

A REVIEW OF EFFECT OF HARIDRA ON SHITAPITTA

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Abstract: Shitapitta Udarda, Kotha are types of skin disorders. These can be correlated with Urticaria in modern science. These are mentioned as three separate disorders in Ayu.texts. Burning sensation & itching all over the body are predominant symptoms. Skin eruptions are also observed.

Haridra (*Curcuma longa*) is very effective in Shitapitta Udarda Kotha. Haridra i.e. Turmeric is a rhizomatous plant of Zingiberaceae family. As mentioned in Ayurveda, taste (rasa) of Haridra is Tikta (bitter) and Kashaya (astringent). Qualities of this are Laghu, and the potency is Hot (ushna). Post digestion effect (Vipaka) is katu (pungent). Due to potency it can prevent clotting of blood. These properties of Haridra make it beneficial in skin disorders and help in improving complexion.

According to modern pharmacology, *Curcuma longa* is antibacterial, antihistaminic and anti-inflammatory in property.

Keywords: Shitapitta, Udarda, Kotha, Haridra.

Introduction

Shitapitta is a type of skin disorder mentioned in Ayurveda which can be correlated with urticaria in modern sciences. Skin eruptions and all over itching is observed in this disease. Twakdushti is mainly observed. Haridra i.e. curcuma longa due to its properties act as Kapha Pitta shamak so can be beneficial in it.

Shitapitta

Shitapitta-Udarda –Kotha are allergic disorders mentioned in Ayurvedic Samhitas. These are actually three separate disorders. In Shitapitta twakdushti (skin disorder) is observed. Causes of Shitpitta according to Ayurveda are Excessive intake of salty (lavana) and pungent (katu) food, Consumption of large amount of sour gruels (arnela&shukta), Excessive intake of mustard (sarshapa sevan), Exposure to cold (shitamarut samsparsat, Contact with cold substances (sheet paneeya samsparsa), Day sleep (deewaswap), Improper emesis (asmyak vaman), Altered features in winter and rainy season (shishir –varsha ritu viparyaya), Insect bite (keeta damsha), Krimi samsarga (contact of poisonous insects or bugs).

According Ayurveda all the three doshas (vata, pitta, kapha) are involved. Actually, Sheeta is not the property of pitta. It denotes association of kapha and vata. Here the word comes sheeta is not for pitta it denotes that along with vitiation of pitta sheeta guna is also aggravated. Pitta is vitiated due to hot, pungent substances. Along with vitiation of pitta due to exposure to cold breeze circulating all over the body i.e. (both externally and internally) Snigdha gun of kapha and ruksha guna (dryness) of vata is also aggravated.

Due to this pathology excessive thirst, anorexia, reddishness of eyes, nausea, heaviness in chest is observed as prodromal signs.

In Sheetapitta if the pathology continues skin eruptions which are elevated resemble like that produced by the sting of wasp, associated with severe itching ,pricking pain, burning sensation,fever,vomiting are observed.

Udarda

In the above mentioned pathology if kapha dosha is involved then it leads to Udarda..Main distinguishing factor between Udarda & Shitapitta is presence of itching sensation .It is observed more in Udarda due to Kapha dosha vitiation.Udarda is characterized by elevated ,reddish, highly irritating, round patches produced by kapha during Shishir ritu.

Kotha

Kotha is the disorder having same signs and symptoms like Shitapitta but differentiating factor is etiology .Due to suppression of emesis lesion are observed like Shitapitta called as Kotha.

According to modern science it can be correlated with Urticaria. It is a type of allergy or hypersensitivity. Some food substances such as fish, non vegetarian food, eggs, some worm infections some medicines like quinines are proved allergic. In modern science only anti allergic and steroidal drugs are prescribed which has very long term side effects.

In this perspective Ayurvedic drugs such as Haridra, Marich can be used for this type of allergic conditions.

To break this pathology we have to give drugs having property to suppress Kapha & Vata. Haridra (*Curcuma Longa*) is the plant from Zingiberaceae family. English word used for this is Turmeric. This can be very effective in Shitapitta-Udarda-Kota.

Haridra

Rhizome of Haridra is yellow like gold and flowers are also yellow in color. Haridra is efficacious antihelmintic drug. It is very potent antidiabetic drug. It is very popular cosmetic. It is very potent antidote for poison.

Turmeric's principal constituent is curcumin, which is a potent antioxidant. Useful part of Haridra (*Curcuma longa*) is Rhizome. Rhizome occurs in two parts: long turmeric consisting of lateral branches of the rhizome and round turmeric which is the primary rhizome. Transversely cut portion of both the forms shows a waxy surface of deep orange color having central cylinder twice as broad as the cortex. It has characteristic aromatic odor and bitter taste.

Rhizome of *Curcuma longa* contains 5% volatile oil, Resin, abundant zingiberaceous starch grains and yellow coloring substance known as curcuminoids. Chief component of curcuminoids is known as curcumin. Volatile oil contains mono and sesquiterpenes such as α and β pinene, α -phellandrene, camphor, camphene, zingiberene, and α, β curcumenes. Curcumin related phenolics possess antioxidant, anti-inflammatory, gastroprotective, hepatoprotective activities. Antioxidant activity of curcumin is comparable to standard antioxidants –vit. C, E. The volatile oil, also curcumin, exhibited anti-inflammatory activity. Curcuminoids prevent the increase in liver enzymes, SGOT & SGPT so it can be used in liver disorders. Antiplatelet activity prevents heart and vessels. It is used as anti-histaminic, anti-tumor, anti-cutaneous, antiprotozoal. Essential oil exhibited antimicrobial, antifungal, antihelmintic activity against tape worms.

Fresh turmeric's cured for obtaining dry turmeric. Curing involves boiling of fresh rhizomes in water and drying in the sun.

As mentioned in Ayurveda its taste (rasa) is Tikta (bitter), kashaya (astringent). Qualities are laghu (light) and potency is Hot (ushna). Due to bitter taste it is Pittashamak, & due to hot potency, post-digestion effect and bitter taste it is kapha shamak. Post-digestion effect (vipaka) is katu (pungent). As mentioned in ayu texts Haridra is very much useful as pain killer, digestive, wormicidal. Also it has specific anti-coagulant property so it can be used in bleeding disorder, anaemia, wound healing and skin disorders. As its potency is hot and post-digestion effect is katu (pungent) it has property opposite to kapha. So it can be used in respiratory disorder and also in Diabetes. Due to tikta (bitter) taste it improves strength of all doshas i.e. strength of body. Also it decreases toxicity of blood.

Due to all above properties Haridra helps in Shitapitta Udarda Kotha by reducing kapha, pitta and vata doshas. It has also jantughna, kandughna property due to this it is used in many skin disorders.

Conclusion and discussion-

Due to kaphashamak and pittashamak property of Haridra it is very much useful in Shitapitta Udarda Kotha. Its antibacterial and antimicrobial and antifungal property reduces skin disorders like itching, eruptions, burning sensation. This article is useful for consultants and also for further research projects.

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