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A clinical study of effect of *Udarda Prashman Ghana Vati* and *Siddharthak Taila* in *Sheetapitta, Udarda* and *Kotha*

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ABSTRACT

Background: *Sheetapitta, Udarda* and *Kotha* are a *Tridoshaja Vyadhi*, in which *Rasa* and *Rakta Dhatu* are *Dushya*, *Rasavaha* and *Raktavaha Srotas* are involved, *Srotodushti* is *Vimarga-Gamana*, *Adhithana* is *Twacha* and *Vyadhi Swabhava* is *Aashukaari*. *Lakshana* of this *Vyadhi* are - *Varatidansta Sansthan Shotha, Mandalotpatti, Kandu, Toda, Raag* etc. **Objective:** To know the effect of *Udarda Prashmana Ghana Vati* and *Siddharthak Taila* in *Sheetapitta, Udarda* and *Kotha*. **Methods:** In this clinical study, 60 patients of *Sheetapitta, Udarda* and *Kotha (Urticaria)* have been randomly divided in to 2 groups. In the first group, 30 patients were given *Nitya Virechana Churna* – *Churna* selection and dose according to *Prakriti* and *Koshtha* of the patient, *Udarda Prashmana Ghana Vati* for Internal use - 500 mg thrice a day with water and *Siddharthak Taila* for external use for 2 months. In the same second group, 30 patients were given *Udarda Prashmana Ghana Vati* for Internal use – 500 mg thrice a day with water and *Siddharthak Taila* for external use for 2 months. **Results:** After studying all the data, we found encouraging results in both Group A and Group B, but more benefits in Group A than compare to Group B. **Conclusion:** *Udarda Prashmana Ghana Vati* and *Siddharthak Taila* are a safe, cheap and harmless *Aushadh Yoga* in *Sheetapitta, Udarda* and *Kotha*. If both are given with *Nitya Virechana Churna*, they are even more beneficial.

Key words: *Sheetapitta, Udarda* and *Kotha, Udarda Prashmana Ghana Vati, Siddharthak Taila, Nitya Virechana*.

INTRODUCTION

In Today's polluted environment and due to *Asatmyahara (Virudha Ahara)* and stressful lifestyle, the number of allergic skin disorders is increasing. One such allergic skin disorder is *Sheetapitta, Udarda* and

Kotha (Urticaria). In the ancient texts of *Ayurveda*, a detailed description of skin disorders has been given under *Kushtha Vyadhi*. An important class of skin disorders are those of *Sheetapitta, Udarda* and *Kotha*. *Sheetapitta, Udarda* and *Kotha* disease are mentioned in different contexts in the *Samhitas*. *Acharya Madhavkar^[1]* has first independently described the *Sheetapitta, Udarda* and *Kotha*. According to *Acharya Madhavkar*, due to *Shita Marutadi Nidana (Shita Maruta Samsparshat)* of *Prakupita Vata* and *Kapha (Pradushtau Kapha Marutadi)* – when being mixed with *Pitta (Pittena Saha Sambhooya)* spreading internally *Rakta* and other *Dhatu*s and externally the skin (*Bahir Antah Visarpatah*) and resulted in to *Sheetapitta, Udarda* and *Kotha*.

Sheetapitta, Udarda and *Kotha* disease can be compared with *Urticaria* Disease described in modern

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science. Urticaria, also referred to as hives or wheals, is a common and distinctive reaction pattern. A hive or wheal is a circumscribed, erythematous or white, non-pitting, edematous, usually pruritic plaque that changes in size and shape by peripheral extension or regression during the few hours or days that the individual lesion exists. The edematous, central area (wheal) can be pale in comparison to the erythematous surrounding area (flare). Hives may occur at any age, upto 20% of the population will have at least one episode.^[2]

AIMS AND OBJECTIVES

1. To observe the effect of *Nitya Virechana, Udarda Prashamana Ghana Vati*^[3] with *Siddharthak Taila*^[4] in *Sheetapitta, Udarda* and *Kotha*.
2. To observe the effect of *Udarda Prashamana Ghana Vati* with *Siddharthak Taila* in *Sheetapitta, Udarda* and *Kotha*.
3. To Finding the group with the highest benefit by comparing the results obtained in both the groups.

MATERIALS AND METHODS

60 patients with chief complain of *Sheetapitta, Udarda* and *Kotha* were randomly selected by filling the proforma and consent form, grading the scoring pattern of all Subjective Parameters with all necessary physical examination and lab investigation.

Inclusion Criteria

- The patient was selected on the basis of these symptoms as described in literature, such as the symptoms of *Sheetapitta, Udarda* and *Kotha*^[5] - *Varatidansta Sansthan Shotha* (swelling like a wasp bite), *Mandalotpatti* (How many wheals have appeared during the last 24 hrs.), *Kandu* (Itching), *Toda* (Pricking Pain), *Raag* (Erythema) etc.
- Patients between 16-60 years of age were selected.

Exclusion Criteria

- Patients below 16 years and above 60 years of age.
- Patients suffering from serious diseases, such as Hypertension, Heart Disease, Diabetes.

- Persons suffering from infectious diseases, such as Tuberculosis, Enteric Fever, Malaria.
- Other skin diseases, such as - *Shwitra, Ek-Kushtha, Pama, Vicharchika* etc.

Parameters of Study

In the present study, the results were analyzed on the basis of improvement in Subjective and Objective Parameters of *Sheetapitta, Udarda* and *Kotha*, assessed before and after treatment.

The analysis was done by dividing the category according to severe, moderate and absence of chief complain of *Sheetapitta, Udarda* and *Kotha*.

Research Design

It is a randomized open label controlled clinical study with pre and post test design. 60 patients diagnosed with *Sheetapitta, Udarda* and *Kotha* were randomly selected in 2 groups of 30 patients each.

Group A - 30 Patients were given *Nitya Virechana* - Churna selection and dose according to *Prakriti* and *Koshtha* + *Udarda Prashamana Ghana Vati*, Dose – 500 mg tab, three times of day + *Siddharthak Taila* (for local application), Duration – 60 days, Follow up – 30 days.

Group B - 30 Patients were given *Udarda Prashamana Ghana Vati*, Dose – 500 mg tab, three times of day + *Siddharthak Taila* (for local application), Duration – 60 days, Follow up – 30 days.

Subjective Parameters

1. *Varatidansta Sansthan Sopha*
2. *Mandalotpatti*
3. *Kandu*
4. *Toda*
5. *Raag*
6. *Lakchhnik Barambarata*

Objective Parameters

1. CBC - Hb%, TLC, DLC –N, L, E, ESR
2. IgE Test - Immunoglobulin E Test - If necessary
3. R.B.S. - Random Blood Sugar

Grading of Assessment Criteria**Table 1**

Varatidansta Sansthan Shotha (Pain and Inflammation like Wasp bite)	Grading
No Pain and No Inflammation	0
Mild Pain (Not affecting daily routine activity) and Macule (Non palpable area of altered colour)	1
Moderate Pain (Occasional, disturb daily routine activity) and Papule (Palpable elevated small area of skin - < 0.5 cm)	2
Severe Pain (Continuously and even disturbing daily routine activity) and Nodule (Solid palpable lesion with the skin - > 0.5 cm)	3

Table 2

Mandalotpatti (How many wheals have appeared during the last 24 hrs.)	Grading
None	0
Mild (< 20 wheals/24 hrs.)	1
Moderate (20-50 wheals/24 hrs.)	2
Severe (> 50 wheals/24 hrs.)	3

Table 3

Kandu (Itching)	Grading
None	0
Mild (present but not annoying or troublesome)	1
Moderate (Troublesome but does not interfere with daily routine activity)	2
Severe (Severe Itching, which is sufficiently troublesome)	3

Table 4

Toda (Pricking Pain)	Grading
None	0
Mild (Not disturbing daily routine activity)	1

Moderate (Occasional, disturbing daily routine activity)	2
Severe (Continuously and even disturbing daily routine activity and sleep)	3

Table 5

Raag (Erythema)	Grading
Absent	0
Mild (10 % affected area)	1
Moderate (10 -30 % affected area)	2
Severe (> 30 % affected area)	3

Table 6

Lakshanik Barambarata (Frequency of Attack)	Grading
Absent	0
Mild (In days)	1
Moderate (In hrs.)	2
Severe (In minutes)	3

Table 7: Grading of percentage of improvement in Subjective Parameters and Objective Parameters.

Percentage of Improvement	Improvement
100%	Totally Improvement
Between 76% and 100%	Maximum Improvement
Between 51% and 75%	Moderate Improvement
Between 25% and 50%	Mild Improvement
Less than 25%	No Improvement

Statistical Analysis

Analysis of data was done by using SPSS (Statistical package for the social sciences version 16.0). Mean, percentage, +/- S.D., +/- S.E., t and p value were calculated.

The results were interpreted as -

P value > 0.05 Insignificant

P value > 0.01 - < 0.05 Significant

P value < 0.01 and < 0.001 Highly Significant

OBSERVATIONS

In Group A, in the chief complain of 30 patients of *Sheetapitta, Udarda* and *Kotha*, 100 % patients of *Varatidansta Sansthan Shotha*, 90 % patients of *Mandalotpatti*, 100 % patients of *Kandu*, 83.33 % patients of *Toda*, 93.33 % patients of *Raag*, 100 % patients of *Lakshanik Barambarata* were found. Whereas in Group B, in the chief complain of 30 patients of *Sheetapitta, Udarda* and *Kotha*, 100 % patients of *Varatidansta Sansthan Sotha*, 83.33 % patients of *Mandalotpatti*, 93.33 % patients of *Kandu*, 76.66 % patients of *Toda*, 96.67 % patients of *Raag*, 100 % patients of *Lakshanik Barambarata* were found. According to the grading of the chief complain of *Sheetapitta, Udarda* and *Kotha*, the highest number remained in Grade-II. (Table-8)

RESULT

In the subjective parameter, 30 patients of group A, *Varatidansta Sansthana Shoth*, 60.31 % Percentage of improvement with Highly statistically Significant ($p < 0.0001$) result with "t" value 8.839. *Mandalotpatti*, 55.17 % Percentage of improvement with Highly statistically Significant ($p < 0.0001$) result with "t" value 7.399. *Kandu*, 62.29 % Percentage of improvement with Highly statistically Significant ($p < 0.0001$) result with "t" value 11.894. *Toda*, 72.50 % Percentage of improvement with Highly statistically Significant ($p < 0.0001$) result with "t" value 7.370. *Raag*, 66.07 % Percentage of improvement with Highly statistically Significant ($p < 0.0001$) result with "t" value 9.280. *Lakshanik Barambarata*, 44.82% Percentage of improvement. with Highly statistically Significant ($p < 0.0001$) result with "t" value 6.966 were found. (Table 09-10)

In 30 patients of Group B, *Varatidansta Sansthana Shoth*, 47.45 % Percentage of improvement with Highly statistically Significant ($p < 0.0001$) result with "t" value

7.393. *Mandalotpatti*, 46.66 % Percentage of improvement. with Highly statistically Significant ($p < 0.0001$) result with "t" value 6.279. *Kandu*, 51.66 % Percentage of improvement. with Highly statistically Significant ($p < 0.0001$) result with "t" value 10.179. *Toda*, 60.52 % Percentage of improvement. with Highly statistically Significant ($p < 0.0001$) result with "t" value 7.180. *Raag*, 40.00 % Percentage of improvement. with Highly statistically significant ($p < 0.0001$) result with "t" value 6.707. *Lakshanik Barambarata*, 33.33 % Percentage of improvement. with Highly statistically Significant ($p < 0.0001$) result with "t" value 7.077 were found. (Table 11-12)

In the objective parameter, 30 patients of group A, Hb% Highly statistically Significant ($p < 0.0001$) result with "t" value -5.762. TLC Significant statistically ($p > 0.0001$) result with "t" value 3.851. DLC-N Highly statistically Significant ($p < 0.0001$) result with "t" value 4.991. DLC - L Significant statistically ($p > 0.0001$) result with "t" value 2.704. DLC-E Highly statistically Significant ($p < 0.0001$) result with "t" value 6.218. ESR Highly statistically Significant ($p < 0.0001$) result with "t" value 7.715. IgE Significant statistically ($p > 0.0001$) result with "t" value 2.190. RBS Highly statistically Significant ($p < 0.0001$) result with "t" value 4.416. (Table 13).

In the objective parameter, 30 patients of group B, Hb% Highly statistically Significant ($p < 0.0001$) result with "t" value -5.759. TLC Significant statistically ($p > 0.0001$) result with "t" value 2.307. DLC-N Significant statistically ($p > 0.0001$) result with "t" value 2.152. DLC-L Significant statistically ($p > 0.0001$) result with "t" value 2.593. DLC-E Significant statistically ($p > 0.0001$) result with "t" value 2.238. ESR Highly statistically Significant ($p < 0.0001$) result with "t" value 3.947. IgE Significant statistically ($p > 0.0001$) result with "t" value 2.067. RBS Highly statistically Significant ($p < 0.0001$) result with "t" value 4.162. (Table 14).

DISCUSSION

Sheetapitta, Udarda and *Kotha* are a *Tridoshaja Vyadhi*. Due to *Shita Maruta Sparsh Nidana Sevana, Prakopa* of *Kapha* and *Vāta*, they started to spread out into body and during spreading they mixed with *Pitta*

and combinely *Tridoshas* traveling in to whole body externally (skin) and internally (*Ras, Raktadi Dhatu*), resulted in to *Sheetapitta, Udarda* and *Kotha*. In the present study, *Udarda Prashmana Ghan Vati* was selected because *Acharya Carak* has described *Udarda Prashmana Mahakashaya* for *Udarda (Kaphaja Nanatmaja Vikara)*^[6] in 50 *Mahakashayas*. The constituents of *Udarda Prashmana Ghan Vati* are *Kapha-pitta śāmaka* and *Vāta pitta śāmaka* i.e., *Tridosh śāmaka. Madhur, Amla, Tikta, Kashay Rasa, Laghu, Rūkṣa, Snigdha, Guru Guna, Uṣṇa* and *Sheet Vīrya, Madhura, Kaṭu Vipāka*. In the same way the constituents of *Siddharthak Taila* are *Kapha-vata śāmaka* and *Kapha-pitta śāmaka, Madhur, Katu, Tikta, Kashay Rasa, Laghu, Rūkṣa, Snigdha, Guru, Tikshana, Guna, Uṣṇa Vīrya, Madhura, Kaṭu Vipāka*.^[7] In this way, the constituents of *Udarda Prashmana Mahākāṣāya* and *Siddharthak Taila (Rasa, Guṇa, Vīrya, Vipāka, Prabhava and Doshakarma)* helps in *Samprapti-Vighatana* of *Sheetapitta, Udarda* and *Kotha*. The results obtained from the present study confirm that.

CONCLUSION

In the present study, encouraging results were found in the management of *Sheetapitta, Udarda* and *Kotha* from both the groups (group A and group B). But in group A, more benefit was found than in group B, because in this, *Nitya Virechana Aushadha* was also given along with *Shamana Aushadha*. Apart from this, in patients of group B, only by giving *Shamana Aushadha*, the disease resurgence was found more in the patients of *Sheetapitta, Udarda* and *Kotha* as compared to group A. From this it can be concluded, that by giving *Nitya Virechana Aushadha* along with *Shamana Aushadha* in the treatment of *Sheetapitta, Udarda* and *Kotha*, it works more effectively in the *Samprapti-Vighatana* of *Sheetapitta, Udarda* and *Kotha* by working on *Dushita Rakta Dhatu* and *Pitta*. With this, the treatment of *Sheetapitta, Udarda* and *Kotha* can be done more effectively.

Table 8: Distribution of 60 patients on the basic of chief complain of *Sheetapitta, Udarda* and *Kotha*.

Grouping			<i>Varati-dansta Sansthan Sotha</i>	<i>Mandalotpatti</i>	<i>Kandu</i>	<i>Toda</i>	<i>Raag</i>	<i>Lakshanik Barambarata</i>
Group	A	Pt.no.	30	27	30	25	28	30
		Pt. %	100 %	90 %	100 %	83-33 %	93-33 %	100 %
	B	Pt.no.	30	25	28	23	29	30
		Pt. %	100 %	83-33 %	93-33 %	76-66 %	96-66 %	100 %
Total Pt.no			60	52	58	48	57	60
Total Pt. %			100 %	86-66 %	96-66 %	80 %	95 %	100 %

Table 9: Percentage of relief in chief complain of *Sheetapitta, Udarda* and *Kotha* (Subjective) in 30 patients of Group 'A' after 2 months of treatment.

SN	Chief complain	Total Patient	Before Treatment					After Treatment					Percentage of relief
			G ₀	G ₁	G ₂	G ₃	Total	G ₀	G ₁	G ₂	G ₃	Total	
1.	<i>Varati-dansta Sansthan Sotha</i>	30	00	06	15	09	63	08	20	01	01	25	60.31%

2.	Mandalotpatti	30	03	05	13	09	58	09	17	03	01	26	55.17%
3.	Kandu	30	00	09	11	10	61	13	11	06	00	23	62.29%
4.	Toda	30	05	10	15	00	40	20	09	01	00	11	72.50%
5.	Raag	30	02	06	16	06	56	12	17	01	00	19	66.07%
6.	Lakshanik Barambarata	30	00	07	18	05	58	06	17	06	01	32	44.82%

Table 10: Statistical analysis of chief complain of Sheetapitta, Udarda and Kotha (Subjective) in 30 patients of Group 'A' after 2 months of treatment.

SN	Chief complain	Mean		Mean Diff.	% of improvement	SD (+/-)	SE (+/-)	t	p	Remarks
		B.T.	A.T.							
1.	Varati-dansta Sansthan Sotha	2.10	0.83	1.26	60.31%	0.784	0.143	8.839	0.000	HS
2.	Mandalot-patti	1.90	0.86	1.03	55.17%	0.764	0.139	7.399	0.000	HS
3.	Kandu	2.03	0.76	1.26	62.29%	0.583	0.106	11.894	0.000	HS
4.	Toda	1.33	0.36	0.96	72.50%	0.718	0.131	7.370	0.000	HS
5.	Raag	1.86	0.63	1.23	66.07%	0.727	0.132	9.280	0.000	HS
6.	Lakshanik Barambarata	1.93	1.06	0.86	44.82%	0.681	0.124	6.966	0.000	HS

Table 11: Percentage of relief in chief complain of Sheetapitta, Udarda and Kotha (Subjective) in 30 patients of Group 'B' after 2 months of treatment.

SN	Chief complain	Total Patient	Before Treatment					After Treatment					Percentage of relief
			G ₀	G ₁	G ₂	G ₃	Total	G ₀	G ₁	G ₂	G ₃	Total	
1.	Varati-dansta Sansthan Sotha	30	00	07	17	06	59	05	19	06	00	31	47.45%
2.	Mandalotpatti	30	05	10	10	05	45	12	12	06	00	24	46.66%
3.	Kandu	30	02	08	08	12	60	09	13	08	00	29	51.66%
4.	Toda	30	07	10	11	02	38	16	13	01	00	15	60.52%
5.	Raag	30	01	09	14	06	55	02	23	05	00	33	40.00%

6.	Lakshanik Barambarata	30	00	08	17	05	57	01	20	09	00	38	33.33%
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Table 12: Statistical analysis of chief complain of Sheeta Pitta, Udarda and Kotha (Subjective) in 30 patients of Group 'B' after 2 months of treatment.

SN	Chief complain	Mean		Mean Diff.	% of improvement	SD (+/-)	SE (+/-)	t	p	Remarks
		B.T.	A.T.							
1.	Varati-dansta Sansthan Sotha	1.96	1.03	0.93	47.45%	0.691	0.126	7.393	0.000	HS
2.	Mandalot-patti	1.53	0.80	0.73	46.66%	0.639	0.116	6.279	0.000	HS
3.	Kandu	2.00	0.96	1.03	51.66%	0.556	0.101	10.179	0.000	HS
4.	Toda	1.30	0.50	0.80	60.52%	0.610	0.111	7.180	0.000	HS
5.	Raag	1.83	1.06	0.76	40.00%	0.626	0.114	6.707	0.000	HS
6.	Lakshanik Barambarata	1.90	1.26	0.63	33.33%	0.490	0.089	7.077	0.000	HS

Comparison of Percentage of relief in chief complain of Sheeta Pitta, Udarda and Kotha (Subjective) in 30 patients of Group 'A' and Group 'B' after 2 months of treatment.

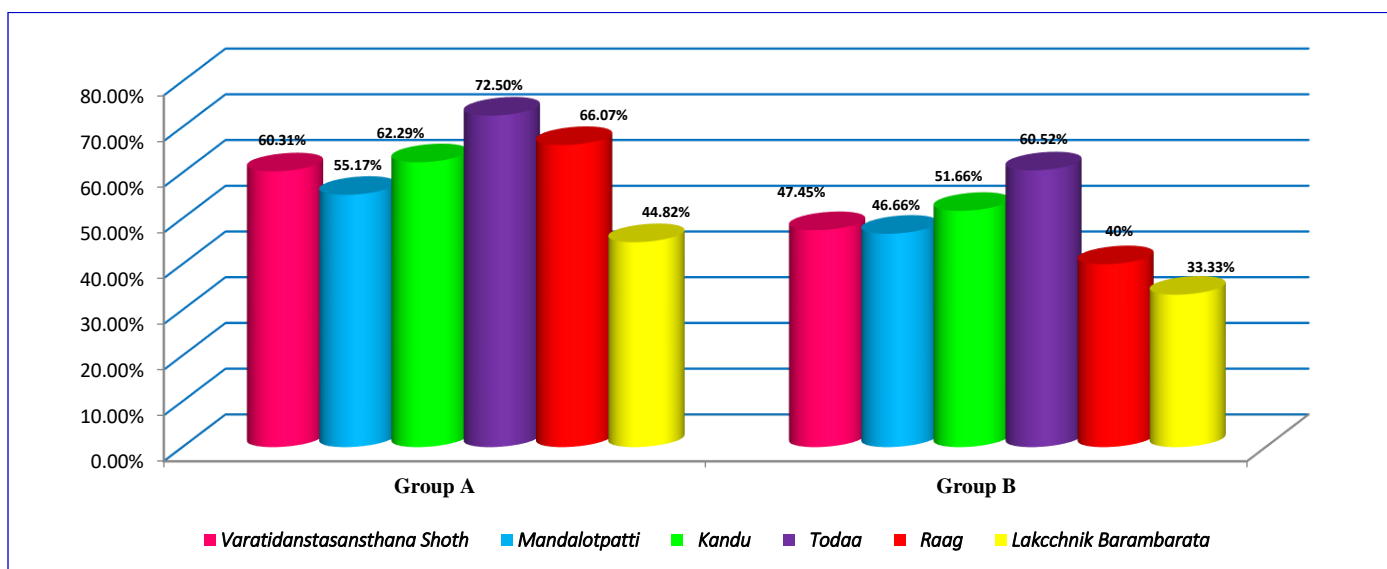


Table 13: Statistical analysis of clinical trial for 2 months in 30 patients of Group 'A' for Laboratory Investigation in Sheeta Pitta, Udarda and Kotha (Objective).

SN	Lab Investigation	Mean		Mean Diff.	% of improvement	SD (+/-)	SE (+/-)	t	p	Remarks
		B.T.	A.T.							
1.	Hb%	11.79	12.26	-0.47	-4.04	.453	0.082	-5.762	0.000	H.S.

2.	TLC	8686	8290	336	3.90	478	87.42	3.851	0.001	S.
3.	DLC - N	66.46	63.16	3.3	4.96	3.621	.661	4.991	0.000	H.S.
4.	DLC - L	26.60	24.36	2.23	8.39	4.523	.825	2.704	0.011	S.
5.	DLC - E	4.266	2.266	2.00	46.8	1.761	.321	6.218	0.000	H.S.
6.	ESR	17.00	9.93	7.06	41.5	5.394	.984	7.175	0.000	H.S.
7.	IgE	127.3	121.4	5.90	4.63	14.77	2.697	2.190	0.037	S.
8.	R.B.S.	99.20	89.43	9.76	9.84	12.11	2.211	4.416	0.000	H.S.

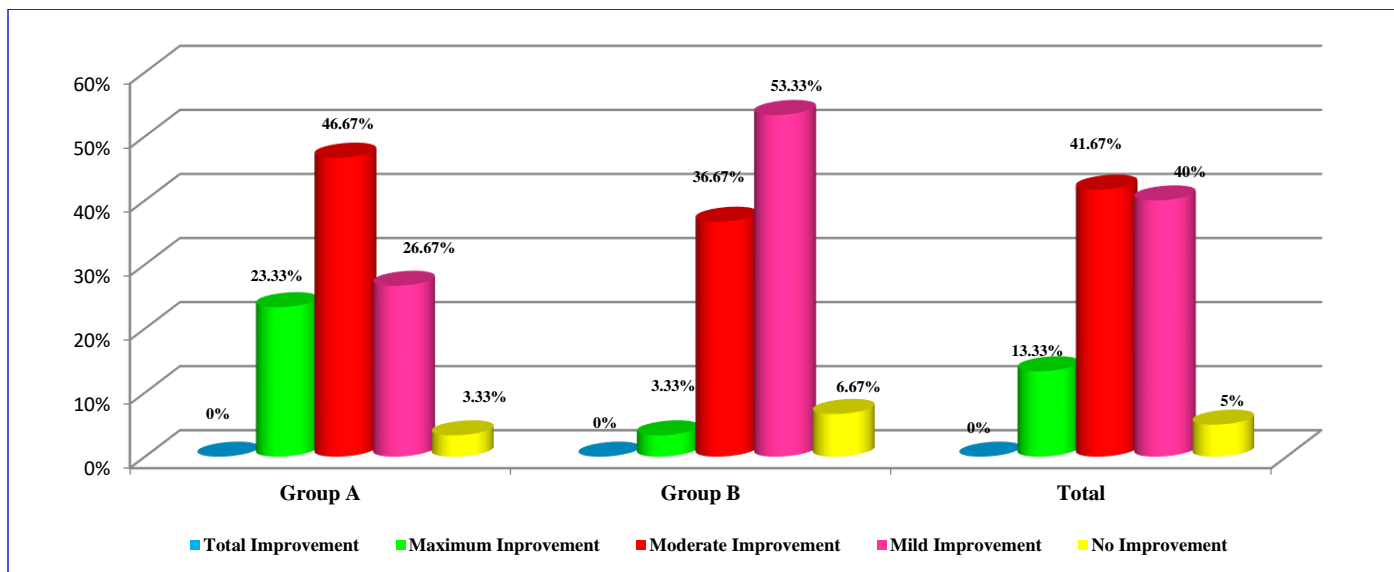
Table 14: Statistical analysis of clinical trial for 2 months in 30 patients of Group 'B' for Laboratory Investigation in Sheetapitta, Udarda and Kotha (Objective).

SN	Lab Investigation	Mean		Mean Diff.	% of improvement	SD (+/-)	SE (+/-)	t	p	Remarks
		B.T.	A.T.							
1.	Hb%	11.52	11.89	- 0.37	- 3.18	.348	0.063	- 5.759	0.000	H.S.
2.	TLC	8703	8553	150	1.72	355.9	64.99	2.307	0.028	S.
3.	DLC - N	62.40	61.03	1.36	2.19	3.478	.635	2.152	0.040	S.
4.	DLC - L	27.70	26.10	1.60	5.77	3.379	.617	2.593	0.015	S.
5.	DLC - E	05.00	04.10	.090	018	2.202	.402	2.238	0.033	S.
6.	ESR	13.70	10.40	3.30	24	4.579	.836	3.947	0.000	H.S.
7.	IgE	128.1	121	7.13	5.56	18.89	3.449	2.067	0.048	S.
8.	R.B.S.	91.33	85.73	5.60	6.13	7.370	1.345	4.162	0.000	H.S.

Table 15: Comparison of total percentage of improvement of chief complain of Sheetapitta, Udarda and Kotha in 30 patients of Group 'A' and Group 'B' after 2 months of treatment.

SN	Improvement	Group A		Group B		Total	
		Pt. No.	Percentage	Pt. No.	Percentage	Pt. No.	Percentage
1.	Total improvement 100%	00	0.00 %	00	0.00 %	00	0.00 %
2.	Maximum improvement (Between 75%-100%)	07	23.33 %	01	03.33 %	08	13.33 %
3.	Moderate improvement (Between 51%-75%)	14	46.67 %	11	36.67 %	25	41.67 %
4.	Mild improvement (between 26%-50%)	08	26.67 %	16	53.33 %	24	40 %
5.	No improvement	01	03.33 %	02	6.67 %	03	5 %

(less than 25%)						
Total No. of Patient	30	100 %	30	100 %	60	100 %



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