STUDY OF VIRECHANA IN SHEETAPITTA - A REVIEW ARTICLE
Minaj Chand Kulkarni¹, Surendra M Vedapathak²
¹Asso.Prof. Dept of Panchakarma, ²Professor & Head Dept of Panchakarma, Vice Principal Bharati Vidyapeeth Deemed University, College of Ayurved, Pune, Maharashtra, India

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 Ashtangsangraha. Yoga of Triphala, Guggulu and Pippali for virechana is mentioned in Yogratnakar. The drugs are having the properties like Tridoshahara, Samshodhana, Sara, Sukshama, Snigdha, Srotoshodhan, Adhobhaga dosahara. 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 effects¹. 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.²

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 Shushruta Samhita.

METHODS
1) Nidana (etiology), Poorvarupa (predisposing 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 Praman (logical inferences).

OBSERVATIONS
In Literary Review we observed following observations:
1) Nidana (etiology) & Samprapti (pathogenesis)
   Aggravated Vata and Kapha (Pradushtau Kapha Maruta) 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.Sheetapittaudardakotha Nidan).

   Poorvarupa (premonitory sign):
   Pipasa (Thirst), Aruchi (Loss of Appetite), Hrilasa (Nausea), Dehasada (Feeling of tiredness) Angagaurava (Feeling of heaviness), Rakatalochanata (Redness of eyes) (Y.R.Sheetapittaudarkotha Nidan).

   Rupa (Symptoms and Signs):
   Varati Damshhta Samsthan Shotha (Inflammation like an insect bite), Kandu Bahula (Sever itching), Toda Bahula (Excessive pain like pricking), Chhardi (Vomiting), Jvara (Fever), Vidaha (Burning Sensation) (Y.R.Sheetapittaudarkotha Nidan).

2) Virechana Procedure Review:
The process which expels out Mala from Guda (anal canal) or Adhobhag is called as Virechana (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 (A.S.Su.27). In Vata Upakrama mrudu samshodhana is advised (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, Raktta, Mamsa, Asthi, Majja & Shukra dhatus. Hence Virechana is helpful, in Rasavaha, Raktavaha, Mamsavaha, Asthivaha, Majjavaha & Shukravaha srotdushti also (Ch.Su. 28/25-28).

3) Drug Review:
   Yogratnakar has mentioned prashata Virechana yoga of Triphala, Guggulu and Pippali.

   Properties of Triphala (Formulation of Emblica officinalis, Terminalia bellirica, Terminalia chebula)
   Triphala is having properties like Kaphapit tagni, Meha-kushthahara, Sara, Chakshushya, Deepani, Ruchya, Vishamjwarnashini.

   Properties of Guggulu (Commiphora mukul)
   Guggulu is having following properties Vishada, Tikta, Ushna Veeryatmak, Pittala, Sara, Kashaya, Katu Rasatmak, Katupaki, Ruksa, Lagu (Bh.P.N.Karpuradivararg 38).

   Properties of Pippali (Piper longum)

**DISCUSSION**

- Abhishyandi and Kaphaprapakopakara 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 Kaphaprapakopa 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. Pittaprapakopakara 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 Dushti (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 Twachcha (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, Ashthivaha, Majavaha & Shukravaha srotodushti also. In Sheetapitta, there is Dushti of Tridoshas and all above mentioned Srotasas. Hence Virechana can be effective in Sheetapitta.
- Probable mode of action of Virechana drugs - Due to the properties of Virechan 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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CORRESPONDING AUTHOR
Dr. Minaj Chand Kulkarni
Asso.Prof. Dept of Panchakarma,
Bharati Vidyapeeth Deemed University,
College of Ayurved, Pune,
Maharashtra, India
Email: drminaj362@gmail.com