

Effect Of Sarshapa Taila Abhyanga In Shitapitta with A Case Study

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Abstract

Shitapitta is one of the common skin problem observed in day today practice. In Shitapitta Vata and Kapha doshas are primarily vitiated and then mixed with Pittadosha -(Pitten saha sambhooya) spreads internally and externally which results into Shitapitta. Due to Pittadosha they create redness, swelling on skin and moderate to severe itching on the skin. Ayurvedic preparations cures Shitapitta by balancing Tridosha in the body. Shitapitta manifests due to exposure to various poisonous materials (allergens), cold environment and intake of asatmya ahara-vihara. In modern science, it is compared with urticaria. Ayurvedic medicines effectively treat Shitapitta and restore healthy skin by balancing Tridosha and Saptadhatu in the body. In this study, SarshapaTaila is selected for Abhyanga as it has sukshma, ushna, teekshna properties which are responsible for quick action.

Keywords: Shitapitta, Urticaria, Abhyanga, Tridosha

Introduction

Ayurveda has described Shitapitta which can be correlated with Urticaria in modern science. It is common problem affecting upto 20% of population at some point in their lifetime. Patients take allopathic medicines for lifetime which are having some unwanted side-effects. Ayurvedic shodhan as well as shaman chikitsa play an important role in treating Shitapitta. The treatment modality in Ayurveda provides permanent cure in many diseases. Here SarshapaTaila is easy to use, economically cheap and easily available.

Aims and Objectives

- To assess clinical effect of SarshapaTaila Abhyanga in Shitapitta with a case study

Case History

A 36 year old female patient came to the outpatient department of Kayachikitsa of LBVKale Hospital with history that she was alright two days back but suddenly small, raised, irregular shaped, red coloured rash appeared mostly on back, chest and abdomen with moderate itching. Patient was not known case of hypertension, diabetes mellitus or asthma

Family history: No any relevant evidence

Examination

- Pulse -80/min
- B.P.-120/74mm of Hg
- Respiratory rate -18 /min
- Weight -58 kg

Local examination -

- Irregular, raised, reddish rashes mostly on back, chest and abdomen.
- Shotha (Remarkable swelling on the affected skin)
- Temperature elevated at the site of rash
- After taking proper history and examining the patient, she was diagnosed suffering from Shitapitta and treatment was planned.

Materials and Methods

Abhyanga (external oleation) with SarshapaTaila done every day for 7days. 30 ml or if necessary more SarshapaTaila was used each time. After Abhyanga, Swedan with hot water bag of medium temperature was given to the patient. Oral medicine Haridrakhand 3gm and Gandhak rasayan 500gm after food twice a day given with luke warm water

Results

The redness, swelling and itching were reduced. The skin started to become soft also gained its normal texture and colour.

Discussion

SarshapaTaila has properties like Ushna, Teekshna, Sukshma and Snigdha. These are responsible for penetration in minute body channels and removing doshas from strotasas by lekhan, bhedan action. above said properties of SarshapaTaila are also responsible for quick action (shighrakaritwa). This leads to rapid dissolution of doshas at the site of wheals resulting in subsiding of symptoms in little span.

Conclusion

From the above Case Study, it can be stated that Ayurveda management can cure the case of Shitapitta effectively, but it's need to study in a large scale.

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