

5. ŚĪTA PITTA (URTICARIA)

A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Haridrā (Curcuma longa)	Cūrṇa	1 gm BD	Water	B. P. Kuṣṭha Cikitsā
2.	Āmalakī (Phyllanthus emblica)	Cūrṇa	3 gm BD	Guḍa	B. P. Kuṣṭha Cikitsā
3.	Nimba Patra Cūrṇa (Azadirachta indica)	Cūrṇa	3 gm BD	Water	D. N.

B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Haridrākhaṇḍa	Cūrṇa	3 gm BD	Hotwater	B. R. Śītāpit-

					todar dakoṭha Cikitsā
2.	Kaiśora Guggulu	Vaṭi	500 mg BD	Hot water	Y. R. Kuṣṭha Cikitsā
3.	Māṇikyā Rasa	Vaṭi	125 mg BD	Ghee & Honey	B. R. Śītapit- todar dakoṭha Cikitsā
4.	Manjiṣṭhādi Kwātha	Kwātha	30 ml BD	Water	B. R. Śītapit- todar dakoṭha Cikitsā
5.	Pañcanimba Cūrṇa	Cūrṇa	3 gm BD	Ghee & Honey	B. R. Śītapit- todar dakoṭha Cikitsā

C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old rice	-

Pulses	Green gram (mudga), kulathī	-
Fruits & vegetables	Bitter gourd (kāravell-aka), drum stick (śigru), pomegranate, Indian spinach (upodikā), dried radish	-
Others	Honey, curd, mustard oil	Sugarcane products, alcohol intake, use of sour food stuffs, incompatible food, fish
Life style	Fasting/ lightening, massage	Suppression of vomiting, air exposure, day sleeping, bathing, sunlight exposure.

Note:

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.