup>

<sup>1</sup>Post Graduate Scholar, <sup>2</sup>Associate Professor, Dept. of Roga Nidana & Vikruthi Vijnana, Government Ayurvedic Medical College, Bengaluru, Karnataka, INDIA.

## ABSTRACT

Ayurveda is the science of life providing guidelines on ideal daily and seasonal routines, diet, behaviour and proper use of senses for healthy and happy life. It suggests health as the balanced and dynamic integration between our environment, body, mind, and spirit. *Sheetapitta* is a *Tridoshajanya Vikara* manifested on the skin keeping the blood (*Rakta Dhātu*) as its base & characterized by dark red skin rash, raised & itchy bumps. Its symptoms can be correlated with those of *Urticaria*. *Urticaria* is a type I hypersensitivity reaction which is manifested because of exposure to such allergens. Hence anti-histaminis like Chlorpheniramine maleate, cetirizine, etc. are the drugs of choice, often accompanied by corticosteroid (Dexamethasone). The histamine and chemicals cause inflammation and fluid to accumulate under the skin, causing wheals. But this treatment often fails and may not give a long standing relief. The contributing factor for this failure is the allergen, which is difficult to identify by any means of investigation. Allergens are present as food, medicine and environmental factors. Exposure to such allergens is unavoidable contributing to the increasing incidence of skin diseases. The present paper intends to highlight the Ayurvedic management in reducing sign-symptoms and recurrence of the disease.

**Key words:** *Ayurveda*, *Sheetapitta*, *Udarda*, *Kotha*, *Urticaria*.

## INTRODUCTION

In Ayurveda, allergic manifestation is mentioned under the concept of *Satmya-Asatmya*. It manifests due to exposure to *Asatmya Ahara-Vihara* and contact with different poisonous materials (allergens).<sup>[1]</sup> In Ayurvedic texts, the *Sheetapitta*, *Udarda* and *Kotha* these three disorders are described almost similar but having few different characters and

different causative factors. Chakradutta has clearly and systematically described the *Shamana Chikitsa* of these diseases giving considerable importance to doshagati.<sup>[2]</sup> Symptoms of allergic skin reaction is mentioned as *Kotha* in *Brihatatrayi* later on it is developed as separate disease under the title *Sheetapitta-Udarda-Kotha* by Madhavakara.<sup>[3]</sup> The word "allergy" is derived from the ancient Greek word *allos* meaning "other" and *ergon* meaning "work". Allergy is one of four forms of hypersensitivity and is formally called as type I (or Immediate) hypersensitivity. Allergic reactions are distinctive because of excessive activation of certain white blood cells called mast cells and basophils by a type of antibody called Immunoglobulin E (IgE). This reaction results in an inflammatory response which can range from mild discomfort to grave consequences. Skin allergies frequently cause rashes, or swelling and inflammation within the skin, which is known as a "wheal and flare" reaction characteristic of hives [*Urticaria*] and angioedema. "Urticaria is a recurrent,

### Address for correspondence:

Dr. Danamma Wali

Post Graduate Scholar, Dept. of Roga Nidana & Vikruthi Vijnana, Government Ayurvedic Medical College, Bengaluru, Karnataka, INDIA.

E-mail: danuwali1992@gmail.com

Submission Date: 08/11/2019 Accepted Date: 15/12/2019

### Access this article online

#### Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

Published by Maharshi Charaka Ayurveda Organization, Vijayapur, Karnataka (Regd) under the license CC-by-NC-SA

transient, cutaneous swelling with erythema which resolves within 24 hours without leaving any residual cutaneous signs.”

### Disease Review

The proper references for *Sheetapitta* are not found in Brihatrayies but explanation about *Udarda*, *Kotha*, *Utkotha* are found as a *Vyadhi*<sup>[4]</sup> or *Purvarupa*<sup>[5]</sup> or *Lakshana*<sup>[6]</sup>. In Ayurvedic texts, the *Sheetapitta*, *Udarda* & *Kotha* these three disorders are described almost similar but having few different characters and different causative factors. According to Madhavakara, *Sheetapitta* and *Udarda* are synonyms of each other. He quoted that *Sheetapitta* having *Vatika* dominancy while *Udarda* having *Kaphaja* dominancy and also mentioned specific characters of *Udarda*.<sup>[7]</sup> Acharya Charak has not directly used a word *Sheetapitta* but words *Kotha*, *Utkotha* and *Udarda* has mentioned at different places. Madhava Nidana explained detail *Nidana Panchaka* of ‘*Sheetapitta-Udarda-Kotha*’. He only mentioned ‘*Sheeta Maruta Sparsha*’ as causative factor.<sup>[8]</sup>

### Nidana

Exposure to cold wind leads to vitiation of *Kapha* and *Vata Dosha* combining with *Pitta* result in impurities in blood causing skin disorders. 1. *Aaharaja Hetu* – *Santarpana*, *Atilavana Sevan*, *Atiamla Sevan*, *Katu Sevan*, *Kshara Sevan*, *Tikshna Madya Sevan*, *Viruddha Aahara Sevan*, *Adhyasana*, *Guru Dravya Sevan*, *Snigdha Bhojana Sevan*, *Dadhi Sevan*, *Visha-Yukta Annapanasevan*. 2. *Viharaja Hetu* – *Sheeta Maruta Sparsha*, *Vishayuktajal Snana*, *Abhyanga*, *Udvartana*, *Vastra*, *Aabhushana*, *Keeta Damsha*, *Bahya Krimi*, *Chhardi Nigraha*, *Atidiwaswap*, *Shishir Ritu*, *Varshakala*, *Diwaswap*, insect bite. 3. *Nidanaarthakara Roga* – *Sannipatika*, *Pittaja And Kaphaja Jwara*, *Unmarda*, *Adhoga Amlapitta*. 4. *Chikitsa Mithya Yoga* – *Vamana-Virechana Ayoga*.<sup>[9]</sup>

### Rupa (Symptoms and Signs)

- *Varati Damshta Samsthana Shotha* (Inflammation like an insect bite)
- *Kandu Bahula* (Sever itching)

- *Toda Bahula* (Excessive pain like pricking),
- *Chardi* (Vomiting)
- *Jvara* (Fever)
- *Vidaha* (Burning Sensation).
- *Sotsanga Saraga Mandala*.
- *Ksanikotpatti Vinasha*<sup>[10]</sup>

### Samprapti

*Samprapti* is defined as the process involved in the pathogenesis of a disease by vitiated *Doshas* which are constantly circulating in the body. The first and foremost person to describe the *Samprapti* of *Sheetapitta-Udarda-Kotha* is Madhavakara in *Madhav Nidana*, as other *Acharyas* have just repeated the same thing. *Prakupita Vata* and *Kapha (Pradushta Kapha Maaruta)* due to *Sheeta Maarutadi Nidana (Sheeta Maaruta Samsparsha)* when being mixed with *Pitta (Pittena Saha Sambhooya)* spreads internally and externally (*Bahir Antah Visarpah*) and resulted into *Sheetapitta-Udarda-Kotha*. Exposure to cold or suppression of natural urges cause vitiation of *Kapha* and *Vata Doshas*. *Pitta Prakopak* lifestyle causes *Pitta* vitiation with more vitiation of *Vata Dosha* thus resulting in *Sheetapitta*.<sup>[11]</sup>

### Samprapti Ghataka

- *Dosha: Tridosha*
- *Agni: Manda*
- *Doshagati: Vriddhi, Tiryak, Shakha*
- *Vyadhimarga: Bahya*
- *Dushya: Rasa, Rakta*
- *Srotas: Rasavaha, Raktavaha*
- *Srotodushti Prakara: Vimarga Gamana*
- *Udbhava Sthana: Aamashaya*
- *Vyakti Sthana: Tvak*
- *Svabhava: Ashukari*

### Modern description of Urticaria

The word ‘urticaria’ derived from Latin word ‘Urtica’ which means stinging nettle. A transient redness and

swelling of skin with itching, causing wheals in the dermis or large hypodermal swellings, is called Urticaria. Urticaria (hives) are transient lesions that are composed of a central wheal surrounded by an erythematous halo. Individual lesions are round, oval, or figurate and are often pruritic.

### Epidemiology

**Incidence:** 20% of total population may suffer from Urticaria once in their life. Acute urticaria is most common in young patients while chronic type is in middle-aged women. A personal or family history of atopy is no more common in patients with urticaria. patients with active atopic dermatitis or hay fever have an increased incidence of allergic urticaria.

**Age:** Bandkowski (1968) gave an age incidence of 3.4% in babies and children compared with general population rate of 1.87% and he also pointed out that of 885 cases of Urticaria only one had occurred in a patient over 65 year of age. Urbech and Gottlieb showed that of 500 cases, 2/3rd occurred between ages of 20-40 years. It is generally agreed that urticaria is common in third and fourth decade of life.

**Sex:** Generally, women having a greater tendency for urticaria. Volterani (1965) reported 64% of cases were females.<sup>[12]</sup>

10 Causes of urticaria can be classified as under IgE antibodies mediated

- Food - Nuts, eggs, fresh fruits(especially citrus), chocolates, Fish and shellfish, tomatoes, milk and cheese, spices, yeasts, food additives and preservatives such as tartrazine.
- Drugs - Pain killers e.g. Aspirin, codeine, antibiotics, pencillin, sulphonamides. salicylates, Indomethacin and other nonsteroidal anti inflammatory drugs, opiates, radio contrast media, menthol, Insect stings,
- Contactant: Latex, perfumes, wool animals. Non-IgE mediated Endogenous mediators, Components of complement (C3a,C5a), Neuropeptides (substance P), Eosinophilic major basic protein.

- Autoantibodies (IgG) - Direct against IgE or the high affinity IgE receptor Physical Stimuli - Simple friction or scratching (dermatographism), sunlight, pressure, heat, cold temperature, water, vibration. Inhalants - Latex, dust, animal dander, pollen.
- Infections - Viral upper respiratory infections, bacterial (sinusitis, dental abscess, otitis), viral hepatitis, vaginitis, fungal, helminth.
- Systemic Diseases - Collagen vascular diseases, leukemia, lymphoma, endocrinopathies, menstruation.
- Pathogenesis Urticaria results from an immediate hypersensitivity reaction after exposure to an allergen or an antigen. Upon exposure, the skin mast cell releases the mediator histamine. Through histamine's effects on the histamine1 (H1) receptors, the capillaries are dilated. With the dilation of the capillaries, vascular permeability occurs. Arteriolar dilatation through nerve reflex causes the typical flaring and eventually the extravasations of fluid cause the wheals. Histamine also causes the pruritus that accompanies the condition. Other mast cells products act as chemotactic factors that attract other effect or cells such as eosinophills. Urticaria results not only from sensitivity to antigens, but also from physical factors such as cold, heat, sunlight, water, pressure and vibration. The underlying mechanisms are not well understood, but the final common pathway is believed to involve release of mediators by activated mast cells and basophilic leukocytes. These mediators increase vascular permeability, and plasma leaks into the dermis, resulting in Urticarial wheals.<sup>[13]</sup>

### Classification

1. **Acute Urticaria:** Typically, lesions lasting less than 6 weeks are referred to as acute Urticaria. This form is more common in young people and is most likely due to exposure to food allergens, food additives, certain medications.

**2. Chronic Urticaria:** The word 'chronic' simply means that it lasts a long time. If Urticaria lasts six weeks or more, it is called 'chronic urticaria'. Physical Urticaria - The physical urticaria is different from other urticarias in that the characteristic wheals can be reproduced by a physical stimulus such as cold, heat, pressure, vibration, sunlight, water, exercise, and increases in core body temperature.

Thermal Urticaria: Cold Urticaria, Heat Urticaria Light - Solar Urticaria, Porphyria

Water : Acquagenic urticaria (water, sweat) Contact Urticaria

- Dermographism:** In Dermographism, which accounts for an estimated 8.5% of all cases of physical Urticaria, wheals and flares occur in response to simple rubbing of the skin. Urticaria accompanies the wheal and flare, and seems disproportionate to the degree of stimulation and the appearance of the wheal and flare.
- Pressure urticaria:** This type of urticaria can occur right way, precisely after a pressure stimulus or as a deferred response to sustained pressure being enforced to skin. The source of pressure on the skin can happen from tight fitted clothes, belts, clothing with tough straps.
- Vibratory urticaria:** It is rare familial condition consisting of erythema and edema following the stretching of skin.
- Localized heat urticaria:** It occurs when heat is applied locally, results in oedema and erythema at the site of heat contact.
- Cholinergic urticaria-** 34% of all the physical urticaria are cholinergic, which occur with exercise, anxiety, sweating, and passive warming. The precipitating factor in this reaction is elevated core body temperature.<sup>[14]</sup>

Ayurvedic treatment for Urticaria principles of treatment of *Sheetpitta*, *Udarda* & *Kotha*

Chakradutta has clearly and systematically described the *Shamana Chikitsa* of these diseases giving

considerable importance to *Doshagati*. He has advised that the individuals suffering from *Sheetapitta* can be given either *Sheeta* or *Ushna Ahara* and *Paniyas* with due consideration to *Doshagati*.<sup>[15]</sup>

Bhavaprakasha has described *Shodhana*, *Shamana* and *Bahi Parimarjana Chikitsa* in *Sheetapitta*.<sup>[16]</sup>

Yogaratanakara has described *Krimighna* and *Dadrughna* drugs to treat *Sheetpitta*.

Bhashajya Ratnavali has mentioned that patient suffering from *Kotha* should, in brief, adopt line of treatment prescribed for *Kustha*, *Amlapitta*, *Udarda*.<sup>[17]</sup>

#### Principles of treatment of *Sheetapitta*, *Udarda*, *Kotha*.

SN	Methods	<i>Sheetapitta</i>	<i>Udarda</i>	<i>Kotha</i>
1.	<i>Snehana</i>	+	+	+
2.	<i>Svedana</i>	+	+	+
3.	<i>Vamana</i>	+	+	+
4.	<i>Virechana</i>	+	+	+
5.	<i>Raktamokshana</i>	+	+	+
6.	<i>Lepas</i>	+	+	+
7.	<i>Udvartan</i>	+	+	+

#### *Shodhana Chikitsa*<sup>[18]</sup>

*Vamana:* Emesis should be given with decoction of *Patola* and *Arishtaka*.

*Virechana:* Purgation should be given with decoction of *Triphala*, *Guggul Pippali*.

Charaka Samhita<sup>[19]</sup> - *Udarda Prashamana Mahakashaya*, *Katu Taila*, *Mustadi Churna*. *Sushruta Samhita*<sup>[20]</sup> - *Eladi Gana*

Bhavaprakasha<sup>[21]</sup> - *Navakarshika Guggulu Trikatu + Sharkara Yavani + Vyosha + Yavakshara Aardraka Rasa + Purana Guda Yavani + Guda Guda + Amalaki Nimba Patra + Ghrita + Amalaki Ardraka Khanda*.

Chakradatta<sup>[22]</sup> - *Visarpokta Amritadi Kwatha Agnimantha Moola + Ghrita Shushka Pakva Gambhari Phala* after boiling with milk.

Bhaishajya Ratnavali<sup>[23]</sup> - *Yashtyadi Kwatha*

*Goghrita + Maricha. As Vardhamana Prayoga Haridra Khanda Brihat Haridra Khanda Shleshmapittantako Rasa Veereshvaro Rasa Shitapittaprabhanjana Rasa Durva + Nisha – Lepa Siddhartha + Rajani +Kustha+ Prapunnada + Tila + Katu Taila – Udvartana Katu Taila – Abhyanga Kshara+ Rock salt + Oil – Abhyanga.*

### Pathya-Apathya<sup>[24]</sup>

*Pathya-Apathya Sevana Vidhi* plays an important role in the management of any disease. *Pathya* is that which is suitable to the disease and to the diseased. While *Apathya* is unsuitable and which aggravates the disease process leading to more discomfort to the patients.

*Pathya and Apathya Ahara* is listed below

Pathya Ahara	Apathya Ahara
1. Jererna Shali	1. Ksheera Vikarani
2. Jangala Mamsa.	2. Chhardi Nigraha
3. Triphala	3. Ikshu Vikarani
4. Madhu	4. Divaswapna
5. Mudga Yusha	5. Matsya
6. Kulattha Yusha	6. Poorva and Daksheena Disha Pavana
7. Ushnodaka	7. Anupa-Audak Mamsa
8. Karkotaka Shaka	8. Snana
9. Karavellaka Shaka	9. Naveena Madhya
10. Moolak Yusha	10. Atapa Sevana
11. Dadima Phala	11. Virudhahara
12. Shigru Shaka	12. Vyavaya
13. Moolaka Shaka	13. Snigdha, Amla, Madhura
14. Vetragra Phala	14. Dravya, Guru Annapana
15. Potika Shaka	
16. Lava Rasa	
17. Tittira Rasa	

18. Katu, Tikta

19. Kashaya Rasa

20. Kulattha Rasa

### 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. Ayurveda has lot of potential in the treatment aspect of allergic skin reaction by using of various Ayurvedic formulations and by following *Pathya Apathya* in a logical manner.

### REFERENCES

1. Charak Samhita - Hindi Translation by Brhmananda Tripathi, Chaukhambha Bharati Academy Varanasi-2007, Sutrasthana Chapter 26, verse 81, pp. 492.
2. Rajveer Sason, Anita Sharma. A Conceptual Study of Sheetapita, Udard and Kotha w.s.r to Urticaria: A Review Available online at: <http://ijapr.in>
3. Madhava Nidana - Hindi Translation by Narendranath Shastri, Motilal Banarasidas Pratisthana, Delhi, Chapter 57, pp. 638.
4. Kashinatha shastri and Dr. Gorakha-natha chaturvedi ed. Charaka samhita-I Sutrasthan, 20/17, reprint-2001 choukhambha Bharati Academy, Varanasi PP-404.
5. Kashinatha shastri and Dr. Gorakha-natha chaturvedi ed. Charaka samhita-II Chikitsasthan, 7/12, reprint-2001, Choukhambha Bharati Academy, Varanasi PP-249.
6. Kashinatha shastri and Dr. Gorakha-natha chaturvedi ed. Charaka samhita-II Chikitsasthan, 3/108, reprint-2001, Choukhambha Bharati Academy, Varanasi PP-121.
7. Yadunandana upadhyaya ed, Madhavanidanam with Madhukosha – vyakhyaya – vibusitam – II part, 50/1-4, 31st edition 2002, Choukhambha Sanskrit bhawan Varanasi, PP-168-169.
8. Madhava Nidana - Hindi Translation by Narendranath Shastri, Motilal banarasidas Pratisthana, Delhi, Chapter 57, verse 1, pp. 638.
9. Madhava Nidana - Hindi Translation by Narendranath Shastri, Motilal banarasidas Pratisthana, Delhi, Chapter 57, verse 1, pp. 638.
9. Madhav Nidana 50/ 1-108.

10. Gurav Santosh Kishor, Sameeksha Sahni, Sapate Suresh M, G. P. Ram Reddy. Clinical Evaluation of Navakarshika Guggulu on *Sheetapitta* (Chronic Urticaria). Int.J.Pharm.Phytopharmacol.Res. 2012, 2(3): 196-201.
11. "Urticaria and Allergy-Mediated Conditions". Primary care., 42(4): 473.
12. Madhava Nidana - Hindi Translation by Narendranath Shastri, Motilal banarasidas Pratisthana, Delhi, Chapter 57, verse 1, pp. 638.10. Leznoff A, Sussman GL. Syndrome of idiopathic chronic urticaria and angioedema with thyroid autoimmunity: A study of 90 patients. J Allergy Clin Immunol. 1989;84:66-71.
13. Grattan CE, Sabroe RA. Chronic urticaria. J Am Acad Dermatol. 2003;28:123-7.
14. "Urticaria and Allergy-Mediated Conditions". Primary care., 42(4): 473.
15. Rook's Textbook of Dermatology, 4 Volume Set (9 ed.). John Wiley & Sons. p. Chapter 42.3.
16. Lalachandaji Vaidya, Bhaishajya ratnavali Hindi Translation, Motilal Banarasidas Pratisthana, Varanasi, *Sheetapitta-Udarda-Kotha* Adhikar pp. 601.
17. Lalachandaji Vaidya, Bhaishajya ratnavali Hindi Translation, Motilal Banarasidas Pratisthana, Varanasi, *Sheetapitta-Udarda-Kotha* Adhikar pp. 601.
18. Brhmananda Tripathi, Charak Samhita - Hindi Translation, Chaukhambha Bharati Academy Varanasi-2007, Sutrasthana Chapter 4, verse 43, pp. 94, Sutrasthana Chapter 27, verse 290, pp. 536, Chikitsasthana Chapter 7, verse 65-67, pp. 313.
19. Dr. Ananta Sharma, Sushruta Samhita - Hindi Translation, Chaukhambha Subharati Prakashana Varanasi. Sutrasthana Chapter 38, verse 25, pp. 298.
20. Puroshottam Nanal Vaidya, Bhaprakasha Samhita - Marathi Translation, Raghuvanshi Prakashana, Pune. Madhyam Khanda, *Sheetapitta-Udarda-Kotha-Utkotha* Adhikar pp. 666.
21. Indradev Tripathi, Chakradutta - Hindi Translation, Chaukhambha Sanskrita Bhavan, Varanasi. Chapter 51 *Udarda-Kotha-Sheetapitta* Chikitsa, pp. 293-294.
22. Lalachandaji Vaidya, Bhaishajya ratnavali Hindi Translation, Motilal Banarasidas Pratisthana, Varanasi, *Sheetapitta-Udarda-Kotha* Adhikar pp. 601.
23. Vaidya Lakshmpatishastri, Yogaratnakar - Hindi Translation, Chaukhambha Prakashana, Varanasi. Uttarardha, *Sheetapittadinam* Chikitsa prakarana verse 14, pp.236.
24. Vaidya Lakshmpatishastri, Yogaratnakar - Hindi Translation, Chaukhambha Prakashana, Varanasi. Uttarardha, *Sheetapittadinam* Chikitsa prakarana verse 14, pp.236.

**How to cite this article:** Dr. Danamma Wali, Dr. Ranjitha. Conceptual study on Sheetapitta, Udard and Kotha with special reference to Urticaria. J Ayurveda Integr Med Sci 2019;6:82-87.

**Source of Support:** Nil, **Conflict of Interest:** None declared.

\*\*\*\*\*