

AETIOPATHOGENESIS OF SHEETAPITTA ACCORDING TO AYURVEDABishnupriya Mohanty¹, Tarun Bele², Sangram Keshari Das³¹M.D., Ph.D. Head: Department Sanskrit, Samhita & Siddhant²MD Scholar, Department of Kayachikitsa³MD, PhD, Professor & Head, Dravyaguna Vijnana

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**ABSTRACT**

In Ayurveda, there is a disease that is related to the *Twaka Vikara* mentioned as *SheetaPitta*. It is also known as *Julepitta* in Ayurveda. *SheetaPitta* is a *tridoshaja* vyadhi that have a similar hetu of *Kotha & Udarda*. In *Sheeta Pitta* among all three *Doshas vata, pita* and *kaphaonlyVata* and *kapha dosha* are predominant and *Ras* and *Rakta* are the main two *Dushya*. *Vata* and *Kaha dosha* leading to *tridoshaprakopa* with the association of *pita dosha* and. resulting *lakshana* like redness, *Shooha*, *Kandu*, Ant bite like *Shoola* etc but the symptoms were disappeared after some time by self. In the Modern aspect, we can correlate some of the *Sheeta Pitta* cases with Urticaria due to the similarity of *Nidana* and *Lakshana*. In this work, an attempt was made to explain the Aetiopathogenesis of *SheetaPitta* According to the *Ayurveda*. The method adopted was a review of literature in print and digital media.

Keywords: *Sheetapitta, Urticaria, Doshas.***INTRODUCTION**

In *Ayurveda*, many of *Acharya* mention various types of *Twaka vikara* related to various *dosha prakopa* and *Dushya* involvement. One of them is *Sheeta Pitta* which is also included in *Twaka vikara* and described

by various *Acharyas*. *Sheeta Pitta* is a very common *Twaka vikara* in the present era. There was a time when *Sheeta Pitta* was diagnosed only in elder patients but nowadays it is also affecting the younger

generation because of unhygienic and undisciplined lifestyle and also not following the rules of 'Dinacharya' (Daily regimen) and 'Ritucharya' (Seasonal regimen) described in 'Ayurveda'. Constantly changes in food habits and places, polluted environment, stress and workload etc are the main factors that trigger the manifestation of disease. *Sheetapitta* patient suffering from *Rakta Varni Pitika*, *Shohta*, Ant bite like *Shoola* and *Daha* in all over the body. The *Nidana* and *Lakshana* of *SheetaPitta* show the similarities with the disease mentioned by *Madhavakara* named *Kotha*, it is also a type of *Twaka Vikara* in *Brihatrayi*, and later on, developed as a separate disease under the title *Sheeta Pitta-Udarda-Kotha* in *Madhavanidana*¹. According to modern Science, urticaria can be correlated with *SheetaPitta* in some patients due to their similarities of causes, signs and symptoms. Urticaria is such a widespread debilitating condition having the highest impact on quality of life and required most visits to the Emergency Department. It affects about 15-20 % of the total population². It is not a life-threatening condition; it seriously affects the quality-of-life patient may get mentally and emotionally disturbed while suffering from Urti-

caria. Symptoms like tenderness and swelling of the skin with itching, causing wheals in the dermis or large hypodermal swellings are seen in patients³.

DISEASE REVIEW: -

NIDANA: -

According to *Acharya Madhavakara* *SheetaPitta* is a *tridoshaja vyadhi*. when the patient is exposed to the cold breeze which vitiated *Kapha* and *Vata* in the result and then both *Vata* and *Kapha doshas* get amalgamate with *Pitta dosha* with leading *Ras and Raktadhatudushti* and producing the sign and symptoms of *SheetaPitta* by circulating all over the body⁴. One of the dermatological diseases known as Urticaria is characterized by sudden eruptions of itchy wheals which may appear on any part of the skin and mucous membranes. Individual lesions as a rule do not last longer than a few minutes to a few hours and disappear without leaving any trace.⁵ *Acharya Charaka* has not mentioned *SheetaPitta*, but it is considered in *Twaka vikara* so in *Charaka Samhita* *Acharya Charaka* also mentioned *nidana* for *Twaka vikar* that also seen causative factors in *SheetaPitta* that are summarised in below table:

Table 1: Nidana mentioned in *Charaka Samhita*⁶:

1.	<i>Rakta Dusti</i>	<i>Aktapradoshaja Vikara, Raktarshedushitaraktanigraha, Raktaja Vikara etc</i>
2.	As Symptom in other Diseases	<i>Poorvarupa of Kushta, Punaravartaka Jwara, Sannipatika Jwara, Nanatmaja Pittavikara, Nanatmaja Kapha vikara, Poorvarupa of Unmada etc.</i>
3.	Faulty Ahara and Vihara	<i>Santarpana Janya Vikara, Chhardi Nigrahajavikara, Diwaswapnajanya Vikara, Contact with various poisonous materials i.e., bathing water, oil massage, clothes, ornaments etc., Symptom of Amashayagatavisha, Intake of Dooshivisha etc.</i>

POORVARUPA: *Poorvarupa* that mentioned in ayurveda in *Sheeta Pitta* are *pipasa, Aruchi, hallasa, dehasada, Angagraha* and *raktalochnata*. It means the patient desire to drink water repeatedly, not in-

trusted to take a meal, giggle, looseness of the body, heaviness in body and redness in eyes. These symptoms show the effects of *tridoshas*⁷.

RUPA: - Table 2: Rupa (symptoms) of *Sheetapitta-Udarda-Koth*⁸: -

S. No.	Rupa	S. No.	Rupa
1	<i>Varatidashtasamsthana Shohta</i>	5	<i>Jwara</i>
2	<i>Kandubahula</i>	6	<i>Vidaha</i>
3	<i>Toda bahula</i>	7	<i>Sotsangasaraga mandala</i>
4	<i>Chardi</i>	8	<i>Ksanikotpattivinasha</i>

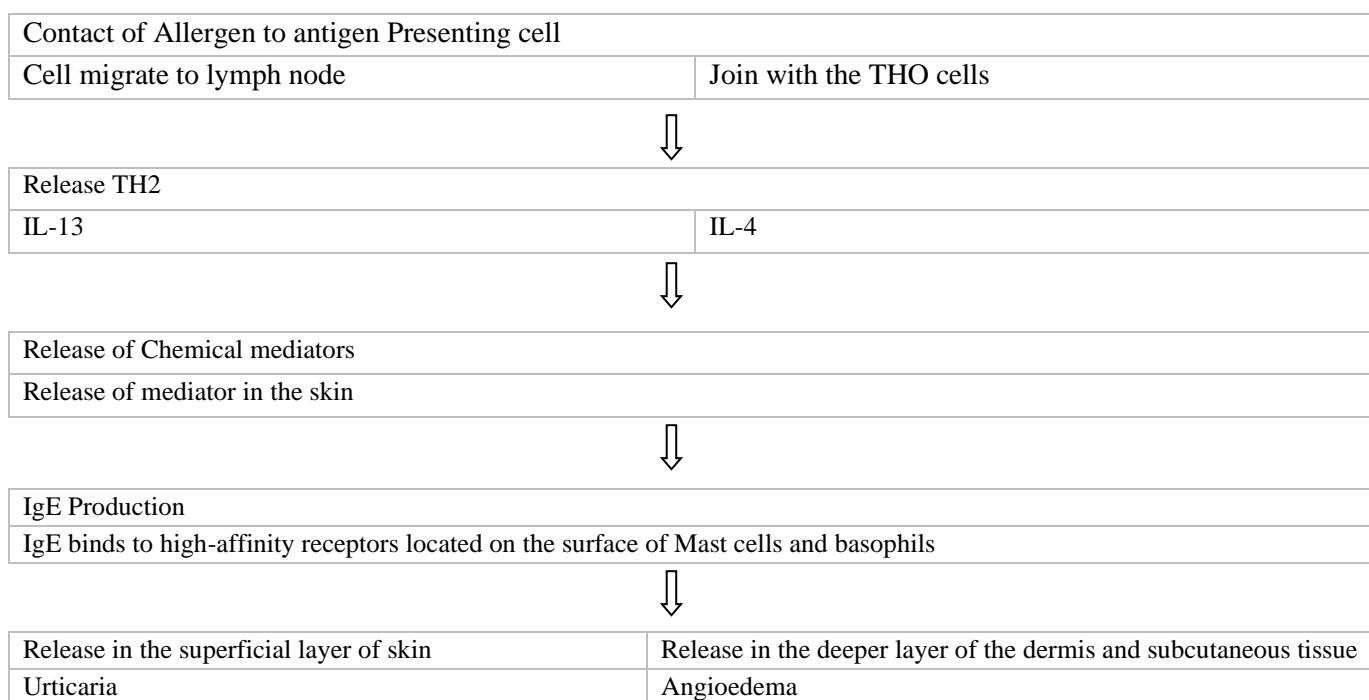
SAMPRAPTI: - *Samprapti* is defined as the process involved in the pathogenesis of disease by vitiated Doshas which are constantly circulating in the body. The first and foremost person to describe the *Samprapti* of *SheetaPitta* is *AcharyaMadhavakara* in *Madhav Nidana*, as other Acharya have just repeated the same thing. *Prakupita Vata* and *Kapha (Pradush-tau Kapha Marutau)* due to '*Sheeta Marutadi Nidana (Sheeta Maruta Samsparshat)* – when being mixed with '*Pitta*' (*Pittena Saha Sambhooya*) spreads inter-

nally and externally (*Bahir-antahvisarpatah*) and results in to '*SheetaPittaUdarda-Kotha*'⁹.

SAMPRAPTI GHATAKA: -

Dosha: -*Tridosha*, **Agni:** -*Manda*, **Doshagati:** *Vrid-dhi, Tiryak, Shakha*, **Vyadhimarga:** *Bahya*, **Dushya:** - *Rasa, Rakta*, **Srotas:** - *Rasavaha, RaktavahaSroto-dushti*, **prakara:** - *VimargaGamana*, **Udbhava Sthana:** - *Aamashaya*, **Vyakti Sthana:** - *Tvaka*, **Svabhava:** - *Ashukari*

PATHOGENESIS OF SHEETAPITTA (URTICARIA)¹⁰: -



CHIKITSA

Principles of treatment of SheetaPitta

According to *Chakradutta*, a clearly and systematically description of *Shamana Chikitsa* for *Sheeta Pit-ta* is mentioned and also given considerable importance to *Doshgati*. He also advises for *Ushna* and *SheetaAahar* and *Paniyas* for the patient according to the *doshagati*¹¹. *Acharya Bhavprakasha* mentioned *Shidhana, Shamana* and *Bahi Parimarjana Chikitsa*

in *SheetaPitta*¹². *Yogratnakara* also mentioned *Krimighna* and *Dadrughna* Drugs for the treatment of *SheetaPitta*¹³.

Bhaishajya Ratnavali also mentioned the treatment for *Kotha* that is very similar to *SheetaPitta* according to their symptoms, the line of treatment should be adopted which is prescribed for *Kushtha, Amlapitta, Udarda*¹⁴.

Table of Treatment of *SheetaPitta*: -

Sr. No	Method	<i>SheetaPitta</i>
1	<i>Snehana</i>	+
2	<i>Swedana</i>	+
3	<i>Vamana</i>	+
4	<i>Virechana</i>	+
5	<i>Raktamokshana</i>	+
6	<i>Lepas</i>	+
7	<i>Udvartana</i>	+

PATHYA-APATHYA¹⁵: - In Ayurveda *Pathya* and *Apathya* are very important it is very important to follow them to get the beneficial result as soon as possible. Sometimes it also helps to get well as earlier as possible and stop reoccurring of disease. *Pathya*

helps to stop diseased as well as suitable for disease and *Apathya* is that does not suitable for patient health and also aggravate the symptoms of the disease.

Pathyapathya Aahara chart

Sr. No	<i>Pathya</i>	<i>Apathya Aahar& Vihara</i>
1	<i>JeernaShali</i>	<i>Ksheeravikarani</i>
2	<i>JangalaMamsa</i>	<i>ChhardiNigraha</i>
3	<i>Triphala</i>	<i>IkshuVikarani</i>
4	<i>Madhu</i>	<i>Divaswapna</i>
5	<i>MudgaYusha</i>	<i>Matsya</i>
6	<i>KulatthaYusha</i>	<i>Poorva and DaksheenaDishaPavana</i>
7	<i>Ushnodaka</i>	<i>Anupa- AudakaMamsa</i>
8	<i>KarkotakaShaka</i>	<i>Snana</i>
9	<i>KaravellakaShaka</i>	<i>Naveena Madhya</i>
10	<i>MoolakaYusha</i>	<i>AtapaSevana</i>
11	<i>DadimaPhala</i>	<i>Virudhahara</i>
12	<i>ShigruShaka</i>	<i>Vyavaya</i>
13	<i>MoolakaShaka</i>	<i>Snigdha, Amla, Madhura</i>
14	<i>VetragraPhala</i>	<i>Dravya, Guru Annapana</i>
15	<i>Potika Shaka</i>	
16	<i>ShalinchaShaka</i>	
17	<i>Lava Rasa</i>	
18	<i>Tittira Rasa</i>	
19	<i>Katu, Tikta</i>	
20	<i>Kashaya Rasa</i>	
21	<i>Kulattha Rasa</i>	

CONCLUSION

SheetaPitta is commonly encountered *Tvakavikara* in clinical Practice. In this work, an attempt was made to collect the details of the aetiopathogenesis of *SheetaPitta* and *Chikitsasutra* that can be used in

SheetaPitta. After a thorough literature search in print and digital media, study shows that *SheetaPitta* is a *Twaka vikara* that can be recurrence commonly in most patients and *Ayurveda* have the Capability to cure them without any recurrence's disease and ad-

verse effects of treatment, there are Chikitsa *Sutra* and several medicinal formulations are available in *Samhitas* that may be mentioned by Acharyas for the treatment of *SheetaPitta*. Hence it is proved that *Ayurveda* has a lot of potential in the treatment aspect of *SheetaPitta* by using *AyurvedicChikitsasutra* and by logically following *Pathya Apathya*.

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