

Application of *shodhana* (Bio-purification) in Chronic *Sheetapitta* (*Dhatwantara gata / Leena Avastha*) with special reference to *Urticaria*

Seminar Article

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Abstract

Shodhana (Bio-Purification) is a procedure which helps in expelling out the excessively aggravated *doshas* from the *shareera* (Body). One of the most alluring concepts in the modulation of disease is *leenadosha* (Adhered/ Concealed). Technically *leena* (Adhered) term suggests to Conceal even Merge. Here the *doshas* will be attached or concealed to the *dhatu*s. So we can frame the quality of *leena dosha* as *ekadeshasthita/anutva* (Minute) and also *dhatvantaragata* (Adhered to Dhatus). In the disease *sheetapitta* (Urticaria) *sheetamaaruta* exposure acts as a prime *nidana* (Cause) in vitiating *vata* predominantly along with other *doshas* like *pitta* and *kapha* leading to skin manifestations in *bahya twacha* (External skin) and other systemic symptoms in *abyantara shareera* (Within the body). Eventhough the disease *sheetapitta* (Urticaria) has *vata dhika dosha lakshanas kandu* (Pruritis) and *daha* (Burning sensation) will also be associated in many cases. By neglecting this particular diseases considering its *lakshanas* and severity after a time period *dosha* becomes *leena* within the *dhatu*s and later becomes difficult to treat. Classics clearly mentioned that *leena dosha* (Adhered) cant be eliminated through *shodhana* (Bio-Purification) without prior *deepana pachana* (Stomacic & digestive), *snehana* (Oleation) and *swedana* (Sudation) i. e bringing back the vitiated *doshas* from *shaka* (Extremities) to *kosta* (Abdomen). So *saama dosha* adhered or concealed in diseases are understood as in *leena* state. This particular understanding facilitates further intervention which will be discussed in full paper.

Key Words: Concealed, *Anutklista*, *Deepana*, *Pachana*, *Snehana*, *Swedana*.

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different symptoms of the disease are due to