

<https://doi.org/10.46344/JBINO.2022.v11i05.27>

CONCEPTUAL STUDY ON EFFECT OF ELA IN VISHAJANYA ALLERGIC SKIN REACTION W.S.R. TO URTICARIA

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ABSTRACT

According to *Ayurveda* *Visha* means the substance which causes *Vishada* (sorrow, depression). Drugs which act against toxic substances are called as *Vishaghna* (Anti-toxic). *Acharya Charaka* had described ten drugs having anti-toxic property in *Vishaghna Mahakashaya*. It includes *Haridra* (*Curcuma longa*), *Manjishtha* (*Rubia Cardifolia*), *Suvaha* (*Pluchea Lanceolata*), *Sukshma Ela* (*Elettaria Cardamomum*), *Palindee* (*Operculina Turpethum*), *Chandan* (*Santalum Album*), *Kataka* (*Strychnos Potatorum*), *Shireesh* (*Albizzia lebbeck*), *Sinduvara* (*Vitex Nigundo*), and *Shlemantaka* (*Cordia Dichotoma*). *Sukshma Ela* is one of them. The main objective of this article is to discuss the pharmacological properties and therapeutic uses of *Sukshma Ela* on allergic skin reactions i.e. *Urticaria*. This article highlights on those pharmacological properties of *Ela* which can be used in various allergic skin reactions i.e. *Urticaria*.

KEYWORDS – *Vishada*, *Vishaghna*, *Urticaria*

INTRODUCTION

Allergy is one of the four forms of hypersensitivity. In Ayurveda allergy manifestation is under the concept of *Satmya-Asatmyata*. It occurs due to exposure of *Asatmya Ahaar-Vihaar* and contact with different poisonous materials (allergens).¹ There are types of allergic skin reactions; Eczema (atopic dermatitis), allergic contact dermatitis (rash where allergen touched the skin), Urticaria (hives) and angioedema (swelling).² Symptoms of allergic skin reaction are mentioned as *Kotha* in *Brihatrayi*. *Madhavakara* separated this disease under the title *Sheetapitta-Udarda-Kotha*.³ Exposure to cold wind leads to vitiation of *Kapha* and *Vata Dosh*a which combines to *Prakopit Pitta* and results into impurities of blood.⁴ The common symptoms of eczema is dry, red, irritated and itchy skin.⁵ Urticaria is recurrent, transient, cutaneous swelling with erythema which resolves within 24 hours without leaving any sign.⁶ Contact dermatitis is a reaction that appears when the skin comes in contact with irritant (like soaps, detergents, shampoo or metals like nickel, etc.) or an allergen.⁷ Symptoms can include a rash, blisters, itching and burning. Angioedema is painless swelling beneath the skin or mucosa, triggered by an allergy to pollen grains, drugs, venom, food or medication.

PATHOGENESIS (SAMPRAPTI) OF SHEETAPITTA-UDARDA-KOTHA

Madhavakara in *Madhava Nidan* has described the *Samprapti* of *Sheetapitta-Udarda-Kotha*. Due to exposure to cold or suppression of natural urges causes

vitiation of *Kapha Dosh*a and *Vata Dosh*a. Due to *Pitta Prakopak Aahara* and lifestyle, *Pitta Dosh*a gets vitiated. This *Prakopit Pitta Dosh*a along with *Vata Dosh*a and *Kapha Dosh*a spreads all over and results into formation of *Mandal* (erythema) on the body and thus resulting into *Sheetapitta*. In *Sheetapitta*, *Vata Dosh*a *Prakopa* is more and in *Udarda*, *Kapha Dosh*a *Prakopa* is more.⁸

Charakacharya explained *Vishaghna Mahakashaya* which includes ten *Vishaghna Dravya*. It includes *Haridra* (*Curcuma longa*), *Manjishtha* (*Rubia Cardifolia*), *Suvaha* (*Pluchea Lanceolata*), *Sukshma Ela* (*Elettaria Cardamomum*), *Palindee* (*Operculina Turpethum*), *Chandan* (*Santalum Album*), *Kataka* (*Strychnos Potatorum*), *Shireesha* (*Albizia lebeck*), *Sinduvra* (*Vitex Nigundo*), and *Shlemantaka* (*Cordia Dichotoma*). *Dravya* which acts against the qualities (*Guna*) of *Visha* are called as *Vishaghna Dravya*. *Laghu*, *Ruksha*, *Aashu*, *Vishada*, *Vyavayi*, *Tikshna*, *Vikasi*, *Sukshma*, *Ushna*, *Anirdeshyarasa* are ten *Guna* of *Visha*. *Vishaghna Dravya* in *Mahakashaya* work due to their *Rasapanchak* which are antagonist to *Visha* and helps in treating diseases. These *Dravya* are helpful in treating allergic skin diseases produced due to various *Satmya-Asatmya Aahar*, *Vihar*, and *Dushivisha* and also due to contact or external application or due to bite of insect, spider, etc. *Sukshma Ela* is one of the *Dravya* in *Vishaghna Mahakashaya*.

SUKSHMA ELA⁹

LATIN NAME – *Elettaria cardamomum*

FAMILY – *Zingiberaceae*

RASA (TASTE) – *Katu*, *Madhura*

VIRYA (POTENCY) – *Sheeta*

VIPAKA (TASTE AFTER DIGESTION) –
Madhura

PARYAYA –

Dravidi, Chandrabhaga, Triputa, Endri, Kapotvarni, Bahulgandha, Nishkuti, Gaurangi, etc.

GUNA (QUALITY) – *Laghu, Sheeta, Snigdha, Sugandhi*

KARMA (ACTION) ¹⁰ –

Tridosahar, Dahashamak, Raktapittashamak, Mukhshodhak Daurgandhyanashak, Anuloman Deepan, Pachana

CHEMICAL CONSTITUENTS ¹¹ - Seeds contain fixed oil, essential oil. Principal constituents of the oil are *cineol, terpineol, terpinene, limonene, subinone* and *terpineol* in the form of *formic* and *acetic acid*.

PHARMACOLOGICAL ACTION OF ELA ACCORDING TO AYURVEDA ANNAVAHA AND PURISHVAHA SROTAS ¹²-

It is mouth freshener and mouth cleaner due to *Katu Rasa*. It can be use in various diseases of mouth, *Kapha Pittaj Hrillasa, Aruchi, Agnimandya, Udarshula* and *Arsha*. It has *Deepan* and *Pachana* property due to *Katu Rasa, Anuloman* of *Udana, Apana* and *Samana Vayu* due to

Snigdha Guna. Ela Phanta or *Hima* can be used in *Pittaj Chhardi* due to *Sheeta Virya, Madhura Rasa* and *Sugandhi Guna*. Also useful in *Raktajaarsha* as it is *Dahashamak*.

PRANAVAHA SROTAS ¹³-

Ela in powder form can be used in *Shwasa-Kasa* as it removes *Kaphastyanta* by its *Snigdha Guna*. It destroys *Kapha* by its *Sukshma Guna*.it is *Kasaghna* and *Balya* in *Kshaya* Also effective in lungs diseases.

RASA AND RAKTAVAHA SROTAS ¹⁴ –

Useful as *Hritdaurbalya* as it is *Hridya* also uses in *Jwara Daha* and *Raktapitta* due its *Pittashamak* property and *Sheeta Virya*.

MAJJAVAHA SROTAS¹⁵

Its decoction can be use with milk, *ghee* and *sugar* for *Vataprakopa* and headache caused by *Majjakshaya*.

MUTRAVAHA SROTAS ¹⁶-

It has diuretic (*Mutrajanan*) action, so uses in *Kaphaj Mutrakriccha*. *Mutrajanan* occurs due to *Sheeta Virya*, hence should be use with milk and sugar in *Bastidaha* and *Shoola* to increase amount of Urine.

SHUKRAVAHA SROTAS¹⁷

It is *Shukravriddhikara* due to its *Madhura Vipaka* and *Sheeta Virya*.

Classification of *Ela* (*Elettaria cardamomum*) as per different Ayurvedic literature

Classical text	Category (Gana)
<i>Charaka Samhita</i>	<i>Vishaghna Mahakashaya, Katuuskandha, Shwasahara Gana, Angamardaprashamana Gana.</i>
<i>Sushruta Samhita</i>	<i>Eladi Gana, Pipplyadi Gana, Mustadi Gana</i>
<i>Ashtang Hriday</i>	<i>Eladi Gana, Shirovirechanadi Gana, Anjanadi Gana, Vatsakadi Gana.</i>
<i>Bhavprakash Nighantu</i>	<i>Karpuradi Varga</i>
<i>Dhanwantari Nighantu</i>	<i>Shatapushpadi Nighantu.</i>

ACCORDING TO VAGBHAT

Acharya Vagbhat in *Ashtang Hriday* mentioned *Ela* in *Eladi, Shirovirechanadi, Anjanadi, Vatsakadi* and *Mustadi Gana*. **ELADI GANA**

Ela is mentioned in *Eladi Gana* which mitigates *Vata, Kapha* and *Poison*. Also it acts as a *Varnaprasadan*, cures itching, petichae and rashes.¹⁸

PHARMACOLOGICAL PROPERTIES OF ELA ACCORDING TO MODERN ANTIOXIDANT –

Cardamomum is strongly antioxidant plant due to its *phenolics, flavonoids* and *proanthocyanidins* contents. *Phenolic* compounds present in the *cardamomum* reveals the antioxidant property.¹⁹

ANTI-MICROBIAL -

Cardamomum essential oil is effective

against *Staphylococcus aureus, Salmonella typhi, Candida albicans* and *Streptococci mutant*²⁰

ANTI-BACTERIAL -

Both cardamom fruit and seeds extract have antibacterial effect against *aggregatibactor, actinomycetemcomitans, fusobacterium nucleatum, Porphyromonas gingivitis,* and *Prevotella intermedia*.²¹

ANTI-FUNGAL -

Study on cardamom showed that essential oil effective against *candida albicans*.²²

DISCUSSION

Elettaria Cardamom is a *Katu-Madhura Rasatmak, Madhura Vipaka* and *Sheeta Viryatmak* medicinal plant. It has good antioxidant, anti-inflammatory and

antifungal property. In *Sheetapitta* and *Udarda*, there is *Prakopa* of *Pitta* along with *Vata* and *Kapha Prakopa*. This medicine suppresses the *Pitta*, due to its *Sheeta Virya* and *Madhura Vipaka*. Acharya Vagbhat in *Ashtang Hriday* mentioned that *Cardamomum* suppresses the *Prakopit Vata* and *Kapha*.²³ In this way it breaks the pathogenesis of allergic skin disorders i.e.; *Sheetapitta-Udarda-Kotha* and it avoids further appearance of symptoms like itching, Erythema (*Mandal*) on skin. In case of *Kotha*, *Pitta-Kapha Dosh* elevates and it leads into *Kshobha* of *Pitta* and *Kapha*. *Cardamomum*, suppresses the *Pitta* due to its *Sheet Virya* and *Madhura Vipaka*. *E. Cardamom* is a blood purifier as it is rich source of Vit.B2 and Vit.C. In this way *E. Cardamomum* cures *Raktadushti* which is an etiological factor in *Kotha*. In any skin disease, there is *Dushti* of *Rasa* and *Rakta*. In this way, it breaks the pathogenesis of allergic skin diseases i.e.; *Urticaria*. Due to suppression of *Vaman Veg* or *Mithyayoga* of *Vaman*, *Pitta* and *Kapha Dosh* elevates in the *Amashaya*, later on it leads to *Raktadushti*. This *Dosha* spreads all over the body resulting into itching, erythema and burning sensation on skin, thus resulting into *Kotha*.

CONCLUSION

From above discussion, we can conclude that *Elettaria Cardamom* is able to break the pathogenesis of allergic skin disorders. In present article, knowledge on therapeutic pharmacological and medicinal application of this plant has been collected. By using this knowledge, researcher can further do exploration of pharmacological activities of *Elettaria*

cardamomum and can use it as Ayurvedic single drug therapy for allergic skin disorders in *Urticaria*.

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