

A CLINICAL STUDY TO EVALUATE THE EFFECT OF *DURVA HARIDRA LEPA* AND *AGNIMANTHA MULA CHURNA* IN THE MANAGEMENT OF *SHITA PITTA* IN CHILDREN W.S.R TO URTICARIA

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ABSTRACT

Shitapitta is a *Pitta dushita Tridoshaja Vyadhi*, comes under *Rakta Pradoshaja Vikara* and *Vimargamna* type of *Srotodushti*. *Lakshana* can be compared with Urticaria, it is most common type of hypersensitivity and autoimmune disease in human body in modern medical science. This research work was conducted with the aim to establish a safe and cost-effective treatment for this disease. **Method** – In this trial 20 patients of *Shitapitta* were selected from the O.P.D. of *Balrog* from RGGPG Ayurvedic college & Hospital, Paprola, Dist.-Kangra, H.P. These patients were given *Durvaharidra lepa* (externally) and *Agnimanthamula churna* (orally) for 7 days. **Results** – The drugs used in this trial were found highly significantly effective in all symptoms of the disease taken in this trial.

KEYWORDS: Shita Pitta, Durva, Agnimantha, Vimarga Gamana,

rticaria.

INTRODUCTION

The present life style is so hectic and fast that one can't follow the rules of '*Dinacharya*' and '*Ritucharya*' described in '*Ayurveda*'. Due to heavy industrialization and heavy traffic children are constantly comes into contact with various pollutants. The spicy and fast food eaten now a days by children, which have very less nutritional values and also having similar properties to '*Viruddhahara*'. These all ultimately resulted into '*Dhatudaurbalya*', which causes sensitization towards allergens as well as antibodies and produces various types of allergic reactions, one of them is '*Urticaria*', which seems to resembles with disease of '*Shitapitta*', is very common in childhood in present scenario. *Acharya Madhava* was the first who described the disease *shitapitta*. Disease in children may be caused by three factors external, internal and external-internal; among which external and external-internal contributes to more than 80% of events. External factors mainly include infections and infestations, allergens, food and environment. Prime internal factors include individual immunity, genotypic susceptibility and physiological state of peculiarities at different stages of life.

Now a day's various types of skin diseases are occurring due to these factors. Among the different skin disorders some are exfoliative, while others are nonexfoliative. Itching is a common characteristic of nonexfoliative skin disorders; these may be associated with burning sensation, change of colour etc. Out of these nonexfoliative skin diseases *Shitapitta* is one of the common dermatomes found all over the world, '*shitapitta* is one of such disorder, which is caused by '*Asatmya Sevana*' means the 'Exposure to allergens and antibody'.

AIMS AND OBJECTIVES

- To evaluate the effect of *Durva haridra lepa* and *Agnimantha mula churna* in the management of *Shita pitta*.
- To develop cost effective and safe treatment in the management of *Shita pitta*.

MATERIAL AND METHODS

Clinical Study

Proposed study had been carried out in single group of 20 patients.

Selection of patients

- Proposed work was an open clinical trial.
- Patients were selected from OPD and IPD of R.G.G.P.G. Ayu. College, Paprola

C. Study was conducted in a single group of 20 patients.

Patients of *Shita pitta* fulfilling the criteria of diagnosis were registered irrespective of sex and religion. All the patients completed their treatment course.

Inclusion criteria

- A. Patients willing for trial.
- B. Age group 3-16 years irrespective of sex, religion and socio-economic status.
- C. Children having the clinical feature of *Shitapitta*.
- D. Patient having history of deworming within 6 months.
- E. Patient/parents of the patient willing to participate in trial.

Exclusion Criteria

- Patient having any systemic illness.
- Patient having any malignancy and genetic disorder.
- Children below or above the mentioned age group.
- Patient who are suffering from worm infestation.

Criteria for diagnosis

A special proforma was prepared, incorporating all the signs and symptoms based on both *Ayurvedic* and modern description. Proforma also incorporated all the points pertaining to the state of *Dosha*, *Dushya*, *Srotas* and *Agni* on *Ayurvedic* lines. Along with this, a detailed clinical history was taken and complete physical examination of each patient was done on the basis of proforma. In addition, routine hematological examinations are carried out.

Management plan: - After the diagnosis of the patients following treatment plan was given –

Duration of the intervention: 7days

Mode of intervention : Local application & orally

Drug dosage

Durvaharidralepa : According the no. and size of the lesion (Approx. 10-15 ml per patient)

Agnimanthamoolachurna : 80 mg/kg body wt. in two divided doses.

Anupana : *Ghrita* / Honey

Follow up : one follow up after completion of trial.

Data collection : Data collected and recorded in detail in Clinical Performa.

Data analysis : Data were merged by using appropriate statistical techniques to draw conclusion regarding efficacy.

Criteria for Assessment

Assessment criteria

Assessment of effect of therapy was done on the basis of various subjective and objective parameter before and after treatment.

A. Subjective Assessment

Scoring system were adopted for assessment of various subjective criteria and grades from zero to four, according to severity .The grading of various clinical feature is as follows

GRADING FOR ASSESSMENT

1. Kandu

No	0
Mild	1
Moderate	2
Severe	3
Unbearable and disturbing routine	4

2. Toda

No	0
Mild	1
Moderate	2
Severe	3
Unbearable and disturbing routine	4

3. Daha

No	0
Mild	1
Moderate	2
Severe	3
Unbearable and disturbing routine	4

4. Mandalopatti

No	0
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25% of skin involvement	1
26-50% skin involvement	2
51-75% skin involvement	3
>75% skin involvement	4

5. Frequency of attack

No	0
Once in 4-5 days	1
Once in alternate day	2
Once in daily	3
Twice daily	4

6. Associated symptoms like Jwara, Pipasa, Aruchi, Chhardi etc.

No	0
Mild	1
Moderate	2
Severe	3
Unbearable	4

B. OBJECTIVE CRITERIA

- CBC
- AEC
- ESR

Effect of Therapy on subjective Criteria

Symptom	Mean Score		Difference of Mean	% Relief	SD	SE	t value	p value
	BT	AT						
Kandu(N=20)	3.25	0.65	2.6	80	0.945	0.211	12.75	<0.001
Toda (N=20)	3.3	0.85	2.45	74.24	0.769	0.176	13.732	<0.001
Daha (N=20)	3.45	0.65	2.8	81.15	0.834	0.192	14.851	<0.001
Mandalautpati(N=20)	2.9	0.75	2.15	74.13	0.988	0.221	19.731	<0.001
Frequency of attack(N=20)	2.25	0.75	1.5	66.66	0.607	0.136	11.052	<0.001
Associatedsymptoms(N20)	2.85	0.8	2.05	71.92	0.826	0.185	11.105	<0.001

Mean B.T score of kandu was 3.25 which got reduced to 0.65 after trial with 't' value 12.75 ($p < 0.001$) which is highly significant. Mean B.T score of toda was 3.3 which got reduced to 0.85 after trial with 't' value 13.732 ($p < 0.001$) which is highly significant. Mean B.T score of

mandala utpati was 2.9 which got reduced to 0.75 after trial, with 't' value 19.731 ($p < 0.001$) which is highly significant. Mean B.T score of frequency of attack was 2.25 which got reduced to 0.75 after trial, with 't' value 11.052 ($p < 0.001$) which is highly significant. Mean B.T score of associated symptoms was 2.85 which got reduced to 0.8 after trial, with 't' value 11.105 ($p < 0.001$) which is highly significant

DISCUSSION

Effect of Therapy On *Kandu*

Mean B.T score was 3.25 which got reduced to 0.65 after trial, with the mean difference of 2.6 showing the result of 80%, $SD \pm 0.945$, $SE \pm 0.211$ with 't' value 12.75 at p value, 0.001 which is highly significant. Relief in *Kandu* may be due to *Kaphahara* actions of trial drug and also due to antimicrobial & antiallergic properties of *Haridra*.

Effect of Therapy on *Toda*

B.T Of Mean score of *toda* was 3.3 which got reduced to 0.85 after trial, with the mean difference of 2.45 showing the result of 74.24%, $SD \pm 0.769$, $SE \pm 0.176$ with 't' value 13.732 ($p < 0.001$) which is highly significant. Relief in *Toda* may be due to *Vedanasthapana* and *Vatanulomana* actions of *Agnimantha*.

Effect of Therapy On *Daha*

In *Daha* the Mean B.T score was 3.45 which got reduced to 0.65 after trial, with the mean difference of 2.8 showing the result of 81.15%, $SD \pm 0.834$, $SE \pm 0.192$ with 't' value 14.851 ($p < 0.001$) which is highly significant. Relief in *Daha* may be due to *Dahaprashmana* action of *Durva*.

Effect of Therapy On *Mandalautpati*

Mean B.T score of *mandalautpati* was 2.9 which got reduced to 0.75 after trial, with the mean difference of 2.15 showing the result of 74.13%, $SD \pm 0.988$, $SE \pm 0.221$ with 't' value 19.73 ($p < 0.001$) which is highly significant. This relief may be due to *Shothahara* actions of *Haridra* and *Agnimantha*.

Effect of Therapy On Frequency Of Attack

On frequency of attack the Mean B.T score of was 2.25 which got reduced to 0.75 after trial, with the mean difference of 1.5 showing the result of 66.66%, $SD \pm 0.607$, $SE \pm 0.136$ with 't' value 11.05 ($p < 0.001$) which is highly significant.

Effect of Therapy on Associated Symptoms

Mean B.T score was 2.85 which got reduced to 0.8 after trial, with the mean difference of 2.05 showing the result of 71.92%, $SD \pm 0.826$, $SE \pm 0.185$ with 't' value 11.105 ($p < 0.001$) which is highly significant.

Probable Mode of Action of Durva-Haridra Lepa

The probable mode of action of *Lepa* can be described in two steps as follows-

- Pilosebaceous uptake
- Cutaneous biotransformation

Pilosebaceous uptake

When a *lepa* is applied over the surface of skin opposite to the direction of hairs on it, through a proper base, the active principles of the ingredients of *lepa* are released into the base. After that, this combination enters the *Romkupa* and further gets absorbed through *Svedavahisrotas* and *Siramukh*.

Cutaneous biotransformation

Thereafter it is subjected for *Pachana* by *Bhrajakagni* viz. the viable epidermis starts off the catabolic degradation of the absorbed material with the help of essential enzymes. In due course of the above transformation, some new metabolites might be forming which pacifies the provoked *doshas* locally and thus breaks the pathogenesis cycle leading to the alleviation in the symptoms.

❖ Effect on Dosha

Hence *Shitapittais Pitta pradhan Tridoshaj Vyadhi*. In *Durva Haridra Lepa*

- The drugs have *Madhur, Tikta, Kashaya rasa*, which are *Pitta shamak*.
- *Durva* and *Haridra* have *Katu, Tikta and Kashaya rasa* which are *Kaphashamak*.
- Both the drugs have *Laghu, Rukshaguna*, hence acts as *Kaphashamak*.
- According to *Doshprashamana* properties, *Durvais Kapha-Pitta shamak* and *Haridra is Kapha- Vatashamak*.

So, this medicine is effective on *Tridosha*, more on *Kaphadosha*.

❖ Effect on Vyadhi

- *Haridra* is *Shothahara, Raktshodhaka, Twakdoshahara* and also act as antimicrobial, antiallergic and antioxidant.

- *Durva* has *Dahaprashamana* and antimicrobial properties.
- The antioxidant properties of *Haridra* enhances the nature of relief & stops the recurrences.

Probable mode of action Agnimantha mool churna

- *Agnimantha* has *Laghu*, *Rukshaguna* and *Ushnavirya*. It has *Deepan* and *Pachan* properties.
- Due to *Deepana*, *Pachana* properties, it corrects the vitiated *Pachaka Pitta* and helps in purifying *Raktadhatu* and thereby combating *Raktadushti*. *Pachaka Pitta* controls other *Pitta* in the body including *Bhrajak Pitta* which is also vitiated in *Shitapitta*.
- It has *Deepana*, *Pachana*, *Laghu*, *Rukshaguna*, *Ushnavirya* and *Katu vipaka*, hence acts as *Amapachan* & *Srotoshodhan*. So the *Srotorodha* is removed and *Srotovishodhan* is done.
- *Agnimantha* is *Shothahara*, *Vatanulomana*, *Twakdoshhara* and *Raktshodhaka*. So it is effective in *Shitapitta*. *Pratilom* of *Vayu* is mentioned in the pathogenesis of *Shitapitta*, so *Anulomana* property of *Agnimantha* is helpful in treatment of *Shitapitta*.
- It has *Laghu*, *Ruksha*, *Ushna* properties and *Katu vipaka*, hence it is effective in *Agnimandya* which causes *Shitapitta*.
- *Agnimantha* has antioxidant and immunomodulatory properties, so it enhance the nature of relief.

CONCLUSION

In this trial 20 patients of *shitapitta* were taken for the trial of 7 days. The patients were given *Durva Haridra lepa* and *Agnimantha mula churna* and followed up after trail The drugs taken for the treatment of *shita pitta* in this trial were found significantly effective in reducing all the six symptoms viz. *Kandu*, *Toda*, *Daha*, *Mandalautpati*, *Frequency of attack*, and *Associated symptoms*.

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