

**EFFICACY OF MARICH CHURNA, MARICH SIDDHA TAILA WITH
PATHYA AAHAR IN SHITAPITTA - A CASE STUDY****Dr. Bhaskar M. Perke***Assistant Professor, Department of Swasthviritta and Yoga, Government Ayurved
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Vazirabad, Nanded.**ABSTRACT**

Shitapitta has been described in various ayurvedic texts especially in madhava nidana, which has separately described shitapitta with causative factors, symptoms and pathogenesis etc. It can be compared with urticaria in modern terminology. Approximately 15% of population experience urticaria at some point of time in their lives. A case of shitapitta managed successfully by ayurvedic treatment is reported here. A 42 year old male patient having signs and symptoms of shitapitta was treated with 2.5 grams of maricha churna with five grams of goghrita twice a day after the meals, along with local application of maricha siddha tail for 14 days. Patient showed complete improvement in signs and symptoms of shitapitta after the treatment.

KEYWORDS: Shitapitta, urticaria, maricha churna, marich siddha taila, pathya aahar.**1. INTRODUCTION**

The condition in which there is occurrence of raised, inflammatory and itchy round circle on the skin, as caused by the bite of large black bee is called as shitapitta. Shita maruta sansparsha (contact with the cold wind and cold water, cold ketogenic factors) is the main etiology of shitapitta. Along with this vatakara, kaphakara and pitta sanchyatmaka ahara and vihar are the other causes in the etiology of shitapitta. It can be correlated with urticaria in modern medical science. A 35 year old male patient working at night shifts in a factory visited OPD of Government Ayurved college and hospital, Nanded (Maharashtra) presenting with the signs and symptoms of shitapitta like kandu, daha, toda, mandalotpatti, chhardi. He was suffering from these symptoms from past six months. The general examination of the

patient revealed vitals as pulse rate of 74/min, respiratory rate of 18/min, blood pressure of 110/70 mm of Hg and body weight of 42 kg. The eosinophil count was 10. Based on the above said clinical presentation and investigation, the patient was diagnosed as a case of shitapitta.

2. MANAGEMENT

Patient was advised to stop all the previous allopathic medications. 3 grams of maricha churna was administered orally with 5 grams of goghruata twice a day after the meals along with local application of maricha siddha tail for 14 days. Along with this Change in his daily routine aahara and vihara was suggested .On the first follow up (after 7 days of initiation of treatment), the patient reported mild reduction in the signs and symptoms (Daha, Toda, kandu, round patches) of shitapitta. Complete relief was reported in all the signs and symptoms by the patient on the third follow up (after 14 days of initiation of treatment).The eosinophil count was also reduced to 4 after the treatment. The patient was on follow up till 6 month noted without any single episode of relapse.

3. DISCUSSION

Vitiation of vata and kapha dosha due to shita, laghu and ruksha guna play a vital role in the pathogenesis of the shitapitta Symptoms. Also there is excessive accumulation (sanchaya)of pitta due to abhishyandi, vidahi, amla and katu rasa sevana, which in turn comes in contact with the above mentioned vitiated vata and kapha. In this way all the doshas are vitiated and these vitiated dos has come in the amashaya which cause agnimandya and produce apachita ahara rasa. This apachita ahara rasa enters into the rasavaha and vatavaha srotasa and are carried all over the body. Next due to external factors and internal factors there is sthanasanshraya in the swedavaha srotas of the skin. There is local stagnation of rasa and raktavahinis that cause appearance of shitapitta in the form of itching, burning sensation and pricking pain etc. Due to amashaya dushti, there are also chhardi.

4. Samprapti Bhanga

Maricha churna due to ushna virya is vatakaphaghna and thus reduces dosha sansarga and vimarga gamana. It is also pramathi, therefore it extracts doshas from sanga and bring it back to the kostha. Goghruata which is here given as anupana is vataghana and pittashamak. Being vataghana, it stops the gati of doshas from kostha to sanga. Being pittashamak, it helps in the shaman of pitta in the kostha. Further the maricha siddha tail which is applied from outside further helps in the vilayan of grathita pitta. Along with this his aahara and vihara regularized

with specific times & amount. In this way the maricha churna, maricha siddha taila and pathyakar aahar vihara given here helps in samprapti bhanga of shitapitta symptoms.

5. CONCLUSION

According to the pathogenesis and management mentioned in the ayurvedic samhitas, maricha churna, maricha siddha taila and pathyakar aahara vihara was chosen accordingly and the case was successfully managed with ayurvedic herbal treatment. Along with the improvement in the signs and symptoms of shittapitta, there is also marked reduction in eosinophil count. Hence this treatment modality can easily be adopted in daily clinical practice and further large scale clinical trial should be conducted to establish the efficacy of the treatment.

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