

## INCIDENCE OF ŚITAPITTA, UDARDA AND KOṬHA (ALLERGIC MANIFESTATION) IN CONTEXT TO MODERN DIETARY HABITS

Talekar Manisha T<sup>1</sup>, Mandal Sisir Kumar<sup>2</sup>, Sharma Reetu R<sup>3</sup>, Deshmukh Prashant N<sup>4</sup>,  
<sup>1</sup>PG Scholar, <sup>2</sup>MD Ph.D., Assistant Professor, <sup>3</sup>MD Lecturer,  
 PhD, Scholar, <sup>1,2,3,4</sup>Roganidana Evam Vikriti Vijanana Department, National Institute of  
 Ayurveda, Jaipur, Rajasthan, India

### ABSTRACT

**Background:** Today, in the modern era of globalization, when the whole world is showing renewed interest in packaged food or junk food due to shortage of time, busy job schedule, rise in standard of living, convenience & influence of western countries, people are compelled to change their food habits & types of food. Continuous use of causative factors subsequently enhances the pathogenesis of disease. Dietary causes are main culprit in skin diseases among which Urticaria is common. **Aims and Objective:** To perform a survey study (Epidemiological study) on specific types of *Viruddha h ra* (incompatible diet) in *itapitta, Udarda & Ko ha* (Urticaria). **Materials and Methods:** It is an observational study. A survey study of total 260 Urticaria patients was conducted at O.P.D. & I.P.D. of National Institute of Ayurveda, Jaipur. Survey was carried on the basis of specially prepared questionnaires. **Results:** Observation shows that, all patients of Urticaria we're consuming *Viruddha h ra*. Out of 260 patients, 100% patients were taking *S tmya Viruddha h ra* (incompatibility of homology) & *M tra Viruddha h ra* (incompatibility of quantity of food) **Conclusion:** As a result it was concluded that, *Viruddha h ra* (incompatible food) is the most important etiological factor of Urticaria and must be avoided.

**Keywords:** *viruddha h ra*; urticaria; incompatible diet; *itapitta*

### INTRODUCTION

'Urticaria' is a disease characterized by itchy red rashes on skin on almost all over the body. In *ayurveda*, Urticaria can be taken as '*itapitta, Udarda & Ko ha*', as having similar symptomatology and causative factors as Urticaria. So, various types of 'Urticaria' can be taken as '*itapitta, Udarda & Ko ha*'. Though the disease, 'Urticaria' is not a life threatening, it makes worried the patient due to its appearance, severe itching disturbing routine and its nature susceptible to be chronic. Urticaria affects 20% of people at some point in their lifetime. The exact aetiology is unknown but some immunological factors play some role in its etiopathology. The sensitization towards antibody or allergen causes the pathology of Urticaria. Therefore, the challenge for the clinician is to try to identify a cause that could lead to a specific treatment or avoidance strategy. A carefully taken history may provide the clues to specific mechanisms in some cases. Often, however, it is impossible to pinpoint the exact cause. Modern medicine not having any remedy for permanent cure but remission of the disease can be achieved administering the medicine. Patients have to take those medicines for lifetime, which are having some unwanted side effects.

'*M dhavakara*' described '*itapitta* and *Udarda*' as synonyms of each other; but then he quoted that '*itapitta*' having '*V tika* dominancy' while '*Udarda*' having '*Kaphaja* dominan-

cy'2 and also mentioned specific character of '*Udarda*' as '*Ma dala*' (rashes) having inflamed edges with depressed center. 3

In the classics '*Ko ha*' has been described as the 'Itchy red rashes covering major part of skin and chronic in nature'. 4, Though these three *itapitta*, *Udarda* & *Ko ha* has been described as different entities, but they can be considered as different types of the '*itapitta*' or 'Urticaria' as they all having same cardinal symptom i.e. 'Itchy red rashes on the skin'. The western thinkers have considered it is an allergic condition. As mentioned *Sa hit s* (classics), *Viruddha h ra* (incompatible diet) is one of the key roots for skin diseases. 5, *yurveda* attaches the greater importance to *Nid na* (causative agents) and describes them in details as causes of diseases in diseases. *c rya Su ruta* mentioned that avoidance of *Nid na* or causative factors is treatment.6, Hence to find out cause and effect relationship between *Viruddha h ra* (incompatible diet) and *itapitta*, *Udarda* & *Ko ha* (Urticaria), this survey study has been selected.

**Aims and Objective:** To perform a survey study (Epidemiological study) on specific types of *Viruddha h ra* (incompatible diet) in *itapitta*, *Udarda* & *Ko ha* (Urticaria).

**Material and Methods:**

Total 260 patients of *itapitta*, *Udarda* & *Ko ha* (Urticaria) fulfilling the diagnostic criteria viz. Severe itching (*Ka du*), Pricking pain (*Toda*), Burning (*D ha*), Rashes (*Ma dala*) were selected after their informed consent irrespective to their age, sex, occupation, religion etc. from O.P.D. and I.P.D. of National Institute of Ayurveda, Jaipur. Survey was carried on the basis of specially prepared questionnaires. The questions of survey were based on examples of types of *Viruddha h ra* (incompatible diet) viz. *De a* (place), *K la* (time), *Agni* (digestive power), *M tr* (quantity), *S tmya* (homologation), *Do a* (humours), *Sa sk ra* (mode of preparation), *Virya* (potency) *Ko ha* (bowel), *Avasth* (state of health), *Krama* (sequence), *Parih ra* (caution), *Upac ra* (treatment), *P ka* (cooking), *Sa yoga* (combination), *H daya* (palatability), *Sa pada* (richness of quality), *Vidhi* (rules for eating) *Viruddha* described in *Caraka Sa hit Sutrasth na* 7, & other *Sa hit s*.

**Observations:**

In Survey study out of 260 patients, maximum patients (66.92%) were found in the age group of 20-35 years. 69.23% patients were female followed by 30.76% were male. Marital status in 260 patients of Urticaria revealed that maximum patients (62.69%) were unmarried. 60% patients were student. All patients (100%) were taking mixed diet (veg. & nonveg.). Regarding family history, 73.05% patients had no family history. 26.92% patients had positive history of allergy, skin diseases or asthma etc. in family. **(Graph 1)**

On considering the data of *rir ka Prak ti* (body constitution), maximum i.e. 63.84% patients had *V ta- Pitta Prak ti*. In *M nasika Prak ti*, 69.61% patients had *Rajo-Tama Prak ti*. 84.61% patients were having *Avara Vy y ma akt*. On analyzing the *Agni* (digestive power) of the patients it was found that, 92.69% patients were having *Mand gni* (weak digestive power). All patients (100%) were found of *Viruddha h ra* consumer. **(Graph 2)**

**Table: 1**

**Percentage prevalence of Patients according to *S tmya Viruddha* in 260 patients of Urticaria:**

<i>S tmya Viruddha h ra</i> (food which is not habituated)	Number of Patients (n=260)	Percentage%
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<b>Egg</b>	220	84.61
<b>Fish</b>	210	80.76
<b>Meat</b>	198	76.15
<b>Tomato</b>	260	100%
<b>Milk</b>	260	100%
<b>Curd</b>	260	100%
<b>Milk Product</b>	260	100%

On considering data of *Viruddha h ra* consumer in 260 patients of Urticaria, Egg, fish & meat were *As tmya* (unacceptable) in 84.61%, 80.76% & 76.15% of patients respectively. Tomato, Milk, Curd & milk-products were *As tmya* in all (100%) patients. This type of incompatible

diet comes under *S tmya Viruddha h ra* (incompatibility of homologation). (Table 1)

**Table: 2 Percentage prevalence of Patients according to *M tr Viruddha h ra* in 260 patients of Urticaria:**

<i>M tr Viruddha h ra</i>	Number of Patients (n=260)	%
Intake of <i>Madhura</i> like sugar and sweet food items in excessive quantity	209	80.38%
Intake of <i>Amla Rasa</i> (food having sour taste) in excessive quantity	200	76.92%
Intake of <i>Snigdha h ra</i> (unctuous food) like butter / <i>Guru h ra</i> like <i>U ada</i> & Curd in excessive quantity	260	100%
Intake of <i>Lava a Rasa</i> (salty) like pickle, papad, namkeen, spicy and salty food items	239	91.92%
Intake of <i>Nav nna</i> eg. <i>Godhuma</i> (newly germinated grains like wheat)	187	71.92%
Intake of peanuts	165	63.46%
Intake of citrus fruits in excess quantity viz. Orange, Lime, Tamarind	207	79.61%
Preserved & packed food like canned foods with lots of sodium	198	76.15%

The data of incompatible diet consumer in 260 patients of Urticaria, all (100%) patients were consuming *Snigdha h ra* (unctuous food) like butter / *Guru h ra* (heavy food) like *U ada* & curd in excessive quantity. Intake of *Lava a* (salty) like pickle, papad, namkeen, spicy and salty food items was found in 91.92% patients. 80.38% patients were taking *Madhura* (sweet) like sugar and sweet food items in excessive quantity. Intake of citrus fruits in excess quantity viz. Orange, Lime, Tamarind was found in 79.61% patients. 76.92% patients were consuming *Amla Rasa* (food having sour taste). Consumption of preserved & packed food like

canned foods with lots of sodium was found in 76.15% patients. Intake of *Nav nna* eg *Godhuma* (newly germinated grains like wheat) & intake of peanuts was found in 71.92% & 63.46% patients respectively. This type of incompatible diet comes under *M tr Viruddha h ra* (incompatibility of quantity). (Table 2)

## DISCUSSION

**Age:** In survey study, maximum no. of patients i.e. 66.92% belonged to age group of 20-30 years. This indicates more incidence of Urticaria in youngsters because of their uneven diet habit and due to exposure to food allergens (e.g., nuts, eggs,

fish, and milk), food additives and preservatives.

**Gender:** Out of 260 patients of Urticaria, 69.23% patients were female followed by 30.76% were male. This indicated its more incidence rate in females which supported by research works done by modern researchers.

**Marital Status:** Marital status in 260 patients shows that, maximum patients (62.69%) were unmarried. Even though, it is difficult to say that marital status has any relation with this disease. Probably, most of the patients were students so this result was found.

**Occupation:** Maximum patients (60%) were students. In this study maximum victims belong to student group because they were having irregular, improper, irrelevant diet habits, and regular intake of *Viruddha h ra* (incompatible diet) & junk food.

**Diet pattern:** All patients (100%) of study were taking mixed diet (veg. & nonveg.) It may be due to dominancy of Hindu and Muslims religion in the area from where the patients were selected.

**Family history:** Regarding family history, 73.05% patients had no family history. 26.92% patients had positive history of allergy, skin diseases or asthma etc. in family. It indicates that, Urticaria disease have some relation with *Bijado a* (heredity). But that condition afflicts the *Srotasa* (body channels) & for the further progress of disease it needs particular *Nid nas* (cause).

**rir ka Prak ti:** Majority of the patients i.e. 63.84% patients had *V ta-Pitta Prak ti*. These observations showed incidence of Urticaria is higher in *V ta -Pitta Prak ti*.

**M nasika Prak ti:** In this study, maximum numbers of patients (69.61%) were having *Rajo-Tama Prak ti*. As mentioned

in *yurvedika* classics it indicates that *Rajo* and *Tamogu* persons react more quietly to unfavourable condition.

**Vy y ma akt (exercising power):** Maximum no. of patients (84.61%) was having *Avara Vyay ma akt* (low exercising power). This observation supports the *yurvedika* claims because as mentioned in *Caraka Sa hita* one who does exercise daily remains unaffected by harmful effects of *Viruddha h ra*. 8,

**Agni:** On analysis of *Agni* of patients, it was found that maximum numbers of patients (92.69%) were having *Mand gni*. Due to poor strength of *J thar gni* (digestive fire), a residue of *h ra Rasa* is still left behind undigested towards the end of digestion; it is then known as the *ma* (undigested food toxin) which is initiator of pathogenesis of Urticaria. It is also mentioned in *Sa hitas*, *Mand gni* patients can't nullify the harmful effect of *Viruddha h ra*. 9,

**Viruddha h ra (incompatible diet) consumer:** Observations of etiological factors found in patients showed that, all patients (100%) were consuming *Viruddha h ra*.

**Prevalence of various types of Viruddha h ra:**

**S tmya Viruddha h ra (incompatibility of homologation) (100%):** On considering data of *Viruddha h ra* consumer, prevalence of *S tmya Viruddha* (100%) is more. The data of *S tmya Viruddha* in 260 patients of Urticaria, shows that Egg, fish & meat were *As tmya* (unacceptable) in 84.61%, 80.76% & 76.15% of patients respectively. Tomato, Milk, Curd & milk-products were *As tmya* in all (100%) patients. Above observation supported the modern researches that numerous foods (eggs, milk, nuts, fish, selfish, wheat) have been blamed as a cause of Urticaria.<sup>10</sup>, (**Table No.1**) this is incompatibility of

homologation. *S tmya* is adaptability to any type of substances either beneficial or harmful. Hence in *S tmya Viruddha* there is lack of adaptability of specific substances to body tissue which failed to accept or assimilate those substances in the body ultimately those substances act as a foreign body to give allergic reactions in many ways. An allergy is an immune failure in which person's body become hyposensitized to specific substances & react immunologically to typically non immunogenic substances with which other persons are very much comfortable. As mentioned in *Yurvedika* texts, we can say that, *As tmya* (unacceptable) is allergy today. 11, this type of allergy seems very common & can be incorporated as *S tmya Viruddha* (incompatibility of homologation). *S tmya Viruddha* is totally related to *ar ra* (body) due to physiological changes has been observed to substances which are not adaptable to the body & there is no role of *Manas* (psyche) in the occurrence of allergy by *S tmya Viruddha*. ***M tra Viruddha h ra* (incompatibility of quantity) (100%):** On considering data of *Viruddha h ra* consumer, prevalence of *M tra Viruddha* (100%) is also more. The data of *M tr Viruddha* in 260 patients of Urticaria reveals that, all (100%) patients were consuming *Snigdha h ra* (unctuous food) like butter / *Guru h ra* (*U ada*) & curd in excessive quantity. Intake of *Lava a* (salty items) like pickle, papad, namkeen, spicy and salty food items was found in 91.92% patients. 80.38% patients were taking *Madhura Rasa* (sweet) like sugar and sweet food items in excessive quantity. Intake of citrus fruits in excess quantity viz. Orange, Lime, Tamarind was found in 79.61% patients. 76.92% patients were consuming *Amla Rasa* (food having sour taste). Consumption of preserved &

packed food like canned foods with lots of sodium was found in 76.15% patients. Intake of *Nav nna* (newly germinated grains like wheat) & Intake of peanuts was found in 71.92% & 63.46% patients respectively. **(Table No.2)** Diseases are the mirror images of the excess or less quantities of food which were taken by human beings. Here, *M tr* means quantity. *Atim tr* (excessive quantity) & *H nam tr* (less quantity) causing the increase & decrease in the *Gu a* (property) with which it is similar to the body element respectively giving rise to the *Atiyogajanya* (excessively) & *Ayogajanya* (deficiency) *Vy dh* (diseases) belonging to that *Gu a* respectively. *Guru Dravya* (heavy food), *Snigdha Bhojana* (unctuous food), *Dadhi* (curd) which is *Kaphaprakopaka* and *Abhi yandi h ra* (food which causes blockage in body channels) are responsible factors for '*Kaphaprakopa*' and production of '*Mand gni*', which plays major role in pathogenesis of '*itapitta, Udarda & Ko ha*'. They are also responsible for '*Rasa Du t*'. Causes like *Atilava a Sevana, Amla Rasa* (intake of excessive salty & sour food) are responsible for *Pitta Prakopa* and *Rakta Du t*'. On observation of survey study, it is hypothesized that, *Agni* mostly gets vitiated by *Viruddha h ra*. *Viruddh h ra* are responsible for causing '*Mand gni*' and ultimately producing '*ma*' which having properties like '*Vi a*' (poison). *mavi a* (undigested food toxin) which is intensely toxic, may endanger life. As *Vi a* possesses qualities which are totally antagonistic to '*Ojas*' (essence of the body), its production leads eventually to the breakdown of immune system due to which body becomes vulnerable to produce diseases. *Hetus* (causes) like '*Du ivi a*' and '*Vi a Annap na*' are directly producing toxins- *Vi adravya* in body. The toxins are respon-

sible for 'Tridosha Prakopa' and 'Rasa – Rakta Dutt' in body.

According to contemporary science, Urticaria is allergic disorder. In *Yurveda*, the concept of allergy can be simulated with the concept of *Prakriti* (body constitution). Yet, there is no appropriate similarity to the term allergy, however, reviewing the *Yurvedika* texts we can think of following as parallel to concept of Allergy.

- Concept of *Asatmya* (unacceptable)
- Concept of *ma* (undigested food products) particularly, which reacts as toxin.
- Concept of taking or using of incompatible articles.

## CONCLUSION

Present survey study reveals that *Viruddha hira* (incompatible diet) is an important aspect of today's improper dietary habits. This can lead to '*Dhaturbalya*' (i.e. lower immunity) which causes sensitization towards allergens as well as antibodies and produces various types of allergic reactions. Consequently it is concluded that *Viruddha hira* (incompatible food) is the mainly important etiological factor in Urticaria and should be avoided.

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### **CORRESPONDING AUTHOR**

#### **Dr. Manisha Talekar**

PG Scholar, Roganidana Evam Vikriti Vi-  
janana Department, National Institute of  
Ayurveda, Jaipur, Rajasthan, India

**Email:** dr.mani21jan@gmail.com

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