

A REVIEW OF EFFECT OF HARIDRA ON SHITAPITTA(URTICARIA)

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ABSTRACT

Shitpitta Udarda, Kotha are types of skin disorders. These can be correlated with Urticaria in modern science. These are mentioned as three separate disorders in Ayurveda. Burning sensation and itching all over the body are predominant symptoms. Haridra i.e. Curcuma Longa is very effective in Shitapitta. As mentioned in Ayurveda, taste of Haridra is tikta and Kashaya. Qualities are laghu, and potency is hot. Post digestion effect is Katu. Due to the potency it can prevent blood clotting. All these properties of haridra make it usefull in skin diseases and enhances skin complexion. According to modern pharmacology, Curcuma Longa is antibacterial, antihistaminic and anti- inflammatory

in nature.

KEYWORDS: Shitapitta, Udarda, Kotha, Haridra.

INTRODUCTION

Shitapitta is a type of skin disorder mentioned in Ayurveda which can be co-related with Urticaria in modern science. Itching all over the body and skin eruptions are observed in this disease. Twakdushti is mainly responsible for this. Haridra due to its properties acts as a Kapha pitta shamak so usefull in shitapitta.

1) Shitapitta

Shitapitta-Udarda-Kotha are allergic skin disorders mentioned in Ayurveda. These are actually separate disorders. In shitpitta, twakdushti is observed. Causes of shitapitta according to Ayurveda are excessive intake of Lavana and Katu rasa, consumption of large amount of

sour gruels, excessive intake of mustard, exposure to cold, deewaswap, Asamyak vaman, shishir varsha ritu viparyay, insect bite, krimi sansarga. According to Ayurveda all three doshas are involved in the pathology of this disease. Actually Sheeta is not the property of pitta, it denotes association of kapha and vata.

Prodromal signs- excessive thirst, anorexia, reddishness of eyes, nausea, heaviness in chest. Associated with severe itching, pricking pain, burning sensation, fever, Vomiting are observed.

2) Udarda

In disease pathology if vata is responsible then it leads to shitapitta and if Kapha dosha is involved then it leads to Udarda. Itching sensation is the main differentiation factor in shitapitaa and udarda. It is more observed in udarda due to the involvement on kapha dosha.

Prodromal signs- elevated, reddish, highly irritating, round patches produced by kapha during shishir ritu.

3) Kotha

It is the disorder having same signs and symptoms like shitapitta but distinguishing factor is etiology. Due to suppression of emesis(vaman) lesion are observed like shitapitta. According to modern science it can be correlated with urticaria. It is a type of allergy or hypersensitivity. Some food substances such as a nonveg, eggs, fish, some worm infections, some medicines like Quinine are proved allergic. In modern science only anti-allergic and steroidal drugs are used to treat this disease which has very long term side effects.

In this perspective ayurvedic drugs such as Haridra, Marich can be used for this type of allergic conditions. To break this pathology, we have to give drugs having properties to suppress kapha and vata. Haridra(Turmeric) can be very effective in shitapitta-Udarda-Kotha.

Haridra

Latin name- Curcuma Longa

Family- Zingiberaceae

English name- Turmeric

Principal constituent- Cumin (potent antioxidant)

Rhizome of haridra is yellow like gold and flower are also yellow in colour. Haridra is efficacious anthelmintic drug. It is very potent and diabetic drug. It is very popular cosmetic. It is very potent antidote for poison.

Antioxidant activity of curcumin is comparable to standard antioxidants- vit. C, E. The volatile oil, also curcumin has anti-inflammatory activity. Curcuminoids activity prevents the increase in liver enzymes, SGOT and SGPT so it can be used in liver disorders. Anti-platelet activity prevents heart and vessels. It is used as anti-histaminic, anti tumor, anti-cutaneous, anti-protozoal. Essential oil exhibited antimicrobial, antifungal, antihelmintic activity against tape worms.

Ayurvedic Properties

Rasa-Tikta and Kashaya

Gun- Laghu

Virya- Ushna

Vipaka- Katu

Due to katu rasa it is a Pittashamak and due to ushna virya and katu rasa it is a kapha shamak. Haridra is very much usefull as a pain killer, digestive and wormicidal. Also it has special anti-coagulant property so it can be used in bleeding disorders, anemia, wound healing and skin disorders. It can be used in respiratory disorders and diabetes mellitus. It decreases the toxicity of blood.

Due to all above properties Haridra helps in Shitapitta Udarda and Kotha by reducing kapha, pitta, vata. It has also jantughna, kandughna property so usefull in many skin disorders.

CONCLUSION AND DISCUSSION

Due to kaphashamak and pittashamak property of Haridra it is very much usefull in Shitapitta Udarda and Kotha. Its antibacterial, antimicrobial and antifungal property reduces skin problems like itching, eruptions, burning sensation.

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