

Urticaria: Management through Ayurveda w. s. r. to *Trachyspermum ammi*

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Abstract

Urticaria also referred as 'hives' is fairly common condition characterized by transient swelling of the skin associated with itching and burning sensation. Urticaria has multifactorial aetiology including allergy (for food, drug etc.), worm infestation, auto immune pathology. In ayurveddashitapitta having the same symptoms can be correlated to urticaria. This is caused by the contact of cold air. This work is an approach to pacify the symptoms and the undergoing pathology with some ayurvedic recipes w. s. r. to *Trachyspermum ammi* (ajowain) also known as bishop's weed.

Keywords

Urticaria, Hives, Shitapitta, Trachyspermum ammi



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INTRODUCTION

Skin diseases are common these days. Change in the environmental conditions, altered food habits and lifestyle would be the probable answer for the same. Altered immunity has given rise to many disorders, urticaria is one of those. Ayurveda has a number of medicinal herbs which are effective in these conditions. These herbs are loaded with therapeutic properties because of their rasa panchaka. One of those herbs is the *Trachyspermum ammi*. Also called as ajwain, ajmoda.

MATERIALS AND METHODS

- MadhavaNidana
- Bhavaprakasha
- Dravyavijnan
- A thorough study of related material has been done to compile information regarding the disease and the therapeutic effects of *T. ammi*.

AIMS AND OBJECTIVES

- ✓ To disclose the therapeutic actions of *T. ammi* for the treatment of urticaria.
- ✓ To draw the attention of the research scholars for further work regarding the action of *T. ammi* in urticaria.

Urticaria:

Urticaria is a disease characterized by wheals (hives) and itching. In some patients, only hives occur – in others, only angioedema. Angioedema is swelling of the skin and mucous membranes. Most patients experience both hives and angioedema.

Prevalence: 0.3% - 11.3%

Incidence: 15% - 23%

- Both sexes are affected - women twice as often as men.
- Urticaria occurs most commonly in young adults. But, children and the elderly can also suffer from urticaria.

Classification:

- Urticaria may be of two types:
 - **Acute** = new onset urticaria < 6 weeks (90%)
 - **Chronic** = recurrent urticaria (most days) > 6 weeks (10%)

What happens to skin? (Pathology)

- Mast cells are located under the skin. Mast cells are "allergy cells" that store and release histamine into the skin as needed.
- We also find blood vessels and nerves in the skin that mediate the itching.
- When mast cells are activated, they release histamine. This irritates the nerves and the blood vessels become leaky.

- Then the skin itches and becomes red and swollen.
- When someone has urticaria, the mast cells often activate on their own. However, sometimes there are triggers.

Triggers:

- Cold
- Scratching
- Light
- Heat
- Contact
- Pressure

Clinical Manifestation:

- Itching
- Skin lesion: Sharply defined *wheals*, small (<1 cm) to large (>8 cm)
- Angioedema

Treatment:

- Antihistamine
- Steroids
- Immunomodulators

Shitapitta:

- Due to the contact of cold air, vata and kaphadosha get aggravated. These doshas

along with pitta lead to the group of disease viz. shitapitta, udarda and kotha¹.

Premonitory Symptoms:

- ✓ Thirst
- ✓ Nausea
- ✓ Tiredness
- ✓ Redness in the eye

Symptoms:

- ✓ Inflammation (same as due to bee sting)
- ✓ Elevated patches on skin
- ✓ Itching
- ✓ Pain
- ✓ Vomiting
- ✓ Fever

Treatment:

- Nidanaparivarjana
- Massage with sarshapa oil
- Fomentation therapy
- Emesis therapy and purgation therapy
- Trikatuchurna along with honey²

Trachyspermum ammi

- Ajowain
- bishop's weed
- Carom seed
- Family: Umbelliferae

Synonyms:

Kharahava, Yavani, Brahmadarbha

- Annual herb
- Thymol- 35-60% (main content in oil)

Ayurvedic Review:

- **Rasa Panchaka:**³
- RASA: katu, tikta
- GUNA: laghu, ruksha, tikshana
- VIRYA: ushna
- VIPAKA: katu

Bhavprakash describes *Trachyspermum ammi* as -

- Pachan, ruchya, tikshna, ushna, katu, laghu, dipana, tikta, shoolaghna, vata-kafashamaka, kriminashak⁴.
- Anupana: jaggery (along with wholesome diet)⁵.

Modern Review:

T. ammi has been shown to have- Antimicrobial, Hypolipidaemic, Digestive stimulant, Antihypertensive, Hepatoprotective, Antispasmodic, Bronchodilator, Antiinflammatory, Antifilarial, Nematicidal, Anthelmintic, Deoxidant properties⁶.

DISCUSSION

By ayurvedic recipes the disease progression can be retarded and can be cured. It is compulsory to take wholesome diet and follow the daily regimen. Patient should avoid the trigger factors.

- Vata-kafashamaka property of *T. ammi* will pacify the main causative dosha.
- Dipana and pachanaguna will increase the agni and on the other side will decrease the amadhatu (causative for auto-immunity).
- Krima-nashaka property will help to kill the worms (which can cause allergic reaction).
- Anupanajaggery will help to attract the worms.

CONCLUSION

The above review provides the updated information regarding the *Trachyspermum ammi*. *T. ammi* exhibited good antibacterial, antifungal, insecticidal, anthelmintics etc. activities. As described in various treatise of ayurved, it can be used to pacify the vitiated doshas and for further study to collect data regarding the effect on urticaria.

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