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CRITICAL REVIEW ON HARIDRAKHANDA WITH SPECIAL REFERENCE TO URTICARIA

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ABSTRACT:

Background: Urticaria is recurrent, transient, cutaneous swelling and erythema which resolves within 24 hours without leaving residual cutaneous signs. Approximately 15 to 20% of the general population will have urticaria at least once during their lifetime. Haridrakhanda is one such formulation mentioned in classical text books specially indicated for curing Sheetapitta, Udarda, Kotha etc. A detailed literature survey has been conducted to explore the probable mode of action of Haridrakhanda in Sheetapitta. Most of the ingredients are having Immunomodulatory, antifungal, anti-bacterial, antioxidative and anti-inflammatory activity may work on Sheetapitta. Apart from the ingredients of the formulation are predominant with Katu, Tikta, Kashaya, Madhura Rasa, Ushna Virya, Katu and Madhura Vipaka and Kapha Pitta or Tridosha Shamaka qualities. All the contents of Haridrakhanda are having properties to control the allergic condition and improve Vyadhikshamatva (Immunomodulatory).

KEYWORDS: Haridrakhanda, Sheetapitta

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INTRODUCTION:

Sheetapitta (Urticaria) is one of the common dermatoses found all over the world, showing a definite rise in its incidence day by day. The exact incidence and prevalence of chronic urticaria are not known, although it occurs in at least 0.1% and possibly up to 3% of the population.¹ Urticaria is not a life-threatening disorder, but it makes worried the patient due to its appearance, severe itching disturbing routine and its chronic nature. In other cases, it manifests as part of a spectrum of systemic anaphylaxis, which may be life threatening. The classical Ayurvedic literature has got ample references and description of disease in reference under the names- *Sheetapitta*, *Udarda* & *Kotha*. *Sheetapitta* suggests the involvement of *Vata* and *Pitta Dosha* along with *Rasa* and *Rakta Dhatu*. '*Sheetapitta-Udarda-Kotha*' can be co-related with Urticaria as they have similar symptomatology i.e. *Varatidamshta Samsthana Shotha* means the nettle rash, *Kandu* etc. The western thinkers have considered it is an allergic condition. The elevated histamine level has been given more

importance and as such antihistaminic drugs are the drug of choice to combat against urticaria. The recovery in most cases is only partial and inadequate. With all advancement of modern medical science in all directions and minutia, including dermatology, there are still many skin diseases which have no specific treatment and urticaria is one of them. *Haridrakhanda* is an effective formulation for the management of *Sheetapitta*, *Udarda*, *Kotha* etc.² *Haridra* is effective drug for the management of skin disorders including *Sheetapitta*, *Udarda*, *Kotha* etc. and it is included in several classified group of drugs like *Kushthaghnadashemani*, *Vishaghna-Mahakashaya* and said to possess *Kandughna* property.³ Very few references were found from Samhita hence there are three reference of *Haridrakhanda* mentioned in classical textbook of Bhaishjya Ratnavali. Another reference is taken from Ayurveda sara Sangraha book which mentioned in table no.1.

Table no.1: Classical Reference of Haridrakhanda;

Sr. No.	Ingredients	B. R ⁴	B. R ⁵	B. R ⁶	A. S. S ⁷
1	<i>Haridra</i>	8 Pala	1 Kudava	<i>Ardhaprastha</i>	4 Pala
2	<i>Godugdha</i>	1 Adhaka	-	-	-
3	<i>Goghrita</i>	6 Pala	-	1 Kudava	20 Tola
4	<i>Sharkara</i>	<i>Ardhshata</i>	<i>Ardhaprastha</i>	<i>Ardhaprastha</i>	2.5 Sera
5	<i>Sunthi</i>	1 Pala	1 Kola	2 Karshik	6 Masha
6	<i>Maricha</i>	1 Pala	-	2 Karshik	-
7	<i>Pippali</i>	1 Pala	1 Kola	2 Karshik	6 Masha
8	<i>Ela</i>	1 Pala	1 Kola	-	6 Masha
9	<i>Twaka</i>	1 Pala	1 Kola	-	6 Masha
10	<i>Tamalapatra</i>	1 Pala	1 Kola	-	6 Masha
11	<i>Trivruta</i>	1 Pala	4 Pala	2 Karshik	4 Pala
12	<i>Vidanga</i>	1 Pala	1 Kola	2 Karshik	6 Masha
13	<i>Haritaki</i>	1 Pala	4 Pala	2 Karshik	4 Pala
14	<i>Bibhitaki</i>	1 Pala	-	2 Karshik	6 Masha
15	<i>Amalaki</i>	1 Pala	-	2 Karshik	6 Masha
16	<i>Nagakesara</i>	1 Pala	-	-	-
17	<i>Musta</i>	1 Pala	1 Kola	2 Karshik	6 Masha

18	<i>Lauha Bhasma</i>	1 Pala	1 Kola	-	6 Masha
19	<i>Daruharidra</i>	-	1 Kola	-	6 Masha
20	<i>Ajvayan</i>	-	1 Kola	2 Karshik	6 Masha
21	<i>Ajmoda</i>	-	1 Kola	2 Karshik	6 Masha
22	<i>Chitraka</i>	-	1 Kola	2 Karshik	6 Masha
23	<i>Katuki</i>	-	1 Kola	-	6 Masha
24	<i>Jiraka</i>	-	1 Kola	-	-
25	<i>Guduchi</i>	-	1 Kola	-	6 Masha
26	<i>Vasapanchaga</i>	-	1 Kola	2 Karshik	-
27	<i>Kustha</i>	-	1 Kola	-	6 Masha
28	<i>Chavya</i>	-	1 Kola	-	6 Masha
29	<i>Dhanyaka</i>	-	1 Kola	-	6 Masha
30	<i>Paribhadraswarasa</i>	-	-	1 Prastha	-
31	<i>Krishnajiraka</i>	-	-	2 Karshik	-
32	<i>Shweta jirak</i>	-	-	-	6 Masha
33	<i>Saindhava</i>	-	-	2 Karshik	-
34	<i>Nirgundi</i>	-	-	2 Karshik	-
35	<i>Patha</i>	-	-	2 Karshik	-
36	<i>Shweta sariva</i>	-	-	2 Karshik	-
37	<i>Krishna sariva</i>	-	-	2 Karshik	-
38	<i>Palasha</i>	-	-	2 Karshik	-
39	<i>Danti</i>	-	-	2 Karshik	-
40	<i>Renuka</i>	-	-	2 Karshik	-
41	<i>Arishta</i>	-	-	2 Karshik	-
42	<i>Bakuchi</i>	-	-	2 Karshik	-
43	<i>Vasa moola</i>	-	-	-	6 Masha
44	<i>Tamra Bhasma</i>	-	1 Kola	-	-
45	<i>Abhraka Bhasma</i>	-	-	-	6 Masha

Method of Preparation:

- 8 parts *Haridra* powder was taken in to s.s vessel and 6 parts *Goghrita* was added. And heating was continued in mild fire, over gas stove. Thus, frying of *Harida* in *Ghrta* was done.
- Then, 64 parts *Godugdha* and 50 parts *Sharkara* was added and stirring was done until sugar was dissolve in the mixture.
- Heating was carried out till the mixture attained desired consistency.
- The vessel was removed from the fire and stirred continuously to reduce the temperature. When the temperature was

reduced to 75-80°C, fine powder of *Prakshepa Dravyas* were added and stirred well to get a homogenous blend.

- The blended mass was passed through 10# sieve to obtain granules, dried at room temperature. Granules were packed in airtight containers.

Methodology: The study was done by in-depth literature survey through various Ayurveda classical text books, various journals and articles. Review mainly focused on the pharmacological properties of each ingredient in modern as well as Ayurvedic perspectives.

RESULTS AND DISCUSSION:**Pharmacological Properties of Each Ingredients of Haridrakhandra****Table 2: Pharmacological properties of each Ingredients of Haridrakhandra**

Sr. No.	Ingredients	Latin Name	Pharmacological activity
1.	Haridra	<i>Curcuma longa</i> Linn	Anti-allergic, anti-histamine activity ⁸ antioxidant, anti-inflammatory ⁹ antiviral, antifungal, Anticancer activity, Antidepressant activity, Anti-oxidant activity, Wound healing activity, Antifungal activity, Complexion promoting activity, Hypolipidaemic Activity, Hypoglycemic Activity, Neuroprotective Activity, Antifungal activity and Mosquitocidal activity, Antihepatotoxic Activity ¹⁰
2.	Sunthi	<i>Zingiber officinale</i> Roxb.	Antipyretic, Analgesic, Antitussive, and Hypotensive, Anti-inflammatory ¹¹
3.	Maricha	<i>Piper Nigrum</i> Linn.	Anti-inflammatory, Analgesic, Anti arthritic activity, Antihypertensive, Antiplatelets, Antipyretic, Antispasmodic, Antifungal, Anti-apoptotic, Anti-metastatic, Antimutagenic, Anti-spermatogenic, Anti-colon toxin, Anti-asthmatics, Anti-anxiety, Antithyroids, Antifungal, Insecticidal and Larvicidal activities etc. ¹²
4.	Pippali	<i>Piper longum</i> Linn.	Anti allergic ¹³ , Immunomodulatory ¹⁴ , Mast cell stabilizing ¹⁵ , Anti inflammatory ¹⁶ , Bioavailability enhancement, Anti-Cancer Activity, Analgesic activity, Hepato-protective activity, Anti-tubercular activity, Anti-asthmatic activity also seen. ¹⁷
5.	Ela	<i>Elettaria cardamomum</i> Maton	Anti allergic ¹⁸ Anti inflammatory ¹⁹ , Anti microbial ²⁰ , Anti oxidant ²¹ Food preservation activity ²²
6.	Twaka	<i>Cinnamomum zeylanicum</i> Blume	Anti-inflammatory, Anti-oxidant, Anti-bacterial, Anti-fungal, ²³ Anti microbial ²⁴ Immuno modulatory activity ²⁵
7.	Tamalapatra	<i>Cinnamomum tamala</i> Nees	Immunomodulatory ²⁶ , Anti-microbial activity ²⁷
8.	Trivruta	<i>Operculina turpethum</i> Linn.	Anti-inflammatory, Anti microbial ²⁸
9.	Vidanga	<i>Embelia ribes</i> Burm.f.	Anti-histaminic, Anti-bacterial activity ²⁹
10.	Haritaki	<i>Terminalia chebula</i> Retz	Immunomodulatory, Wound healing, Antifungal activity ³⁰
11.	Bibhitaki	<i>Terminalia bellerica</i> Roxb.	Anti-microbial, Immunological, Hepatoprotective activity, Antithrombotic and Thrombolytic activity, Antipyretic Activity, Acute and Sub-acute Toxicities, Antiulcer Activity, Antimutagenic Activity. Anti-salmonella activity Antihypertensive

			Effect, Anti-Spasmotic and Bronchodilatory Properties Anticancer Activity ³¹
12.	<i>Amalaki</i>	<i>Emblia officinalis</i> Gaertn	Anti-inflammatory, Anti-oxidant, Immunomodulatory activity ³²
13.	<i>Nagakesara</i>	<i>Mesua ferrea</i> Linn.	Anti-oxidant, Anti-fungal, Anti-bacterial, Hepatoprotective, ³³ Anti-inflammatory, Anti-fungal, CNS activity, Antimalarial activity Antivenom activity Anti-arthritic activity Smoke repellency and Mosquito larvicidal activity. ³⁴
14.	<i>Musta</i> ³⁵	<i>Cyperus rotundus</i> Linn.	Anti-oxidant, Anti-bacterial, Anti inflammatory
15.	<i>Lauha Bhasma</i>	Iron	Haematinic activity ³⁶ Anti-oxidant activity ³⁷ , Anti-bacterial Activity

Most of the ingredients are having Immunomodulatory, antifungal, anti-bacterial, antioxidative and anti-inflammatory activity.

Pharmacological properties in Ayurvedic perspective: As per Ayurveda principles, pharmacological actions of a drug can be inferred through *Rasadi Panchaka* and classical categorization of drugs.

Table 3: Pharmacological properties in Ayurvedic perspective.

Sr. No.	Name	Rasa	Guna	Virya	Vipaka	Doshashamaka	Indication
1.	Haridra ³⁸	Katu, Tikta	Ruksha	Ushna	Katu	Kaphaghna, Vataghna.	Kustha, Krimi, Kandu, Vrana, Pandu, Kamala, Prameha
2.	Sunthi ³⁹	Katu	Laghu, Snigdha, Ruksha, Tikshna	Ushna	Madhura	Kapha Vatahara	Kustha, Agnimandhya, Pandu, Vrana, Sopha, Jvara
3.	Maricha ⁴⁰	Katu	Tikshna, Dipaniya, Ruksha	Ushna	Katu	Vatakaphahara	Krimi, Pinasa, Kasa, Svasa, sula
4.	Pippali ⁴¹	Katu	Laghu, Snigdha	Anushna	Madhura	Vatakaphahara	Kustha, Sula, Jvara, Pliharoga
5.	Ela ⁴²	Katu Madhura	Laghu, Ruksha	Shita	Madhura	Tridosahara	Chardi, Svasa, Kasa,
6.	Twaka ⁴³	Madhura, Katu, Tikta	Laghu, Ruksha, Tikshna	Ushna	Katu	Kaphavatahara	Kandu, Ajirna, Aruchi, Krimi, Pinasa

7.	Tamalapatra ⁴⁴	Madhura, Katu	Laghu, Ushna, Pichhila, Tikshna	Ushna	Katu	Kaphavatahara	Aruchi, Hrilasa, Arsha, Pinasa
8.	Trivruta ⁴⁵	Katu, Tikta	Laghu, Ruksha, Tikshna	Ushna	Katu	Kaphapittahara	Sotha, Krimi, Jvara, Vibandha
9.	Vidanga ⁴⁶	Katu	Tikshna, Ruksha	Ushna	Katu	Kaphavatahara	Krimi, Sula, Kustha, Udara
10.	Haritaki ⁴⁷	Alavanapan chaka	Ruksha, Laghu, Sara	Ushna	Madhura	Vatapittahara	Sotha, Kustha, Vrana, Krimi, Chardi
11.	Bibhitaki ⁴⁸	Kashaya Amalaki	Ruksha	Ushna	Madhura	Kaphapittahara	Jvara, Chardi, Svasa, Kasa, Trushna
12.	Amalaki ⁴⁹	Lavanrahita pancharasa	Guru, Ruksha, Shita	Shita	Madhura	Tridoshashamaka	Kustha, Shula, Raktapitta, Peameha
13.	Nagkesara ⁵⁰	Kashay, Tikta	Laghu, Ruksha	Ushna	Katu	Kaphapittashamaka	Kandu, Kustha, Sopha, Visarpa, Chardi
14.	Musta ⁵¹	Katu, Tikta, Kashaya	Grahi, Agnidipana, Pachaka	Shita	Katu	Kaphapittahara	Kandu, Kustha, Raktavikara, Krimi, Jvara

Here for the review, reference of *Haridrakhanda* was taken from B.R. (55/13-17). It is apparent from (Table no.3), the ingredients of the formulation are predominant with *Katu, Tikta, Kashaya, Madhura Rasa, Ushna Virya, Katu and Madhura Vipaka* and *Kapha Pitta / Tridosha Shamaka* qualities. All the contents of *Haridrakhanda* are having properties to control the allergic condition and improve *Vyadhikshamatva* (Immunomodulatory). *Katu Rasa, Laghu, Ruksha and Tikshna Guna, Ushna Virya and Katu Vipaka* properties of these drugs will eliminates the aggravating *Vata* and *Kapha dosha* which leading to *Samprapti Vighatana*. And the ingredients are

capable of bringing back the normalcy of vitiated *Dosha* in *Sheetapitta*. Owing to the *Kanduhara, Krimihara, Kusthahara* actions most of the drugs will effectively works on *Sheetapitta Samprapti Vighatana*. Drugs like *Haritaki, Amalaki* and *Pippali* are having potent *Rasayana* properties and will helps in increasing *Vyadhikshamatva* of body.

DISCUSSION:

The disability and distress caused by *Urticaria* can lead to serious impairment of quality of life, almost comparable to that experienced by patients with cardiovascular disease. In General, a drug with *Anti-inflammatory, Antibacterial, Anti allergic, Antihistaminic*

and Immune modulator activity will work here. While analyzing the properties of ingredients of *Haridrakhanda*, all the drugs have got anti-inflammatory, antimicrobial and immunomodulator actions. According to Ayurveda, *Sheetapitta* is primarily affecting the *Rasavaha* and *Raktavaha Srotas* as *Vata*, *Pitta* and *Kapha* are vitiated and mainly *Vayu* is vitiated. In *Udarda*, mainly *Kapha dosha* is vitiated and In *Kotha*, mainly *Pitta* and *Kapha dosha* are involved. In the management of *Sheetapitta*, Acharya mentioned that the main aim is to alleviate the *Vata*. Because vitiated *Vata* also vitiated the *Kapha dosha* and both are vitiated the *Pitta dosha* in body and pathology of *Urticaria* is developed. Most of the drugs in *Haridrakhanda* are having the dominance of *Katu*, *Tikta*, *Kashaya*, *Madhura Rasa*, *Ushna Virya*, *Katu* and *Maadhura Vipaka* and *Kapha Pitta / Tridosha Shamaka* qualities. *Haridrakhanda* increases the *Agni*. Which reduce the *Amadosha*. Most the ingredients having *Vishghna* properties, thus will help in clearance of *Amavisha*. *Goghrita* and milk are enriched almost with all minerals and milk is considerable as complete food. Both these will increase the power of immune system. Most of the ingredients having *Vishghna*, *Kandughna*, *Kushthaghna*, *Shothaghna* properties that will help in *Samprapti Vighatana* of *Sheetapitta* by slow down the process of inflammation or pathogenesis. *Iron/Lauha Bhasma* is mainly works on *Rakta Dhatu*. So, *Rakta Dushti Janya Vikara* also subside. As per context *Tridosha* involvement is there in *Sheetapitta*, *Udarada*, *Kotha*, therefore *Tridoshahara* drug should be used. As in *Haridrakhanda*, *Haridra* itself is the main ingredient and having the *Tridoshashamaka* property, anti-allergic, anti-inflammatory etc properties, thus it will surely overcome the pathogenesis processing in the body.

CONCLUSION:

After analyzing the properties of each ingredient in *Haridrakhanda*, it can be concluded that the formulation has potent effect in curing *Sheetapitta*, *Udarda* and *Kotha*.

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