

**URTICARIA W.S.R TO SHEETPITTA – A CASE STUDY (AYURVEDIC SHAMANA CHIKITSA)****Dr. Komal Dhiman*¹, Prof. (Dr.) Reena Dixit², Dr. Sujata Sharma³, Dr. Richa Danu⁴, Dr. Mansi Teewari⁵**^{1,4}M.D Second Year, P.G Department of Kaumrbhritya, Rishikul Campus, Haridwar (UAU).²Associate Professor, P.G Department of Kaumrbhritya, Rishikul Campus, Haridwar (UAU).³Assistant Professor, P.G Department of Kaumrbhritya, Rishikul Campus, Haridwar (UAU).⁵M.D 1st Year, P.G Department of Kaumrbhritya, Rishikul Campus, Haridwar (UAU).***Corresponding Author: Dr. Komal Dhiman**

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ABSTRACT

In *Ayurveda*, allergic manifestation is mentioned under the concept of *Satmya-asatmya*. It manifests due to exposure to *Asatmya ahara-vihara* and contact with different poisonous materials (allergens)¹ (Tripathi, 2007). In *Ayurvedic* texts *Sheetpitta* is described as a skin disorder characterized by inflamed lesions like of *Varati dansha* (wasp sting) and may be associated with *Kandu* (itching), *Toda* (pricking sensation), *Daha* (burning sensation), *Vamana* (vomiting) or *Jwara* (fever) (Upadhyaya, 2007)² It is a *Tridoshaja* disorder having predominance of *Pitta* and *Vayu*³ (Singh, 2001) and *Rasa and Rakta* are main *Dushyas*. Diseased environment, junk food habits, work in shift duties, anxiety etc. are the main causative factors for vitiation of *tridosha* and the demonstration of diseases in today's era. There is a dearth of information about *Dincharya* and *Ritucharya* in common people. Due to which people mainly gets exaggerated their gastrointestinal system first, and then other symptoms come subsequently. In *sheetpitta*, *vata* and *kapha* are primarily disturbed and in combination of *pitta* they cause redness, swelling and itching on the skin. It is compared with urticaria in modern science and termed as primary cutaneous disorder. An episode of it may start with pruritis. Urticaria is calculated as allergic reaction due to certain food and have only symptomatic treatment and anti-allergic drug. Commonly antihistaminic medicines were used for urticaria. In *Ayurveda*, treatment of *Sheetpitta* includes *Shodhana* and *Shamana Chikitsa*. Here we discussed about a case study of *Sheetpitta* from O.P.D of Kaumarbhritya (Rishikul Campus) where we had given *Ayurvedic* treatment (*Shamana chikitsa*) and results were found very encouraging.

KEYWORDS: Satmya, asatmya, Sheetapitta, Varati dansha, Kandu, Toda, Daha, Vamana, Jwara, Tridoshaja, Dushyas, Dincharya, Ritucharya, Shodhana, Shamana Chikitsa.

INTRODUCTION

Sheetpitta is formed with two words which are exactly opposite to each other by their meaning. Here *Sheeta* denotes *Kapha* and *Vata* and their combination with *Pitta Dosh*. In *Ayurveda*, *Sheetpitta* is mentioned as *Tridoshaj Vyadhi*, but *Vata* and *Pitta Dosh* are predominant and *Ras* and *Rakta* are main *Dushya*. *Sheetpitta* manifests due to exposure to contact with various poisonous materials (allergens) and intake of *Asatmya-Ahara-vihara*.^[4]

Urticaria is a dermatological condition characterized by itchy wheals that suddenly appear on any portion of the skin or mucous membranes. Individual lesions typically last a few minutes to a few hours and then subside without leaving any trace.^[5] Urticaria is divided into two categories based on how long it lasts: (a) acute Urticaria

(less than six weeks) and (b) chronic Urticaria (lasting longer than six weeks).

AIMS AND OBJECTIVES

To study the effect of *Ayurvedic* treatment (*Shamana chikitsa*) in *Sheetpitta*.

CASE REPORT**Name of patient-** ABC**Age/Sex-** 10 years/Male**Father's Name-** Mr. XYZ**Religion-** Hindu**Socio-Economic Status-** Middle class**Informant-** Mother**Reliability-** 97%**Address-** Kankhal, Haridwar

CHIEF COMPLAINTS WITH DURATION- A male patient of age 10 years visited the OPD of Kaumarbhritya, Rishikul Campus (Haridwar) on 13-May-2023 with the complaints of-

- Irregular erythematous patches with severe itching over the whole body (on and off) since last 3 years.
- The episode of those patches starts with itching usually at night and they erupt after scratching.

- The patches appear mostly during night time and more on the side on which he sleeps and persist till morning and got disappeared after taking tablet levocetirizine.
- Angioedema since 5 days, which persists for 10-12 hours.



History of Present Illness

According to patient's mother, the child was apparently well 3 years back. Then she started noticing red patches on his both lower limbs which kept spreading further on his trunk, neck, back, face and then eyelids. Initially the papules were red and small in size and after a while they form clusters followed with severe itching, oedema and burning sensation. Patches appears mostly during night

time and more on the side on which he sleeps and persist till morning, then slowly disappears after taking medicines. Patches aggravates after intake of spicy food, sweets and in seasonal changes. He has taken allopathic treatment for 2 years, but got temporary relief. With the above mention complaints patient came to Rishikul campus on 13/ May/ 2023 for ayurvedic management.

S. no.	Parameters	Details of patient
1.	History of past illness	No history of HTN/DM/Thyroid dysfunction/ any other allergic reactions.
2.	Family history	Not significant.
3.	Treatment history	He was on Tablet Prednisolone – 5mg od since last 10 days.
4.	Personal history	<ul style="list-style-type: none"> • Appetite- Good • Diet – Vegetarian Qualitative- Rice, <i>dala</i> , <i>chapati</i> , vegetable, milk, fruits. Quantitative – Breakfast-2-3 chapati with well-cooked vegetables Lunch - <i>Dala</i> , rice – around 2 bowls Dinner-2-3 <i>chapati</i> , 1 bowl of <i>dala</i> <ul style="list-style-type: none"> • Bowel- Regular with consistency- well formed & frequency of one time a day. • Micturition – Normal • Sleep – Disturbed • Addiction – not any

Vitals

Heart rate	76/min
Respiratory rate	16/min
Temperature	98.2 F
SPO ₂	98%

Anthropometry

Weight	30.5 Kg
Height	145 cm
Expected weight	32.5 Kg
Expected height	137 cm
BMI	14.5 kg/m ²

Local Examination

S. no.	Parameters	Findings
1.	Site of lesion	All over the body
2.	Distribution	Asymmetrical
3.	Character of lesion	Red in color
4.	Itching	Present (severe at night)
5.	Discharge	Absent
6.	Temperature	Slightly raised over the lesions
7.	Edema	Lesion surface elevated

Laboratory Findings

Hematological investigations were conducted on 11/03/2023, that revealed

S. no.	Parameters	Findings
1.	Hb %	14.3 gm/dl
2.	RBC	5.04×10^3
3.	TLC	5×10^3
4.	DLC	
	• Neutrophils	56.6%
	• Lymphocytes	37.8%
	• Eosinophils	05%
	• Basophils	00%
	• Monocytes	0.7%
5.	PLT	2.24×10^3 lakh/mm ³

Immunoassay conducted on 11/03/2023, that revealed

Total IgE	980.00 IU/L
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Samprapti Ghataka

1.	<i>Dosha</i>	<i>Kapha- Vata</i>
2.	<i>Dushya</i>	<i>Rasa, rakta</i>
3.	<i>Shrotas</i>	<i>Rasavaha and raktavaha</i>
4.	<i>Udbhava sthana</i>	<i>Amashaya</i>
5.	<i>Agni</i>	<i>Manda</i>
6.	<i>Shrotodushti prakara</i>	<i>Sanga and vimarg gamana</i>
7.	<i>Marga</i>	<i>Bahya roga marga</i>
8.	<i>Vyakta sthana</i>	<i>Twaka</i>

RESULTS AND DISCUSSION

The assessment of severity of disease was assessed by the parameters given below

S. no.	Parameters	Grade 0	Grade 1	Grade 2	Grade 3
1.	<i>Kandu</i> (itching)	No itching	Mild itching during the appearance of rashes	Moderate itching one to four times during the day	Intense itching disturbing normal daily activities
2.	<i>Varna</i> (discoloration)	No discolored rashes	Slightly pinkish discoloration	Red colored discolored rashes	Dark red colored discolored rashes
3.	<i>Mandalotpatti</i> (wheal formation)	Not any	Both hands and legs	Hands, legs & trunk region	On whole body
4.	Frequency of attacks	Nil	In between 10-15 days	Twice weekly	Every two to three days

Management

Visits	Drug (<i>aushadhi</i>)	Dose (<i>matra</i>)	Duration	Anupana
First visit	1. <i>Panchtikghritam guggul + Prawal panchamrita rasa + Gilloy sat + Madhuyashti churna + Arogyavardhani vati + Haridra khand</i>	125 mg + 65 mg +125 mg + 500 mg + 125 mg + 500 mg -----in two divided doses	For 15 days	Honey + 10 ml <i>saunf arka</i>
	2. Urtiplex lotion	For local application		
	3. Psoralin bathy bar	For bathing daily		
Second visit	1. <i>Panchtikghritam guggul + Prawal panchamrita rasa + Gilloy sat + Madhuyashti churna + Arogyavardhani vati + Haridra khand</i>	125 mg + 65 mg +125 mg + 500 mg + 125 mg +500 mg -----in two divided doses	For 15 days	Honey + 10 ml <i>saunf arka</i>
	2. Urtiplex lotion	For local application		
	3. Psoralin bathy bar	For bathing daily		
Third visit	1. <i>Panchtikghritam guggul + Prawal panchamrita rasa + Gilloy sat + Madhuyashti churna + Arogyavardhani vati + Haridra khand +Krimimudgara rasa</i>	125 mg + 65 mg +125 mg + 500 mg + 125 mg +500 mg + 65 mg -----in two divided doses	For 15 days	Honey + 10 ml <i>saunf arka</i>
	2. Urtiplex lotion	For local application		
	3. Psoralin bathy bar	For bathing daily		
Fourth visit	1. <i>Panchtikghritam guggul + Prawal panchamrita rasa + Gilloy sat + Madhuyashti churna + Arogyavardhani vati + Haridra khand +Krimimudgara rasa</i>	125 mg + 65 mg +125 mg + 500 mg + 125 mg +500 mg + 65 mg -----in two divided doses	For 15 days	Honey + 10 ml <i>saunf arka</i>
	2. Urtiplex lotion	For local application		
	3. Psoralin bathy bar	For bathing daily		

RESULT

Patient was instructed for follow up every 15 days. All the sign and symptoms before treatment is likely to pacified by *shamana chikitsa*. At last follow up all

symptoms were absent according to his guardians. Treatment was continued for 1 month to get complete relief with no recurrence and patient was advised to follow the *pathya* and *apathya* in his daily schedule.

S. no.	Parameters	Before treatment	After treatment
1.	<i>Kandu</i> (itching)	Grade 3	Grade 0
2.	<i>Varna</i> (discoloration)	Grade 3	Grade 0
3.	<i>Mandalotpatti</i> (wheal formation)	Grade 3	Grade 0
4.	Frequency of attacks	Grade 3	Grade 0

DISCUSSION AND CONCLUSION

Shitapitta is a *Tridoshaja Vyadhi*. According to *Nidaan Sevana* (etiological factors),^[6] there is a vitiation of *Kapha* and *Vata*, which then spreads throughout the body, both externally and internally, mixing with *Pitta*. The *Tridoshas* spreading internally cause *Dushti* (pathogenesis) of *Rasa* and *Rakta Dhatus*. Then *Rasa Vaha* and *Rakta Vaha Sroto Dushti* appear,^[7] causing symptoms such as *Varati Damstavat Sotha* (rash) and *Kandu* (itching) caused by *Kapha*, *Shula* (pain) given by *Vata*, and *Daha* (burning sensation) caused by *Pitta* when they reach *Vigna Twaka* (sensitized skin).^[7]

Panchtikta ghrita guggul was chosen for *Shamana chikitsa* as all its constituents – *Nimba* (*Azadirachta indica*), *Patola* (*Trichosanthes dioica*), *Kantakari* (*Solanum surattense*), *Guduchi* (*Terminalia cordifolia*) and *Vasa* (*Adhatoda vasica*) are *Tikta rasa pradhan dravyas*.^[8] *Tikta rasa* is *Vishaghna* (antiallergic action), *Kandughna* (pacifies itching), *Kushthaghna* (removes skin disorders) and purifies *Twacha* (skin) and *Rakta* (blood)^[9] *Panchatikta ghrita* has been proven as anti-inflammatory. So it checks the inflammatory reaction on skin due to vitiated *Doshas* and *Dhatus*. Other drugs selected were *Gandhak rasayana*, *Giloy Satva*, *Aarogyavardhini vati* and *Haridra Khanda* which are all *Rakta shodhaka* (blood purifier), *Twak prasaadak* and immunomodulators. *Haridra* (turmeric) is a potent

antiallergic drug, recommended in various allergic conditions including skin allergies like, Urticaria (*Sheetpitta*), itching etc.^[9] The Urtiplex lotion contains *Kokum* and *Kumari*, both reduce inflammation and have a soothing effect on skin rash and hives. It offers a cooling effect and soothes the burning sensation along with it also helps to relieve itching and reduces flare-ups. Psoralin bathy which opens up the skin pores to help take in moisture and clean the skin.

If disease is treated by breaking down of *doshas* and *Nidana Parivarjanam* can absolutely get good results.

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