

ROLE OF *SIRAVEDHAIN* THE MANAGEMENT OF *URTICARIA* - A CASE STUDY

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Article Received on
14 August 2019,

Revised on 04 Sept. 2019,
Accepted on 24 Sept. 2019,

DOI: 10.20959/wjpr201911-15903

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ABSTRACT

Background: Urticaria is commonly a type 1 hypersensitivity reaction (immunoglobulin E) mediated immediate hypersensitivity of the skin to a variety of exogenous and endogenous antigen. It is commonly associated with an allergy to food, medication and other irritants and it also have some non-allergic causes such as stress, infection, and autoimmune diseases and even food poisoning and idiopathic. The lifetime prevalence of urticaria is approximately 20% in general population. According to Ayurveda urticaria can be correlated with *Shitapitta* which is pitta predominant *tridoshajanyavyadhi*. **Aim:** To study the efficacy of *Siravedha* in the management of urticaria.

Methodology: The present case study deals with a 24years old young male patient having complaints of Redness and itching over back and hands since one year. Patient was previously diagnosed as urticaria. Ayurvedic diagnosis was made as *Shitapitta* and treated accordingly such as deepana, paachana, and 3 settings of *siravedha*. Serum IgE levels were checked before and after treatment. **Result:** Patient got symptomatic relief during and after the treatment. There were no recurrence of urticaria after the treatment. **Conclusion:** Ayurvedic management that is *Siravedha* was found to be effective in the management of urticaria.

KEYWORDS: *Siravedha*, Urticaria, *Shitapitta*, serum Ig E.

INTRODUCTION

Urticaria is a common type of rash characterised by the formation of raised, red, itchy patches on the skin. The cause and severity of urticaria can vary from one person to next. Urticaria can strike anyone irrespective of age, gender, and race. It is estimated that between 15% to 23% of adults will experience at least one episode of urticaria in their lifetime. The pathophysiology includes vascular dilatation, the resultant dermal edema, and pruritis caused by release of Histamine and other mediators from mast cells consequent upon binding of IgE antibodies to the antigen over cell surface. Some cases of urticaria are mediated through a different mechanism for example, dermographism (urticaria induced by trauma), urticaria induced by cold (Cold urticaria), sweating (cholinergic urticaria), Sunlight (solar urticaria), pressure (pressure urticaria). These cases of urticaria are collectively termed as physical urticaria. Distribution of urticaria can be seen at any part of body. Trunk is involved more commonly than extremities and face but in a patient, it is common to obtain a history of involvement of various body region. Mucosae may also become swollen, lips being the commonest region affected. Investigation includes a detailed history and allergy test or estimation level of serum Ig E. In modern science, Antihistaminic is only treatment given but it causes temporary relief and relapse is common.

According to Ayurveda the sign and symptoms of urticaria can be correlated with Shitapitta. Tridosha I.e vata, pitta and kapha are responsible for the disease. As said by Madhavacharya, there is Utsedha (swelling), Aaraktavarnata (Redness), varati danshtravata samsthana I.e the patches look like insect bite. The above mentioned symptoms are mainly due to Raktadushti and pitta dushti. Kandu (Itching) is due to kapha dosha. The vitiated vata and kapha dosha get combined with pitta and causes reddish patches over body is called Shitapitta.

As Ayurveda mainly deals with purification of body. For that purpose the basic 5 principles of treatment I.e Panchkarma have been mentioned in samhita such as vaman, virechan, basti, nasya and raktamokshan for specific dosha. Raktamokshan is specifically indicated for rakta dosha. Pitta and rakta have ashrayaashrayi bhava (mutual interdependence). There are many methods of raktamokshan such as jalauka, prachhana, alabu, Siravedha. If the dosha dushti is present all over body the siravedha is indicated. The surgical procedure of puncturing or sectioning the vein for therapeutic purpose and thereby accomplishing the 'Raktamokshan' is referred by the name siravedha. Along with blood purifier drugs (rakta shudhikara dravya)

and pitta shaman medicine the siravedha procedure plays important role to cure and control the disease progression of urticaria.

CASE REPORT

A 24 years old young male patient was came in opd with

C/o - Itching and Red rashes over back and hands on & off since 1 year.

N/K/C/O -DM/HTN/BA/PTB/Epilepsy/IHD

H/O- Malaria 1yr ago

N/H/O- any surgical illness

Addiction - Alcohol occasionally

Diet- nonveg once a week, fast food

Occupation- Student and part time job -goat meat production

Drug history- Tab. Histidin, tab levocetizine, tab Allegra taken for several months.

O/E- G.C Fair, afebrile

P- 78/min

BP- 120/70mm of Hg

S/E- RS- AEBE Clear

CVS- S1S2 (N)

CVS- Conscious and oriented

Investigation- CBC, LFT, ESR, RFT, BSL- F & PP, Urine -WNL



Serum IgE- **864.2 IU/ml**

Treatment given-

Shodhana - 3 settings of Siravedha at a interval of 1 week.

Shamana

1. Tab Arogyavardhini 2-0-2.
2. Tab Sutshekhar Rasa 2-0-2.
3. Triphala choorna 3gm Hs with lukewarm water.
4. Haridrakhanda-paka 3gm BD.
5. Mahamanjisthadi kwath 20ml BD.
6. Panchtiktaghrita 10ml BD.

Assessment criteria

Itching and Redness	Grade
No	-
Mild	+
Moderate	++
Severe	+++

OBSERVATION

Symptoms	Before treatment	After 1st week	After 2nd week	After 3rd week
Itching	+++	++	+	-
Redness (rash)	++	+	-	-

Objective criteria-	Before treatment	After treatment
Serum IgE	864.3	187.5

DISCUSSION

According to Ayurveda Urticaria can be correlated with Shitapitta, which is one of the disease described in ayurvedic texts. The main responsible doshas are pitta predominant vata and kapha. Pitta and 'Rakta' has ashraya-ashrayi bhava (mutual interdependence). And siravedha is indicated in all the conditions where 'Raktamokshan' is indicated. Hence the principal of treatment was shaman- Deepana, Pachana, and shodhana as Siravedha.

Deepana and pachana are essential before any kind of shodhana. Arogyavardhini vati is indicated in all kind of skin diseases. Sutashekhar rasa and panch tikta ghrit have best Deepana, pachana as well as pitta shaman properties, So it help to balance the vitiated dosha.

Siravedha is one of the type of 'Raktamokshan'. In this procedure the Virachana and 'Raktamokshan' are best treatment said for rakta dosha. As rakta and pitta has mutual interdependence relation hence these treatments are also beneficial for pitta as well. The 3 settings of siravedha has been done at intervals of 1 week.

CONCLUSION

In this way, siravedha was found to be effective in the management of urticaria. Patient got significant relief in itching and redness (rashes) over body and there were no recurrence as well.

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