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Review Article

**A conceptual study on the effect of *Amaritadi ghanvati* in urticaria :
 a review article.**

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Abstract-

Urticaria affects 20% of people at some point in their lifetime. In some cases, the disorder is relatively mild, recurrent and frustrating for both the patient and the physician. In other cases, it manifests as part of a spectrum of systemic anaphylaxis, which may be life threatening. The disability and distress caused by skin disorders can lead to serious impairment of quality of life, almost comparable to that experienced by patients with cardiovascular disease. To further complicate the issue, a fairly extensive list of diseases can cause Urticaria. Patients often see medical attention with the hope that a reversible cause can be identified. There are so many internal and external patent Ayurvedic drugs are

available in market but still allergic skin diseases are not ended. Most of ingredients of *Amaritadi ghanvati* had *raktshodhak* property, *dipan, pachan, krimighan, shothhar, tridoshghan* and

immunomodulator properties, along with *Vatasnabh* which is *vyavahi and vikasi* in nature which proved in increasing the action of drugs. The drug had been taken from “*Sahestrayog Pratham prakran 3/1*.” As we know that if we use poison in control and proper way, we get its medicinal effects as said in *CharakSamhita*. So present paper gives an idea about its work in urticaria.

Introduction

Amaritadi ghanvati was given in *Sahestrayog pratham prakran -3*. *Ayurveda* has a vast treasure of drugs for the treatment of urticaria mentioned in our renowned treatises. However according to acharya it is indicated in ¹

1. Visarp
2. Kushtha
3. Visphota
4. Kandu
5. Masurika
6. Sheetpita
7. Jwar
8. Vish

Table containing contents and properties of Amaritadi ghanvati.²⁻¹⁰

S.No.	Common name	Botanical name	Rasa	Guna	Veerya	Vipaka	Karma
1.	<i>Amrita</i> ²	<i>Tinospora cordifolia</i>	Tikta,kashya	Laghu	ushna	madhura	<i>Raktasodhaka</i> , <i>Depana</i> , <i>Rasayana</i> ,
2.	<i>Vish</i> ³	<i>Acotinum ferox</i>	Madhura	Laghu,tikshna	ushna	madhura	<i>kapha</i> <i>vatvroga</i> ,
3.	<i>Patol</i> ⁴	<i>Trichosanthus dioica</i>	Tikta	Laghu,ruksha	ushna	katu	<i>Vishaghna</i> , <i>raktasodhaka</i> , <i>sothaghna</i> ,
4.	<i>Mustak</i> ⁵	<i>Cyperus rotundus</i>	Tikta,kashya	Laghu,ruksha	Sheeta	katu	<i>Twakavikar</i> <i>Agnimandya</i> , <i>Ajeerna</i> ,
5.	<i>Saptarn</i> ⁶	<i>Alstonia scholaris</i>	Katu,tikta	Laghu,snigdha	ushna	katu	<i>Kusthaghana</i>
6.	<i>Khadir</i> ⁷	<i>Acacia catechu</i>	Tikta,kashya	Laghu,ruksha	Sheeta	katu	<i>Krimighna</i> , <i>Kushthaghna</i> <i>Raktasodhaka</i> ,
7.	<i>Nimb Patra</i> ⁸	<i>Azadirachta indica</i>	Tikta,kashya	Laghu	Sheeta	katu	<i>Kandughna</i> , <i>Kusthghna</i> ,

							<i>Jantughna, Dahaprasama na</i>
8.	<i>Haridra</i> ⁹	<i>Curcuma longa</i>	Katu,tikta	<i>Ruksha</i>	<i>Ushna</i>	<i>katu</i>	<i>Visha, Prameha, kandu, kustha, vrana</i>
9.	<i>Daruhari dra</i> ¹⁰	<i>Berberis aristata</i>	Tikta,kashya	Laghu,ru ksha	<i>Ushna</i>	<i>Katu</i>	<i>Kandu,Vrana, Meha,Visha,</i>

AIMS AND OBJECTIVES

- To study the effect of *Amaritadi ghanvati*
- To evaluate and discuss the Ayurvedic property of *Amaritadi ghanvati* and its mode of action in *urticaria*.

MATERIALS AND METHODS

The study on *Urticaria* and *Amaritadi ghanvati* was done with the help of Ayurvedic Samhitas and conceptualize and summarize the data of different samhita and respective commentaries. The text book of modern medicine and index medical journal has been also referred to review of material of consent topic.

CONCEPTUAL STUDY

Urticaria is extremely common ('nettle rash' or 'wheals' or 'hives' are popular names for this disorder) and there are few individuals who do not experience the disorder in one form or another during their life time. Urticular lesions are itchy red papules and plaques of variable size that arise suddenly, often within a few minutes,

and last 6-24 hours. They may assume odd polycyclic annular and geographic forms.¹¹

Epidemiology :¹²

1) **Incidence** : 20% of total population may suffer from Urticaria once in their life. Acute Urticaria is most common in young patients while chronic type is in middle-aged women. A personal or family history of Atopy is no more common in patients with Urticaria. Patients with active atopic dermatitis or hay fever have an increased incidence of allergic Urticaria.

2) **Age** : Bandkowski {1968} gave an age incidence of 3.4% in babies and children compared with general population rate of 1.87% and he also pointed out that of 885 cases of Urticaria only one had occurred in a patient over 65 year of age. Urbech and Gottlieb showed that of 500 cases, 2/3rd occurred between ages of 20 – 40 years. It is generally agreed that chronic Urticaria is common in third and fourth decade of life.

3) **Sex** : Generally, women having a greater tendency for Urticaria. Volterani {1965} reported 64% of cases were females.

CAUSES¹³

Causes of Urticaria can be classified as under :

IgE antibodies mediated

Foods : Nuts, Eggs, Fresh fruits (especially citrus), Chocolates, Fish and shellfish, Tomatoes Milk and cheese, Spices Yeasts, Foods additives and preservatives such as tartrazine

Drugs :

Pain killers/Anti-rheumatics e.g. aspirin, codeine, Antibiotics, penicillin, sulphonamides. Salicylates, Indomethacin and other non-steroidal anti-inflammatory drugs, Opiates, Radiocontrast media, Sodium benzoate Insulin, Menthol (cigarettes, toothpaste, iced tea, hand cream, lozenges, candy). Insect stings

PHYSICAL STIMULI : Simple friction or scratching (dermatographism), sunlight, pressure, heat, cold temperature, water, vibration

INHALANTS :

Latex, dust, animal dander, pollen

INFECTIONS :

Viral upper respiratory infections, bacterial (sinusitis, dental abscess, otitis), viral hepatitis, vaginitis, fungal (tinea pedis - athlete's foot), helminth, protozoa

SYSTEMIC DISEASES :

Collagen vascular diseases, leukemia, lymphoma, and ocrinopathies (Hyper- and hypothyroidism, Hashimoto's thyroiditis), menstruation

Complement-mediated factors :

C3b-inactivator deficiency
Hereditary or acquired angioedema,
Urticarial vasculitis, serum sickness

Direct mast cell-releasing agents :

Opiates Radiocontrast media Curare,
tubocurarine chloride

DESCRIPTION OF SHITAPITA, UDARDA AND KOTHA¹⁴

In Ayurvedic texts *Shitapita-Udarda-kotha* are described almost similar having few different characters and different causative factors. Madhavakara described *Shitapitta* and *udarda* as synonyms of each other [M.N.50/41], but then he quoted that *Shitapita* having '*Vatika* Dominancy' while '*Udarda*' having '*kaphaja* dominancy' [M.N. 50/4] and also mentioned specific character of '*udarda*' as *mandala*[rashes] having inflamed edges with depressed centre [M.N.50/5] *Chakrapani* has described *kotha* as a "*Vartidamshta Aakara Sotha*" (Ch.Su.7/14).

In the classics *kotha* has been described as the itchy red rashes covering major part of skin and chronic in nature' [M.N.50/6]

Though these three '*Shitapitta*, *Udarda* and *Kotha* has been described as different entities but they can be considered as different types of the *Shitapita* or urticaria as they all having same cardinal symptom i.e itchy red rashes on the skin.' [M.N.50]

Probable mode of action of Amaritadi ghan vati-

- Considering all above things in mind trial drug *Amaritadi ghanvati Sahestrayog pratham prakran -3* was selected for this study. In the original form *yoga* is described as a *ghanvati-kalpana* was prepared by the method mentioned in *Sharangdhara Samhita*, was made in *Rasayanshala, Rasashastra Dept., National Institute of Ayurveda, Jaipur*. There are so many internal and external patent Ayurvedic drugs are available in market but still allergic skin diseases are not ended.
- Most of ingredients of *Amaritadi ghanvati* having *raktshodhak* property, *dipan, pachan, krimighan, shothhar, tridoshghan* and *immunomodulator properties*, along with *Vatasnabh* which is *vyavahi* and *vikasi* in nature which helps to increase the action of drugs and also having *rasayan* property. As we know that if we use poison in control and proper way, we get its medicinal effects as said in *Charak Samhita*.
- *Amaritadi ghan vati* containing *Amrita, Vish, Patol, Mustak, Saptparn, Khadir, Nimb Patra, Haridra, Daruharidra*. These all drugs had mostly *Katu, Tikta, Kashaya Rasa* as well as *Laghu Ruksha Guna* which acted on vitiated *tridosh* especially *kaph pitta* as *allergic skin disease has tridosh predominant vyadhi*, so drug works as *Doshapratyanika Chikitsa*. Drug *amrita, patola, haridra, nimb, khadir*, act as *Kushthghna, vishghan* i.e. *Vyadhipratyanika Chikitsa*. It is believed that it must have anti-toxic activity and having curative effect on skin ailment, specially caused by *Dushivisha* known allergic skin disorders identified by the presence of elevated skin lesions or eruptions or *visphot*. For a layman it appears a small elevation as a result of *Vartidansh Sadrishya shoth*.
- As the *Dushivisha* has its specific effects to vitiate *Shonit dhatu* specially create *Kandu, Shoth, Daha, Todaa* etc. by its effects. So they also providing support to *Dushivisha* also situated, collected, manifested in the body system silently and waiting for further support, therefore by nature it is called *Vishagunanubandhi*. By the combined effect of *Virudhahar, Ahitahar, Apathya, Dhatusaithilya, Dhatuvaigunya, Dosh prakopa* and *Utklesh Srotodaaushti* and *Manodushti* occur respectively and prepare a suitable climate inside the *dhatu* where *dosha* with the help of *Dushivisha* and *garvisha* already create *Shitpitta, udarda, koth*, etc. which are basically common eruptive disorders.
- As described by *Acharya Charak* in *Sutrasthana 26 TiktaRasa* has the property of *Deepana* and *Pachana* and thus it helps in *Amapachana* formed due to *Nidanasevana*. *Tikta Rasa* also has the property of *Raktaprasadana, Vishaghna, Kushthaghna, Kandughna* and *dahaprashamana*. It also has *Kaphaghna* property. Thus through these properties acts on *disease*.
- Also *Katu Rasa* possesses *Deepana* and *Pachana* properties through which it acts at level of *Agni*. Other properties of *Katu Rasa* described by *Acharya Charaka* are *Vishaghna, Kandughna, Krimighna* and *Vranaprasadana*.

- As regards to *Veerya*, majority of the drugs have *UshnaVirya*. *Ushna Veerya* has *Vatakaphashamaka* property and it has *Ashupaka* property by which it acts quickly at micro channels.
- Looking to the *Karmas*, it is clear that almost all the drugs are having *Kushthaghna*, *Kandughna*, *Raktashodhak*, *Twagdoshaahara*, *Krimighna*, *Vishaghna* and *Rasayana* properties, which clearly explain its mode of action in *skin diseases*.
- *It also helped* in removing the effect of *Virudhahar*, *Ahitahar* by providing strength to *Agni* and treated *agnimandaya* by the use of *deepana* drugs like *guduchi* and *mustaka*.

Conclusion

According to the classical references in *Ayurveda* the *Urticaria* can be treated successfully if it is in *sadhya*(easily curable) condition. Table mentioned above clearly envisage that the herbal medications have excellent potential to treat various ailments including *urticaria*. The contents of *Amaritadi ghanvati* used in the treatment of *Urticaria* shows markeable properties which could help in treating ailment. The method of preparation and mode of action is also simple and convenient. They are comparatively safer than synthetic drugs However; further studies are required to identify the phytochemicals responsible for these medicinal yoga and also various other formulations.

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