



Effect Of Kunjal Kriya In Udarda (Urticaria)- A Review Article

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ABSTRACT: -

The most prevalent medical conditions among people are skin disorders. More than 60% of the general population is impacted, and patients and their families may experience emotional and psychological stress as a result. The most prevalent skin conditions that call for long-term therapy include dermatitis, eczema, acne, urticaria, psoriasis, and skin allergies. Skin conditions are often disregarded in medical care, most likely because they are not usually fatal. Even health care administrators, who have other competing responsibilities in the public domain, fail to fully recognize or take seriously the morbidity resulting from these issues. Because urticaria, or *Udarda*, has a complex and varied mechanism, a variety of drugs are frequently used to treat it. Modern medicine can temporarily relieve symptoms, but it cannot completely heal an illness; therefore, patients must take medication for an extended period of time, which may have unintended side effects. Therefore, research for substitute treatments with better safety records is required. The mode of action of *Kunjal* is directly concerned with the digestive system by purifying the stomach and cleans the entire body. As of yet, contemporary medicine has not developed a medication that can permanently treat this illness. Unfortunately, modern science does not now offer any effective treatments. In *Ayurveda*, the primary treatment for the illness is *Shodhan karma*. Reviewing the effectiveness of the *Kunjal Kriya* cleansing technique in light of *Ayurvedic* principles has been attempted.

KEYWORDS: - *Udarda*, Urticaria, *Kunjal kriya*, *Shodhan Karma*.

INTRODUCTION: -

In present busy and fast life, one can't follow the rules of '*Dinacharya*' and '*Ritucharya*' described in '*Ayurveda*'. One continually comes into contact with different toxins as a result of intensive industry and transportation. The quick food and spicy cuisine that are consumed these days have virtually little nutritional value and are comparable to "*Viruddhahara*." All of them eventually led to "*Dhatudurbalya*," which results in sensitivity to allergens and antibodies and creates a variety of allergic reactions, one of which is the extremely prevalent "Urticaria."

Acute Urticaria is most common in young patients while chronic type is in middle aged women. Urbech and Gottlieb showed that of 500 cases, 2/3rd occurred between ages of 20-40 year. It is generally agreed that

Urticaria is common in 3rd and 4th decade of life. Generally, women having a greater tendency for Urticaria, Volterani (1965) reported 64% of cases were females [1]. *Ayurveda* offers treatment scope in the form of employing periodical *Shodhana* not only curative but also in preventive aspect.

Health levels have been declining recently as a result of dietary changes, behavioural changes, and mental stress and strain. Everybody is susceptible to many diseases as a result of an unhealthy lifestyle because it goes against our basic digestive physiology. The incidence of illnesses associated with the gastrointestinal system or with the drug *annavahastrotas* has increased dramatically. Since the beginning of life on Earth, humans have experienced a variety of illnesses and have always sought the ideal treatment, leading to the development of numerous medical systems. The most traditional medical system that has been used to treat a wide range of ailments is *Ayurveda*. The primary goals of *Ayurveda* are to treat the sick person's sickness and preserve the health of the well person. *Ayurveda* is a way of life that emphasises harmony and cooperation with nature, surpassing the boundaries of a medical system. *Ayurveda* states that in order to preserve health, one must adhere to fundamental concepts like *Dinacharya* and *Ritucharya*, which balance the *Tridosha*, or *Vata*, *Pitta*, and *Kapha*.

The *Ahara Vidhi Vidhana*, as recounted by *Acharya Charaka*, explains how food is consumed. He asserts that a person suffering from a psychiatric issue is unable to effectively digest food, regardless of how tasty, sufficient, or nutritious it is. As a result, undigested food alters *Annava srotasa's* physiology." Urticaria is a transient redness and swelling of skin with itching, causing wheals in the dermis or large hypodermal swellings[2]. *Udarda* as described in *Ayurvedic* text is a disorder characterised by inflammatory lesions like *Vartidansh* (wasp sting) and may be associated with *Kandu* (Itching), *Toda* (pricking sensation), *Daha* (burning sensation), *Vaman* (vomiting), or *Jwara* (fever).[3] It is *Tridoshaj* disorder in which *Pitta* and *Kapha* predominates. The description of these *Udarda*, *Sheetpitta*, and *Kotha*, these disorders is almost similar in *Brihatrayee* but some different characters and different causative factors. *Udarda* and *Sheetpitta* are synonyms of each other described by *Acharaya Madhavkara*. He quoted that *Sheetpitta* having *Vaat* dominance and of in *Udarda Kapha Dosha* is predominant and the lesions formed are depressed in the centre [4] while *Kotha* is mainly due to the *Ayoga* or *Mithyayoga* of *Vaman*. [5] The characteristics of *Udarda* described in *Ayurveda* can be clinically correlated with Urticaria which is an allergic disorder. Urticaria is a dermal vascular reaction of skin characterised by the appearance of itchy wheal which are elevated, pale or erythematous, transient and evanescent plaque lesions. Urticaria of less than 6 weeks is called acute urticaria while more than 6 weeks duration is called as chronic urticaria[6]. Main causes include autoimmune allergens (In food, inhalants & injections) drugs, contacts (e.g., animals, saliva, latex), physical (e.g., heat, cold, water, sun, pressure) infections (viral hepatitis, infection mononucleosis, HIV) Idiopathic.[7] Autoimmune pathogenesis is one of the most common cause of chronic urticaria. It is due to production of self-reacting antibodies. That cross link the IgE receptors on mast cells with subsequent mast cells granulations. Because of these diverse and complicated disease mechanisms a combination of medication is commonly used. Antihistamines, corticosteroids and leukotriene antagonists are commonly used for the treatment of urticaria. Though modern medicine can provide temporary symptomatic relief, it cannot cure it permanently so, patients have to take medicines for long time, which may be having some unwanted effects. As a result, exploration of alternatives therapies with more favourable safety profiles is needed. *Ayurveda* can provide permanent cure for it.

MATERIAL AND METHODS: -

Kunjali Kriya: -

The word "*Kunjali*" is derived from "*Kunjara*". According to rule of *nirukti* "*ra*" is converted into "*la*". The word *Kunjali* is one of the synonyms of elephant as per different classics like *Shabdkaalpdruma*[8], *Amarkosh*[9], and Sanskrit Hindi Kosh[10] etc. When the water is expelled by muscular contraction of the abdomen, it is called *Kunjali Kriya* or *Gaja Karma*. Both the words *Kunjali* and *Gaja* mean "Elephant". The word *Karma* in this context means the same as *Kriya*, namely practice or action. As in case of elephant uses the *Kunjali Kriya* to eliminate the contents from his trunk, in the same manner humans do the *Kunjali Kriya* to eliminate the contents from their stomach.

Posture: -

The person has to sit in *Kagasana* and then only they should drink the water. During expulsion of water, it is best to stand and bend forwards keeping the trunk and head horizontal. This facilitates the free flow of water from the stomach.

Time: -

The best time to do the practice is early in the morning. It should be done before sunrise, after evacuation of natural urges and taking bath. After completion of the practice it is best to wait half an hour before eating. The stomach lining should have a chance to reform before the process of digestion starts pouring acids onto its sensitive surface.

Technique: -

- Stand near a sink or toilet, or if the weather is warm, in a suitable place outside in the garden or near an open drain. Drink at least six glasses of the prepared water one after the other, as quickly as possible, until it feels that the stomach cannot hold any more. It is most important to drink fast and not just sip the water.
- When the stomach is full, the urge to vomit will occur automatically. Lean forward, keeping the trunk as horizontal as possible. Open the mouth and place the middle and index fingers of the right hand as far back on the tongue as possible. Gently rub and press the back of the tongue. This should induce the water to gush out from the stomach[11].
- The water will be expelled without any forceful efforts. When the water comes out, fingers should be removed immediately. After few minutes, the water stops gushing out, again place the fingers inside mouth and
- rub the tongue gently. Repeat the same process until all the water comes out of the abdomen.
- The quantity of water needed to fill the stomach may vary from person to person. Six glasses are just an average. A smaller person, or someone with an anorexic temperament, may only need four where as a large, hungry person may take eight to ten glasses.

DISCUSSION: -

Probable mode of action- Majority of disease are caused by weakening of *Agni (Mandagni)*. It causes improper digestion, assimilation & excretion; which results *Ama*. *Ama* originated from stomach and mixed with *dhatu* spreads all over the body. Due to irregular & over consumption of *Aapthya ahar*, *Kapha* & *Pitta* are aggravated which gradually vitiates *dhatu* mainly *Rasa-Rakta* and ultimately abnormality of *Rasa* and *Rakta dhatvagni* occurs. The process of *Kunjil* mainly acts on *Amasaya* and *Annavahasrotas*. *Amasaya* is prime seat of *kapha* & *Annavaha srotas*. *Kunjil* neutralizes the acid balance in the stomach as a result *jatharagni* becomes normal. As a result, *Dhatavagnimandya* homeostasis rectified, resulting in proper metabolism process. The *Ama* formation and other sequential events thus are restricted by the *Kunjil Kriya* and ultimately stops further pathogenesis of disease. The *Kunjil kriya* by confining the formation of *Ama*, improving the physiological commotion of *Pachak pitta* and thus ensures the proper action of *Dhatvagni*.

CONCLUSION: -

The *Kunjil kriya* is one of the *shatkarma* technique for cleansing the digestive tract (from stomach to mouth). It is not a very complicated practice and the ejected water is saline and acidic which contains the impurities from the whole digestive tract starting from the stomach. It is one of the best procedures to alleviate the *Kapha* and *Pitta dosha* abnormalities.

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