

The Role of Patolakaturohinyadi Kashaya in Udarda

Dr. Priyanka B Patil

Assistant Professor, Department of Rasashastra & Bhaishajya Kalpana,
RKM Ayurvedic Medical College, Vijayapur, Karnataka, India

ABSTRACT

In present era, an individual has to face lots of difficulties in following *Dinacharya & Ritucharya* as described in *Ayurveda*. Due to over industrialization, changed lifestyle, increased exposure to pollutants, heavy use of junk foods & *Viruddhahara* ultimately resulting into *rasa & raktadusthi* leading to many *twak vikaras* like *udarda*, *sheetapitta* & *kotha* like conditions.

'*Udarda*¹' the appearance of skin patches look like those caused by the sting of wasp along with Itch, Vomiting, Fever & there is predominance of kapha with *tridoshadusthi*. *Udarda* disease is explained after or in *Kushta roga* in almost all classical treatises of *Ayurveda*, due to their similarity in *Twak dushti* and involvement of *tridoshas*. Though *Sheetapitta* and *Udarda* were mentioned separately, there is a striking similarity between them and clinically difficult to enumerate separately. *Patolkaturohinyadi Kashaya*², a formulation from *Ashtanghridaya* is indicated in *Kushtha*, *Visha* and *Kamala*, by having *tikta pradhana dravya* have property to balance *pittakapha & acts or rasa & rakta dusthi*.

KEYWORDS: *Udarda*, *patolakaturohinyadi kashaya*

INTRODUCTION

In today's scenario its rare to find persons who are not suffering any lifestyle disorders, its due to over industrialization, not following *dinacharya & ritucharya* today's lifestyle, consumption of *viruddhahar* acting as *garavisha* leading to many autoimmune disorders like *Amavata* (rheumatoid arthritis), *urticaria(udarda)* and many others.

'*Udarda*¹' the appearance of skin patches look like those caused by the sting of wasp along with Itch, Vomiting, Fever & there is predominance of *kapha with tridoshadusthi*. *Udarda* disease is explained after or in *Kushta roga* in almost all classical treatises of *Ayurveda*, due to their similarity in *Twak dushti* and involvement of *tridoshas*. Though *Sheetapitta* and *Udarda* were mentioned separately, there is a striking similarity between them and clinically difficult to enumerate separately yet there is *vata pittadhikya in sheetapitta & kaphadhikya* in *udarda*. *Udarda* can be merely correlated with *urticaria*. *Urticaria* (hives or nettle rash) is characterized by a red, raised, itchy rash resulting from vasodilation, increased blood flow and increased vascular permeability. Wheels can vary in size from a few

millimeters to hand sized lesions which may be single or numerous.

*Patolkaturohinyadi Kashaya*², a formulation from *Ashtanghridaya* is indicated in *Kushtha*, *Visha* and *Kamala* and shows *Yakritgamitva* i.e. an affinity towards the *Moolasthan* of *Raktavaha Srotas*. Its ingredients are *Tikta Rasa Pradhan* and predominantly *Ushna Veeryatmak* which render them useful in *Pitta and Kapha Dushti* and in turn in *Twak Dushti*.

Ingredients³

1. *Patola* – *Trichosanthes dioica*
2. *Katurohini* – *Piccorhiza kurrora*
3. *Chandana* – *Santalum album*
4. *Madhusrava* – *Marsdenia tenacissima*
5. *Guduchi* – *Tinospora cordifolia*
6. *Patha* – *Cissampelos pariera*

Method of preparation & dose

1. Equal part of all 6 ingredients are taken & made into *yavakuta churna* form / coarse powder form
2. 1part of *yavakuta churna* added with 16 parts of water & boiled on mild flame

How to cite this paper: Dr. Priyanka B Patil "The Role of Patolakaturohinyadi Kashaya in Udarda" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-7 | Issue-6, December 2023, pp.549-551, URL: www.ijtsrd.com/papers/ijtsrd61246.pdf



IJTSRD61246

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3. Reduced to 1/4th part & filtered
4. Dose : 48ml/day

2. Jvara
3. Visha
4. Vamana
5. Kamala

Indications⁴:

1. Kaphapitta kushta

Properties of drugs

Sl.no	Name	Rasa	Guna	Virya	Vipaka	Doshagna	Karma
1	Patola	Tikta	Laghu	Ushna	Katu	Kaphapitta	Raktashodhak
2	Katurohini	Tikta	Laghu	Sheeta	Katu	Kaphapitta	Jvaragna
3	Chandana	Madhura tikta	Laghu	Sheeta	Katu	Kaphapitta	Ropana
4	Madhusrava	Madhura tikta	Guru	Sheeta	Katu	Tridosha	Virechaka
5	Guduchi	Tikta kashaya	Guru	Ushna	Madhura	Tridosha	Kusthagna
6	Patha	Tikta	Laghu	Ushna	Katu	Kaphapitta	Vishaghna

Discussion

In Ayurved, skin diseases are explained under the common terminologies "Kushtha" and 'kshudra Kushtha' and the diagnosis is based on the involvement, variability and dominance of the Doshas. Apart from understanding the Awastha of Doshas in Samprapti of a disease, it is very essential to trace out the causative factors which might have hampered the metabolic and physiological functioning of the body.

Both Charakacharya and Vagbhatacharya have laid emphasis on the roles of Agni and Viruddhahar in the Samprapti of various diseases Kushtha.⁵ being one of them. Viruddhahar is a causative factor of Raktadushti and Kushtha.⁶ Kushtha has also been mentioned as one of the lakshan of Raktapradoshaj Vyadhis.⁷ Hence, Viruddhahar creates Rakta dushti which manifests as Kushtha. Viruddhahar is Sannikrishta Hetu for symptoms of Twak Dushti viz Kandu, Srava, Shyavta, Ruja etc and one of the etiological factors in genesis and aggravation of Kushtha.⁵ "Twak" is also the Sthana of Bhrajak Pitta⁸ which too is vitiated thereby showing signs of Twakdushti. Besides, Pitta and Rakta have an Ashray-Ashrayi Sambandh⁹ and hence vitiation of Pitta obviously leads to Raktadushti. The Rasa – Rakta are responsible for the healthy skin and their vitiation due to the above Samprapti ultimately results in Twak-Dushti Lakshan. Healthy skin is the reflection of normal physiological and metabolic activities.

Properties of patolakaturohinyadi kashaya shows that drugs having mainly tikta rasa pradhana, laghu guna, anushna sheeta & kapha pittahara qualities. Tikta rasa & laghu guna does amapachana. Tikta rasa also corrects rasadhatudushti. Rasasara is visible in twak so twakdushti is linked with rasadushti. so tikta rasa helps to get relieve from udarda disease signs like varati damstra sansthana. Most of drugs are having vishghna property as viruddhahara janya vikaras as garavishajanya vikaras so these drugs definitely helps to detoxify skin.

Rechaka property of some drugs like madhusrava & katurohini helps in pittarechana & vatanulomana there by reducing daha in udarda. Most of the drugs are kaphahara in nature which helps to reduce kandu in udarda. Chandana is having ropana property which helps healing wounds property. Rakta shodhaka property of Chandana Patala, Guduchi, Patha indirectly removes the chance of getting raktavikara & kustha. Chardi & Jvara are controlled by vyadhi nigrhana action of formulation itself. Overall patola katurohinyadi kashaya acts on all perspective of udarda vyadhi.

Conclusion

Patolakaturohinyadi kashaya works at various levels including Dhatus, Agni & Srotas, improving the vyadhikshamatva. Its popular formulation in aggravated kaphapittaja conditions like kamala & kustha.

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