

ROLE OF AMRUTADI KWATH IN MANAGEMENT OF SHITAPITTA: A SINGLE CASE STUDY

Dr. Pooja Adole*¹ and Dr. Hiranman Warungase²

¹PG Scholar, Dept. of Kayachikitsa SMBT Ayurved College & Hospital PG Research Institute Nashik.

²Prof. & HOD, Dept. of Kayachikitsa SMBT Ayurved College & Hospital PG Research Institute Nashik.

Article Received on: 11/12/2023

Article Revised on: 01/01/2024

Article Accepted on: 21/01/2024



*Corresponding Author

Dr. U. Anusha

PG Scholar, Panchkarma
Department, Rajiv Gandhi
Educational Societies Ayurvedic
Medical College and Hospital.
Ron.

ABSTRACT

Sheetpitta is made up of two word 'sheet' and 'pitta'. sheet denotes kaph and vata dosha their combination with pitta dosh is called as sheetpitta. it is a tridoshaj tvak vikara but vata and pitta are predominant. The causative factor and symptoms of Sheetpitta mentioned in Ayurved samhitas are resemble with Urticaria. Urticaria prevalence Rate is 20% of total population generally occurs between Age group 20 to 40 years. Role of Amrutadi Kwath in the management of Sheetpitta is cited in Bhaishjya Ratnavli. A single case study taken here which is a known case of Shitapitta, amrutadi paath given to the patient and good results were obtained.

KEYWORDS: Sheetpitta; Shaman; Urticaria; Allergic reaction.

INTRODUCTION

Urticaria is a dermatological conditioned which is characterized by itchy wheals which suddenly appear on skin or mucous membrane. They are commonly known as hives, wheals, welts and nettle rash. It usually occurs due to an allergic reaction trigged by food seasonal or external factors or medication.^[1] In urticaria the individual lesion typically last for few minutes to few hours then subside without leaving any trace.^[2] Urticaria is divided into two categories based on how long it lasts 1) acute urticaria which stay less than six weeks 2) chronic urticaria which stay longer than six weeks.^[3]

As Shitapitta is Tvak Vikar i.e., skin diseases in which wheels or hives appear all over the body with itching, burning sensation and pain these all are the symptoms of Shitapitta,^[4] and this can be related with urticaria. This condition occurs due to the dominance of Shita (cold) over Pitta Dosha, when someone is exposed to cold weather, Kapha and Vata Dosha aggravates and combine with Pitta Dosha, they spread all over the body and creates rashes on the surface of the skin. Varati Damstavat Shotha and Kandu caused by Kapha Dosha vitiation, Shul caused by Vata Dosha vitiation and Daha caused by Pitta Dosha. In modern science, antihistamines and steroids are used to treat urticaria and their long term uses can cause adverse effects on the human body.^[5] In Ayurveda, Shitapitta Chikista can be divided into three phases they namely are Langhana for Alpadosha, Langhana with Pachan for Madhya Dosha Avastha, Shodhan for Bahudosha Avastha.^[6]

CASE REPORT

History of Present Illness- This is a case report of 26-year-old male patient complaining of reddish rashes all over the body with severe itching aggravating in early morning since 6-7 months.

Personal History

Irregular bowel habit, liking of junk foods, late onset of sleep at night, excessive use of air conditioner (due to this temperature variations takes place), Patient was taking modern medicines for 4 months and was not satisfy with treatment. Due to Sheetpitta, he had to face lot of disturbance in his personal & social life, then he decided to consult at OPD.

Patient was diagnosed as chronic (Jirna) case of Sheetpitta.

History of Past Illness- Nil

Family History- Nil

Clinical Features

Varati Damsha Sansthana Shotha: +++

Kandu: +++

Toda: +++

Vidaha: +++

(+ - Mild; ++ - Moderate; +++ - Severe)

General Examination

Pulse -72/min.,

BP -122/80 mm of hg

Agni -Mandagni

Koshtha -Asamyak

Prakruti -Pitta Pradhan Kapha Anubandhi

Treatment given

1) Amrutadi Kwath 40 ml BD for 7 Days

OBSERVATION

Sign	Before treatment	After treatment
Shotha	+++	+
Kandu	+++	+
Toda	+++	-
Vidaha	+++	+

DISCUSSION

Drug	Latin Name	Family	Rasa	Virya	Vipaka	Guna	Doshg hnta
Amruta	<i>Tinospora Cordifolia</i>	<i>Menispermaceae</i>	Tikt, Katu, Kashay	Ushna	Madhura	Ruksh, Laghu	Vatpittaghna
Vasa	<i>Adhatodavastica</i>	<i>Acanthaceae</i>	Tikt, Kshay	Sheet	Katu	Laghu, Ruksha	Kapha pittaghna
Patol	<i>Trichosanthes dioica</i>	<i>Cucurbitaceae</i>	Tikt	Ushna	Madhura	Laghu, Snigdha	Tridoshghna
Nagarmotha	<i>Cyperu Scariouus</i>	<i>Cyperaceae</i>	Tikt, Katu, Kshay	Sheet	Katu	Laghu, Ruksha	Pittaghna
Saptaparni	<i>Alstonia Scholaris</i>	<i>Apocynaceae</i>	Tika, Kshay	Ushna	Katu	Laghu, Snigdha	Kaphavataghna
Khadir	<i>Acacia Catechu</i>	<i>Leguminosea</i>	Tikt, Kshay	Sheet	Katu	Laghu, Ruksha	Pittakaphghna
KrushaVetra	<i>Calamus Rotang</i>	<i>Gramineae</i>	Kshay	Sheet	Madhutr	Laghu, Ruksha	Pittaghna
Nimba	<i>Azardiracta Indica</i>	<i>Mediaceae</i>	Tikt, Katu, Kshay	Sheet	Katu	Laghu, Ruksha	Pittaghna
Haridra	<i>Curcu ma Longa</i>	<i>Zingiberaceae</i>	Tikt, Madhur	Ushna	Katu	Laghu, Ruksha	Pittaghna
Daruharidra	<i>Berberis Aristata</i>	<i>Berbiridaceae</i>	Tikt, Kashay	Ushna	Katu	Laghu, Ruksha	Pittakaphghna

Amrutadi kwath helps to lower the vitiation of tridosha and good formation of rasa and rakta dhatu. Shitpitta prahbanjan vati is specilly mentioned for this vyadhi it helps to break dosha dushya anubandha. Ardraka swarasa and madhu is used for anupan which improves agnimandya and kapha vitiation.

7.
8.

CONCLUSION

As Shitapitta is mainly due to Kapha and Vata Doshas aggravation and combining with Pitta Doshas So Amrutadi Katha pacify Kapha and Vata Pitta Dosha respectively. Hence in this study Amrutadi Kwatha shows significant result.

REFERENCE

- [https://www.webmed.com/skin-problems and treatment /giude.](https://www.webmed.com/skin-problems-and-treatment/guide)
- Sharma SK, Munjal YP, Agarwal AK. API Textbook of Medicine, Association of physician of India, 9th edition, 2012; 479,491.
- <https://researchgate.net/deref/https%3A%2F%2Fwww.dermentnz.org>
- Vijayarakshita S Madhavanidana Chaukhamba Surbharti Prakashana, Sheetapittodkothanidanam/ reprinted, 2010; 200.
- Flynn CA, Griffin G, Tudiver F Decongestants and antihistamines for acute otitis media in children, 2002.
- Agnivesh, Charak Samhita commentary by Brahma Nand Tripathi, Chaukhamba Surbharti Sansthan, Varanasi. Sutra, 4/17: 43: 24.