

'UDARDA PRASHMAN MAHĀKAṢĀYA' AN EFFECTIVE AUSADH YOGA IN THE MANAGEMENT OF ŚHEETAPITTA, UDARDA & KOṢHA - A REVIEW

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ABSTRACT

In the present time, due to the continuous consumption of the *Virudhāhāra*, irregular daily routine and the stressful environment by the person, there is an accumulation of *Asātmyāhāra* (*Virudhā*) substance in the body, as a result of which skin disorders arise. In which an important disorder is called *Śheetapitta*, *Udarda* & *Koṣha*. Which can be termed as urticarial in the modern era. Even in today's era, despite being a good anti-allergic medicine, there is no permanent solution for *Śheetapitta*, *Udarda* & *Koṣha* (Urticaria) & they have other side effects too. Therefore, in *Āyurvēda* also, there should be some authentic medicine for the effective treatment of *Śheetapitta*, *Udarda* & *Koṣha*. **Aim** - To review the properties and *karma* (*Doshaghñata*) of *Udarda Prashmana Mahākaṣāya* containing 10 drugs on *Śheetapitta*, *Udarda* & *Koṣha*. **Materials & Methods** - A extensive chemical & pharmacological review of *Udarda Prashmana Mahākaṣāya* containing 10 drugs narrated by *Acharya Caraka* to prove the effective therapy of *Śheetapitta*, *Udarda* & *Koṣha*. **Result** – All the 10 medicines of *Udarda Prashmana Mahākaṣāya* show their effect for the treatment of *Śheetapitta*, *Udarda* & *Koṣha*.

Keywords: *Śheetapitta*, *Udarda* & *Koṣha*, *Urticaria*, *Udarda Prashmana Mahākaṣāya*, *Śheetapitta*, *Udarda* & *Koṣha Treatment*.

INTRODUCTION

At present modern days, air pollution is increasing due to the growth of industries and vehicles, water pollution due to the mixing of contaminated water by industries, use of cosmetics and soaps containing various types of harmful chemicals, more acid-salt rich diet, *Adhyaśana*, *Viśamāśana*, simultaneous consumption of *Uṣṇa* & *Śīta virya dravya*, excess intake of protein-rich diet like milk and milk products like – chhena, khova, rabri, meat, fish, eggs^[1], consumption of different types of pulses, antibiotic drugs such as penicillin, taking sulphur drugs, having worms in the body, consumption of heat and cold, coming in contact with certain plants and pollen grains cause the production of *Śheetapitta, Udarda & Koṭha* (Urticaria). The treatment of *Śheetapitta, Udarda & Koṭha* (Urticaria) is not available in allopathy medicine. *Acharya Caraka* has described *Udarda Prashmana Mahākaṣāya*^[2] in the description of 50 *Mahākaṣāya* in *Caraka sutra adhyaya 4*, in which 10 Trees – *Tinduka, Priyal, Badar, Khadira, Kadar, Saptaparna, Ashwakarna, Arjuna, Asana, Arimeda* are included. In that yoga such anti-allergic properties are found, which can treat *Śheetapitta, Udarda & Koṭha* (Urticaria). This review

has tried to highlight *Caraka's Udarda Prashmana Mahākaṣāya* as a safe, non-harmful & chemical-free natural solution for effective treatment of *Śheetapitta, Udarda & Koṭha* (Urticaria).

AIM

To review the properties and *karma (doshaghnaṭā)* of *Udarda Prashmana Mahākaṣāya* containing 10 drugs on *Śheetapitta, Udarda & Koṭha*.

MATERIALS & METHODS-

Data on 10 Plants of *Udarda Prashmana Mahākaṣāya* were reviewed, Composition and tabulation of *Udarda Prashmana Mahākaṣāya* substances from *Ayurvedic* point of view *Rasa, Guna, Vīrya, Vipāka*, Action on *Doshas* and useful parts of Herbs was compiled from *Bhava Prakash Nighantu*^[3], *Dhanvantari Nighantu*^[4], *Kaidev Nighantu*^[5], *Madanpal Nighantu*^[6], *Raj Nighantu*^[7] Similarly, keeping in view the modern approach, the collection of the chemical composition of all 10 *Udarda Prashmana Mahākaṣāya* tree was compiled from *CCRAS – Database on Medicinal plants used in Ayurveda & Siddha books* and listed them all in a single table.

RESULT-

Table 1: The 10 components of *Udarda Prashmana Mahākaṣāya* are as follows^[8] –

| S.N. | Drug Name | Latin Name | Family | Part Used |
|------|-------------------|---------------------------------|-------------------------|---|
| 1. | <i>Tinduka</i> | <i>Diospyros peregrina</i> | <i>Ebenaceae</i> | <i>bark, leaf, flower, fruit, seed</i> |
| 2. | <i>Priyal</i> | <i>Buchanania lanzan spreng</i> | <i>Anacardiaceae</i> | <i>Root, root bark, leaf, fruit, gum</i> |
| 3. | <i>Badar</i> | <i>Ziziphus mauritiana Lamk</i> | <i>Rhamnaceae</i> | <i>Fruit, stem bark, leaf, root, seed</i> |
| 4. | <i>Khadira</i> | <i>Acacia catechu wild</i> | <i>Mimosaceae</i> | <i>bark, heartwood, catechu</i> |
| 5. | <i>Kadar</i> | <i>Acacia suma kurg</i> | <i>Mimosaceae</i> | <i>bark</i> |
| 6. | <i>Saptaparna</i> | <i>Alstonia scholaris</i> | <i>Apocynaceae</i> | <i>bark, leaf, latex</i> |
| 7. | <i>Ashwakarna</i> | <i>Shorea robusta</i> | <i>Dipterocarpaceae</i> | <i>resin, stem bark, leaf, heartwood, fruit, flower</i> |
| 8. | <i>Arjuna</i> | <i>Terminalia arjuna</i> | <i>Combretaceae</i> | <i>bark</i> |
| 9. | <i>Asana</i> | <i>Pterocarpus marsupium</i> | <i>Fabaceae</i> | <i>Leaf, heartwood, flower, gum</i> |
| 10. | <i>Arimeda</i> | <i>Acacia leucophloea willd</i> | <i>Mimosaceae</i> | <i>bark, gum</i> |

Table 2: According to the *Rasa Panchaka* the details of 10 components of *Udarda Prashmana Mahākaṣāya* are as follows^[9] –

| S.N | Drug Name | Rasa | Guṇa | Vīrya | Vipāka | Doṣhaghnatā |
|-----|-------------------|-------------------------|----------------------------|-------------|----------------|-------------------------|
| 1. | <i>Tinduka</i> | <i>Kashaya, Madhura</i> | <i>Laghu, Rūkṣa</i> | <i>Śīta</i> | <i>Kaṭu</i> | <i>Kaphapittaśāmaka</i> |
| 2. | <i>Priyal</i> | <i>Madhura</i> | <i>Snigdha, Guru, Sara</i> | <i>Śīta</i> | <i>Madhura</i> | <i>Vātapittaśāmaka</i> |
| 3. | <i>Badar</i> | <i>Madhura</i> | <i>Guru</i> | <i>Uṣṇa</i> | <i>Madhura</i> | <i>Vātaśāmaka</i> |
| 4. | <i>Khadira</i> | <i>Tikta, Kaṣāya</i> | <i>Laghu, Rūkṣa</i> | <i>Śīta</i> | <i>Kaṭu</i> | <i>Kaphapittaśāmaka</i> |
| 5. | <i>Kadar</i> | <i>Tikta, Kaṣāya</i> | <i>Laghu, Rūkṣa</i> | <i>Śīta</i> | <i>Kaṭu</i> | <i>Kaphapittaśāmaka</i> |
| 6. | <i>Saptaparna</i> | <i>Tikta, Kaṣāya</i> | <i>Laghu, Snigdha</i> | <i>Uṣṇa</i> | <i>Kaṭu</i> | <i>Kaphapittaśāmaka</i> |
| 7. | <i>Ashwakarna</i> | <i>Kaṣāya, Madhura</i> | <i>Rūkṣa</i> | <i>Śīta</i> | <i>Kaṭu</i> | <i>Pittakaphaśāmaka</i> |
| 8. | <i>Arjuna</i> | <i>Kaṣāya</i> | <i>Laghu, Rūkṣa</i> | <i>Śīta</i> | <i>Kaṭu</i> | <i>Kaphapittaśāmaka</i> |
| 9. | <i>Asana</i> | <i>Kaṣāya, Tikta</i> | <i>Laghu, Rūkṣa</i> | <i>Uṣṇa</i> | <i>Kaṭu</i> | <i>Kaphapittaśāmaka</i> |
| 10. | <i>Arimeda</i> | <i>Kaṣāya, Tikta</i> | <i>Laghu, Rūkṣa</i> | <i>Uṣṇa</i> | <i>Kaṭu</i> | <i>Kaphaśāmaka</i> |

CCRAS – Database of Medicinal Plants Used in Ayurveda^[10]

From a modern point of view, *CCRAS – Database of Medicinal Plants Used in Ayurveda* to review the chemical composition of 10 constituents of *Udarda Prashmana Mahākaṣāya* & assess their anti-allergic properties.

1. *Tinduka* Bark has astringent, depurative, anthelmintic, anti-inflammatory, anti-pruritis, carminative, laxative, antipyretic, properties useful in leprosy, skin diseases, helminthiasis, pruritis, inflammation, burning sensation, fever.
2. *Priyala* roots have acrid, astringent, cooling, depurative and are useful in leprosy, skin diseases & diarrhoea. the leaves are cooling, digestive, expectorant, depurative & aphrodisiac and are useful in hyperdipsia, burning sensation, cough, bronchitis, dyspepsia, leprosy, skin disease, cardiac disease, wound. the fruits are cooling, emollient, depurative, anti-inflammatory, cardiogenic, aphrodisiac. they are useful in leprosy, skin diseases, inflammations, abdominal disorders, urinary calculus, asthma, cough.
3. *Badar* ripe fruit is an aphrodisiac, astringent, expectorant, impurities from the blood. Leaves and twigs paste are applied to abscesses, boils and carbuncles to promote suppuration and strangury. Stem barks have astringent, powder, or decoction useful in diarrhoea, dysentery and in boils. Root bark juice is purgative, externally applied to gout

and rheumatism. Decoction of root is beneficial in fever and powder for old wounds and ulcers.

4. *Khadira* and *Kadar* heartwood have anti-stress, anthelmintic, antiseptic, antipyretic, appetiser, haemostatic, anti-inflammatory, anti-pruritis properties useful in melancholia, leprosy, skin diseases, helminthiasis, leucoderma, pruritis, inflammation, fever.
5. *Saptaparna* Bark has antipyretic, anthelmintic, digestive, laxative, anti-pruritis properties useful in fever, leprosy, skin diseases, helminthiasis, pruritis, abdominal disorders.
6. *Ashwakarna (Shala)* heartwood has a haemostatic, anti-oedematous property useful in anaemia & oedema.
7. *Arjuna* Bark has astringent, Demulcent, anti-inflammatory, Cardiogenic properties useful in anaemia, inflammation & skin diseases.
8. *Asana* heartwood has rejuvenating, astringent, anti-inflammatory, depurative, haemostatic, anthelmintic properties useful in inflammation, leprosy, skin diseases, helminthiasis.
9. *Arimeda* Bark has astringent, alexitonic, anthelmintic, demulcent & anti-pruritis, an antipyretic property useful in psychosomatic disorders, leprosy, pruritis, scabies & other skin diseases. on discussing the basics of yoga, the constituents of *Udarda Prashmana Mahākaṣāya* have anthelmintic, anti-inflammatory, demulcent, anti-pruritis, antiseptic, antipyretic, astringent, depurative, anti-stress, rejuvenating properties.

DISCUSSION

The assessment of the ability to work of a drug is based on the properties of the constituent substances present in that drug, its *Rasa*, *Guṇa*, *Vīrya*, *Vipāka*, *Prabhava* and *doshakarma*, etc. how will it work on the *Śheetapitta*, *Udarda & Koṭha*, it will help get rid of the *Śheetapitta*, *Udarda & Koṭha*, only the combined effect of the drug components. By helping in the dissolution of the disease, it shows the benefits of therapy. *Medicine Yogas* which have the properties of dissolution are the best *yoga*, on the basic, the chemical composition of substances of *Udarda Prashmana Mahākaṣāya*, helps in stopping the *Samprāpti-vighatana* of *Śheetapitta*, *Udarda & Koṭha*. Some substances act by *rasa*, Some substances act by *Vīrya*, Some substances act by *Vipāka* & Some substances act by *prabhava*. In the present Review, the constituent substances have been analyzed based on *Rasa Panchaka* to explain the *Karmukta* of *Udarda Prashmana Mahākaṣāya*. In *Samprāpti* of *Śheetapitta*, *Udarda & Koṭha* there is the involvement of *tridosha* and content of *Udarda Prashmana Mahākaṣāya* are *Kaphapittaśāmaka* & *Vātapittaśāmaka* i.e. *Tridoshaśāmaka*. *Madhura rasa* is *Rasa*, *Rakta Vardhaka*, *Varnya*, *Shonitaprasadana*, *Trishna-muṛcha nashak*. calms the increased *pitta* and *vata* in the body. *Tikta Rasa*^[11] is *Krimi*, *Muṛcha*, *DāHa*, *Kandu*, *Koṭha Nashak*, *Twaka-Sthirikiran*, *Pitta-Kapha Śosaka*. *Kaṣāya Rasa*^[12] Is *Kapha*, *Pitta* & *Rakta Dosa Shamaka*. *Laghu Guna*^[13] is *Kapha Nashak*, *Srotośodhaka*, *Agnidīpaka*, *Shighrapaaki* & *Pathya*. *Rūkṣa Guna* is *Kapha Nashak*, *Mala & Drava-Śosaka*. *Sara Guna* is *Lekhana*, *Anulomana* & *Virecaka*. *Guru Guna* is *Vātanashak*, *Bṛmhana*, *Balya*, *Mala Vriddhikarak* & *Mala-Niskashaka*. *Snigdha Guna* is *Vātanashak Dhatu*, *Bala* & *Varna Vardhaka* & *Mala-Pravartaka*. *Sheeta Vīrya* is *Pitta Shamaka*, *Raktaprasadana*, *Pitta Prasadana*, *Jivniya*, *Visyandana*, *Sthirikaraka*. *Uṣṇa Vīrya*^[14] is *Vaat-Kaphanashak* & *Pāchaka*. *Madhura Vipāka*^[15] is *Vata-Pitta Nashaka*, *Mala-Mutra Niskashaka*. *Kaṭu Vipāka* is *Kapha-Nashaka* & *Mala-Mutra Stambhaka*. In this way, the constituents of *Udarda Prashmana Mahākaṣāya* (*Rasa*, *Guṇa*, *Vīrya*, *Vipāka*, *Prabhava* and *Doshakarma*) helps in

Samprāpti-Vighatana of *Śheetapitta*, *Udarda & Koṭha*.

CONCLUSION

In the present review, 10 trees described in *Udarda Prashmana Mahākaṣāya* narrated by *Acharya Caraka* were analyzed according to their *Rasa*, *Guṇa*, *Vīrya*, *Vipāka*, *Doshaghata* & according to *CCRAS – Database of Medicinal Plants Used in Ayurveda*, *Udarda Prashmana Mahākaṣāya* was analyzed according to the various systemic *karma* occurring in the body. In which *Udarda Prashmana Mahākaṣāya* was found to be *Kaphapittaśāmaka* & *Vātapittaśāmaka* i.e. *Tridoshaśāmaka*, as well as these *Yogas* have antihelminthic, anti-inflammatory, demulcent, anti-pruritis, an antiseptic, antipyretic, astringent, depurative, anti-stress, rejuvenating property which can necessary for the *Samprāpti-vighatana* of *Śheetapitta*, *Udarda & Koṭha* (caused by *Doshavaishamyajana*, *Krimi*, *Aahara Vihara* (protein-rich diet, dust, pollen grains, mental stress) & pacification of its symptoms. Therefore, we can say that *Udarda Prashmana Mahākaṣāya* will prove to be a useful, harmless, and safe medicine for the treatment of *Śheetapitta*, *Udarda & Koṭha*.

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