



“Importance of Shita (Cold) Chikitsa in Ayurveda” - A Literature Review”

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Abstract:

Ayurved as Adravya Chikitsa, where no internal medicine as such is used to treat a disease but presence of some kind of things given or in simple way only Shitadhara or Shit parishek are used. This type of chikitsa can called in Ayurveda as adarvyachikitsa. There are two types of Chikitsa in Ayurveda such as Shita&Ushna. So in the treatment of disorders, both shit and ushna therapy plays a very important role. Shit treatment is essential in various disorders as a emergency treatment. So shitachikitsa plays as important role in chikitsa.

Keywords: ShitaChikitsa

Introduction:

ShitaChikitsa: means cold comfort. Cold is opposite to hot. When the diseases have been manifested by heat or predominance of heat or causes which includes heat then the treatment should be antagonistic. Thus, shita and shita fruits should be administered in ushnatajanyavikas (Diseases due to excess heat)

It is mentioned in Ayurveda under 2 types of chikitsa. It can be considered under the Shaman chikitsa.

Majority of times it is mentioned under the chikitsa of Pittaj disorder. It may contraindicate in Vataj&kaphaj disorders.

The basic treatment of Ayurveda if virya classify then it is Shita&Ushna.

So, in Ayurveda the Shitaviryatmak medicines are available to do shitachikitsa. It is important to study the role of Shitachikitsa in Ayurveda. This article is focusing on Shitachikitsa in different classics of Ayurveda.

Aims & Objectives:

To study the importance of Shitachikitsa in Ayurved.

Material & Methods:

Manual Searching & Collection.

Sn	Disease	Chikitsa
1	Dantavaidharbha	ShitaChikitsa
2	Pushkarika (Shukdosha)	ShitaChikitsa
3	VishajanyaUpdrava(Charak)	ShitaChikitsa
4	Atidagdha (Sushrut)	ShitaChikitsa
5	VishaVegantarchikitsa (Sushrut)	ShitaChikitsa
6	PittajSarvasar	ShitaChikitsa
7	Jalgadharbha	ShitaChikitsa
8	DiptaRoga	ShitaChikitsa
9	SatamakShwasa	ShitaChikitsa
10	Hikkachikitsa	ShitaChikitsa
11	SadhyaKshat	ShitaChikitsa

Discussion:

Shitachikitsa is a part of Shamanchikitsa. Shitachikitsahelps to the patient towards the cure of the disease or help to decrease the load of pain or symptoms of disease.

Shitachikitsais useful in so many physical and mental disorders in Ayurveda.

Shitachikitsahelps to attain a stable and harmonious equilibrium between man and his environment.

It can be sometimes a non-pharmacological approach for the treatment of diseases.

It is to do the Shitachikitsa in some disorders as a emergency management.In modern medicine the cold sponging is also used to lower the temperature. As all the 3 doshas can be classied under 2 gunasieShita and ushna. So the ushnagunatamak pitta and its disorders the Shitachikitsa is important.

Shitachikitsa can be carried out in the form of external or internal therapy. External therapy in the form of shitaParishek.

Conclusion:

1. Role of Shitachikitsain Ayurveda is preventive, curative therapy to the patients.
2. Shitachikitsais useful in so many physical and mental disorders in Ayurveda.
3. Shitachikitsa plays an important role in urgent decreasing severity of disease.

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