AYURVEDA AND MODERN CONSIDERATIONS ON SHEETAPITTA: A REVIEW


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 Rakt 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, 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 Rakt Dhiatus, followed by the occurrence of the Rasavaha and Raktavaha Srotodushhti, 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, Keetu damsha, Poisonous bugs, Krimi samsarga and allergens Effect of seasonal changes and environmental conditions. Asatmya Sevana, the ailment that causes vitiation of 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: Varaiti Dastavat Sotha and Kandu caused by Pitta 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.

Nidaan/Hetu
Vitiation of Vata and Kapha
Prakupita Vata and Kapha mix with Pitta
Vitiated Tridosha spread internally and externally
Purvarupa:

1) Pipasa 2) Aruchi 3) Hrillasa 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 Sheetaptita. Modern science compares it to urticaria. 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-shadow or flat 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 basophilis 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 persist 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 Panchakarma and Virechana with Hritaki, Katuki and Nishothe Kwath also recommended.

Vata pradhana 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 Suksha srotosa and clean micro channels. [6-9]

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

Conclusion: -
Sheetaptita is Tridoshaj Vyadhi which involves Rasa and Rakta Dushya along with vitiation of Doshas. Sheetaptita is Twak Vikara characterizes by skin rashes, swelling and itching. Consumption of Katu and Layana Aharas, incompatible food items, day time sleeping, exposure to cold environment, Keeta damsha and allergens, etc. mainly considered as causative factors of Sheetaptita. 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 Sheetaptita. Virechan Kargya along with Shaman therapy also offers benefits in Sheetaptita.

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