

A CLINICAL STUDY OF TRIPHALADI YOGA AS A VIRECHANA IN SHEETA-PITTA (URTICARIA) - A PILOT STUDY

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ABSTRACT

Sheetapitta (Urticaria) is one of the important and common skin problem described in *Ayurveda*. *Mandal*, *Utsedha*, *Kandu* (itching), *Toda* (pain), *Chardi* (vomiting), *Jwara* (fever) and *Daha* (burning sensation) are the symptoms of *Sheetapitta* (Urticaria). *Prakupita Vata* and *Kapha* due to *Sheeta Marutadi Nidana* when being mixed with *Pitta* spreads internally and externally and resulted in to *Sheetapitta* (Urticaria). *Panchakarma* is the best remedy for better and permanent management of *Sheetapitta* (Urticaria). *Virechan* (Purgative) is one of the representative of *Panchakarma*. It is less stressful as compared to *Vaman* (Emesis). Also the study on *Virechana* (Purgative) in *Sheetapitta* (Urticaria) is not fully emphasized. Hence, the study is aimed to check the efficacy of *Virechana* (Purgative) in *Sheetapitta* (Urticaria). Objectives are to study the reduction in symptoms of *Sheetapitta* (Urticaria) by *Virechana* (Purgative) using *Triphaladi Yoga*. Materials used to be *Virechan* Drugs (*Triphala*, *Guggulu*, *Pippali*) from *Bhavaprakasha Nighantu*. Methodology—This study includes a single group of 10 numbers of patients having symptoms of *Sheetapitta* (Urticaria). Observations—Data regarding age wise, *Prakrut* wise, *Koshth* wise distribution of the patients, reduction in Symptoms of *Sheetapitta*, Observation of *Virechana* *Vegas* and Observation of side effects if any during procedure. Conclusion— *Virechana Karma* by *Yoga* of *Triphala*, *Shuddha Guggulu* and *Pippali* in *Sheetapitta* is effective.

Keywords: *Sheetapitta*, *Virechana*, *Triphaladi Yoga*.

INTRODUCTION

Ayurveda is a science which deals with healthy life by *Shodhan* (Purification) & *Shaman* (Internal medicines) therapy. *Panchakarma*, is the *Shodhan* (Purification) modality in *Ayurved* provides permanent cure in any type of disease (1). Vitiated *Doshas* (Impurities) are eliminated from the body and permanent relief from disease takes place. *Sheetapitta* (Urticaria) is a disease in which *Dushti* of *Tridosha* takes place (2). By means of *Virechan* (Purgation) all these impurities are removed from body. The drugs used for

Virechan having the properties like *Tridosahara*, *Samshodhana* (Purification) *Sara*, (Laxative) *Adhobhagadoshahara* (Purgation).

Due to these properties vitiated *Doshas* are eliminated from the body and ultimately relief from symptoms of *Sheetapitta* (Urticaria) (3) Viz. *Mandal*, *Utsedha*, *Kandu* (itching), *Toda* (pain), *Chardi* (vomiting), *Jwara* (fever) and *Daha* (burning sensation) are reduced (4).

AIM AND OBJECTIVES

1. To study about clinical effects of *Virechana Karma* on Symptoms of *Sheetapitta*.
2. To study in detail about Observation of *Virechan Vegas*, side effects if any by use of *Triphaladi Yoga*.

MATERIALS

INGREDIENTS OF VIRECHANYOGA: For Decoction - Coarse powder of *Triphala*, *Guggulu* and Coarse powder of *Pippali* (5).

Properties of *Triphala*

Triphala have properties like *Kaphapittaghni*, *Maha-kushthahara*, *sara*, *chakshushya*, *deepani*, *ruchya*, *vishamjwarnashini*. (6)

Properties of *Guggulu*

Guggulu have following properties *Vishada*, *Tikta*, *Ushna Veeryatmak*, *Pittala*, *Sara*, *Kashaya*, *Katu Rasatmak*, *Katupaki*, *Ruksha Laghu* (7). (Bh.P.N.Karpuradivarg 38)

Properties of *Pippali*

Properties of *Pippali* are *Deepani*, *Vrishya*, *Swadupaki*, *Rasayani*, *Anushna*, *Katu*, *Snigdha*, *Vatashleshmahari*, *Laghu*, *Rechani* (8).

METHODOLOGY

Case paper : A special case proforma was prepared & the observations recorded there in.

10 number of patients were selected as per *Hetu*, *Samprapti*, *Lakshana* of *Sheetapittas* - tated in *Yogaratanakar* and clinical trials conducted in BVMF'S Ayurved hospital, Pune-43.

Inclusion Criteria:-

- Patients with classical symptoms of *Sheetapitta* viz *Mandala*, *Utsedha*, *Toda*, *Daha*, *Kandu*, *Chardi* are included in our study.
- Patients of both Gender.
- *Virechan Arha* Patients.
- Patients above the age of 16 years and below the age of 60 years.

Exclusion Criteria:-

- Drug induced Urticaria.
- Patients having history of any chronic diseases. e.g. Heart Diseases, Paraplegia.
- Patients having symptoms of *Sheetapitta* but who is *Anarha* for *Virechan* were excluded.
- Patients having the symptom of *Jwara* are excluded.
- Patients below the age of 16 years and above 60 years

Plan Of work:

Table No. 1-Study Design (DRUG ADMINISTRATION SCHEDULE)

Particulars	<i>Virechan Procedure</i>
No. of patients	10
Procedure	<i>AbhyantarSnehapan</i> and <i>Bhayyasnehan</i> and <i>swedanas a purva karma</i> . <i>Virechana</i> as a <i>pradhana karma</i>
Medicine	For <i>virechan</i> : Decoction [of <i>Triphala</i> + <i>shuddhaguggulu</i> + <i>pippali</i> In equal qty (total 40 g)]
Dose	For <i>virechana</i> : 80 ml kwatha
<i>Purva karma</i>	For <i>AbhyantarSnehapan</i> – <i>Goghrit</i> in <i>vardhamanmatrauptosamyaksnigdhalakshan</i> . For <i>Bhayyasnehan</i> – <i>TilTaila</i> . For <i>Swedan</i> – <i>SarvangaBashpapatetisweda</i>

Duration	Virechana karma – once
Time	Virechana karma – Pitta kal – 9 am to 1 pm
Paschat karma	Samsarjana karma / Tarpan

ASSESSMENT CRITERIA

Subjective parameter are based on symptomatic relief, i.e. *Mandala, Utsedha, Kandu, Toda, Chardi, Daha*

Parameter of assessment :

Results were assessed as per scale shown below.

I. *Kandu, Daha & Toda* severity was rated on a scale from 0 to 4 grades in which

4 = Very severe, warrants a visit to the physician.
3 = Severe, very annoying and troublesome, substantially interfering with sleep & daily Activities,

2 = moderate, annoying and troublesome, may interfere with normal daily activity and sleep.

1 = mild, not annoying or troublesome.

0 = indicates none

II. *Mandala* score will be rated on a scale of 0 to 4 in which

4 = >15 mandala

3 = 10 -15 mandala

2 = 6 -10 mandala

1 = 1-5 mandala

0= zero mandala

III. *Utsedha* score will be rated on a scale of 0 to 4 as per given below.

4 = more than 3 mm

3 = 2 to 3 mm

2 = 1 to 2 mm

1 = 0 to 1 mm

0 = No Utsedha

IV. *Chardi* score will be rated on a scale of 0 to 4 as per given below.

4 = more than 3 vega / day

3 = 3 vega / day

2 = 2 vega / day,

1 = 1 vega / day,

0 = absent

OBSERVATIONS

Table No. 2 DISTRIBUTION OF PATIENTS ACCORDING TO AGE:

SR NO	AGE	TOTAL NO. OF PATIENTS
1	16-25	1=10%
2	26-35	3=30%
3	36-45	4=40%
4	46-55	2=20%
5	56-65	0=0%

Table No. 3 DISTRIBUTION OF PATIENTS ACCORDING TO GENDER

MALE	4=40%
FEMALE	6=60%

Table No. 4 DISTRIBUTION OF PATIENTS ACCORDING TO PRAKRUTI

SR.NO.	PRAKRUTI	TOTAL
1	VATA-PITTA	1=10%
2	VATA-KAPHA	3=30%
3	PITTA –VAAT	1=10%

4	PITTA -KAPHA	2=20%
5	KAPHA -VATA	1=10%
6	KAPHA-PITTA	2=20%

Table No. 5 DISTRIBUTION OF PATIENTS ACCORDING TO SARATA:

DHATU	UTTAM	MADHYAM	HEENA
RASA	3=30%	3=30%	4=40%
RAKTA	2=20%	4=40%	4=40%
MAMSA	4=40%	3=30%	3=30%
MEDA	3=30%	2=20%	5=50%
ASTHI	6=60%	3=30%	1=10%
MAJJA	5=50%	3=30%	2=20%
SHUKRA	4=40%	2=20%	4=40%

Table No.6 DISTRIBUTION OF PATIENTS ACCORDING TO OCCUPATION :

OCCUPATION	NO. OF PATIENTS
STUDENTS	1=10%
HOUSE WIFE	5=50%
SERVICE	3=30%
BUSINESS	1=10%

Table No.7 DISTRIBUTION OF PATIENTS ACCORDING TO KOSHTHA PARIKSHAN

SR.NO.	KOSHTHA PRAKAR	NO. OF PTS
1	MRUDU	4=40%
2	MADHYAM	6=60%
3	KRURA	0=0%

Table NO. 8 DISTRIBUTION OF PATIENTS ACCORDING TO AGNI

SR.NO.	AGNI PRAKAR	NO.OF PTS
1	MANDAGNI	5=50%
2	TEEKSHNAGNI	2=20%
3	VISHAMAGNI	3=30%

Table NO.9 DISTRIBUTION OF PATIENTS ACCORDING TO RUTU

RUTU	NO.OF PATIENTS
SHISHIR	3=30%
VASANT	1=10%
GREESHMA	0=0%
VARSHA	1=10%
SHARAD	3=30%
HEMANT	2=20%

Table NO. 10 VIRECHANA SHUDDHI ACCORDING TO LAINGIKI PARIKSHA

SHUDDHI PRAKAR	NO.OF PATIENTS
UTTAM	2=20%

MADHYAM	4=40%
HEENA	4=40%

Table No.11 VIRECHANA SHUDDHI ACCORDING TO VEGAS

NO.OF VEGAS	NO.OF PATIENTS
0-10	7=70%
10-20	3=30%
20-30	0=0%

Table No. 12 REGARDING TIME DURATION TO DISAPPEAR THE SYMPTOMS

NAME OF SYMPTOM	TIME REQUIRED FOR DISAPPEAR OF SYMPTOMS AFTER VIRECHAN
<i>MANDAL</i>	4 hrs—8 hrs
<i>UTSEDHA</i>	2 hrs—4 hrs
<i>KANDU</i>	7 days—30 days
<i>TODA</i>	2 hrs—5 hrs
<i>CHARDI</i>	2 days—4 days
<i>DAHA</i>	2 days—15 days

Table No. 13 OBSERVATION OF PATIENTS ACCORDING TO SYMPTOMS

Parameter	N	Positive rank	Negative rank	Ties	Z value	P value	Interpretation
Mandal	10	0	9	1	-2.07	0.007	s

Table No. 14

Parameter	N	Positive rank	Negative rank	Ties	Z value	P value	Interpretation
<i>Utsedha</i>	10	0	10	0	-2.88	0.004	S

Here P value <0.05 hence we can said that this procedure has significant result to reduce *Utsedha* in *Sheetpitta*.

Table No 15

Parameter	N	Positive rank	Negative rank	Ties	Z value	P value	Interpretation
<i>Toda</i>	10	0	9	1	-2.81	0.005	S

Here P value <0.05 hence we can said that this procedure has significant result to reduce *Toda* in *Sheetpitta*

Table No. 16

Parameter	N	Positive rank	Negative rank	Ties	Z value	P value	Interpretation
<i>Daha</i>	10	0	8	2	-2.82	0.005	S

Here P value <0.05 hence we can said that this procedure has significant result to reduce *Dahain Sheetpitta*

Table No. 17

Parameter	N	Positive rank	Negative rank	Ties	Z value	P value	Interpretation
<i>Kandu</i>	10	0	10	0	-2.87	0.004	S

Here P value <0.05 hence we can said that this procedure has significant result to reduce *Kandu in Sheetpitta*

Table No. 18

Parameter	N	Positive rank	Negative rank	Ties	Z value	P value	Interpretation
<i>Chardi</i>	10	0	5	5	-2.23	0.025	S

Here P value <0.05 hence we can said that this procedure has significant result to reduce *Chardi in Sheetpitta*

DISCUSSION

Age: It was found that 36-45yrs age group is more prone to produce Sheetapitta followed by 26-35yrs of age group. There was no any patient was found in age gr. of 56-65 yrs.

Gender: Maximum no. of patients were female's than males. This indicated its more incidence rate is in females.

Occupation: It was found that housewives were more affected by *Sheetapitta* followed by Servicemen. This indicated more incidences is in Housewife than others.

Prakruti : It was found that that maximum no. of patients were belonged to *VataKaphaj* type of *Prakruti* followed by *Pitta Kaphaja* and *KaphaPittaja*. This incidence showed that *Sheetapitta* is *Trdoshaj Vyadhi*.

Bala : It was found that *Sara, Samhanana, Satmya, Abhyavarana Shakti, Jarana Shakti* showed that maximum number of Patients are *ofMadhyamaSara, MadhyamaSamhanana, MadhyamaSatmya, Madhyama Abhyvarana Shakti* and *MadhyamJaran Shakti*.

Koshtha : it was found that Maximum number of patients were having *Madhyama*

type of *Koshtha*, followed by were of *MruduKoshtha*. There were no any patient was found of *KruraKoshtha*.

Agni : Patients having *Mandagni* are found more followed by patients with *Vishamagni*. These both lead to *Kaphaprakopa* and *Vataprakopa* respectively, which are initiators of pathogenesis of *Sheetapitta Vyadhi*.

VirechanaVega : Maximum patients having 0-10 no of *Virechan Vegas*, followed by patients of 10-20 no of *Virechan Vega*. There were no any patient was having 20-30 no of *Virechan Vegas*. This indicates that there are less number of *Virechan Vega* produced by this *Triphaladi Yoga Virechan*.

VirechanShuddhi—

Almost all patients having *MadhyamShuddhi*, followed by *HeenaShuddhi*. There were very few patients having *Virechan Uttam Shuddhi*.

CONCLUSION

This pilot study *Virechana* with *Triphaladi Yoga* shows statistically highly significant results in Symptoms of *SheetapittaVyadhi-Viz-Mandala, Utsedha, Kandu, Daha, Toda* and *Chardi*. Hence we can say that *Virechan* is Effective in *Sheetapitta Vyadhi*.

This study requires large number of sample size for further evaluation.

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