

The Efficacy of Haridra Khanda in the Management of Sheetapitta with special reference to Urticaria

*¹Dr. Shivani V. Chankeshwara, ²Dr. Dattatraya L. Shinde, ³Dr. Sanjay A. Dhurve

¹PG. Scholar D. Dermatology Department of Kayachikitsa, College of Ayurved, BVD University, Pune, Maharashtra.

²M.D., Ph.D., Professor and H.O.D, Department of Kayachikitsa, College of Ayurved, BVD University, Pune, Maharashtra.

³Associate Professor - M.D. Ph.D (Kayachikitsa), Department of Kayachikitsa, College of Ayurved, BVD University, Pune, Maharashtra.

Corresponding Author: **Dr. Dattatraya L. Shinde**

M.D., Ph.D., Professor and H.O.D, Department of Kayachikitsa, College of Ayurved, BVD University, Pune, Maharashtra.

KEYWORDS

Ayurveda,
Sheetpitta,
nidana
parivarjana,
Haridra Khanda

ABSTRACT

Sheetapitta is a significant and common allergic skin disorder described in Ayurveda, primarily involving disturbances in Vata and Kapha doshas. This imbalance, when associated with Pitta, leads to the vitiation of all three doshas (Tridosha), resulting in symptoms such as redness, wheals, and itching on the skin. Key signs of Sheetapitta include Mandala (round patches), Utsedha (wheals), Kandu (itching), and Toda (pricking pain), with associated symptoms like Chardi (vomiting), Jwara (fever), and Daha (burning sensation). In modern medicine, this condition can be correlated with various forms of urticaria. Sheetapitta, along with Udarda and Kotha, is described in the Brihatrayee as indicative of several diseases. It is recognized as a Pitta-dominant Tridosha condition, first discussed in a dedicated chapter by Acharya Madhava. In Ayurvedic treatment, drugs, considered essential tools for the physician, play a critical role in reversing the pathogenesis and alleviating the disease symptoms. The incidence of skin diseases is increasing due to factors like pollution, poor dietary habits, and improper lifestyle. Therefore, a targeted approach, following the principles of nidana parivarjana (removal of causative factors) along with appropriate medications such as Haridra Khanda, can effectively halt the progression of the disease. Haridra Khanda possesses properties such as anti-itch, anti-inflammatory, and skin-healing qualities, making it highly effective in managing Sheetapitta, Udarda, and Kotha. This review aims to explore the mode of action of Haridra Khanda in the treatment of Sheetapitta.

INTRODUCTION

The life style today has become fast and people are not able to follow the Dinacharya and Rutucharya described in classical Ayurvedic texts. So in day to day life they come across factors which are against Dinacharya and Rutucharya which in turn are responsible for many diseases.

Due to heavy industrialization and heavy traffic one constantly comes into contact with various pollutants. The fast food eaten now a days mainly contains preservatives and food color, have very less nutritional values and having similar properties to Viruddhaahara. These all ultimately results into Dhatudaurbalya (i.e. lower immunity), Which can provoke to cause sensitization toward allergens (cold breeze, etc.) as well as antibodies and produce various types of allergic diseases, like (urticaria) Sheetapitta Vyadhi. Sheetapitta is one of a common skin problem described in Ayurveda. Prakupita Vata and Kapha when being mixed with Pitta spreads internally and externally results into Sheetapitta Vyadhi.

The most allergenic foods are chocolate, shellfish, nuts, peanuts, tomatoes, strawberries, melons, pork, cheese, garlic, onions, eggs, milk, and spices. Food allergens that may cross-react with latex include chestnuts, bananas, passion fruit, avocado, and kiwi. Food additives

and preservatives are also implicated in some cases. Natural food additives that may be implicated in urticaria include yeasts, salicylates, citric acid, egg, and fish albumin. Synthetic additives include azo dyes, benzoic acid derivatives, sulfite, and penicillin.

Inhalants that have caused urticaria include grass pollens, house dust mites, feathers, formaldehyde, acrolein (produced when frying with lard or by smoking cigarettes containing glycerin), castor bean or soybean dust, cooked lentils, cottonseed, animal dander, cosmetics, aerosols, pyrethrum, and molds.

Injections of both prescribed and recreational drugs, as well as vaccinations, should be considered in the historical data obtained.

Nonimmunologic mechanisms can produce mast cell degranulation. Common triggers include opiates, polymyxin B, tubocurarine, radiocontrast dye, aspirin, other NSAIDs, vancomycin, tartrazine, and benzoate.

Vitiated Vata causes Vimargagamana in Twacha with the symptoms of Sheetapitta viz- Mandal, Utsedha, Kan̄du, Toda, Chhardi, Jwara and Daha.

Urticaria is a Type 1 hypersensitivity reaction that manifest because of exposure to such allergens. characterized by transient, erythematous, edematous papules (wheals) of varying sizes and shapes with pruritus. It is characterized by sudden eruptions of itchy wheals which may appear on any part of the skin and mucous membranes. Individual lesions do not last longer than few minutes to few hours and disappear without leaving any residual cutaneous sign. Urticaria can be correlated with Sheetapitta as both have symptoms: Utsedha, Mandal (wheals/hives), Kandu(pruritus), Toda(pricking), Shotha(edema).

MATERIALS AND METHODS

हरिद्रायाः पलान्यष्टौ षटपलं हविषस्तथा ।

क्षीराढकेन संयुक्तं खण्डस्यार्द्धशतं तथा ॥

पचेन्मृद्वग्निना वैद्यो भाजने मृन्मये दृढे ।

कटुत्रिकं त्रिजातञ्च कृमिघ्नं त्रिवृतां तथा ॥

त्रिफला केशरं मुस्तं लौहं प्रति पलं पलम् ।

सञ्चूर्ण्य प्रक्षीपेत्तत्र तोलकार्द्धन्तु भक्षयेत् ॥

कण्डूविस्फोटदहणां नाशनं परमौषधम् ।

प्रतप्तकाञ्चनाभासो देहो भवति नान्यथा ॥

शीतपित्तोदरको ठान् सप्ताहादेव नशयेत् ।

हरिद्रा नामतः खण्डः कण्डूनां परमौषधम् ॥ भै.र.55/13-17

Preparation of Haridra Khanda

- Take turmeric powder 8 pala , Cow-s ghee 6 pala , Cow's milk 1 Adhaka and rock Sugar 50 pala then first fry turmeric powder in ghee and then add milk and rock sugar into it and Cook on low Flame When the Pak Comes Close to being Ready Add ,1 pala Powder each of Shunti , Maricha , Pippali , Tvak , Ela (Sookshma Ela) , Tejpatra , Vidang , Trivrit , Haritaki , Bibhitaki , Amalaki , Mustaka , Nagkeshar , shudha Loha Bhasma . this formulation helps in pacifying the vitiated Tridosha. Thus, causing samprapti bhanga.

MATERIALS

Ingredients	Latin Name	Family	Rasa	Part Used	Ratio in Formulation
1. Haridra	Curcuma longa	Zingiberaceae	Tikta, Katu, Kashaya	Kanda	8 pala (384 gm)
2. Shunti	Zingiber Officinale	Scitaminae	Katu	Rhizome	1 pala (48 gm)
3. Maricha	Piper Nigrum	Piperaceae	Katu	Fruit	1 pala (48 gm)
4. Pippali	Piper Longum	Piperaceae	Katu	Fruit, Root	1 pala (48 gm)

5. Tvak	Cinnamomum Zeylanica	Lauraceae	Katu, Tikta, Madhura	Stem bark, Oil	1 pala (48 gm)
6. Ela	Elettaria cardamomum	Scitaminae	Katu, Madhura	Seeds	1 pala (48 gm)
7. Tejpatra	Cinnamomum Tamala	Lauraceae	Madhura, Katu, Tikta	Leaf, Bark	1 pala (48 gm)
8. Vidang	Embelia Ribes	Myrsinaceae	Katu, Kashaya	Fruit, Root	1 pala (48 gm)
9. Trivrit	Operculina turpenthum	Convolvulaceae	Tikta, Katu	Root, Bark, Leaves	1 pala (48 gm)
10. Haritaki	Terminalia Chebula	Combretaceae	Pancharasa (except Lavana), Kashaya mainly	Fruit Rind	1 pala (48 gm)
11. Bibhitaki	Terminalia bellerica	Combretaceae	Kashaya	Fruit Rind, Seed, Seed Kernel	1 pala (48 gm)
12. Mustaka	Cyperus rotundus	Cyperaceae	Tikta, Katu, Kashaya	Tubers	1 pala (48 gm)
13. Nagkeshar	Mesua ferrea	Calophyllaceae	Kashaya, Tikta	Stamens, Leaf	1 pala (48 gm)
14. Amalaki	Emblica officinalis	Phyllanthaceae	Amla pradhana, Pancha Rasa (except Lavana)	Fruit Pulp, Fruit Rind	1 pala (48 gm)
15. Goghrita	-	-	Madhura	-	6 pala (288 ml)
16. Godugdha	-	-	Madhura	-	1 Adhaka (3072 ml)
17. Khanda	-	-	Madhura	-	50 pala (2400 gm)
18. Loha Bhasma	-	-	-	Bhasma	1 pala (48 gm)

METHODS

SOURCE OF DATA: Patients fulfilling the clinical criteria of Sheetaapitta were randomly selected irrespective of their Sex, Religion, Occupation from Twacha Roga OPD (Department of Kayachikitsa).

TYPE OF STUDY- Open Clinical trial

SELECTION CRITERIA: A. Inclusion criteria

1. Gender- Both the gender

2. Age- 18 years to 60 years

3. Acute-Urticaria that recurs within a period of less than six weeks is acute.

4. Patients with symptoms as: Kandu (pruritus), Daha (burning sensation), Toda (pricking

sensation), Varatidashta Sansthanam Shotha (Swelling) Diagnosed with Sheetpitta according to Ayurvedic Criteria.

5. Consent to participate in the Study.

B. EXCLUSION CRITERIA

1.Chronicity: Above 6 weeks i.e chronic urticaria,Angioedema.

2. Diabetes Mellitus

3. Chronic Kidney Disease

4. Hypertension

5. Pregnancy

6. Tuberculosis

7. Hepatitis

Clinical Assessment CRITERIA

Score	Wheals	Pruritis
0-None	None	None
1-Mild	<20 wheals per 24 hours	Present but not annoying or troublesome
2-Moderate	20 - 50 wheals per 24 hours	Troublesome, but does not interfere with normal daily activity or sleep
3-Intense	>50 wheals per 24 hours	sufficiently troublesome to interfere with normal daily activity or sleep

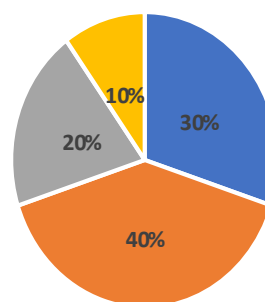
PLAN OF WORK

NUMBER OF PATIENTS	10
UPAKARMA	Shaman Chikitsa
QUANTITY	5gm
TIME	At morning-----At night After meals
DURATION	7 days
FOLLOW UP DAYS	Day 0, 3,8,15
ANUPANA	Koshna Jala

OBSERVATION

AGE GROUP

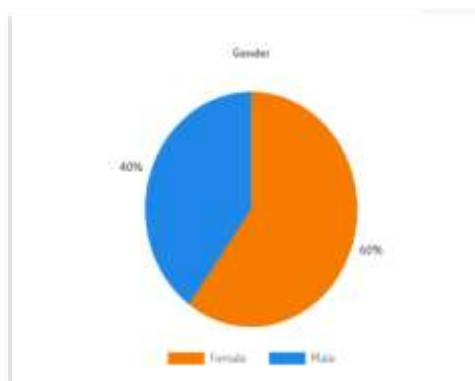
Age Group	No. Of Patients	%
20-30 years	3	30%
30-40 years	4	40%
40-50 years	2	20%
50-60 years	1	10%



■ 20-30years ■ 30-40years ■ 40 - 50 years ■ 50-60years

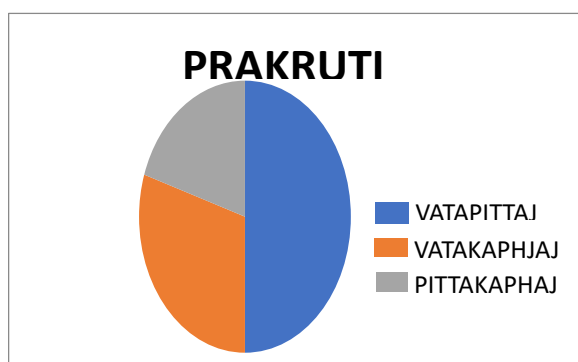
GENDER :

Gender	No. Of Patients	%
Male	4	40%
Female	6	60%



PRAKRUTI :

Prakruti	No. of Patients	%
VataPittaj	5	50%
PittaKaphaj	2	20%
VataKaphaj	3	30%



RESULTS :

From 10 patients

Day 0 - Patient showed symptoms (kandu,daha,todabahula,utsedha)

Day 3 - 50% showed full relief from symptoms.

20% showed 80% relief from symptoms.

30 % showed 40% relief from symptoms.

Day 8 - 60% showed full relief from symptoms.

30% showed 80% relief from symptoms.

10% showed 40% relief from symptoms.

Day 15 - 78% showed full relief from symptoms.

20% showed 80% relief from symptoms.

2% showed 40% relief from symptoms.

2

DISCUSSION

- Sheetapitta is characterized by formation of itchy inflamed rash (evanescent wheals) due to various triggering factors.
- Sheetapitta is mentioned in detail in Madhav Nidana (50th chapter Sheetapitta-Udarda-Kotha), Chakradatta (51th chapter), Bhavpraksha (chapter 55) and Yogratnakar (Sheetapittadi Nidana Chikitsa in Uttara Khanda) but is mentioned as a symptom in Charak, Shushrut Samhita, Ashtang Hrudaya and Ashtang Sangraha.
- It is mentioned as Kotha, Utkotha, Udarda in Bruhatrayee.
- Hetu sevan in form of Vata, Pitta, Kapha prakopaka ahar vihar, Rakta dushtikar Hetu causes Rasa Rakta strotas dushti, Rasa, Rakta dhatu dushti, Twacha dushti and dhatushithilta with expression of Rupa of Sheetapitta in Twacha.
- Mostly hetu's like Sheetamarura sparsha, Atidiwasawap, Chinta, Guru bhojan, Langhan, Atilavan sevan, Atapsevan, were seen.

- Chikitsa mentioned is oral administration of Haridra Khanda twice a day after meal 5 gm along with kosha jala anupana.
- Urticaria is a transient redness and swelling with pruritus causing evanescent wheals.
- Physical urticaria is most commonly found; with triggers like drugs and food (shellfish, lentils, meat, preservatives and food colouring).
- Treatment is mostly symptomatic since pruritus is severe; the condition has spontaneous remission and recurrence is common. Treatment is oral/ IV administration of antihistamines, if severe corticosteroids are needed. Topical treatment has no significant role.
- This study has been designed as per the Ayurvedic principles of management of Sheetapitta i.e oral administration of Haridra Khanda.
- AGE – Youngest age was 26 years of age and highest age was found of 58 yrs of age. This falls in Pitta Dosha dominance stage. In this age group more stress is seen and intake of outside junk food is more.
- GENDER – Female were seen more (60%) than males in the study it could be due to factors like Atilavan sevan, Diwaswap, Langhan, Atichinta, Santap, Vegdharana.
- PRAKRUTI- Vatapitta prakruti showed complete regression in symptoms. Vatakapha prakruti showed upto 80% regression in symptoms. Kaphapitta prakruti showed upto 40% regression in symptoms.

CONCLUSION

The present study confirms effectiveness of Haridra Khanda in the management of in Sheetapitta w.s.r. to Urticaria. The efficacy of Haridra Khanda is said to be proven because of significant regression in symptoms.

REFERENCES

1. Bharat Bhaishajya Ratnakar, by Nagindas Chagan Lal Shah, 5 th part, Hakaradi Rasa prakran; Published by B. Jain Publishers Ltd., New Delhi- 110055.
2. Bhaishajyaratnavali, 55/ 13- 17 Prof. Siddhi Nandan Mishra, Chaukhambha Surbharati Prakashan, Varanasi.
3. Prof. P.V. Shrama, Dravya guna vigyana, part 2nd, Pn. 162
4. Upadhyaya YN. Madhava Nidana of Madhava. Edition 18. Varanasi: Chaukhamba Publications; 1988. pn. 168-169.
5. Agnivesha. Charaka Samhita elaborated by Charaka and Dridhabala with Ayurveda-Deepika commentary by Acharya Datta Chakrapani. Edited by Vaidya Acharya Yadavji Trikamji. Edition 3. Varanasi: Chaukhamba Publications; 2013. p. 132 (Cha. Soo. 25/40)
6. Anjali C, Kumar GD, Om Prakash S. A holistic approach to Sheetapitta W. S. R to Urticaria by Ayurvedic management. Ayushdhara 2015;2.
7. Mahima, Rahal A, Deb R, Latheef SK, Samad HA, Tiwari R, Verma AK, Kumar A, Dhama K. Immunomodulatory and therapeutic potentials of herbal, traditional/indigenous and ethnoveterinary medicines. Pak J Biol Sci 2012 Aug; 15(16):754-774.
8. S. Sacchidanand, Savitha A. S., Shilpa K., Shashi Kumar B. M. (2021), IADVL Textbook of Dermatology-FIFTH EDITION. ELSEVIER BHALANI.
9. Treat, J., Elston, D. M., Neuhaus, I. M., & Rosenbach, M. (2019). *Andrews' diseases of the skin: Clinical dermatology (International ed.)*. Elsevier Health Sciences.
10. Dr S B SHRIVASTAVA -Textbook of dermatology.