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Original Research

Role of Saptaparni (Alastonia scholaris) in the Management of Shitapitta (Urticaria)

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Abstract:
Saptaparni (Alastonia scholaris) is a first drug of Udarda-Prashama Dashemani and commonly used by Ayurveda physicians for the treatment of Shitapittaa (urticatria), therefore this study was planned to evaluate its efficacy in the treatment of urticaria scientifically. In this study ten patients of Shitaptta (urticaria) were treated with decoction of Saptaparni and the results showed that it provided significant relief in its signs and symptoms and complete remission to 10% patients, marked improvement to 20% patients and improvement to 70 % patients.

Key Words: Shitapitta, Urticaria, Saptaparni, Alastonia scholaris

Introduction:
Urticaria is an itchy skin eruption characterized by weal with pale interiors and well-defined red margins; usually the result of an allergic response to insect bites or food or drugs.
Saptaparni is Tridosha-Hara, Rakta-Shodhaka and Kushthaghna and is useful in malaria. It is the first drug of Udarad-Prashamana Dashemani and frequently used for the treatment of Shitapitta. Therefore it was selected for this study.
Aims: Evaluation the role of Saptaparni (Alastonia scholaris) in the management of Shitapitta (urticaria).

Materials and Methods

Ten patients of Shitapitta (urticaria) were selected from OPD of IPGT&RA Hospital Jamnagar irrespective of their age, sex, religion, caste, economical status etc.
Diagnostic Criteria: The diagnosis was based on the characteristic signs and symptoms of the disease described in Ayurveda as well as in modern text such as appearing of weals with pale interiors and well-defined red margins with extreme itching and exacerbation and remission nature of the disease.
Inclusion Criteria: At least one month chronic.
Exclusion Criteria: Simultaneously suffering from other disease were excluded
Drugs and Doses:
Saptaparni (Alastonia scholaris) was administered in form of Kvatha (decoction). For this purpose 80 gram of coarse powder of bark of Saptaparni was taken and four times of water was added in it and heated on slow fire till one-fourth remains. The filtrate thus obtained was divided in two equal parts and given one part (40 ml) in the morning and the second part (40ml) in the evening by preserving it in a fridge. Fresh decoction was prepared every day in the morning.
Duration of the Treatment: The duration of the treatment was flexible. The patients were treated continuously till either they got complete remission or showed no further improvement. The duration of the treatment in the individual patients was noted and mean and 95% confidential limit was calculated to know the range of duration of the treatment.
Assessment Criteria:
The improvement in signs and symptoms was assessed by way of assigning definite scores and accordingly noting the changes before and after the treatment. Overall effect of the therapy was assessed as follow:
Complete Remission: 100% relief in signs and symptoms with no recurrence.
Marked improvement: Improvement in signs and symptoms between 50 and 100%
Improvement: Improvement in signs and symptoms 25 to 5 0%.
Unchanged: Improvement in signs and symptoms less than 2 5%
Deteriorated: increase in signs and symptoms or appearance of new lesions.

Results

The effect of Saptaparani on chief complaints of urticaria patients is shown in Tanle-1 and on general symptoms in Table-2. The patients were treated continuously till either they got complete relief or no further improvement and this duration of treatment was noted in each patient separately and mean, SD, SE with 95% confidential limit was calculated to ascertain the range of the duration of the treatment which is presented in Table-3. The last Table-4 depicts the overall effect of the drug on the patients of urticaria.

Table-1
Effect of Saptaparani on Chief Complaints of Patients of Urticaria (Shitapitta)

Signs & Symptoms	Mean		% of change	SD (±)	SE (±) (±)	t	P
	BT	AT					
Kandu	3.1	1.4	54.83	1.16	0.367	4.64	<0.01
Percentage of body involved	93.6	54.8	41.45	17.84	5.64	6.88	<0.001
Size of Mandala Score	2.7	1.09	59.62	1.29	0.408	3.94	<0.01

Table-2
Effect of Saptaparani on General symptoms of Patients of Urticaria (Shitapitta)

Signs & Symptoms	Mean Score		% of change	SD (±)	SE (±) (±)	t	P
	BT	AT					
Toda	2.1	0.8	61.9	0.67	0.21	6.9	<0.01
Jvara	0.6	0.0	100.0	0.97	0.31	1.96	>0.05
Daha	1.0	0.2	80.0	0.92	0.29	2.73	<0.05
Pipasa	1.0	0.1	90.0	0.99	0.31	2.86	<0.05
Aruchi	1.0	0.1	90.0	0.99	0.31	2.86	<0.05
Hrillasa	0.8	0.1	87.05	0.95	0.3	2.33	<0.05
Chardi	0.2	0.0	100.0	0.63	0.2	1.0	>0.05
Anga-Gaurava	1.4	0.1	92.85	0.95	0.3	4.33	<0.001
Rakta-Lochana	1.6	0.1	93.75	0.85	0.27	5.38	<0.001
Kshvathu	0.4	0.0	100.0	0.84	0.27	1.5	>0.05
Shvasa	0.4	0.2	50.0	0.63	0.2	1.0	>0.05

Tabe-3
Mean Duration of Treatment with Saptaparni

Mean duration in days	SD (±)	SE (±)	95% confidence limit	Range of duration of treatment in days
26.5	16.76	5.30	26.5 ± 10.4	16 days to 37 days

Tabe-4
Overall Effect of Saptaparni on the Patients of Shitapitta (Urticaria)

Result	Number of patients	Percentage of patients
Complete remission	1	10.0
Markedly improved	2	20.0
Improved	7	70.0
Unchanged	0	00.0

Discussion

Ten patients of Shitaptta (urticaria) were treated with decoction of bark of Saptaparni and it was found that it provide significant relief in its signs and symptoms of Kandu by 54.83%, Pipasa by 90.0%, Aruchi by 90.0%, Hrillasa by 87.05%, Anga-Gaurava by 92.85%, by 93.75% Daha by 80.0%, and Toda by 61.9% (Table-1 and 2).

Body involved by the lesions was calculated in percentage and the therapy reduced it by 41.45% and Size of the lesions was also significantly reduced by 59.62% (Table-1).

The therapy provided complete relief to 10% patients, marked relief to 20% patients and improvement to 70 % patients.

Conclusion

Ten patients of Shitaptta (urticaria) were treated with decoction of Saptaparni and it was found that it provide significant relief in its signs and symptoms of the patients.

It provided complete remission to 10% patients, marked improvement to 20% patients and improvement to 70 % patients.

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