

EFFICACY OF CHARKOKTA GANA IN URTECARIA

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ABSTRACT

Skin is largest sense organ of body. Not only ladies but men are also fond of fair, glowing and healthy skin. Our day to day lifestyle, changed eating habits are leading cause of skin diseases such as eczema, urticaria etc. Urticaria is very well known skin disease. As per modern science urticaria is allergic skin disease, which is caused due to excessive secretion of histamine due to some triggering factors. Urticaria is having symptoms such as rashes and itching. According to Ayurveda urticaria is compared with Sheetpitta, which is due to imbalance in kapha and pitta. Itching is mainly due to kapha dushti and rashes, itching, daha is due to imbalance in pitta. In Charak Samhita Sutras than adhyaya 4 – Shad virechanashatashreetiya Charakacharya had listed 50 different group of 10 herbs each with common action. Kandughna gana is having 10 different Kandughna drags such as Chandana, Nalad, Aargwad, Karanj, Neemba, Kutaja, Sarshap, Madhuka, Daruharidra, Musta. Sheetpitta is having kapha and pittaj dushti. Here in this study going to study conceptual study of efficacy of Charkokta Kandughna Gana in urticarial.

KEYWORDS: Kandughan Gana, Kaphaj, Pittaj, Dushti, Sheetpitta.

INTRODUCTION

Urticaria is a very common disease. It is type 1 hypersensitivity reaction which is manifested because of exposure to such allergens. Epidemiology of urticaria is increasing now a days due industrialization.

Vata & kapha are the two dosha which are primarily distributed in this disease. In combination with pitta they create redness, swelling & itching on the skin. Acute urticarial is associated with more diffused swelling on lips, face, and throat and is spread all over the body. Rashes, itching, redness is the typical presentation of urticarial. As stated above kapha and vata are dominantly disturbed with pitta, the drugs which are chosen should also acts above dosha.

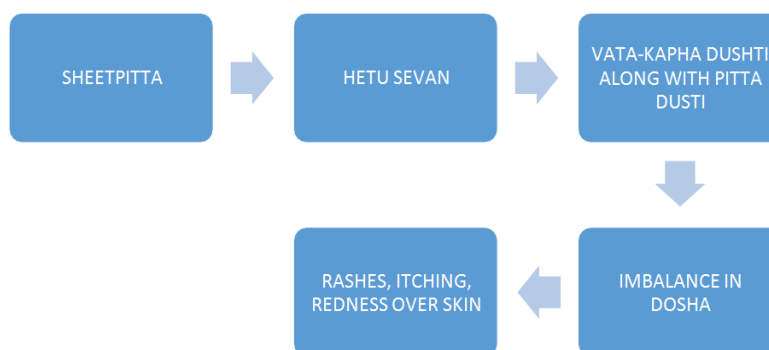
Kandughna gana is having group of 10 drugs, which is used to cure the imbalance occur in urticarial. These drugs are having the additional effect of blood purifying, laxative, immunomodulatory, liver stimulant, digestive, the anti-itching property will be multi fold.

MATERIAL AND METHODS

Literary references from Samhita grantha and research papers.

DISCUSSION

As urticaria can be compared with sheetpitta is having vata & kapha dushti along with pitta. Here rakta is dushtya. Samprapti of sheetpitta is as below:-



In Charak Samhita Sutrasthan adhyay -4 shad-virechanshatahritiya had given a group of 10 drugs i.e. gana. Kandughna is one of them, having 10 drugs with similar property. The word “kandu” refers to itching. The

drug which have property of pacifying itching is called kandughna. Let us review the quality and action of these drug are by one in brief.

Chandana	Santalum album	Coolent, blood purifier, complexion enhancer, diuretic, etc.
Nalad	Nardastachys jatamansi	Sedative, coolant, anxiolytic, expectorant, immunomodulatory, etc.
Karanja	Pongamia pinnata	Blood purifier, wormicide, antimicrobial activity, etc.
Nimba	Azadiracta indica	Wormicide, anti helmenthic, antimicrobial, healing, blood purifier, wormicide, wound healing etc.
Kutaja	Holarrhena antidysenterica	Anti diarrreal, anti pyretic, blood purifier, wormicide, wound healing etc
Sarshapa	Brassia nigra	Digestive chologogue, rubifficient, wormicide, wound healingetc.
Madhuka	Glycyrrhiza glabra	Complexion enhancer, expectorant, antacid, wound healing, natural skin detox, antioxidant etc
Daruharidra	Berberis aristata	Wound healing, complexion enhancer, hair tonic, blood purifier etc
Musta	Cyperus rotundus	Digestive, anti diarrreal, absorbant, anti inflammatory etc

General activity of Kandughan gana

These drugs are having tikta and katu rasa. Few are having madhura rasa also, which may acts as a pittahara, by which the tissue metabolism can be corrected. As the drugs are undergoing pungent kind of metabolic transformation they hav ability to correct the mal digestion due to their chologogue action and blood purifying ability. Also depending upon the doshic association the selective combination of these drugs can be used for the associated symptoms in urticarial such as rashes, redness, itching.

CONCLUSION

In modern medical science urticarial is treated as allergic disorder. Medicinal line of treatment is only a antihistamic drugs which acts only on symptoms of disease but the root cause of disease is remains as it after treatment also.

In Ayurveda any disease is treated at the level of dosha dushya. Here the drugs which are selected at choosen on the basis of dosha dusti. So the root cause of disease is being irradiated. And the disease is being corrected. Here kandughna gana can be used to treat the urticarial.

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