

**A REVIEW ON ALLERGIC SKIN DISEASES W.S.R TO URTICARIA
AND THEIR MANAGEMENT THROUGH AYURVEDA**

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ABSTRACT

An Allergy can be described as an reaction to any substance that our body perceives harmful. It may be due to certain incompatible food combination, pollen dust, mold, pet dander, egg, some unsuitable proteins as well as chemical, detergents, artificial food additives, pharmaceutical medicines, and much more. From an Ayurveda view yet there is no appropriate similarity found to the term allergy but we can think of following term as parallel to concept of allergy. Concept of Asatmya, Ama particularly which reacts as a toxin etc. Modern line of treatment uses steroids, antihistaminics etc. it has no role to cure permanently or recurrence occurs. By taking the advantage of this, we

have to give attention in such diseases, their causes, diagnosis and treatment. There are many drugs mentioned in our Ayurveda literature we can use which are having antiallergic properties and treat such conditions. This Paper highlights the valuable information about concept of allergy, allergic skin conditions, focus on urticaria and their treatment by using the drugs having antiallergic, antihistaminic properties etc.

KEYWORDS: Concept of skin allergy, Urticaria, Medicinal plants.

INTRODUCTION

Among the common therapeutic problems, Now a days, allergic skin diseases challenges the skill and ingenuity of the dermatologists.

Urticaria is one of them

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stings, egg, some unsuitable proteins as well as chemical, detergents, artificial food additives, pharmaceutical medicine and much more. It is referred as an allergen.

From an Ayurveda view yet there is no appropriate similarity found to the term allergy but we can think of following term as parallel to,

Concept of Allergy

1. Concept of Asatmya,
2. Concept Ama particularly which reacts as a toxin etc.
3. Concept of Intaking or using of Incompatible food combinations.

Charaka advises that patient should be examined according to desha, kala, vyadhi, okasatmya. Here the term okasatmya stands for the patient, who has got some allergic manifestations or hypersensitivity for something. Amavisha is a serious toxic condition, comparable only to acute states of poisoning, vagbhata observes. The pre-precipitating cause like eating fish, meat, and other incompatible articles produces a condition which exhibits symptomatology comparable to toxins.

Modern line of treatment uses steroids, antihistaminics etc. it has no role to cure permanently or recurrence occurs. By taking the advantage of this, we have to give attention in such diseases, their causes, diagnosis and treatment. There are many drugs mentioned in our literature we can use which are having antiallergic properties and treat such conditions.

Here I am going to introduce you all only the ten medicinal plants having a great role in urticarial and also on all the allergic skin diseases. These plants are having various other properties on many diseases but I am focusing here the only properties useful in urticarial conditions and allergies skin problems.

MATERIALS AND METHODS

Allergy: It is hypersensitivity response to an allergen to which the individual has been previously exposed to.

Allergen: The substances that trigger allergy or an antigen that cause allergic symptom.

Urticaria: A vascular reaction of the skin marked by elevated pale skin patches with severe itching. Commonly known as **Hives**. In Ayurveda, a condition called *sheetpitta* is explained, which bears similar symptoms of urticarial.

Causes of Acute and Chronic Urticaria

- Allergens in foods, Inhalants and injections.
- Pollen dust, Smoke dust
- Physical i.e. Heat, cold, sunlight, pressure, water.
- Consumption of drugs (eg. Salicylates, codeine, antibiotics, dextran, ACE inhibitors)
- Some unsuitable proteins
- Infection bacterial, fungal, viral
- Insect stings
- Contact of Cosmetics, Jewellery, metal
- Contact of poisonous plant or poison ivy, latex etc.
- Contact of animal saliva
- Idiopathic

Types of Urticaria

1. Acute urticaria of < 6 weeks duration
2. Chronic urticaria of > 6 weeks duration
3. Recurrent urticaria recurrent episode & each episode lasting <6 weeks.

Pathophysiology

The mast cell is the major cell in urticaria.

Immunologic urticaria antigen binds to IgE on the mast cell surface causing degranulation, which results in release of histamine. Histamine binds to H1 and H2 receptors cause anterior dilatation, venous constriction and increase capillary permeability.

Non-Immunologic urticaria Not dependent upon the binding of IgE receptors, Physical stimuli may induce histamine release through direct mast cell degranulation.

Urticaria is characterized by transient **Itchy, elevated edematous wheals or red papules.**

Wheal - A central swelling, surrounded by erythema. Itching or burning sensations.

The wheal disappears usually within 1-24hrs.



Epidemiology

Common dermatological disease, with lifetime occurrence of 20% in general population

Presents at any age but Peak incidence is seen between **20 to 40 years of age**. More frequent in women.

Diagnosis of urticaria is based on presence of Evcant,erythematous wheals,lesions subside within 24 hrs leaving behind normal skin.(i.e. no pigmentation,scaling or atrophy).

Differential Diagnosis

Urticaria is easy to diagnose but needs to be differentiated from the following conditions:

- Insect bite hypersensitivity (IBH)
- Erythema Multiforme (EM)
- Urticarial vasculitis

Single drugs can be recommended in Urticarial rashes.

Shirisha	Haridra
Aragwadha	Karanj
Yastimadhu	Chakramarda
Guduchi	Priyala
Nimba	Daruharidra



1. Shirisha (*Albezzia Lebbek*)

Parts used-Bark, seeds, leaves, fruits.

Dosage- 1.Powder- 3-6 gm

2. Fresh Juice 10-20 ml

3. Decoction 100ml

It is one of best drug belongs to *Vishanghna gana* as in case of toxicity by venoms, shirisha can be used as a powerful antidote for venoms from animal or plant origin. Balances all the three *doshas*. It is having a general anti-inflammatory and analgesic effects on the body. Its paste applied at the site of inflammation, in case of wounds, lymphadenitis and skin diseases. The powder of seeds of *shirisha* is used for the purpose of treating blood disorders, erysipelas and inflammatory skin conditions. The powder of *shirisha* seeds are used in skin diseases.

**2. Aragvadha (*Cassia Fistula*)**

Parts Used- Fruit pulp, bark, leaves, root, flower

Dosage- 1.Powder -5-10 gms

2. Decoction- 50-100 ml

It is mentioned as a *kushthaghna* and *kandughna* by charaka. Also as per the research it is having antifungal antibacterial and anti-inflammatory, Hepato-protective, Effect on skin diseases activities. Described as a *vaatahar*, *pittahar* and *kosthasuddhikara*. Its *kashaya* is used in various Skin diseases, Pruritus and Non-healing wounds.



3. Yastimadhu (*Glycerrhiza Glabra*)

Parts used- Root

Dosage – Powder – 3-5gms

Charaka included it as *varnya, kandughna*. It acts as a *vaatpittahar*. It possesses the Anti-inflammatory Antioxidant properties. Yashtimadhu has so strong anti-inflammatory abilities that they are used to heal all manner of irritated tissue be the inside or outside the body. The action is very much like that of a steroid such as cortisone. By having all these properties it treats skin rashes, psoriasis and itchy and dry skin. It also enhances the immunity by boosting levels of interferon which is the key chemical of the immune system that fights off viruses.



4. Guduchi (*Tinospora cordifolia*)

Parts used- Leaves, Bark, Stem, Roots.

Dosage – 1. Stem powder- 3-6gms

2. Giloy satva - 500mg -1gm

As per charaka it included in *dahaprashamana* gana. It balances *vata and kapha* dosha. Guduchi has many medicinal properties like antibiotic, anticancer, antispasmodic, antimicrobial, anti-inflammatory, antiarthritic, antiosteoporotic, anti-allergic, antidiabetic, antitoxic, anti-hiv, antineoplastic, anti-oxidant, hypolipidemic, immunologic, antiperiodic, antistress, immunomodulatory etc. It is used to support the immune system and the body's resistance to infections. It's very effective in various skin disorders like itching, burning sensation, leprosy, redness, swelling, and tenderness.



5. Nimba (*Azadirachta Indica*)

Parts used –bark, leaves, seeds, oil.

Dosage –1. Bark Powder- 4-10 gms,

2. Fresh juice 15-30 ml,

3. Seed oil 5-10 drops

Charaka mentioned in *kandughna* gana. It is *Kaphapittaghna*.

It has an anti-inflammatory action, antimicrobial, antifungal, Antibacterial, antiviral, antiseptic activity. It has an astringent, emollient, bactericidal properties useful in skin affections. Stimulates the kidneys and liver increasing the metabolism and eliminating the toxins out of the body.



6. Haridra (*Curcuma longa*)

Parts used- Rhizome

Dosage- 1. Fresh juice - 10-20 ml

2. Powder- 1-3 gms

Function- As per charaka it is mentioned in *lekhaniya, kushtaghna, kandughna, krumighna* gana. It is *Kapha-vaathara, Lekhan, varnya*. Haridra has Anti-inflammatory, antiallergic, Immune-modulation action also having antioxidant property with hepatoprotective, anticancerous in nature. Fresh juice of rhizome of haridra is used as antiparasitic in many skin affections. It is a potent drug resistance preventor.



7. Karanja (*Pongamia pinnata*)

Parts used – Fruit, leaves, root bark, stem bark, seeds, twigs, seed oil.

Dosage – 1. Bark and Leaf juice - 10-20 ml

2. Seed powder - 1-3gms.

As per charaka it is mentioned in *kandughna*. It balances *Kaphavata*. The expressed juice is used on herpes and itches. It has been shown to be effective in enhancing the pigmentation of skin affected by leucoderma or scabies. The leaves are crushed and applied as a poultice for the treatment of parasitic skin diseases and to relieve bleeding haemorrhoids. The expressed juice is used on herpes and itches.



8. Chakramarda (*Cassia tora*)

Parts used- Seeds, shoots, leaves, roots

Dosage- 1. Seed powder-1-3gm

2. Leaf juice- 5-10 ml

It Balances *kapha-vata* dosha. The whole plant of cassia tora is of Medicinal importance. The seeds have antiparasitic properties. The paste of seeds is applied topically on ringworms and scabies. The decoction of whole plant is given as a vermifuge and purgative. It is also called as ring worm plant. Chief actions are antiseptic, anthelmintic, carminative, purgative, antiparasitic, antiseptic, Depurative, Hepatoprotective.



9. Priyala (*Buchanania lanzan*)

Parts used- Stem bark, chironji nuts, seed

Dosage- 1. Bark decoction 50-100 ml

2. Powder - 10-20 gms.

As per charaka it mentioned in *udardaprashamana* gana. Balances *vata and pitta*. Roots are acrid, astringent, cooling, depurative, and are useful in vitiated condition of pitta. Leprosy, skin disease and diarrhea.



10. Daruharidra (*Berberis aristata*)

Parts used –Root, stem, fruit, water extract (rasanjan)

Dosage- Decoction- 15-60 ml

Charaka has describes it in *kandughna*, *lekhaniya* gana. It is *kaphapittahar*. Research proved its antimicrobial activity. It has antibacterial antifungal antipyretic anti inflammatory hepatoprotective and antioxidant actions.

DISCUSSION

- Allergic skin disorders are mostly having the recurrence patient mostly will become chronic and after that he comes to us.
- While treating skin allergic diseases there is no permanent remedy, hence we have to upgrade our knowledge by focusing on this diseases.
- We can give these herbal medicinal plants by simply in crude form also which will be very easy for patient and our self.

CONCLUSION

- The result of treatment always be encouraging, by using these herbal drugs having Properties vishaghna, kandughna, kushtaghn, daahaprashamana etc.
- Skin diseases vary enormously from mild conditions which may affect only the appearance of the skin to severe diseases which are totally incapacating.
- The degree of treatment required or even sought varies accordingly.
- In this paper only tried to highlighting the drugs and their properties useful in management over the Urticaria.

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