

AN AYURVEDIC APPROACH IN TREATMENT OF SHEETPITTA: A CASE STUDY

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Article Received on 21/12/2021

Article Revised on 11/01/2022

Article Accepted on 31/01/2022

ABSTRACT

Sheetpitta is a disease caused by 'Asatmya Sevana' results in vitiation of kapha and vaata. It is bahaya roga marg ashrit so is easily curable. The symptoms include Varati Damstavat Sotha and Kandu caused by Kapha vitiation, Shula caused by Vata and Daha caused by Pitta vitiation. Urticaria is one of the dermatological diseases characterized by sudden eruptions of itchy wheals which may appear on any part of the skin and mucous membranes. The present case study is on a 12 years old boy who is having complaint of frequent eruption of smooth, reddish slightly elevated papules or erythematous wheals on trunk, face and back for 1 month which gradually increased. It is associated with localized and generalized itching, burning sensation.

KEYWORDS: *Sheetpitta, varati danshvat shoth, urticaria, erythematous wheals.***INTRODUCTION**

If, man doesn't follow the rules described in 'Ayurveda', it leads to several pathogenesis, which ultimately produces different disorders. Lesion which resembles the rash, like bite of wasp associated with excessive itching, vomiting, fever and burning sensation is called as Sheetapitta. 'Sheetapitta {Urticaria}' is disorder, which is caused by 'Asatmya Sevana' means the 'Exposure to allergens and antibody.' The spicy and fast food eaten now a days, which have very fewer nutritional values and also having similar properties to 'Viruddhahara. These all ultimately resulted into 'Dhatudurbalya' (i.e; lower immunity). Which causes sensitization towards allergens as well as antibodies and produces various types of allergic reactions, one of them is 'Urticaria', which is very common. Though Sheetapitta and Udarda were mentioned separately, there is a striking similarity between them and clinically difficult to enumerate separately. Anjana nidana explained Udarda as, the appearance of skin patches look like those caused by the sting of wasp along with Itch, Vomiting, Fever and is caused by Sheeta and Pitta.^[1] Madhukosa explained that, though the features of Sheetapitta and Udarda are similar to each other, there is a predominance of vata in Sheetapitta while Udarda is dominated by kapha,^[2] Urticaria is a common problem affecting up to 25% of the population at some point in their lifetime.^[3] Pruritic wheals are the result of degranulation of mast cells and basophils, with release of inflammatory mediators predominantly histamine. There are many factors associated with the development of urticaria, including

reactions to food and food additives, medications, autoimmune and connective tissue diseases and infections.

MATERIAL AND METHOD

A 12-year-old boy, along with his parents, came to the Charma Roga Nivraan Unit of Govt. Dhanwantari Ayurvedic Medical College and Hospital, Ujjain. Having complained of frequent eruption of smooth, reddish slightly elevated papules or erythematous wheals on trunk, face and back for 1 month which gradually increased. It is associated with localized and generalized itching, burning sensation. The complaints got aggravated during evening and night time, or on exposure to cold climate and wind. The patient took allopathic medication and found relief. But the condition relapsed on discontinuing the medications. The case was diagnosed as Sheetapitta on the basis of clinical presentation, aetiological and relieving factors. Some photos of the patient when episodes of disease occur.



Nidaan

Kapha and vata doshas get vitiated by exposure to cold wind combining with pitta result in impurities in blood causing skin disorders

1. Aaharaja hetu – santarpana, atilavana sevan, atiamla sevan, katu sevan, kshara sevan, tikshna madya sevan, viruddha aahara sevan, adhyasana, guru dravya sevan, snigdha bhojana sevan, dadhi sevan, visha-yukta annapana sevan.
2. Viharaja hetu – sheeta maruta sparsha, vishyuktajal snana, abhyanga, udvartana, vastra, aabhushana, keeta damsha, bahya krimi, chhardi nigraha,

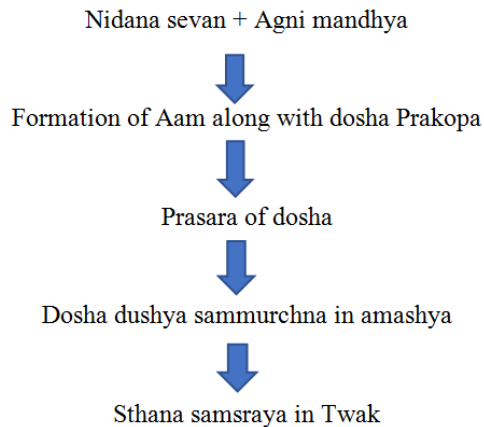
atidiwaswap, shishir ritu, varshakala, diwaswap, insect bite.

3. Nidanaarthakara roga – sannipatika, pittaja and kaphaja jwara, unmarda, adhoga amlapitta.
4. Chikitsa mithya yoga – vamana-virechana ayoga.

Poorvarupa (premonitory sign)^[4,5]

Pipasa (Thirst), aruchi (loss of appetite), hrillasa (Nausea), Deha saad (Feeling of tiredness) anga gaurava (Feeling of heaviness), rakta lochanata (Redness of eyes).

Samprapti of Sheetapitta^[6] The nidaan like sparshana of sheeta maruta, vata and kapha doshas get vitiated in the body and being mixed with pitta Dosha spreads all over the body lodges in the external layer of the skin and produces a sort of reddish rashes with intense itching and pricking sensation. This condition is known as Sheetapitta'. Madhukosha commentary on Madhavanidana said Sheetapitta as Tridoshajavyadh



Clinical Examination On examination the lesions were reddish in color. Maculo-papular in nature, spreading on back, both hands and face with irregular shape and asymmetrical distribution. Lesions had irregular margin with no discharge and exudation. Color of the lesion-red, Hair over the lesion-present, Temperature –rose over the lesions. The size varied from 1 cm –7cms.

Treatment – As the treatment aims at Samprapti vighatana and Nidana Parivarjana, the treatment principle should be Deepana- Pachana, Tridoshahara, and srothosodhana. Finding out the causative factor and try avoid will be the first line of treatment. The causative factor can be the Lifestyle modification as a preventive aspect is followed.

- Haridrakhand thrice a day
- A combination of - Shankh bhasma+ Kamdudha rasa +Laghu sutashekhar rasa + Prawal pisthi + Shudh Gairik bhasma in appropriate quantity as per child is given twice a day
- A tonic to enhance liver function before meal twice a day
- Avipattikar churna with ghee before meal
- Nariyal tail + karpoor + sudh gairik churna for local application

DISCUSSION

The first line of treatment for sheetpitta is Nidana parivarjan, so it is advised to the patient to find out what may be the cause and try to avoid it as far as possible. Haridrakhand is a classical formulation indicated in Sheetpitta^[7] in Ayurvedic texts, as curcumin have anti-oxidant and asnti-histaminic property. Both acute and chronic liver disease can manifest on the skin. The skin

is the largest organ in the body and if examined too briefly this will lead to subtle changes that cannot be missed. So tonic to enhance the liver function is must. Avipattikar churna helps to digest Ama along with it, also help in balancing pitta dosha. It also works as controlling agent for creation of acid inside the body. Shamana Chikitsa: kamdudha, sutshekhar, gairika, pravala and shankha are the major mineral drugs that have action on Sheetapitta. Above mentioned yoga contains these minerals as major ingredients. Among these most of the minerals possess Madhura Kashaya rasa, Snigdha guna, Sheeta virya, Madhura and Katu Vipaka. Most of the ingredients have vata kaphahara, Tridoshahara, pittahara, doshaghna karma and karma exhibited include Rasayana, kushtagna, varnya and kandughna. These rasa guna and karma help in the Samprapti vighatana and thus proves to be effective in the management of Sheetapitta

CONCLUSION

Sheetpitta is commonly encountered disease in today's daily life. In this diagnosed case of sheetpitta Ayurvedic line of treatment was adopted along with wholesome diet regimen. The patient showed a good response in short span of time

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