



EFFICACY OF SADHYA VAMAN IN SHEETPITTA (W.S.R. TO URTICARIA)- A REVIEW

Anil Kumar Pandey¹, Pratima Yadav²

¹MD Kayachikitsa, State Ayurveda College & Hospital, Lucknow, Uttar Pradesh, India.

²MD Panchakarma, Government Ayurveda College & Hospital, Varanasi, Uttar Pradesh, India.

Corresponding Author: anil.edu88@gmail.com

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ABSTRACT

Urticaria is a common skin condition characterised by the development of itching and scarring on the skin or swelling of the skin due to leaking dermal vessels. It is also referred to as Hives. The condition may be related to food, seasonal, or external causes or may be medication-induced. In the case of *Vata-Pradhanyata*, it is called *Sheetapita*, and in the case of *Kaphadikyata*, it is considered *Udarda*. The *Shodhana*, like *Vaman*, will be the ideal and effective treatment under this condition with *Shaman* and various Acharya, explained Bahyachikitsa. *Panchakarma* is an essential aspect of *Ayurveda* that helps to fight different diseases. The various treatment methods of *Panchakarma* help to maintain a normal state of health, and *Vaman* is one of them. *Vaman* means induction of vomiting as well as internal and external oleation and fomentation. *Vaman* is used mainly for detoxification purposes to eliminate toxins from the body. According to *Ayurveda*, the *Vaman* procedure is primarily for *Kapha* disorders. It is also beneficial for some skin diseases. The present article deals with the efficacy of *Vaman* in *Sheetpitta*.

Keywords: *Ayurveda*, *Panchakarma*, *Sadhya Vaman*, *Sheetapitta*, Urticaria

INTRODUCTION

Sheetpitta is a disease mainly caused by exogenous factors and produces *Toda*, *Kandu*, and *Daha* of *Twacha* and in *Madhavanidan*, this is *Tridoshajavyadi*¹. It can be considered as *Sukha Sadhya Vyadhi* because it is *Bahyaroga Margashrita*. *Kotha* is considered *Rakta Pradoshaj Roga*, and *Acharya Vagbhatta* and *Sharangadhara* are explained in *Kshudra Roga*. This is also due to the improper use of *Vaman Karma*. This article focuses on all aspects of urticaria, *Sheetapitta* and the effect of the *Panchakarma* procedure.

Urticaria is caused by localized dermal oedema secondary to a temporary increase in capillary permeability. The term angioedema is used if oedema involves subcutaneous or submucosal layers. Acute urticaria may be associated with angioedema of the lips, face, tongue, and throat and rarely wheezing, abdominal pain, headache, and anaphylaxis. It presents for under six weeks and is considered acute and chronic if it continues for over six weeks. Causes of urticaria-Autoimmune: due to antibodies that cross-link the IgE receptor on mast cells. Allergens: in foods, medications and inhalants; Drugs, Contact: latex and animal saliva; Physical: heat, cold, pressure, sun, sweat, water, Infection, i.e., intestinal parasites, i.e. Systemic lupus erythematosus(SLE), pregnancy, Idiopathic: Chronic spontaneous urticaria and angioedema.

The history and possible causes should guide investigation but are often negative, particularly in acute urticaria.

Complete blood count: eosinophilia in parasitic infection or drug cause,

Erythrocyte sedimentation rate or plasma viscosity: elevated in vasculitis,

urea and electrolytes, thyroid and liver function tests, and iron studies may reveal an underlying systemic disorder,

total IgE and specific IgE to possible allergens, i.e., Shellfish, peanut, house dust mites,

antinuclear factor: positive in systemic lupus erythematosus (SLE) and often positive in urticarial vasculitis²

MATERIAL AND METHOD³-

Procedure of *Sadhya Vaman*- The word *Sadhya Vaman* combines two words, *Sadhya* and *Vaman*. According to *Shabdakalpadruma*, *Sadhya* means on the same day, at the moment, or immediately.

Essential factors for *Samyak Vaman*-

- Adequate excitation of *Kapha* and administration of *Vaman* during *Kapha* aggravation time.
- *Samyak Snehana* and *Svedana*
- New and effective emetics in suitable doses
- Minimum 6 hours of good night sleep to keep the *Vata* under total control.
- Complete digestion of the previous night's meal
- *Vatanulomana*- lightness of abdomen and no flatulence
- *Malanutlomana*- the smooth and satisfactory evacuation of stool and flatus
- A calm and relaxed mind

PRE-OPERATIVE PROCEDURE OR POORVA KARMA-

Abhyanga: For *Vaman Karma* *Abhyanga* on the day prior to *Vaman Karma*. After *Abhyanga*, *Vashpa Sveda* (dry fomentation) is done. Before the *Vaman Karma* diet, which does increase '*Kapha*' is preferred.

MAIN PROCEDURE OR PRADHANA KARMA:

On the day of *Vaman Karma*, after *Sarvanga Abhyanga* followed by *Svedana*, the patient is asked to take milk up to the entire stomach. After taking milk, *Yashtimadhu Phanta* was given to the patient, and *Lavanodak* was given to the patient. After administration of this drug, the patient should be overseen for a *Muhurta* (48 minutes). When salivation starts, the patient is instructed to sit comfortably. The urge can be invoked by opening the lips, palate, and throat wide or slightly bending the upper body. For collection of vomitus, a vessel should be kept ready in front of the patient. Patients are encouraged to vomit without much effort. A gentle back massage from below to upward should be given during the *Vamana Karma* procedure, then counting the *Vaman Vega*. *Acharya Charak* explains the count of *Vamana Vega* as 4,6,8 *Vega* of *Hina*, *Madhyam* and *Pravara Shuddhi*⁴.

To assess the amounts and effects achieved after *Samshodhana*, *Chakrapani* categorized them in following order:

Vaigiki criteria: Three types of *Shuddhi Hina*, *Madhyama*, and *Pravara* are described based on the number of *Vega* like 4, 6 and 8, respectively.

Maniki criteria are defined as *Hina*, *Madhyama* and *Uttama Shuddhi* for 1, 1 ½ and 2 *Prastha*, respectively.

Laingiki criteria: The signs and symptoms of *Vaman Karma* can be considered under the "Laingiki Criteria." *Chakrapani* declares that "Laingiki Shuddhi" is the best among all the criteria.

Aantiki criteria: *Pittanta Vamana* is one of the criteria of proper *Shuddhi*. "Appearance of *Pitta*" can be perceived directly by the greenish yellow-coloured vomitus and indirectly by *Tikta* or *Katu-Asyata*, *Urodaha*, *Kanthadaha*, *Netradaha*, etc.

POST-OPERATIVE PROCEDURE OR PASCHATA KARMA:

After the expected purification, the patient is advised to wash the face, hands and feet with warm water.

*Samsarjana Krama*⁵:

After *Samsodhana* (purification), *Agnimandya* (reduced digestive fire) occurs because the *Doshas* (toxins) come to *Amashaya* (stomach), so *Peyadi Krama* recommends gradually raising the *Agni* (digestive fire) to normal levels and doing *Tivra* (excellent) to digest *guru anna* (heavy meals). In the *Peyadi Krama* *Peya*, *Vilepi*, *Akrat-yusha*, *Krtia-yusha*, *Akrat-mamsa-rasa*, *Krat-mamsa-rasa* should be given for 3, 2 and *Anna-Kala* (diet schedule) for *Pradhana*, *Madhyama* and *Avara Suddhi* patients 12, 7, 5 respectively.

DISCUSSION

Vamaka Dravya has *Ushna*, *Tikshna*, *Sukshma*, *Vyavayi*, *Vikasi*, *Urdhwa Bhagahara* properties⁶. The *Ushna Guna* produces *Pachana*, *Dahana* and *Svedana* and spreads the drug at the cellular level. *Lavana* produces *Vishyandana* of the *Kapha* in the body, that is why *Vamana dravya* are administered with *Lavana*. The *Tikshna Guna* of the *Vamaka Dravya* is responsible for its rapid action, while the *Dosha*

Shodhana, *Pachana*, *Chedhana* and *Shravana* are responsible in their respective places. *Sukshma Guna* of *Vaman Dravya* penetrates to the level of the microcirculatory channels and leads to the *Pachana* and *Visyandana* of the *dosha*, eventually leading them to *Koshta*, from where they are easily eliminated. Due to *Vishyandana* and *Vikasi Guna*, the *Vamak Dravya* reaches at the cellular level without being digested and produces *Sandhi Saithilya* i.e., *Dosha Lina* in *Dhatu* are attacked by the *Vamaka Dravya* and migrated to *Koshtha* for elimination. *Vamak Dravya* produced *Vaman* due to its *Urdhwa Bhagahara Prabhava*.

The main effect of *Vamaka Dravya* is on the individual's stomach. In the stomach, it acts as the actual cause of *Kapha* excitement. Disturbances of *Kapha* present throughout the body are reduced and eliminated through *Vaman* mechanisms. The *Snehana* and *Svedana* therapy aggravates *Dosha* i.e., *Kleda* of the body is increased. *Ushna* and *Tikshana Guna* of *Vamaka Dravya* are responsible for removal of *Kleda* from the body in the form of vomitus. The fat contents of the blood (serum cholesterol etc.) increase temporarily after *Snehana*, but the *Vaman Karma* is over, these fat contents return to normal level.

Emetic drugs are mild irritant to the stomach and the intestinal mucosa respectively, to cause inflammation. Due to mild inflammation, it allows rapid absorption of the drug's active ingredient/potency in the early stages. Then it facilitates the excretion of pathological substances that should not normally be excreted through the intestinal mucosa. This is possible because inflammation increases the permeability of capillaries, allowing the absorption and excretion of substances that do not happen in normal conditions.⁷. The literature study suggests that *Vaman* may offer relief in *Sheetpitta*. By using *Deepana-Pachana*, *Snehana* and *Svedana* as *Poorvakarma* offer *Samshodhana* effect. This article revealed that *Sadhya Vaman* helps to eliminate *Kapha Dosha* which is responsible for pathogenesis of *Sheetpitta*. *Vaman* medicines (*Yastimadu*) have the properties of *Kanduguna*, *Kanthya*, *Varya* and *Raktashodhaka* which alleviate the symptoms of disease⁸. *Vaman*

Karma helps expel the harmful substances in the *Rasadi Dhatu* from the *Koshhta*. The purified *Koshhta* then leads to the formation of *Prakrata Rasadi Dhatu*. *Vamana Karma* not only purifies all *Dushya* of *Sheetpitta* but also controls pathological progression of disease. *Vamana* eliminates the *Sangha* of the *Rashavaha*, *Mamshavaha*, *Raktavaha*, *Swedavaha* and *Udakavaha*, removing all pathways nourishing the body. *Vaman Karma* cleared *Bahyaroga Marga* and *Kha-vaigunya* present in the *Twacha* thus gets removed. *Vamana Karma* increases the *Indriya Bala* of *Twacha*. This improves disease resistance and reduces the possibility of *Sheetpitta* recurrence.

CONCLUSION

In *Sheetpitta*, *Vaman Karma* leads to the relief of symptoms such as *Shotha*, *Daha* and *Kandu*. A literature review suggests that *Vaman Karma* reduces the signs and symptoms of *Sheetpitta*. *Vaman Karma* should be repeated according to severity and appropriate timing to achieve optimal therapeutic results. *Vaman* offers relief in *Kandu* and others skin manifestations of disease. This review article suggests that *Vaman Karma* also relieves *Kapha Dosha*.

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