

## STUDY OF VIRECHANA IN SHEETAPITTA - A REVIEW ARTICLE

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## ABSTRACT

*Sheetapitta* 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*. Various types of Urticaria can be taken as *Sheetapitta*. Urticaria affects 20% of people at some point in their lifetime. The existing medicines have no complete relief and reoccurrence is a common problem. *Panchakarma* provides better and permanent management for *Sheetapitta*. Previously a lot of work has been done on *Vamana* (Emesis), but the efficacy of *Virechana* (Purgation) is not fully emphasized. The study was aimed to check the efficacy of *Virechana* in *Sheetapitta* using the *Yoga* of *Triphala*, *Guggulu* and *Pippali*. Classical literature regarding *Nidana*, *Samprapti*, *Poorvarupa*, *Rupa* of *Sheetapitta* was studied from *Yogratnakar*, *Virechana* from *Charak* and *Ashtangasangraha*. *Yoga* of *Triphala*, *Guggulu* and *Pippali* for *virechana* is mentioned in *Yogratnakar*. The drugs are having the properties like *Tridosahara*, *Samshodhana*, *Sara*, *Sukshama*, *Snigdha*, *Srotoshodhan*, *Adhobhaga doshahara*. Due to these properties vitiated *Doshas* are eliminated from the body. Hence *Virechana* using the *Yoga* of *Triphala*, *Guggulu* and *Pippali* can be effectively used in the management of *Sheetapitta*.

**Keywords-** *Sheetapitta*, *Virechana*, *Triphala*, *Guggulu*, *Pippali*.

## INTRODUCTION

*Sheetapitta* can be taken as 'Urticaria'. Urticaria is a disease characterized by itchy red rashes on skin almost all over the body. In some cases, the disorder is relatively mild, recurrent and frustrating while in other cases, it manifests as a part of a spectrum of systemic anaphylaxis, which may be life threatening. The disability and distress caused by Urticaria can lead to serious impairment in quality of life. Yet modern medicine is not having any remedy for permanent cure. Patients have to take modern medicines for lifetime, which are having some unwanted side effects<sup>1</sup>. *Panchakarma*, one

of the treatment modality in Ayurveda provides permanent cure in many diseases. *Dosha* will not exaggerate after doing *Shodhana Chikitsa* (purificatory treatment), but exaggerate even after *Langhana* and *Pachana Chikitsa*.<sup>2</sup>

## AIM AND OBJECTIVES

1. To study about *Sheetapitta Vyadhi* and *Virechana Karma*.
2. To study in details *Yoga* of *Triphala*, *Guggulu* and *Pippali*.
3. To study the effect of *Virechana Karma* using *Yoga* of *Triphala*, *Guggulu* and *Pippali* on *Sheetapitta*.

## MATERIALS

1. Review of *Sheetapitta & Virechana* from *Yogratnakar & Charak Samhita* and various textbooks.
2. Review of *Virechana* drugs from *Yogratnakar*, *Bhavprakash Nighantu* and *Sushruta Samhita*.

## METHODS

- 1) *Nidana* (etiology), *Poorvarupa* (prodromal symptoms), *Rupa* (symptoms) of *Sheetapitta Vyadhi* was studied.
- 2) *Virechana* and *Virechana Vidhi* was studied.
- 3) Properties and *Karmukta* (action) of *Virechana* drugs was studied.
- 4) Collection of all the references was done and correlation between the data was done logically i.e. by using *Yukti Prama* (logical inferences).

## OBSERVATIONS

In Literary Review we observed following observations:

### 1) *Nidana* ( etiology) & *Samprapti* (pathogenesis)<sup>3</sup>

Aggravated *Vata* and *Kapha* (*Pradushtau Kapha Marutau*) due to *Sheeta Marutadi Nidana* (*Sheeta Maruta Samsparshat*) when being mixed with *Pitta* (*Pittena Saha Sambhooya*) spreads internally and externally (*Bahir-Antah Visarpatah*) and resulted in '*Sheetapitta*' (Y.R.Sheetapitaudardakotha Nidan).

#### ***Poorvarupa*(premonitory sign):**

*Pipasa* (Thirst), *Aruchi* (Loss of Appetite), *Hrillasa* (Nausea), *Dehasada* (Feeling of tiredness) *Angagaurava* (Feeling of heaviness), *Raktalochanata* (Redness of eyes) (Y.R.Sheetapitaudardakotha Nidan).

#### ***Rupa* (Symptoms and Signs )**

*Varati Damshta Samsthana Shotha* (Inflammation like an insect bite), *Kandu Bahula* (Sever itching), *Toda Bahula* (Exces-

sive pain like pricking), *Chhardi* (Vomiting), *Jvara* (Fever), *Vidaha* (Burning Sensation) (Y.R.Sheetapitaudardakotha Nidan).

### 2) *Virechana* Procedure Review:

The process which expels out *Mala* from *Guda* (anal canal) or *Adhobhag* is called as *Virechana*<sup>4</sup>(Ch.K.1/4). *Virechana* expels the aggravated *Pitta dosha*. (Ch.Su.25/40). *Virechana* is treatment of Pittadosha, *Kapha samsrista Pitta and Vatasthangate Pitta*<sup>5</sup>. (A.S.Su.27). In *Vata Upakrama* *mrudu samshodhana* is advised<sup>6</sup>.(A.H.Su.U.13/1). By *Virechana Pitta* & it's different varieties are removed from the body, just like a house which consists of fire not only become hot when fire is made hot by adding suitable fuel & cooled when it is cooled (Ch.Su.20/16). *Virechana* is mentioned as *Shodhana* procedure in *Dushti of Rasa, Rakta, Mamsa, Asthi, Majja & Shukra dhatus*. Hence *Virechana* is helpful, in *Rasavaha, Raktavaha, Mamsavaha, Asthivaha, Majjavaha & Shukravaha srotodushti* also (Ch.Su.28/25-28).

**3) Drug Review:** *Yogratnakar* has mentioned *prashata Virechana yoga* of *Triphala, Guggulu* and *Pippali*<sup>7</sup>.

**Properties of *Triphala*** ( Formulation of *Emblica officinalis, Terminalia bellirica, Terminalia chebula*)

*Triphala* is having proerties like *Kaphapitaghni, Meha-kushthahara, Sara, Chakshushya, Deepani, Ruchya, Vishamjwarnashini*<sup>8</sup>.

**Properties of *Guggulu*** (*Commiphora mukul*)

*Guggulu* is having following properties *Vishada, Tikta, Ushna Veeryatmak, Pittala, Sara, Kashaya, Katu Rasatmak, Katupaki, Ruksha, Lagu*<sup>9</sup>. (Bh.P.N.Karpuradivarg 38)

**Properties of *Pippali*** (*Piper longum*)

Properties of Pippali are *Deepani, Vrishya, Swadupaki, Rasayani, Anushna, Katu, Snighdha, Vatashleshmahari, Laghu, Rechani, Swasa, Kasa, Udara, Jwara, Kushtha, Prameha, Gulma, Arsha, Pleehashoola, Marutam Hanti*<sup>10</sup>.

## DISCUSSION

- *Abhishyandi and Kaphaprakopakara Nidana* like *Divaswapa* ( day sleep) , *Adhyasana* and *Guru* (heavy) *Dravya* (liquid), *Snigdha Bhojana*(unctuous food), *Dadhi* (curd), *Amla* (sour), *Lavana* (salt) etc. are responsible factors for *Kaphaprakopa* and production of *Mandagni* (A.S.Ni 14/9-10), which plays major role in pathogenesis of *Sheetapitta*. They are also responsible for *Rasa Dushti*. *Pittaprakopakara and Rakta-dushtikara Nidana* like *Atilavana Sevana* (excessive salt consumption), *Amla* , *Katu* (Bitter), *Kshara, Teekshna dravya* and *Madya* (alcohol) are responsible for *Pitta Prakopa* and *Rakta Dush-ti*(Ch.Su.24/16).
- *Viharaja Nidana: Vata Prakopaka* and *Tvak Vaigunyakara Nidana* like *Sheeta Maruta Sparsha, Chhardi Nigraha, Shishira Ritu* and *Varshakala* are responsible for mainly *Vata Prakopa* and also partly for *Pitta and Kapha Prakopa*.
- In *Sheetapitta Vata* and *Kapha* is vitiated along with *Pitta*. The vitiated *Kapha* merges with the *Pitta* and due to vitiated *Vata*, cause *Vimargagamana* (spreads all over) in *Twacha* (skin). *Virechana* is a treatment for *Pitta* (Ch.Su.25/40), *Pitta samsargaja doshas, Kapha samsrista doshas* & also for *Pitta sthanagata Kapha*(A.S. Su.27). Similarly, *Virechana* is even beneficial for *Vata dosha*(A.H.Su13/1). Thus we can say that

it is beneficial in *Rasavaha, Raktavaha, Mamsavaha, Asthivaha, Majjavaha & Shukravaha srotodushti* also. In *Sheetapitta*, there is *Dushti* of *Tridoshas* and all above mentioned *Strotasas*. Hence *Virechana* can be effective in *Sheetapitta*.

- Probable mode of action of *Virechana* drugs - Due to the properties of *Virechana Yoga* mentioned above, *Doshas* are eliminated from the body.

## CONCLUSION

- 1) *Virechana* with *Yoga of Triphala, Guggulu* and *Pippali* can definitely be used in *Sheetapitta*.
- 2) The reduction in signs of *Sheetapitta* can be effectively done.

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