

## AYURVEDIC MANAGEMENT OF SHOTHA W.S.R. TO OEDEMA

Dr. Poonam Verma<sup>1\*</sup> and Dr. Ravi Sharma<sup>2</sup><sup>1</sup>PG Scholar, Kayachikitsa Department, MMM Govt. Ayu. College, Udaipur.<sup>2</sup>Professor & HOD, PG Department of Kayachikitsa, MMM Govt. Ayu. College, Udaipur.Article Received on  
19 August 2022,Revised on 09 Sept. 2022,  
Accepted on 29 Sept. 2022

DOI: 10.20959/wjpr202213-25768

**\*Corresponding Author****Dr. Poonam Verma**

PG Scholar, Kayachikitsa

Department, MMM Govt.

Ayu. College, Udaipur.

**ABSTRACT**

*Ayurveda* is the oldest medical science in the world, which starts with birth and ends with death. The daily routine as well as the treatment to cure the disease are vividly described in it. In this article we are going to discuss about a disease namely *Shotha*. It is an independent disease which seen in the form of the *Purvarupa* (prodromal symptoms), *Rupa* (symptoms) and *Updrava* (complication) of several diseases also. *Shvyathu* and *Shopha* are the synonymes of it. *Shotha* is compared with oedema of modern science, in which fluid of body begins to accumulate in the different parts of the body. This paper is an honest effort to know about *Nidana* (etiological factors), *Purvarupa*

(prodromal symptoms), *Rupa* (Symptoms), *Samprapti* (pathogenesis), *Bheda* (types), *Chikitsa* (treatment) and *Pathya-apathya* (diet) of *Shotha* (oedema) entirely.

**KEYWORDS:-** *Ayurveda, Shotha, Chikitsa, Pathya-apathya.***INTRODUCTION**

*Shotha* is mentioned in the classics as a characteristic of various diseases as well as a separate disease entity. The treatment for *Shvayathu* which is prescribed separately in most of the classics of *Ayurveda* denotes the significance of this clinical condition. In *Ayurveda*, *Shvayathu* or *Shopha* are used as a synonym for *Shotha*. The cardinal sign of *Shotha* is *Utsedha* (Swelling). The condition in which the defects arise and take shelter of the *Twacha* and *Mansa*, create a bulge and in which there is no tendency to *Paka*, is described in this paper. In modern medicine science, *Shotha* is co-related with Oedema. *Shotha* is classified as *Nija* (Endogenous) or *Agantuja* (Exogenous). All the three *Doshas*, including *Rakta*, participate in the origin of *Shotha*, but on the basis of the causes and symptoms and the

characteristics of the therapy, *Tridoshaja*, *Dwidoshaja* and one *Doshaja*. The treatment is determined by the causative factors as well as the region of *Shotha*.

### ***Shotha* in modern medicine science**

The Greek word oedema means 'swelling'. Oedema is defined as abnormal and excessive accumulation of free fluid in the interstitial tissue spaces and serous cavities. Oedema may be of 2 main types:

1. Localized when limited to an organ or limb
2. Generalized when it is systemic in distribution

### ***Nidana* (Etiological factors)**

Consumption of or exposure to the following factors by people who have been debilitated or lost strength as a result of *shuddhi* (cleansing treatments), *jwara* and *pandu* (fever and anaemia) and other diseases, fasting (*upavasa*) or eating incompatible foods like *Kshara* (excessive alkalis), *Amla* (sour foods), *Teekshna* (intense or strong foods), *Ushna* (hot foods), *Guru* (heavy to digest foods), *Dadhi* (curd), *Ama* (unprocessed foods), *Mrit* (mud), *Shaka* (green vegetables, leafy vegetables), *Viruddha ahara* (mutually incompatible foods), *Dushta anna* (contaminated foods), *Visha upasrushta anna* (poisoned foods).<sup>[1]</sup>

### ***Purvarupa* (Prodromal symptoms)<sup>[2]</sup>**

According to acharya charaka, these are three in number-

1. *Ushma* (Increase of the heat in the place of *shotha*),
2. *Davathu* (Feeling of heat in the senses like eyes etc.) and
3. *Sira ayama* (Tension in the blood vessels).

### ***Rupa* (Symptoms)**

According to *acharya charaka*, heaviness in the body or region affected by *shotha*, instability of *shotha* (Sometimes decrease, sometimes increase and sometimes moving from one place to another), elevation, heat, thinning of veins, discoloration of body parts, are the symptoms of *shotha*.<sup>[3]</sup>

### ***Samprapti* (Pathogenesis)**

The vitiated *Vata dosha* pushes the vitiated (morbid) *rakta* (blood), *pitta*, and *kapha* into the circulation channels. These morbid elements obstruct the *Vata* even more, causing an

accumulation of *pitta*, *kapha*, and *Rakta*. *Shotha* is the swelling that occurs at the site of accumulation.<sup>[4]</sup>

### ***Samprapti ghataka***

*Dosha*: Vata dominant *Tridosha*

*Dushya*: *Rasa*, *Rakta*

*Srotasa*: *Rasavaha*, *Raktavaha*

*Srotodushti*: *Sanga*, *Vimarga gamana*

*Adhishthana*: Between *Twacha-Mansa*

*Agni*: *Mandagni*

*Vyadhi svbhava*: *Ashukari*, *Chirkari*

### ***Bheda (types)***

According to different acharyas types of *shotha* has been described as one type, two types, three types, four types, five types, seven types and eight types. Various types of *shotha* can be described in the following form-

**Table no. 1: Classification of *shotha*.**

S. No.	Type	Name
1.	<i>Ekvidha</i> (One)	<i>Utsedha samanya</i>
2.	<i>Dwividha</i> (Two)	<i>Nija</i> , <i>Agantuja</i>
3.	<i>Trividha</i> (Three)	1. <i>Vatika</i> , <i>Paittika</i> , <i>Shleshmika</i> 2. <i>Sarvangashrita</i> , <i>Ardhangashrita</i> , <i>Avayavashrita</i> 3. <i>Prithu</i> , <i>Unnata</i> , <i>Grathita</i>
4.	<i>Chaturvidha</i> (Four)	<i>Vatika</i> , <i>Paittika</i> , <i>Shleshmika</i> , <i>Agantuja</i>
5.	<i>Panchavidha</i> (Five)	<i>Vatija</i> , <i>Paittija</i> , <i>Shleshmija</i> , <i>Sannipataja</i> , <i>Vishajanya</i>
6.	<i>Saptavidha</i> (Seven)	<i>Vatika</i> , <i>Paittika</i> , <i>Shleshmika</i> , <i>Vatpaittika</i> , <i>Vatshleshmika</i> , <i>Pittashleshmika</i> , <i>Saniipataja</i>
7.	<i>Asthavidha</i> (Eight)	<i>Vatika</i> , <i>Paittika</i> , <i>Shleshmika</i> , <i>Vatpaittika</i> , <i>Vatshleshmika</i> , <i>Pittashleshmika</i> , <i>Saniipataja</i> , <i>Agantuja</i>

### ***Chikitsa (Treatment)***

*Shotha* antagonistic to the causes and causative *Dosha* treatment should be planned. *Langhana* (fasting) and *Pachana* (ripening medicines) should be given when the *Shotha* is *Ama* (unripened).

When the *Shotha* has reached maturity, it should be subjected to *Shodhana*, *Vamana* (therapeutic emesis) and *Virechana* (therapeutic purgation) to expel the morbid *doshas*.

**Table no. 2: Ekal dravya prayoga in Shotha.**

S. No.	Dravya	Aushadha kalpana	Anupana/Sahapana
1.	Pippali	Choorna	Godugdha
2.	Hareetaki	Choorna	Guda/Gomutra
3.	Shunthi	Choorna	Guda
4.	Ardrak	Swarasa	Guda, Ajadugdha
5.	Talmakhana bhasma	Choorna	Gomutra or Jala
6.	Shuddha gugglu		Gomutra

**Table no. 3: Classical formulations in vataja shotha.**

S. no.	Yoga	Aushadha kalpana
1.	Punarnava, Shunthi, Musta kalka	Ksheerpaak
2.	Apamarga moola, Pippali moola, Shunthi ka kalka	Ksheerpaak
3.	Traivrita Sneha, Eranda sneha	
4.	Shunthi, Punarnava, Eranda-moola and Brihat Panchmool	Jala

**Table no. 4: Classical formulations in pittaja shotha.**

S. No.	Yoga	Aushadha Kalpana	Anupana/Sahapana
1.	Nyogradhadi gana	Ghirta	
2.	Trivrit, Guduchi, Triphala		Gomutra
3.	Triphala	Choorna	Gomutra
4.	Prishniprni, Nagarmotha, Sugandhbala, Shunthi	Kwatha	

**Table no. 5: Classical formulations in kaphaja shotha.**

S. No.	Yoga	Aushadha Kalpana	Anupana/Sahapana
1.	Shunthi, Pippali, Marich, Trivrit (nishotha), Katurohini (Kutaki) Choorna + Lauha bhasma	Choorna	Triphala rasa
2.	Haritaki, Shunthi, Devdaru	Choorna	Warm water
3.	Punranava, shunthi, trivrit, guduchi, amaltas, harad, devdaru kalka+shuddha guggulu	Kalka	Gomutra

**Table no. 6: Classical formulations in vatapittaja shotha.**

S. No.	Yoga	Aushadha Kalpana
1.	Dantimoola, Trivarita, shunthi, Pippali, Maricha, Chitrakmoola	Ksheerpaak
2.	Shunthi, Devdaru	Ksheerpaak
3.	Kali nishotha, Eranda moola, Maricha	Ksheerpaak
4.	Dalchini, Devdaru, Punarnava, Shunthi	Ksheerpaak
5.	Guduchi, Shunthi, Danti moola	Ksheerpaak

**Table no. 7: Classical formulations in vatakapahaja shotha.**

S. No.	Yoga	Aushadha kalpana	Anupana/Sahapana
1.	Ashtashatarishta	Arishta	Jala

**Table no. 8: Classical formulations in tridoshaja shotha.**

S. No.	Yoga	Aushadha kalpana	Anupana/Sahapana
1.	Krishnadi Churna	Choorna	Warm water
2.	Bhonimba, Shunthi	Kalka	
3.	Lauha bhasma, Shunthi, pippali, Maricha, Yavakshara	Choorna	Triphala kwatha
4.	Snuhi ksheer and Danti kalka	Ghrita	
5.	Ajaji, Patha, Nagarmotha, Panchkola, Vyaghri, Haridra	Choorna	Warm water
6.	Bilva patra	Swarasa	shunthi choorna

**Table no. 9: Classical formulation which can be useful in all types of shotha.**

S. No.	Yoga	Aushadha kalpana	Anupana/Sahapana
1.	Punarnava, Devdaru, Shunthi	Kwatha	Shuddha guggulu
2.	Dashmoola	Kwatha	Shuddha guggulu
3.	Patolmooladi kwatha	Kwatha	Goghrita
4.	Bhunimbadi kwatha	Kalka	Punarnava kwatha
5.	Punarnavashtak kwatha	Kwatha	Madhu
6.	Pippali, Shunthi	Choorna	
7.	Kshar gudika	Vati	Warm water, Triphala kwatha
8.	Punarnava mandur	Vati	Mattha (buttermilk)
9.	Gandheradhyarishta	Arishta	Equal water
10.	Punarnavarishta	Arishta	Equal water
11.	Phalatrikadhyarishta	Arishta	Equal water
12.	Abhyarishta	Arishta	Equal water
13.	Kankarishta	Arishta	Equal water
14.	Kans hareetaki	Avleha	
15.	Punarnavadhyavleha	Avleha	
16.	Chitrakadi ghrita (Pratham evum dwitiya)	Ghrita	
17.	Chitark ghrita	Ghrita	
18.	Punarnavadhya ghrit	Ghrita	
19.	Punarnava ghrita	Ghrita	
20.	Panchkoladhy ghrita	Ghrita	
21.	Shunthi ghrita	Ghrita	
22.	Manak ghrita	Ghrita	
23.	Sthalpadhm ghrita	Ghrita	

**Table no. 10: Pathya apathya for shotha.**

Pathya	Apathya
Ahara-Ustra dugdha (Camel milk), Godugdha with Gomutra, Gomutra,	Ahara-Gramya, Jaliya, Anoop Mansa, Lavana (salt), Shushk Shaka, Nutan Anna,

<i>Kulattha Yusha made by Pippali Kalka, Shunthi (Dry ginger), Pippali, Maricha and Yavakshara siddha Mudga Yusha, Mansrasa of Vishkir and Jangal Pashu-Pakshi, Mansa Rasa of Kachhua, Goh, Mor and Shahi</i>	<i>Dadhi (curd), Vijjal, Madira (Liquor), Amla Dravya (Acidic, Dhana, Vallura, Samashna, Guru, Asatmaya, intake of Vidahi Anna, Vasa, Mritika, Paya, Pishtanna, Taila, Ghrita Viahra- Divaswapn (Day sleep), Maithuna (Sexual intercourse)</i>
---	--

## DISCUSSION

This paper is a true effort to manage *Shotha*. In this paper large number of formulation collected from many classical texts, which is useful to cure *Shotha*. *Shotha* is commonly used to describe a swelling caused by an inflammatory process in any part of the body or a general swelling caused by causes other than inflammation. *Shotha* can manifest in any part of the body as either a *Swatantra Vyadhi* (primary) or a *Paratantra* (secondary) condition. It can also be a symptom of other diseases. Here we discussed about *Chikitsa Siddhanta* of *Shotha*, easy formulations useful in *Shotha*, *Pathya* and *Apathya Ahara-Vihara* in *Shotha*.

## CONCLUSION

Oedema, also known as *Shotha* in *Ayurveda*, is a *Kapha* type of disorder characterized by water retention or fluid accumulation in body tissues, resulting in pain and inflammation. Swelling or water accumulation can be localized (affecting only a portion of the body) or generalized (i.e. affecting the whole body). Although swelling can be seen in the face, hands, and nose, oedema is most commonly found in the lower extremities, i.e. the legs and feet. Hope this paper helps to provide more knowledge about *Shotha* management.

## REFERENCES

1. Kashinath Shastri, Charak Samhita, Vidhyotini Hindi Commentary, Chaukhambha Bharti Akadami, Chikitsa Sthana, Chapter no, 12, 5: 353.
2. Kashinath Shastri, Charak Samhita, Vidhyotini Hindi Commentary, Chaukhambha Bharti Akadami, Chikitsa Sthana, Chapter no, 12, 10: 356.
3. Kashinath Shastri, Charak Samhita, Vidhyotini Hindi Commentary, Chaukhambha Bharti Akadami, Chikitsa Sthana, Chapter no, 12, 11: 356.
4. Kashinath Shastri, Charak Samhita, Vidhyotini Hindi Commentary, Chaukhambha Bharti Akadami, Chikitsa Sthana, Chapter no, 12, 8: 354.
5. Ambikadutta Shastri, Sushruta Samhita, Ayurveda Tatva Sandipika, Chaukhambha Sanskrit Sansthan, Varanasi, Chikitsa Sthana, Chapter no, 23.

6. Kashinath Shastri, Charak Samhita, Vidhyotini Hindi Commentary, Chaukhambha Bharti Akadami, Chikitsa Sthana, Chapter no, 12.
7. Indra Dev Tripathi, Chakradutta, Chapter no, 39.
8. Kashinath Shastri, Charak Samhita, Vidhyotini Hindi Commentary, Chaukhambha Bharti Akadami, Chikitsa Sthana, Chapter no, 16.