ABSTRACT:
Shitapitta (urticaria) is one among the Tvak Vikara which makes the patient worried due to its appearance of wheals all over the body with severe itching, burning sensation and pain. Urticaria affects about 15-20% of total population. This condition can interfere in routine activities of the patient. It is intermittent and frustrating for both the patients and physicians. Commonly Antihistamines and steroids are the only treatment for urticaria. Long term use of them, the adverse effects is seen to the human body. Hence the alternative management of Shitapitta (urticaria) with indigenous preparation was tried in this study. Among the many herbomineral formulations explained in classical texts, Amrutadi Kwath possesses the Shitapittaghna action as mentioned in Bhaishajya Ratnavali. So, a prospective open clinical trial was carried out in 30 patients of Shitapitta with Amrutadi Kwatha. The results obtained were significant and hence we conclude that Amrutadi Kwath is highly effective in management of Shitapitta (urticaria).

Key words: Shitapitta, Amrutadi kwath, tvak vikara, urticaria.

INTRODUCTION:
Besides the miraculous achievement of modern medical science, humanity is passing through a horror of diseases and drug phobia. Most of the time, we achieve mere symptomatic relief and the underlying pathology is not treated properly. Often the condition may lead to sleep disturbance, altered emotional & social isolation. Despite the high frequency of certain skin diseases in developing countries, they have so far not been regarded as a significant health problem in the development of public health strategies. Treatment failure rate is extremely high in management of skin diseases in primary care setting. Shitapitta is one of the commonest diseases which are correlated as Urticaria in modern terms, characterized by itchy red rashes on skin. It affects 15-20% of the population at some point in their lives. Shitapitta is a disease caused when a patient is exposed to cold breeze. Due to this, there will be vitiation of Kapha and Vata. These two combine with Pitta and circulate all over the body with dominancy of vata dosha. Thus producing the signs and symptoms over the skin, features being Varati Danshtravat Shotha (rashes), Kandu (itching), toda (pricking sensation), vidaha (burning sensation) and jwara (fever).

Commonly Antihistamines and steroids are the only treatment for urticaria. Repeated intake of antihistamines or corticosteroid reduces the immunity of body and displays many side effects. Here, Ayurveda has a definitive edge in providing a comprehensive solution to this problem. Even though Urticaria is not a life threatening disease, it seriously affects the quality of life. For the management of Shitapitta, different herbs and
herbomineral formulations are explained in classical texts of Ayurveda which restore balance of disturbed doshas and thus cure urticaria by establishing the equilibrium of tridosha and dhatus. As the drug selection seems classical, authentic, economical and easily available mentioned in Bhaishajya Ratnavali, we have decided to use Amrutadi Kwath in a randomised clinical study of Shitapitta.

**AIM:** To study the clinical efficacy of “Amrutadi Kwatha” in Shitapitta.

**MATERIAL AND METHODS:** Total 30 patients of age between 18-50 years presenting classical symptoms of Shitapitta were selected randomly from our O.P.D. and I.P.D. of S.S.N.J. Ayurved Rugnalaya, Solapur irrespective of gender, religion, occupation, social-economic status.

**Contents of Amrutadi Kwath :**
1. **Guduchi** (Tinospora Cordifolia)
2. **Haridra** (Curcuma Longa)
3. **Nimba** (Azadiracta Indica)
4. **Dhanvayas** (Fagonia Cretica)

   *Kwath Nirman* (Preparation of Decoction) was done as per procedure described in Sharangdhara samhita

**Dose:** 24 ml x Twice a Day

**Aushadhi Sevan Kala :** Bhojanottar

**Route of Administration :** Oral

**Duration :** 28 Days

**Follow up :** After every 7 days

After obtaining clearance from the ethical committee, the Coarse powder of Amrutadi kwath was provided to patient and explained the procedure of preparation of Kwath to take it at home in decided dose and advised to consult if any adverse effect occurs. Before providing the Coarse powder of Amrutadi Kwath to patient, kwath was prepared with afore mentioned method and send to laboratory for phytochemical analysis and quality assurance and after reporting it was used for study.

2. **METHODS :**

   1. **CENTER OF STUDY :** S.S.N.J. Ayurved Rugnalaya, Solapur
   2. **METHOD OF SAMPLING :** simple randomized
   3. **STUDY DESIGN :** Prospective non-comparative open study.
   4. **SOURCE OF DATA:** A total 30 patients were selected from OPD & IPD of Kayachikiyasa, department, S.S.N.J. Ayurved Hospital, Solapur.

**INCLUSION CRITERIA**

1. Patients of age group between 18 to 50 years of both sexes, irrespective of religion, occupation and socio economical status were selected.
2. Patients representing sign and symptoms of “Shitapitta”.
3. Patients willing to participate in the study will be selected explaining them details about study.

**EXCLUSION CRITERIA**

1. Patients below the age 18 and above 50 years.
2. Patients of Shitapitta with any complications.
3. Patients known to have drug allergy or other hypersensitive reaction.
4. Patients those who don’t follow instructions of vaidya.

**ASSESSMENT:** The efficacy of therapy was assessed on the basis of Subjective parameters before and after treatment. To describe the result objectively and for statistical analysis of subjective parameters multidimensional scoring system was adopted. Score was given for Subjective parameters as follows.
I) **Subjective Parameters:** Symptoms were graded as follows

Table no. 1

<table>
<thead>
<tr>
<th>Sr. no</th>
<th>Sign / Symptom</th>
<th>Absent/ Normal</th>
<th>Mild 1</th>
<th>Moderate 2</th>
<th>Severe 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Varati Damsha Samsthana Shotha</td>
<td>Absent</td>
<td>Scattered-on specific area</td>
<td>Scattered-on some part of the body</td>
<td>Scattered-all over body</td>
</tr>
<tr>
<td>2</td>
<td>Kandu</td>
<td>Absent</td>
<td>Occasional</td>
<td>disturbing normal activity, feels uneasiness.</td>
<td>disturbing normal activity and sleep</td>
</tr>
<tr>
<td>3</td>
<td>Toda</td>
<td>Absent</td>
<td>Occasional</td>
<td>disturbing normal activity, feels uneasiness.</td>
<td>disturbing normal activity and sleep</td>
</tr>
<tr>
<td>4</td>
<td>Chardi</td>
<td>Absent</td>
<td>Occasional</td>
<td>1 to 2 times a day</td>
<td>more than 2 times a day</td>
</tr>
<tr>
<td>5</td>
<td>Jwara</td>
<td>Absent</td>
<td>Upto 100(^\circ)F</td>
<td>100(^\circ)F-103(^\circ)F</td>
<td>more than 103(^\circ)F</td>
</tr>
<tr>
<td>6</td>
<td>Vidaha</td>
<td>Absent</td>
<td>Occasional</td>
<td>disturbing normal activity, feels uneasiness.</td>
<td>disturbing normal activity and sleep</td>
</tr>
</tbody>
</table>

**ASSESSMENT OF RESULTS:** It is based on Subjective parameters assessed by severity of symptoms present before and after treatment.

**TOTAL EFFECT OF THERAPY**
1. Excellent Results : Relief in Lakshanas above 70%
2. Moderate Results: Relief in Lakshanas between 30 to 70%
3. Poor Results : Relief in Lakshanas below 30% or no change in Lakshanas

**RESULTS:** Results showed that there was significant relief in symptoms of Shitapitta. There was 71.428% relief in varatidamsah sansthanch shotha, 78.481% relief in kandu symptom, 70.27% relief in toda symptom, 100% relief in chardi symptom, 90.90% relief in jwara symptom and vidaha shows 72.72% relief

<table>
<thead>
<tr>
<th>Symptom</th>
<th>BT score</th>
<th>AT Score</th>
<th>Relief</th>
<th>Relief %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varati Damsh Santhan Shotha</td>
<td>84</td>
<td>24</td>
<td>60</td>
<td>71.428</td>
</tr>
<tr>
<td>Kandu</td>
<td>79</td>
<td>17</td>
<td>62</td>
<td>78.481</td>
</tr>
<tr>
<td>Toda</td>
<td>74</td>
<td>22</td>
<td>52</td>
<td>70.27</td>
</tr>
<tr>
<td>Chardi</td>
<td>17</td>
<td>0</td>
<td>17</td>
<td>100</td>
</tr>
<tr>
<td>Jwara</td>
<td>11</td>
<td>1</td>
<td>10</td>
<td>90.90</td>
</tr>
<tr>
<td>Vidaha</td>
<td>55</td>
<td>15</td>
<td>40</td>
<td>72.72</td>
</tr>
</tbody>
</table>
Out of 30 patients, 20 patients got relief above 70% from symptoms of Shitapitta while 10 patients experienced 30%-70% relief from symptoms of Shitapitta.

DISCUSSION:
Mode of action of Amrutadi Kwath:

*Kwath* is prepared by using the *bharad churn* form of a drug with water by boiling it to reduce its volume to 1/8th of the initial water. In this process, thermostatic and water soluble active principles of the drug are extracted out. Hence the water is used as the base for the formulation. Water is absorbed in the body faster than any other solvent. Hence when *Kwath* administered to the patient it acts very fast. Radial absorption of the *Kwath* in GIT facilitates the drug to reach its site of action.

In Shitapitta, there mainly occurs the prakopa of kapha and vata, along with the pitta samsarga. Hence the influence of *tridosha* is seen in the *samprapti* of the Shitapitta along with the rasarakta dushti. Among the ghatakdravyas of *Amrutadi kwath*,

**Kushtaghna, Kandughna**

**Reduction in mandaloipatti**

**Tikta rasa**

**Sheelavrya**

**Snigdha guna, ushna vrya**

**Vatashaman**

**Reduction in Toda**

**Tikta Kashaya, Katu Rasa & Ushna vrya**

**Agnideepan, kaphashamann**

**Pittashaman**

**Dahashaman**

**Samyak formation of rasrakta dhatu**

**Raktapachak**

**Aanapachan**

**Reduction in Aruci, angagaurav**

**Reduction in iwara, chardi**

*Rasayani, Agnidipani* which shows its effectivity on *rasa rakta dhatu*. Because of its ‘Vichitrpratyaarabdha’ property it is *Tridosha shamak, Raktagata kleda, Pitta, visha shamak*. It exhibits *Deepan, Pachan, kushtaghna, twakdoshhar* property.

**Nimba** - *kapha pitta shamaka* due to its *Tikta rasa*, while it’s *krimighna, Jantughna, Kundughna, Kushtaghna, Shothagna, rasraktagata kleda shoshan karma* is also well known.

**Haridra** - exhibits kaphavata shamak activity on virtue of its *ushna virya* and also *pittashammak* due to its *tiktarasa*. It’s *Kushtaghna, Kundughna, vishghna* property activity is also well known.

**Dhamasa** – Exhibits vatapittashamak activity due to its *madhur vipaka* and
shitavirya. It act as dahaprashamak, jwaraghna, twakdoshhar and vranaropak.

All the ingredients of Amrutadi Kwath are mainly tikta rasatmak, tridosha shamak, rasaraktagata pitta shamak and have property of deepan, pachan, krumighna, kushtagna, Jwaragna, dahaprashaman.

CONCLUSION: Above discussion indicates that the Amrutadi kwath has contents which subside the Tridoshas, purifies the rasa, rakta and strengthen the twacha (Skin) by their varnya and prasadana activity. This clearly supports its role in samprapti bhanga of Shitapitta.

This study “Shitapitta chikitsarth amrutadi kwathasya Upayoga” shows highly significant results in symptoms of Shitapitta vyadh Viz-Varatidamsh sansthan shotha, kandu, toda, chardi, jwar, vidaha. Hence we can say that this herbal formulation is effective in Shitapitta vyadhi.

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