

AYURVEDIC MANAGEMENT OF KOTA: A CASE STUDY

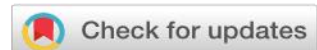
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ABSTRACT

Skin is the largest and protective organ of the body that comes in contact with the external world. The skin has many roles in the maintenance of life and health. Pathological Manifestations in the skin are caused by both external and internal factors. Nowadays skin diseases are more common due to improper lifestyles and habits. Urticaria is one among them. The present case study is about, a 30-year-old female patient, visited our hospital (KC OPD) with a chief complaint of itching, redness, and mild burning sensation all over the body for nine years. We diagnosed her with *Kota*. *Kota* is mentioned in *Ayurveda* as one among the *Twak Vikara*. Most of the *Acharyas* are explained *Sheethapitha*, *Udarda* and *Kota* under a single chapter because of almost similar symptomatology. The main symptoms of *Kota* are *Mandala* (elevated round), *Kandu* (itching), *Raga*(redness), *Bahuni* (number) and *Sanubandatha* (frequency of attack). In comparison to symptomatology, Urticaria is quite similar like *Kota*. In India, approximately 15-20% of the general population will have Urticaria once in their life. Chronic Urticaria is defined as urticaria persisting daily or almost daily for more than 6 weeks. Chronic autoimmune urticaria or chronic idiopathic urticaria has no discernable external cause. It can cause severe impairment on the quality of life. There is no complete treatment for this, but medicines and lifestyle changes can help the patient to feel better according to modern science. In *Ayurveda* it is a *Sadhyavyadhi*, Treatment adopted here are *Vamana*, *Virechana*, *Siravyada* followed by *Patolakaturohinyadi kashayam*, *Nimbadi guggulu*, *Vilwadi*

gulika, Manibadram Guda. This case study proves the Ayurvedic management in Urticaria is very effective with promising results.

Keywords: *Kota, Urticaria, Shodhana, Shamana Aushadhis*

INTRODUCTION

Kota is a *Rasa Rakthaja Vyadhi*, along with the *Sheethapitha* and *Udarda* it is explained. There is no specific description available in *Veda* and *Upanishad* regarding “*Kota*”. *Acharya Charaka* has explained the word *Kota* and *Uth Kota* in different places. *Susruta Samhita* has not explained *Kota* as a separate disease but has been mentioned as a symptom or complication of other diseases. The first-ever description as a separate disease of *Kota* and *Ut Kota* is found in *Ashtanga Samgraha* and *Ashtanga Hridaya* in the chapter of ‘*KshudraRoga*. *Tridosha* involvement is seen in *Sheethapitha*, *Udarda* and *Kota*. In *Kota Roga*, *Sheethapitha Chikitsa*, *Udarda Chikitsa*, *Amlapitha Chikitsa* and *Kushtachikitsa*¹ is explained by classics. Very few *Nidana* are explained for *Kota* in classics i.e., improper emesis, excessive use of sour gruel, vinegar or asuri, salt and rainy season.² In the present case study *Nidanas* like excess use of curd and nonveg are seen. Symptoms in mild are considered as *Purvarupa*. In this case, the patient didn't predispose any *Purvarupa*. *Rupa* like *Mandala*, *Kandu*, *Raga* and *Sanubaddatha* are observed in this study. *Ama* is the product of improperly digested *Annarasa*. Which in turn can lead to multiple diseases by combining with *Doshas*, *Dhatu*s and *Malas*. *Charaka* has quoted *Ama* with *Rasadi Dhatu*s can lead to *Rasadi Dhatujanya Vikaras*. Autoimmunity is the immune response of an organism against its healthy cells, tissues, and other body normal constituents. In *Ayurveda* autoimmunity can also be correlated with *Amavastha*, the present case study patient was having *Ama Lakshanas* such as *Agnimandya*, *Aruchi*, *Gaurav*. *Ayurveda* is found to provide better relief in some autoimmune disorders. The line of treatment for autoimmune disorders focuses on restoring balance and strengthening natural immunity. *Ama* is caused by *Agnimadhya* and which is the root cause of all

disorders. So, the treatment focuses on *Amapachana* and restoring *Agni*. By strengthening *Agni* one can naturally reverse the disease process and restore balance to the system. *Alpa Dosha Avastha* the treatment is *Shamana* and in *Prabhootha Doshaavastha* the treatment is *Shodhana*. *Shodana Chikitsa* like *Vamana Virechana*, *Basthi* and other procedures like *Siravyada*, *Udwarthana* is done along with internal medications.

CASE STUDY

A 30-year-old female patient came to our college hospital with a chief complaint of itching, redness, and mild burning sensation all over the body for 9 years. During the delivery, the patient took some medicine and after that, she developed swelling of lips and consulted an allopathic doctor and took treatment and got relief. But often she was getting the same complaint and she came to our hospital for better management.

History of past illness:

Not known case of DM & HTN.

No history of surgery.

Family history:

Nothing contributing to the present case study.

Treatment history:

- Avil injection- during severe symptoms at least once monthly
- Tab Citrizine- daily
- Injection Dexona IM – during severe conditions

Psychiatric history: No abnormality is detected.

Personal history (*Vayakthika Vrithanda*):

Habits: Tea daily twice

Diet: mixed

Bowel: Constipated

Sleep: Disturbed because of itching

Urine: Normal in colour, not frothy

Trividha Pareeksha

Darshana: *Uthsanna, Mandala, Raga*

Sparshana: Ushna Sparsha

Prashna: Kandu, Sanubhandatha

Ashtasthana Pareeksha

Nadi: Vata Pitta, Malam: Hard, Constipated.

Mutram: slight yellowish

Jihwa: Aliptha

Sabdha: Prakritha

Sparsha: Ushna

Drik: Prakritha

Akrithi: Madhyama

Dasavidha Pareeksha

Prakrithi: Vata Pitta

Vikriti: Rasa, Raktha,

Sara: Asthisara

Samhanana: Madhyama

Pramana: Madhyama

Satwa: Pravara

Sathmya: Amla rasa

Aharashakthi: Avara

Vyayamashakthi: Pravara

Vaya: Madhyama

Nidanapanchaka

Nidana: Excessive intake of fish, nonveg, eggs, Dhadi etc.

Purvarupa: Nothing specific

Rupa: Itching, Elevations, Redness

Upashaya: Ushnajala, Oushada

Samprapti: Nidanasevana-----Pitha Prakopa along with Vata Kapha----- vitiate Twak, Rakthadhatu Sthanamsraya in Twak Rakthadhatu leads to Kota.

Samprapti Ghataka

Dosa: Pitha Kapha

Dushya: Twak, Rasa, Raktha

Agni: Mandagni

Srothas: Rasa, Raktha

Srothodushti: Sanga, Vimargagamana

Udbhavasthana: Twak

Vyakthasthana: Twak

Rogamarga: Bahya

General examination:

Bp: 120/80 mmHg

Pulse: 80/minutes

Temperature: Normal

Respiratory rate: 18/minutes

Built: Moderate

Systemic examination

Respiratory system: NVBS, No added sounds.

Cardiovascular system: S1S2 heard.

CNS: NAD clinically

P/A: No organomegaly and no tenderness.

Skin examination:

Site of lesion: full body

Distribution: Asymmetrical

Size: less than 2 cm

Colour: Red

Nature: Suddenly it will appear and gradually it disappears after 2 to 3 hrs.

Itching: ++, severity: severe,

Time: Evening to night

Redness: ++ mild

Inflammation: present

Severity: Moderate

Discharge: Not present

Pain: Absent

Test:

- Skin prick test - ve
- Provocation test - ve
- Ice cube application, Heat application -ve
- Exercise test -ve

Investigation

- AEC Normal
- ESR Normal
- IgE elevated

Differential diagnosis

- Insect bite
- Food allergy
- Autoimmune urticaria

Vyavachedana Nidana

- Sheethapitta (Vata more, pain)
- Udarda (Kapha more)
- Kota (Pitta Raktha Pradhana)
- Rajaka (Kandu, Pidaka no discharge appears all over the body)

Vyadhivinishchaya

Kota (Chronic autoimmune urticaria)

Chikitsa

➤ Siravyadha at left Ankle

- *Vamana* with *Madanaphala*
- *Virechana* - *Trivritthlehyam* + *Triphala Kashayam*
- *Yoga Basthi*
- *Udwarthana* with *Nagaradhi Choornam*

Shamana Aushadhîs

- *Patola Katurohinyadi Kashayam* - 15 ml *Kashayam* with 30 ml lukewarm water in the morning and evening on empty stomach.
- *Vilwadi* tablet one tablets twice daily with *Kashayam*
- *Nimbadi* tablet two tablets along with *Kashayam*
- *Manibhadra Gulam* at night

Pathya: *Kulatha, Ushnajala*

Apathya: *Divaswapna, Sheethala Pana, Abhishyandi Amlalavana Dravya*

DISCUSSIONS

Kota is a *Rasa Raktha Gatha Roga*. Similar to *kushta*. *Kushta Chikitsa* is explained for *Kota* by *Vagbhata Acharya*.³ Repeated *Shodhana* is a very important factor in the management of *Kushta*. In the present case, the patient was suffering from severe itching and large rashes daily, so first, we did *Saravana* for removing the *Shakhagatha doshas*. Later *Sadyo Vamana* and *Virechana* were done to remove the *Kushta Gatha Doshas*. As *Badhamalamutratha* was present, *Yogavasthi* was started Followed by *Niruha* with *Panchatiktha Kashayam* and *Anuvasana* with *Manjishtadi tailam*.

As *kota* to be treated like *kusta*, so repeated *Shodana* and *Shaman* is needed. In one course of treatment patient is feeling much better (with mild itching, small lesions occasionally come and subsides by themselves) and next course we will be planning for *Sneha Yuktha Vamana* and *Virechana*. After the treatment patient was able to manage the situation without any antihistamine or steroids.

*Patola Katurohinyadi Kashayam*⁴ is very effective in *Kapha Pittaja* conditions, it is *Vishahara* and *Kushta Hara Amapachaka Yoga*.

Nimbadi Guggulu tablets⁵ most of the ingredients of this formulation have got *Tikta*, *Kashaya Rasa* which acts as *Kapha Vata Hara* good for *Kushtagna s* and *Raktashodhaka*

*Vilwadi Gutika*⁶ is most widely used drug specially in acute toxic pathological condition and majority of drugs are *Tiktha Katu Rasa Pradhana* which acts as *Kapha Vata Hara*. *Manibhadra Gulam*⁷ this is *Kustahara* and *Anulomaka Yoga*.

CONCLUSION

The present case study proves the Ayurvedic management of *Kota*, it is very effective with promising results. *Kota Chikitsa* is similar to *Kushta Chikitsa* (according to *Ashtangahridayakara*) so repeated *Shodana* and *Shaman* is very effective. Autoimmunity and *Ama* should be taken into the consideration while selecting the *Kota* treatment. Autoimmune disorder focuses on restoring the balance of *Agni* and strengthening the natural immunity. *Ama* is caused by *Agnimandhya* and which is the root cause of all disorders so *Amapachana* and restoration of *Agni* are important.

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