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## AYURVEDA AND MODERN CONSIDERATIONS ON SHEETAPITTA: A REVIEW

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**Abstract:** Ayurveda is a branch of medicine that has its earliest roots in the Indian region. Ayurvedic methods and remedies have been incorporated into general health applications and, in some circumstances, into medical applications. With development, lifestyles undergo very dramatic changes causing vitiation of *Tridoshas* and manifestation of diseases. The unhealthy environments, bad eating habits, working shift jobs and anxiety, etc. are some factors that affect human health significantly. These all factors lead many pathological conditions and *Sheetapitta* is one of them. In Ayurveda, *Sheetapitta* is referred to as a *Tridoshaj Vyadhi*; however *Rasa* and *Rakta* are the primary *Dushya* while *Vata* and *Pitta* *Dosha* are predominate. *Sheetapitta* is *Twak Vikara* in which *Tridosha Prakopa* causes skin redness, swelling, itching and other symptoms. Ayurveda described some therapies including *Doshas* purifying approaches and application of internal medicines. *Abhyanga*, *Svedana*, *Vaman* and *Virechen* mainly indicated along with drugs like *Haridra*, *Guduchi*, *Yashtimadhu* and *Amalaki*, etc. This review presents Ayurveda and modern considerations on *Sheetapitta*.

**Keyword:** *Ayurveda*, *Sheetapitta*, *Twak Vikara*, *Urticaria*, *Rashes*.

### Introduction:-

Hives, also known as urticaria, typically result from an allergic reaction. The comparable symptoms of urticaria with *Sheetapitta* correlated them as disease of similar kind. The word "*Sheetapitta*" itself composed of "*Sheeta*" and "*Pitta*" which means cold & warm respectively. The disease develops as a result of *Pitta* *dosha's* dominance over the *Kapha* and *Vata* *doshas*, here *Pitta* resembles hot characteristics and *Kapha* resemble to the cold. *Shodhana* and *Shamana Chikitsa* are used in the Ayurvedic treatment of *Sheetapitta*. [1-4] According to Ayurvedic science *Nidaan sevan* causes vitiation of *Kapha* and *Vata*, they initially start to fan out throughout the body both externally and internally by mingling with *Pitta*. When the *Tridoshas* enter the body, they create the pathogenesis of the *Rasa* and *Rakta* *Dhatu*s, followed by the occurrence of the *Rasavaha* and *Raktavaha Srotodushti*, which results *Toda*, *Daha* and *Kandu*, etc. The condition also accompanied by nausea, fever and burning sensations. Exposure to allergens and antibody, *Viruddhahara* and genetic factors along with environmental conditions can trigger the disease pathogenesis. [4-6]

### Causes of *Sheetapitta*

Excess consumption of *Katu* and *Lavana* *Ahara*. Consumption of sour gruels and incompatible food items. Day time sleeping. Sudden exposure to cold environment, Exposure to cold wind or cold water, *Keeta damsha*, Poisonous bugs, *Krimi samsarga* and allergens Effect of seasonal changes and environmental conditions. *Asatmya Sevana*, the ailment that causes *Sheetapitta*, causes *Kapha* and *Vata* to become vitiated. It is easy treatable because it is *Bahaya Roga Marg Ashrit*. The specific symptoms of disease are associated with particular pathological event as follows: *Varati Damstavat* *Sotha* and *Kandu* caused by *Kapha* vitiation. *Shula*, caused by *Vata* vitiation *Daha* caused by *Pitta* vitiation As mentioned above all three *Doshas* play key role in symptomatic manifestation of disease. It is related to the *Hetu* of *Kotha* and *Udarda*, *Tridosha Prakopa* results skin manifestations and other symptoms.

*Samprapti Samprapti* initiated by vitiated *Doshas* that are continuously moving through the body. *Madhavakara* in *Madhav Nidana* is the first and foremost *Acharay* to describe the *Samprapti* of *Sheetapitta-Udarda-Kotha* because other *Acharays* have just said the same thing. When *Pitta* is combined with *Prakupita Vata* and *Kapha*, *Sheeta Marutadi* *Nidana* spreads both internally and outwardly, giving rise to *Sheetapitta*

*Nidana/Hetu*

*Vitiation of Vata and Kapha*

*Prakupita Vata* and *Kapha* mix with *Pitta*

Vitiated *Tridosha* spread internally and externally

Result into *Sheetapitta*

### Purvarupa :-

1) Pipasa 2) Aruchi 3) Hrilasa 4) Deha-sada 5) Anga-gauravam 6) Rakta-lochanata

### Rupa:-

1) Elevated patches 2) Severe itching 3) Pricking pain 4) fever and feeling of burning sensation

### Modern View :-

Reddish patches, skin irritation and itching, etc. are the main signs of *Sheetpitta*. Modern science compares it to urticaria and refers to it as a primary cutaneous condition. Pruritis could be the first sign of an episode. If urticaria is not treated effectively, episodes may return for days, weeks, months, or even a year. Only symptomatic treatment and anti-allergic medication are available for urticaria, which is considered an allergic reaction to a specific meal. For urticaria, antihistaminic medications were frequently utilized. It is described as dermatological illnesses characterized by sudden outbreaks of itchy wheals that can affect any area of the skin and mucous membranes. Hives that are itchy and may or may not have surrounding erythematous flares are the hallmark of urticaria. A weal (or wheal) is a shallow skin-shaded or fair skin expansion that is typically surrounded by erythema and lasts anywhere between a few seconds and 24 hours. Angioedema, which is a more severe swelling inside the skin or mucous layers, can coexist with urticaria. Pruritic wheals are caused by mast cells and basophils degranulating, which releases inflammatory mediators, primarily histamine. Urticaria can develop due to a variety of reasons, including infections, autoimmune and connective tissue illnesses, dietary and food additive responses, drug side effects, and medication interactions.

It is a dermal vascular reaction which may remain for short period of time or may also persisted for longer period of time. Urticaria less than 6 weeks termed as acute urticaria and Urticaria more than 6 weeks termed as chronic urticaria.

The main causes of disease are autoimmune disturbance, allergens, drug adverse effects, infection and food incompatibility, etc. Autoimmune disturbance is common cause of chronic urticaria.

### Treatment:-

Ayurveda focuses on eliminating the Doshas and purifying the body's poisons with *Panchkarma* treatments and *Ayurvedic* medications. This is a crucial component of the Ayurvedic method of treating urticaria. Urticaria can be effectively treated with massage, fomentation and detoxification measures, etc. *Snehana* with *Panchtiktaghrita* and *Virechana* with *Hritaki*, *Katuki* and *Nishotha Kwath* also recommended.

*Vata pradhan Tridoshamaak* therapy, *Rasa rakta dhatus* purifying therapy and immunity boosting therapy mainly indicated for curing urticaria. *Snehana* is used as *Vaat shamak* therapy which also acts on *Sukshma srotasa* and clean micro channels. [6-9]

Pathya :- Purana Shali, Kulattha Yusha and Shigru Mool. Dadima, Madhu, Jangala Mamsarasa and Triphala. Katu, Tikta and *Kashaya, Rasa, Dravya, Ushna, Jala* and *Pitta-Shleshmahara* meals.

Pathya Anupa Mamsa, Matsya, Naveena Madya Vamana Vegadharana, Divashayana, Viruddhashana Snigdha, Madhura, Amla Rasa and Guru Anna.

### Conclusion: -

*Sheetpitta* is *Tridoshaj Vyadhi* which involves *Rasa and Rakta Dushya* along with vitiation of *Doshas*. *Sheetapitta* is *Twak Vikara* characterizes by skin rashes, swelling and itching. Consumption of *Katu* and *Lavana Ahara*, incompatible food items, day time sleeping, exposure to cold environment, *Keeta damsha* and allergens, etc. mainly considered as causative factors of *Sheetapitta*. Ayurveda described some therapies including Doshas purifying approaches and application of internal medicines. *Abhyanga*, *Svedana*, *Vaman* and *Virechen* mainly indicated along with drugs like *Haridra*, *Guduchi*, *Yashtimadhu* and *Amalaki*, etc. *Ushna-Tikshna Gunatmak Dravyas* helps to pacify *Kapha* and *Pitta* dominance in *Sheetpitta*. *Virechan Karma* along with *Shaman* therapy also offers benefits in *Sheetpitta*.

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