

A CLINICAL EVALUATION OF YASHTIMADHU GRANULES IN THE MANAGEMENT OF UDARDA W.S.R. TO URTICARIA

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ABSTRACT

Background: *Udarda, Sheetapitta* and *Kotha* are described in Ayurvedic classics having *Sotha, daha, kandu, raga* as symptoms closely resembling Urticaria in modern medicine. Urticaria is a common hypersensitivity disorder affecting quality of life. Conventional antihistamines provides symptomatic relief but are associated with recurrence. Ayurveda offers herbal formulations with anti-allergic and immunomodulatory actions. **Objective:** A Clinical evaluation of *Yashtimadhu* Granules in the management of *Udarda* w.s.r. to Urticaria. **Material and Methods:** A single group study on 30 patients of age group 18-60year randomly selected from Dr.B.R.K.R. Goverenment Ayurvedic Hospital, Erraggadda, Hyderabad was conducted on diagnosed patient of Udarda (Urticaria) and Yashtimadhu granules with Sita were prepared and subjected to organoleptic, microscopic, physiochemical,

phytochemical analysis. Patients were given 10gm of Yashtimadhu granules twice daily after food for a period of 90 days. Patient were assessed before and after treatment using subjective parameters *Varatidamsavata Sotha, Kandu, Daha, Toda, Jwara, Chardi* and objective parameters Number Of Wheals, Itching. Statistical analysis was performed to assess therapeutic efficacy. **Result:** The intervention showed statistically significant improvement in both subjective and objective parameters. Marked reduction in subjective and objective parameters indicate the effectiveness of Yashtimadhu granules in Udarda. **Conclusion:** the study found to be statistically significant.

KEYWORDS: *Udarda, Yashtimadhu, Urticaria, Ayurveda.*

INTRODUCTION

Udarda is *swathu* caused by *sheetamusparsa*, during *sheetakala, Shishir ritu*, due to *kapha dosha* vitiation. The classical *ayurvedic* literature has got ample references and description of disease in reference under the names *Udarda, Sheetapitta & Koṭha*. As the name *Udarda* suggests the involvement of *kapha* and *vata pitta dosha* along with *Rasa* and *Rakta dhatu dushti*. "*Udarda- Sheetapitta - Koṭha*" can be co-related with *Urticaria* as they having similar symptomatology i.e. *Varaṭidamśa Saṁsthana sotha* means the wheals, *Kaṇḍu* means itching/pruritis etc. *Madhava nidana* described the causes, symptoms, etiopathogenesis *Udarda, Sheetapitta & Koṭha* in details. *Urticaria* is recurrent, transient, cutaneous swelling and erythema which resolves within 24 hours without leaving residual cutaneous signs.

Modern lifestyle factors such as irregular diet, pollution, stress, *virudha ahara* contribute to increased hypersensitivity reactions. In 25-75% of subjects, the duration is more than 1 year whereas 34-45% of subjects achieve remission within 5year.

Yashtimadhu is a well documented *ayurvedic* drug with *kandughana, sothahara, trshnahara, dahahara, jwarahara, chardihara, rasayana* properties. Modern researchers have found that *Yaṣṭīmadhu* has Neuro-protective, Hepato-protective, Anti-microbial, Anti-oxidant, Immunostimulatory and Anti-inflammatory activities, anti- allergic activities.

In Present study, *Yaṣṭīmadhu* granules is taken to evaluate its clinical efficacy in the management of *Udarda* w.s.r. to *Urticaria* to provide a good quality of life, with easily available non-toxic, herbal drug.

MATERIALS AND METHODS

Source of data: 30 subjects were selected randomly from O.P.D. of Dravyaguna Department, Govt. Ayurvedic Hospital, Erraggadda, Hyderabad for the purpose of the study.

Drug Collection: Dry sample of *Yaṣṭīmadhu* and *Sita* was purchased from Jaipur crude drug market after proper identification with the help of experts from Dr. B.R.K.R Govt. Ayurvedic College, Hyderabad.

Method of Preparation

1 part of *Yashtimadhu* root coarse powder was taken in a vessel and 16 part of water was add in powder and *Yashtimadhu kvātha* was prepared by reducing it to 1/8th part and filtered through cotton cloth. Double amount of *Sita* was added in *kwatha* and heated on mild fire upto 100 °C. Heating was continue till it attains sticky consistency before the granulation stage and took the mixture out of vessel and dry it in hot air oven. Then, it was sieved in the multimill to obtain granule.

These granules were packed in zip lock covers and was used for the purpose of clinical study.

SELECTION CRITERIA

Inclusion Criteria

- Subjects with classical signs and symptoms of *Udarda*.
- Subjects of age group between 18-60 year.
- Subjects of either gender.
- Subjects who were willing to participate in the study and who signed the Consent form.

Exclusion Criteria

- Pregnant and lactating women.
- Subjects having drug induced urticaria.
- Subjects having chronic systemic disorders like chronic heart disease, chronic kidney diseases, hypertension.
- Diabetic mellitus subjects.
- Subjects with angioedema.
- Subjects with other skin diseases.

Study Design

| | |
|---------------------------|------------------------------------|
| Mode Of Administration | <i>Yashtimadhu</i> Granules orally |
| Dose | 10 grams twice a day after food |
| <i>Anupana</i> | Water |
| Duration Of Treatment | 90days |
| Review | Once in 15 days |
| Follow Up After Treatment | After 45 days |

INVESTIGATIONS

Routine

- Complete Blood Picture (CBP)
- Random Blood Sugar (RBS)

- Complete Urine Examination (CUE)
- C- Reactive Protein (C-RP)
- HbA₁C (Haemoglobin A₁C)
- ❖ Absolute Eosinophil Count(AEC)
- ❖ Liver Function Test (LFT)
- ❖ Erythrocyte Sedimentation Rate (ESR)
- ❖ Serum IgE (S.IgE)

Subjective Parameters

1. *Varatidamsavata Sotha*
2. *Kandu*
3. *Daha*
4. *Toda*
5. *Jwara*
6. *Chardi*

Objective Parameters

The Urticaria Activity Score (UAS7) was used evaluate Urticaria's signs and symptoms which include

1. Number of Wheals
2. Itching

Score Assessment of Subjective Parameters

| <i>Kandu</i> | Score |
|--|--------------|
| Not Present | 0 |
| Present but does not interfere with daily activities | 1 |
| Presents and interfere with daily activities | 2 |
| Presents and interfere with daily activities even in sleep | 3 |

| <i>Toda</i> | Score |
|--|--------------|
| Not Present | 0 |
| Present but does not interfere with daily activities | 1 |
| Presents and interfere with daily activities | 2 |
| Presents and interfere with daily activities even in sleep | 3 |

| <i>Daha</i> | Score |
|--------------------|--------------|
| | |

| | |
|--|---|
| Not Present | 0 |
| Present but does not interfere with daily activities | 1 |
| Presents and interfere with daily activities | 2 |
| Presents and interfere with daily activities even in sleep | 3 |

| <i>Jwara</i> | Score |
|------------------------|-------|
| Not Present | 0 |
| Mild i.e.37.3-38 C | 1 |
| Moderate i.e.38.1-39 C | 2 |
| High i.e. 39.1-41.1 C | 3 |

| <i>Chardi</i> | Score |
|---|-------|
| Not Present | 0 |
| Mild vomiting present with 1-2 episodes within 24 hrs | 1 |
| moderate vomiting present with 3-5 episodes within 24 hrs. | 2 |
| severe vomiting present with more than 6 episodes within 24hrs. | 3 |

| <i>Varatidamsavata Sotha</i> | Score |
|------------------------------|-------|
| No Inflammation | 0 |
| 25% of skin Inflammation | 1 |
| 26-50% of skin Inflammation | 2 |
| 51-75% | 3 |
| 76-100% | 4 |

Score Assessment Of Objective Parameters

| Number of Wheals | Score |
|---------------------------|-------|
| None | 0 |
| 20 wheals over 24hrs. | 1 |
| 21-50 wheals over 24 hrs. | 2 |
| >50 wheals over 24hrs. | 3 |

| <i>Itching</i> | Score |
|--|-------|
| Not Present | 0 |
| Present but does not interfere with daily activities | 1 |
| Presents and interfere with daily activities | 2 |
| Presents and interfere with daily activities even in sleep | 3 |

Overall Assessment Criteria

Based on subjective and objective parameters the final result will be categorized as follows.

1. Excellent response : 76%-100% relief
2. Good response : 51%-75% relief
3. Moderate response : 26%-50% relief
4. Mild response: 0-25% relief.

Statistical Analysis: Statistical assessment was done using "Wilcoxon signed-rank test".

RESULTS

OBSERVATION AND RESULTS

The subjects were categorised based on their Age, Gender, Occupation, Food habit, Socio-economic status, *Prukru*.

Age wise distribution

| Age | No. Of Subjects | Percentage |
|-------|-----------------|------------|
| 18-20 | 4 | 13.33% |
| 21-30 | 8 | 26.67% |
| 31-40 | 8 | 26.67% |
| 41-50 | 7 | 23.33% |
| 51-60 | 3 | 10% |
| Total | 30 | 100% |

The age of subjects is between 18 and 60 years. Subjects of the age group 18-20 are 4(13.33%), 20-30 years are 8(26.67%), 31-40 years are 8 (26.67%), 41-50 years are 7 (23.33%), and 51-60 years are 3 (10%) and the maximum occurrence of *Udarda* observed in the age group 20-30 years and 31-40 years age group. This may be due to excess workloads and stress along with reduced attention to self-health.

Gender wise Distribution

| Gender | No. Of Subjects | Percentage |
|--------|-----------------|------------|
| Male | 16 | 53.33% |
| Female | 14 | 46.67% |
| Total | 30 | 100% |

Out of 30 subjects, males are 16 (53.33%) and females are 14 (46.67%). It is observed that males showed maximum incidence due to less attention to self-health and nutritive deficiencies, stress and strain of work.

Occupation wise distribution

| Occupation | No. Of Subjects | Percentage |
|------------|-----------------|------------|
| Employees | 18 | 60% |
| Students | 6 | 20% |
| Housewives | 6 | 20% |
| Total | 30 | 100% |

Among 30 subjects 6 (20%) are students, 6 are (20%) are housewives, 18 are (60%) are employees, and the incidence of *Udarda* is more in employees i.e, 60%. Maximum incidence is seen in employees due to more disturbed sleep habits, irregular diet pattern, and heavy

work loads and less health attention, these malnutrition leads to vitiation of *dosha* and diminution of *dhatu*.

Distribution according the food habit

| Food Habit | No. Of Subjects | Percentage |
|------------|-----------------|------------|
| Vegetarian | 8 | 26.67% |
| Mixed | 22 | 73.33 |
| Total | 30 | 100% |

The percentage of vegetarian is 26.66% (8 subjects) and Mixed diet is 73.34% (22 subjects). Diet group with maximum incidence of *Udarda* is mixed group. Non vegetarian diet especially may lead to indigestion leading to *ama* and vitiation of *dosha*.

Distribution according to socio-economic status

| Socio-Economic Status | No. Of Subjects | Percentage |
|-----------------------|-----------------|------------|
| Lower Middle Class | 5 | 16.67% |
| Middle Class | 20 | 66.66% |
| Upper Middle Class | 5 | 16.67% |
| Total | 30 | 100% |

The percentage of Upper middle class is 16.67% (5 subjects), Middle class is 66.66% (20 subjects) and lower middle class is 16.67% (5 subjects). The maximum incidence of disease is in middle class i.e. 66.66%. This may be because of poor nutritive value of the diet they consumed as they prefer less expensive food. Besides most of these people in my study are with irregular sleep patterns and doing stressful and strenuous work.

Distribution according to Prukruti

| Prukrti | No. Of Subjects | Percentage |
|---------|-----------------|------------|
| VP | 9 | 30% |
| PK | 5 | 16.67% |
| VK | 14 | 46.67% |
| VPK | 2 | 6.665 |
| Total | 30 | 100% |

The percentage of VP *prakruti* is 30% (9 subjects), PK *prakruti* is 16.67% (5 subjects), VK *prakruti* is 46.67% (14 subjects), VPK *prakruti* is 6.66% (2 subject), with maximum incidence in VK *prakruti* i.e. 46.67%. This may be due to these people are more vulnerable to *agni* imbalance which leads to *srotorodha* causing VK dominant *Udarda*.

Incidence and Percentage Of Relief In Varatidamsavata Sotha Before And After Treatment.

| Grade | <i>Varatidamsavata Sotha</i> | | | |
|-------|------------------------------|------------|-----------------|------------|
| | Before Treatment | | After Treatment | |
| | No. Of Subjects | Percentage | No. Of Subjects | Percentage |
| 0 | 0 | 0% | 15 | 50% |
| 1 | 10 | 33.33% | 8 | 26.66% |
| 2 | 15 | 50% | 5 | 16.66% |
| 3 | 5 | 16.66% | 2 | 6.66% |
| 4 | 0 | 0% | 0 | 0% |

Incidence and Percentage Of Relief In Kandu Before And After Treatment.

| Grade | <i>Kandu</i> | | | |
|-------|------------------|------------|-----------------|------------|
| | Before Treatment | | After Treatment | |
| | No. Of Subjects | Percentage | No. Of Subjects | Percentage |
| 0 | 0 | 0% | 11 | 36.67% |
| 1 | 4 | 13.33% | 13 | 43.33% |
| 2 | 20 | 66.67% | 6 | 20% |
| 3 | 6 | 20% | 0 | 0% |

Incidence and Percentage Of Relief In Daha Before And After Treatment

| Grade | <i>Daha</i> | | | |
|-------|------------------|------------|-----------------|------------|
| | Before Treatment | | After Treatment | |
| | No. Of Subjects | Percentage | No. Of Subjects | Percentage |
| 0 | 18 | 60% | 21 | 70% |
| 1 | 5 | 16.66% | 7 | 23.33% |
| 2 | 5 | 16.66% | 2 | 6.66% |
| 3 | 2 | 6.66% | 0 | 0% |

Incidence and Percentage Of Relief In Toda Before And After Treatment.

| Grade | <i>Toda</i> | | | |
|-------|------------------|------------|-----------------|------------|
| | Before Treatment | | After Treatment | |
| | No. Of Subjects | Percentage | No. Of Subjects | Percentage |
| 0 | 12 | 40% | 19 | 63.33% |
| 1 | 10 | 33.33% | 8 | 26.66% |
| 2 | 6 | 20% | 3 | 10% |
| 3 | 2 | 6.66% | 0 | 0% |

Incidence and Percentage Of Relief In Jvara Before And After Treatment.

| Grade | <i>Jwara</i> | | | |
|-------|------------------|------------|-----------------|------------|
| | Before Treatment | | After Treatment | |
| | No. Of Subjects | Percentage | No. Of Subjects | Percentage |
| 0 | 25 | 83.33% | 30 | 100% |
| 1 | 5 | 16.66% | 0 | 0% |
| 2 | 0 | 0% | 0 | 0% |
| 3 | 0 | 0% | 0 | 0% |

Incidence And Percentage Of Relief In Chardi Before And After Treatment.

| Grade | Chardi | | | |
|-------|------------------|------------|-----------------|------------|
| | Before Treatment | | After Treatment | |
| | No. Of Subjects | Percentage | No. Of Subjects | Percentage |
| 0 | 25 | 83.33% | 30 | 100% |
| 1 | 5 | 16.66% | 0 | 0% |
| 2 | 0 | 0% | 0 | 0% |
| 3 | 0 | 0% | 0 | 0% |

Incidence And Percentage Of Relief In Number of Wheals Before And After Treatment.

| Grade | No. Of Wheals | | | |
|-------|------------------|------------|-----------------|------------|
| | Before Treatment | | After Treatment | |
| | No. Of Subjects | Percentage | No. Of Subjects | Percentage |
| 0 | 0 | 0% | 13 | 43.33% |
| 1 | 10 | 33.33% | 16 | 53.33% |
| 2 | 15 | 50% | 1 | 3.33 |
| 3 | 5 | 16.67% | 0 | 0% |

Incidence And Percentage Of Relief In Itching Before And After Treatment.

| Grade | Itching | | | |
|-------|------------------|------------|-----------------|------------|
| | Before Treatment | | After Treatment | |
| | No. Of Subjects | Percentage | No. Of Subjects | Percentage |
| 0 | 0 | 0% | 11 | 36.67% |
| 1 | 4 | 13.33% | 13 | 43.33% |
| 2 | 20 | 66.67% | 6 | 20% |
| 3 | 6 | 20% | 0 | 0% |

Statistical analysis of effect of *Yashtimadhu* (*Glycyrrhiza glabra* L.) granules On parameters of *Udarda roga*.

| S.No. | Parameters | Median | | SD of differences | p-Value | Z-Value | Significance |
|-------|-------------------------------|--------|-----|-------------------|-------------|---------|--------------------|
| | | BT | AT | | | | |
| 1. | <i>Varati Damsavata Sotha</i> | 2 | 0.5 | 0.5833 | 0.000002459 | -4.7115 | Highly Significant |
| 2 | <i>Kandu</i> | 2 | 1 | 0.5683 | 0.000001495 | -4.8119 | Highly Significant |
| 3 | <i>Daha</i> | 0 | 0 | 0.4795 | 0.001904 | -3.1048 | Highly Significant |
| 4 | <i>Toda</i> | 1 | 0 | 0.5713 | 0.0005371 | -3.4615 | Highly Significant |
| 5 | <i>Jwara</i> | 0 | 0 | 0.379 | 0.03689 | -2.087 | Significant |
| 6 | <i>Chardi</i> | 0 | 0 | 0.379 | 0.03689 | -2.087 | Significant |
| 7 | No. of Wheals | 2 | 1 | 0.504 | 0.0000008 | -4.9321 | Highly Significant |
| 8 | Itching | 2 | 1 | 0.5683 | 0.000001495 | -4.8119 | Highly Significant |

Result on the Subjective parameters score difference before and after treatment with Yashtimadhu granules

| Parameter | Before treatment | After treatment | Percentage of relief |
|---------------|------------------|-----------------|----------------------|
| <i>Kandu</i> | 61 | 25 | 59.01% |
| <i>Daha</i> | 21 | 11 | 47.61% |
| <i>Toda</i> | 28 | 14 | 50% |
| <i>Chardi</i> | 5 | 0 | 100% |

| | | | |
|------------------------------|----|----|--------|
| <i>Jwara</i> | 5 | 0 | 100% |
| <i>Varatidamsavata Sotha</i> | 55 | 23 | 58.18% |

Result on the Objective parameters score difference before and after treatment with Yashtimadhu granules.

| Parameter | Before treatment | After treatment | Percentage of relief |
|---------------|------------------|-----------------|----------------------|
| No. of Wheals | 55 | 18 | 67.27% |
| Itching | 61 | 25 | 59.01% |

Overall Response Of *Yaṣṭīmadhu* Granules In *Udarda Roga*.

| Overall response | No. of Subjects | Percentage |
|------------------|-----------------|------------|
| Mild | 01 | 0%-25% |
| Moderate | 08 | 26%-50% |
| Good | 12 | 51%-75% |
| Excellent | 09 | 76%-100% |

In the overall response of *Yaṣṭīmadhu* Granules in *Udarda roga*, it was observed that 1(3.33%) subjects show mild response, 8(26.67%) subjects show moderate response, 12(40%) subjects show good response and 9(30%) subjects show excellent response after the therapy.

DISCUSSION

Probable mode of action *Udarda*, a skin condition described in *Ayurveda*, is typically associated with *Kapha* and *Vāta doṣa* vitiation and presents with symptoms like itching (*Kaṇḍu*), redness (*Raga*), swelling (*Sotha*), and burning sensation (*Daha*)—clinically resembling Urticaria in modern medicine.

Yaṣṭīmadhu is having *Madhura*, *Tikta*, *rasa*, *Guru*, *Snigdha guna*, *Madhura vipaka*, *Sheeta virya* and *Tridoṣa shamaka* specially *Vata Pitta shamaka* properties which are helpful in reducing the symptoms of *Udarda*.

The *tikta rasa* helps in *deepan pachana* which removes the ama vitiation and detoxifies the body. The *sheeta virya* helps to pacify *Pitta dosha*, reducing burning sensation (*Daha*) and redness (*Raga*). The *rasayana* properties acts as immunomodulator and provide immunity to fight against the toxins present in body. The *Raktasodhaka*, *Rasayana*, *Śoṭahara*, *Trṣṇahara*, *Vishaghna*, *Kandughna*, *Jwarahara*, *Chardihara* properties of *Yashtimadhu* helps to reduce the symptom of *Udarda*. *Sita* is having *Madhura rasa*, *Sheeta virya*, *vata pitta shamaka* properties. *Sita* is useful in *daha*, *murcha*, *jwara*, *chardi*, blood disorders. All these properties of *Sita* also helps in reducing the symptoms of *Udarda*. Flavonoids and glycyrrhizin, the

main active ingredients in *Yashtimadhu*, prevent mast cell degranulation, which lowers histamine release, a primary mediator of allergic reactions like inflammation, sneezing, and itching.

Glycyrrhizin prolongs the activity of endogenous cortisol by inhibiting 11 β -hydroxysteroid dehydrogenase. Without impairing immunity, this mimics the anti-inflammatory and anti-allergic effects of corticosteroids.

CONCLUSION

The conclusion of clinical evaluation of *Yashtimadhu* granules in management of *udarda* w.s.r. to urticaria done in 30 patients from Dr. B.R.K.R. Government Ayurvedic Hospital, Erragadda, Hyderabad shows a significant improvement in the symptoms of *Udarda*. Out of 30 patients, 1 patient got mild relief, 8 patients got moderate relief, 12 patients got good relief and 9 patients got excellent relief in signs and symptoms of **Udarda**. Subjective and objective parameters assessed and are significant. So, this study shows significant clinical efficacy of *Yashtimadhu* in the management of *Udarda*.

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