



## THERAPEUTIC EFFECT OF CORIANDER (CHINESE PARSLEY) WITH BUTTER APPLICATION IN ACUTE URTICARIA.

### Ayurveda

**Dr. Sachin Deva\***

Reader, PG Dept of RogaNidana, Parul Institute of Ayurveda, Parul University, Vadodara, Gujarat-391760 \*Corresponding Author

**Dr. Lata Patil**

M.D.(Ayu), Rognidana

### ABSTRACT

Skin disorders are most commonly seen condition and it affects majority of population. One among the commonest skin disease mostly seen in urban population is urticaria. It appears that 20 -30 % of individuals have atleast one attack of acute Urticaria (*sheetapitta* in Ayurveda) in their life time. Common in young adults (females > males). And in many practises it has been found that leaf paste of coriander (*Dhanyaka*) with butter is an excellent remedy for pruritis and burning sensation in acute urticarial condition. Coriander or chinese parsley is an annual herb belonging to Apiaceae family. It is an indigenous plant used in almost all kitchen of Indian families. The active ingredient and essential extract of coriander showed Anti inflammatory, Anti microbial, Anxiolytic, Antiseptic, Anti bacterial, Anti allergic, Anti oxidant etc properties. Butter contains fat, vitamin A,D, zinc etc which provides soothing effect in urticaria. Hence in urticaria coriander leaf paste and butter have been used for external application. So in this article an attempt is made to highlight the effect of coriander with butter for urticaria.

### KEYWORDS

Urticaria, Coriander, Butter.

#### INTRODUCTION :

Urticaria is a skin disorder of vascular reaction pattern characterised by transient, erythematous, oedematous papules or plaques (wheals) of varying sizes and shapes which are usually pruritic<sup>1</sup>. In Ayurveda Urticaria is correlated with a disease called *sheetapitta*. The *lakshana* (symptoms) of *sheetapittais varatidashtasamsthanashotha* (swelling which resembles a swelling of wasp sting), *kandu* (itching), *toda* (burning sensation in excess) etc<sup>2</sup>. Since the characteristic symptoms of both are similar its being correlated with *sheetapitta* disease in Ayurveda. Though the disease is of tridoshaorigin, pitta is the predominant dosha and so the disease shows characteristic feature of burning sensation and pruritis associated with swelling. The external application with coriander leaf paste and butter is being used in practises for relieving pruritis and burning sensation in acute phase of urticaria is well practised.

#### AIM AND OBJECTIVE:

- Conceptual study on the disease Urticaria.
- To understand the effect of applying *Dhanyaka* (coriander) leaf and *Navanita* (butter) paste in acute urticarial Pruritis and burning sensation.

#### MATERIALS AND METHODS:

References are being collected from Ayurvedic texts like Ashtanga Hridayam, MadavaNidana etc modern text book like Harrison's principle of internal medicine and other relevant articles regarding the topic have been referred.

#### DISCUSSION:

Urticarial lesion is the result of localized edema in the dermis following vasodilation and increased vascular permeability with diffusion of serum and various mediators into the tissue. The activation of mast cells and their release of mediators is the unifying feature of most Urticaria. Histamine release is associated with mast cell degranulation<sup>3</sup>. Since *coriander* is having antihistamine activity it has been found effective in all allergic skin manifestations.

#### Qualities of Coriander

- Botanical name : Coriandrum sativum
- Family: Apiaceae
- Vernacular names: Sanskrit - Dhanyaka, Hindi- Dhaniya, English- coriander.
- *Rasa* (taste)- *Tikta* (bitter), *Kashaya* (astringent), *Madhura* (sweet)
- *Guna*- *laghu* (light)
- *Virya* (potency)- *Ushna* (hot)
- *Vipaka*- *Madhura* (sweet)
- *Karma* (action)- *Tridosahara* (decreases *vata*, *pitta*, *kapha*) *visheshad pittanashanam* (especially *pitta hara*- Anti inflammatory), *Dahashamana* (reduces burning sensation), *Jwaraghnam* (antipyretic)<sup>4</sup>.

#### Qualities of Butter :

- *Virya* (potency)- *sheeta* (cold)
- *Karma* (action)- *vata pita hara* (reduces *vata* and *pitta*), *Varna, balakrit* (improves complexion and immunity), *Asrukdoshahara* (improves the quality of blood)<sup>5</sup>.

#### Mode of action:

- *Coriander*
  - The pathology of urticaria results in swelling in epidermis due to vaso dilation and release of many mediators which exhibit the condition of reddish macular lesion with itching and burning sensation in skin. *Coriander* possess anti inflammatory property hence the cardinal signs of inflammation namely color (heat), dolor (pain), tumor (swelling) of the skin will get a relief.
  - Anti oxidant - *Coriander* possess vit C-35%, and minerals like Iron -90%, Magnesium -82%, Calcium etc which helps in maintaining skin texture and also helps in eradicating free radicals of body.
  - Anti rheumatics and anti Arthritic effect- Cineole is one of its 11 components in its essential oil which helps in reducing the swelling in body.
- *Butter*
  - Contains saturated and unsaturated fat and vitamins like A, B12, E and K, other minerals like manganese, zinc etc. The fat content of butter provides moistureness to the skin so that the dryness of skin due to rashes will be reduced and it helps in maintaining the tone and texture of skin.
  - Hima* (cold) - Since butter is *hima* in nature the burning sensation of the skin will also get relieved.

#### CONCLUSION :

In Ayurveda, the action of the drug is based on the *rasa* (taste), *guna* (quality), *virya* (potency), *vipaka* (after effect) and *prabhava* (special effect). So only in ayurvedic classical texts each *rasa* (taste) is given importance due to its special effect on body. *Tikta rasa* (bitter) contains *dahaprashamana* (reducing burning sensation), *himaguna* (cold in nature), *kushtahara* (reduces skin diseases) properties. *kashaya rasa* (astringent taste) possesses *pitta kaphahara* (reduces *pitta* and *kapha*), *raktashodhana* (purifies blood), *ropana* (heals ulcer), *twakprasadana* (improves the quality of skin)<sup>6</sup> etc qualities.

*Coriander* possess *tikta*, *kashaya*, *madhura rasa* and *navanita* also have cold nature and it contains Vit A, D, E other minerals like manganese, zinc etc. So the combination of these two drugs in paste form will help in easy absorption of active composition of the drug in skin and also provide the necessary moistureness needed for the skin to avoid rashes and recurrence of hives. Its easy availability and cost

effectiveness provides benefit for people of all economic status.

**REFERENCES :**

1. API textbook of medicine:Byyp.munjil- vol 1,chapter 6 by H.K.Jaiswal,T S Nagesh.pg 491
2. Madavanidanam -Madhukoshavyakhya by vijayarakshita ,shrikandadata.Hindi commentary by shri.Brahmanadatripadi :sheetapitaudardakotarogaadhikara.
3. Textbook and atlas of dermatology,Vallia RG.1stedition,Vol 1st,Bombay Bhalani publishing house.
4. Textbook of dravyaGunaVinjyan, By Dr.JLN.Shastry,Vol:2,Chapter on Dhanyaka.
5. AshtangaHridayam, English translation by Dr.Shrikantadata;Sutrastana.
6. AshtangaHridayam, English translation by Dr.Shrikantadata;Sutra stana.10th chapter rasa bhediyaaadhyay.