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A review on role of *Udardaprashamana Gana* on *Udarda* (urticaria)

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ABSTRACT

Skin disorders are the most common health problems among people. It affects more than 60% of the general population it may cause emotional and psychological stress to the patients and their family. Most common skin common skin complaints are dermatitis, eczema, acne, urticaria, psoriasis, skin allergy etc. which require long term medication. Skin diseases are neglected in health care probably due to the fact that majority of them not associated with mortality. However, morbidity caused by these problems is neither realized fully nor taken much seriously even by the health care administrators, who have other competing priorities in the public front. *Udarda* (Urticaria) is such a disease which have diverse and complicated mechanism a combination of medications is commonly used. Though modern medicine can provide temporary symptomatic relief, it cannot cure it permanently so, patients have to take medicine for long time, which may be having unwanted effects. As a result, exploration of alternative therapies with more favourable safety profiles is needed. Ayurveda can provide permanent cure for it. In Charak Samhita under *Bheshaja Chatushka Shadvirechanshratashitiya Adhyaya*, while enumerating fifty *Mahakashaya*, *Udardaprashamana* is mentioned. It contains ten drugs acting on *Udarda*.

Key words: *Udarda*, *Urticaria*, *Udardaprashamana Gana*, *Ayurveda*.

INTRODUCTION

“Ayurveda” is an ancient holistic healing system that originated in India. It is *Sub-Veda* of *Atharvaveda*. The word Ayurveda is derived from two Sanskrit words “*Ayu*” means life & “*Veda*” means science. The aim of

Ayurveda is to maintain health and make every person free from disease. It teaches us about the principles and lifestyle specifications which are good (*Hita*) and bad (*Ahita*) for four different types of *Ayus* i.e., *Hitayu*, *Ahitayu*, *Sukhayu* & *Dukhayu* which are related to disease or different conditions of healthy life.^[1]

According to Ayurveda health is that whose *Doshas*, *Agni* and functions of *Dhatu* and *Malas* are in the state of equilibrium and who has happy mind, intellect and senses is called as “*Swastha*” (healthy)^[2] for keeping an individual healthy there are some Ayurvedic regimen such as *Dincharya*, *Ritucharya*, etc. But in the present era an individual has to face lots of difficulties in the following *Dincharya* (Daily regimen) and *Ritucharya* (Seasonal regimen) mentioned in Ayurveda. Due to over industrialization and changing lifestyle, one is constantly exposed to various pollutants. The

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increased use of junk food and *Virudhahara* eventually leads to *Dhatudaurbalya* which causes sensitization to allergens and causes various allergic disorders like *Udarda* (Urticaria).

Udarda as described in Ayurvedic text is a disorder characterised by inflammatory lesions like *Vartidansha* (wasp sting) and may be associated with *Kandu* (Itching), *Toda* (pricking sensation), *Daha* (burning sensation), *Vaman* (vomiting), or *Jwara* (fever).^[3] It is *Tridoshaj* disorder in which *Pitta* and *Kapha* predominates. The description of these *Udarda*, *Sheetpitta*, and *Kotha*, these disorders is almost similar in *Brihatrayee* but some different characters and different causative factors. *Udarda* and *Sheetpitta* are synonyms of each other described by *Acharaya Madhavkara*. He quoted that *Sheetpitta* having *Vaat* dominance and of in *Udarda Kapha Dosha* is predominant and the lesions formed are depressed in the centre^[4] while *Kotha* is mainly due to the *Ayoga* or *Mithyayoga* of *Vaman*.^[5]

The characteristics of *Udarda* described in Ayurveda can be clinically correlated with Urticaria which is an allergic disorder. Urticaria is a dermal vascular reaction of skin characterised by the appearance of itchy wheal which are elevated, pale or erythematous, transient and evanescent plaque lesions. Urticaria of less than 6 weeks is called acute urticaria while more than 6 weeks duration is called as chronic urticaria. Main causes include autoimmune allergens (In food, inhalants & injections) drugs, contacts (e.g., animals, saliva, latex), physical (e.g., heat, cold, water, sun, pressure) infections (viral hepatitis, infection mononucleosis, HIV) Idiopathic.^[6] Autoimmune pathogenesis is one of the most common cause of chronic urticaria. It is due to production of self-reacting antibodies. That cross link the IgE receptors on mast cells with subsequent mast cells granulations.

Because of these diverse and complicated disease mechanisms a combination of medication is commonly used. Antihistamines, corticosteroids and leukotriene antagonists are commonly used for the treatment of urticaria. Though modern medicine can provide temporary symptomatic relief, it cannot cure it

permanently so, patients have to take medicines for long time, which may be having some unwanted effects. As a result, exploration of alternatives therapies with more favourable safety profiles is needed. Ayurveda can provide permanent cure for it.

In *Charak Samhita* under *Bheshaja Chatushka Shadavirechaniyasatashatiya Adhyaya*, while enumerating fifty *Mahakashaya*, *Udardaprashamana* is mentioned. It contain ten drugs acting on *Udarda*. As a *Udarda* having predominance of *Kapha* and *Pitta* so a *Kaphapittahara Dravya* which act on *Udarda* & mentioned in *Udardaprashamana Dashemani*.

AIM AND OBJECTIVES

1. To study the Efficacy of *Udardaprashamana gana* on *Udarda* (Urticaria).
2. To understand the mode of action of *Udardaprashamana gan* on *Udarda*.

MATERIALS AND METHODS

Materials

1. Review of *Udarda* from *Madhavanidan* & *Charak Samhita* and various textbook.
2. Review of *Udardaprashamana* drugs from *Charak Samhita*, *Bhavprakash Nighantu*.

Methods

1. *Nidana* (etiology), *Poorvaroopa* (prodromal symptoms), *Rupa* (symptoms) of *Udarda Vyadhi* was studied.
2. Properties and *Karmukta* (action) of *Udardaprashamana Gana* was studied.
3. Collection of all the references was done and correlation between data was done logically i.e., by using *Yukti Pramana* (logical inference).

OBSERVATIONS

In Literary review we observed following observations:

Udarda

Nirukti: According to *Vachaspatya Nirukti* of *Udarda* is as follows

उदरदः, पुं (उदरदति पीड्यतीति)

उत् + अर्द + अच् |

Udarda as described in Ayurvedic text is a disorder characterised by inflammatory lesions like *Vartidansha* (wasp sting) and may be associated with *Kandu* (Itching), *Toda* (pricking sensation), *Daha* (burning sensation), *Vamana* (vomiting), or *Jwara* (fever). It is *Tridoshaj* disorder in which *Pitta* and *Kapha* predominates. The description of these *Udarda*, *Sheetpitta* and *Kotha* these disorders is almost similar in *Brihatrayee*, but some different characters and different causative factors. *Udarda* and *Sheetpitta* are synonyms of each other described by *Acharaya Madhavkara*. He quoted that *Sheetpitta* having *Vaat* dominance and of in *Udarda*, *Kapha Dosh* is predominant and the lesions formed are depressed in the centre^[4] while *Kotha* is mainly due to the *Ayoga* or *Mithyayoga* of *Vamana*.^[5]

Nidana (etiology) & Samprapti (pathogenesis)

Aggravated *Vata* and *Kapha* (*Pradushtau Kapha Marutau*) due to *Sheeta Marutadi Nidan* (*Sheet Maruta Samsparshat*) when being mixed with *Pitta* (*Pittena Saha Sambhooya*) spreads internally and externally (*Bahir-Antah Visarpataha*) and resulted in “*Udarda*” (*Madhavnidan*).

Poorvarupa (premonitory sign)

Pipasa (thirst), *Aruchi* (loss of appetite), *Hrillasa* (nausea), *Dehsada* (feeling of tiredness), *Angagauratva* (feeling of heaviness), *Raktalochanata* (redness of eyes). (*Madhavnidan*)

Rupa (symptoms and signs)

Varti Damshta Samsthana Shotha (inflammation like an insect bite), *Kandu Bahula* (severe itching), *Toda Bahula* (excessive pain like pricking), *Chardi* (vomiting), *Jwara* (fever), *Vidaha* (burning sensations). (*Madhavnidan*)

2. Udardaprashamana Gana and properties of drugs

तिन्दुकप्रियाल बदर खदिर कदर
सप्तपर्णाश्वकर्णाजुनासनारिमेदा।

इति दशेमान्युदरप्रशमनानि भवन्ति। (च. सु. 4/17)

Udardaprashamana Mahakashaya is a unique preparation explained in *Charak Samhita Sutrasthana* which is indicated in *Udarda*, *Sheetapitta*, *Kotha* with *Tridoshagan* action mainly *Kapha-Pittahara* along with *Raktaprasadana*, *Kushtaghana*, *Shothahara* actions etc. *Udardaprashamana Mahakashaya* mainly contain ten drugs. They are *Tinduka* (*Diopyros peregria*), *Priyala* (*Buchania lanzan*), *Badar* (*Zizphus jujuba*), *Kadara* (*Acasia suma*), *Khadir* (*Acasia catechu*), *Saptaparani* (*Alstonia Scholaris*), *Ashwakarna* (*Dipterocarpus turbinatus*), *Arjuna* (*Terminalia arjuna*), *Asana* (*Pterocarpus marsupium*), *Arimeda* (*Acasia leucophloea*).

Drugs	Rasa	Guna	Veerya	Vipaka	Dosha / Karma
Tinduka	Kashaya	Laghu, Ruksha	Sheeta	Katu	K-P Shamaka
Priyala	Madhura	Guru, Snigdha	Sheeta	Madhura	V-P Shamaka
Badar	Kashaya	Laghu, Ruksha	Sheeta	Katu	K-P Shamaka
Kadara	Tikta, Kashya	Laghu, Ruksha	Sheeta	Katu	K-P Shamaka
Khadir	Tikta, Kashya	Laghu, Ruksha	Sheeta	Katu	K-P Shamaka
Saptaparni	Tikta, Kashya	Laghu, Snigdha	Ushana	Katu	K-P Shamaka
Ashwakarna	Katu, Tikta	Laghu, Ruksha	Ushana	Katu	K-P Shamaka
Arjuna	Kashaya	Laghu, Ruksha	Sheeta	Katu	K-P Shamaka
Asana	Kashaya, Tikta	Laghu, Ruksha	Ushana	Katu	K-P Shamaka

Arimeda	Kashaya, Tikta	Laghu, Ruksha	Ushan a	Katu	K-P Shamak a
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DISCUSSION

Abhyishandi and *Kaphaprapokkara Nidana* like *Diwaswap* (day sleep), *Adhyasana* and *Guru* (heavy) *Dravya* (liquid), *Snigdha Bhojana* (unctuous food), *Dadhi* (curd), *Amla* (sour), *Lavana* (salt) etc. are responsible factors for *Kaphaprapokkara* and production of *Mandagni* (A.S.Ni 14/9-10), which plays major role in pathogenesis of *Udarda*. They are also responsible for *Rasa Dushti*. *Pittaprapokkara* and *Raktadushtikara Nidan* like *Atilavana Sevana* (excessive salt consumption), *Amla*, *Katu*, *Kshara*, *Teekshana Dravya* and *Madhya* (alcohol) are responsible for *Pitta Prakopa* and *Rakta Dushti* (Ch.Su.24/16).

Viharaj Nidan: Vata Prakopa and *Twak Vaigunyakara* like *Sheetamaruta Sparsha*, *Chardi Nighraha*, *Shishira Ritu*, and *Varshakala* are responsible for mainly *Vata Prakopa* and also partly for *Pitta* and *Kapha Prakopa*.

In *Udarda* there is predominance of *Kapha* and *Vata* are predominant and have partial involvement of *Pitta* so *Udardaprashamana Dravyas* are *Tridosha Samhanakara*. Maximum drugs referred here are bitter and astringent in taste and they are hot in potency and hence pacifies *Kapha Dosha*. Almost all drugs are pungent in metabolic change (*Katu Vipaka*) and they are blood purifiers. Hence, they work as *Udardaprashaman* action.

CONCLUSION

Udardaprashamana drugs can be definitely used in *Udarda*. The reduction in signs of *Udarda* can be definitely done.

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