

AN AYURVEDIC APPORACH TO THE MANAGEMENT OF URTICARIA [SHEETPITTA]: A CASE STUDY

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ABSTRACT

In the present era due to over-industrialization and increase in pollution as well as changed life style, one can constantly meets with various pollutants; which ultimately results in weaken immune system and increased sensitivity toward allergens. This causes various types of allergic diseases. Urticaria is one of the most common allergic skin diseases characterized by erythematous and pruritic rashes. In classics *Sheetpitta* has almost similar symptomatology and causative factors as urticaria. In *sheetpitta*, '*Vata and Kapha* are primarily disturbed and in combination of *pitta* they cause redness, swelling and itching on the skin. Although the diseases is not life threatening, it makes the patient troubled due to its appearance, severe itching, and Disturb the daily

routine. A 9 yr old Female patient from OPD was treated with *Laghu Virechana* along with internal medication and dietary protocol. Significant relief in the symptoms is observed in the patient after *Laghu Virechana* and oral medication. *Virechana* may be better line of treatment for urticaria as it works on correcting the underlying root cause along with symptoms of the diseases.

KEYWORDS: *Urticaria, Sheetpitta, Virechana, Panchkarm, Deepana.*

INTRODUCTION

Urticaria is a dermal vascular reaction of the skin characterized by the appearance of itchy wheals, which are elevated (edematous), pale or erythematous, transient and evanescent plaque lesions.^[1] One person in five will suffer from it during the course of their life. Patches of rash move around. Typically they last a few days and do not leave any long changes.

Fewer than 5% of cases last for more than six weeks. The condition frequently recurs. Frequently occur following an infection or as a result of an allergic reaction such as to medication, bites, or food. Psychological stress, cold temper, or vibration may also be a trigger. In half of cases the cause remains unknown. Risk factors include having conditions such as hay fever or asthma. Diagnosis is typically based on clinically. Patch testing may be useful appear to determine the allergy. Prevention is by avoiding whatever it is that Urticaria occurs.

Pathogenesis:- Urticaria also results from physical factors such as cold, heat, sunlight, water, pressure and vibration. The underlying mechanisms are not well understood, but the final common pathway is believed to involve release of mediators by activated mast cells and basophilic leukocytes. These mediators increase vascular permeability, and plasma leaks into the dermis, resulting in Urticarial wheals. 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).^[2] In *Ayurvedic* texts *Sheetapitta* is described as a skin disorder characterized by inflamed lesions like of *Varati Dansh* (wasp sting) and may be associated with *Kandu* (itching), *Toda* (pricking sensation), *Daha* (burning sensation), *Vamana* (vomiting). It is a *Tridoshaja* disorder having predominance of Pitta and Vayu and Rasa and Rakta are main Dushyas. Sheetpitta which if not treated leads to *Udarda* the *Kotha* and then *Utkotha*.

Samprapthi ghatakas

Agni: Vishamagni

Adisthana: Amashaya

Strotas: Rasavaha, Rakthavaha

Sthanasamshraya: Twak

Rogamarga: Bahya

***Samprati*^[3]**

Hetusevan ➡ Kapha and Vat prakop ➡ Vatprakopvatprakop more ➡ Pitta
 doshsansarg ➡ Mandalotpatti on skin ➡ Sheetpitta

***Lakshan*^[4]**

1. *Varati Dansh Sansthana Shotha* (Swelling as if bitten by the wasp)
2. *Kandu* (Itching)

3. *Toda* (Pricking sensation)
4. *Vidaha* (Burning sensation)

Chikista sutra

अभ्यंगः कटुतैलैः स्वेदश्चोष्णेन वारिणा । तथाऽऽशु वमनं कार्यं पटोलारिष्टवासकैः ।।' योगरत्नाकर^[5]

Case report

A 9 year old female patient visited in the OPD of *Balrog* with chief complaint of reddish rashes all over the body with severe itching aggravating in evening hours and In Night last 6 months.

History of present illness

According to the patient, she was asymptomatic 8 months back. Gradually she developed reddish rashes all over the body with severe itching aggravating in evening hours since 8 months. She took allopathic medicine for this but got no relief completely. Her condition worsens day by day. Now she wants to take *Ayurvedic* treatment. So, She came here for treatment and further management.

Past history: No previous H/O any other severe illnesses.

Treatment history:- Patient took allopathic, medication for present complaint but she get temporary relief, could not get satisfactory relief.

Family history: Family history was negative for similar condition or skin disorder and no H/O severe illnesses.

Personal history

Appetite – Normal Diet-Mixed type (veg & non-veg) Sleep – Normal Bowel-Irregular (constipation) Bladder – 4-5 times/day Addiction- None.

General examination

B.P-110/70 mm/Hg P.R.-80 /min

R.R-19/ min R.S- AE=BE clear

CVS – S1 S2 normal. CNS -conscious (oriented)

P/A: Soft, non-tender Built – normal

Weight- kg Pallor – absent

Icterus-absent Cyanosis –Absent

Nails – pinkish Clubbing – absent

Local examination

Inspection: Site-Universal, Configuration-Asymmetrical, Shape-circular with elevated margins, Discoloration-Reddish, Morphology-Papules, Associated features-Itching. Palpation revealed dry skin.

Treatment given

Ayurveda emphasizes on three fold therapeutic management of the disease viz: *Sanshodhana* (biopurification), *Sanshamana* (pacification) and *Nidana Parivarjana* (avoiding causative factors) for almost all type of disorders including dermatological disorders.^[6] *Sanshodhana* (*Virechana*) followed by *Sanshamana Aushadha* (to subside remaining *Doshas* after *Sanshodhana*) was Adopted.

Duration	Medicine	Dose	Anupan	Result
11/1/2020 to 18/1/2020	<i>Raktapachak vati</i> <i>Sutshekhar sadha</i> <i>Erandbrushta Haritaki</i> <i>Marichyadi tail</i>	2 tablet BD 2 tablet BD ½ tsf -1 ½ tsf BD Locally BD	With water With <i>ghee</i> With water	Maculo papular red rash on body
18/01/20 to 12/2/20	<i>Shirisharisht</i> <i>Haridrakhand</i>	2 tsf thrice a day BD ½ tsf- ½ tsf BD	With water With water	Reduce Itching Reduce frequency of attack
12/2/20 - 24/10/20	Patient was not came for fallow up due to covid crises			
Patient was came after 8 month with symptoms like mild eruption and bearable itching				
24/10/20 - 30/10/20	<i>Mahatikat Ghrut</i>	1 ½ tsf OD	With warm water	
31/10/20	<i>Panchasakar churna</i> + <i>Triphala churna</i> <i>Haritaki churna</i>	2gm +5 gm+3 gm HS	With warm water	Reduce Itching Reduce frequency of attack
Till31/12/20	4 cycle completed of <i>laghu virechan</i>			No Itching No frequency of attack
1/1/21 - 16/1/21	<i>Bruhat Haridra khand</i>	½ tsf BD	With water	No Itching No frequency of attack

From 24/10/20 We started *Snehpan* of *Mahatikat Ghrut* 1 ½ tsf at morning for 7 day for *Laghu Virechan* then 8 th day we give *Panchasakar churna* +*Triphala churna* + *Haritaki churna* HS with warm water then After that 3 day *Sasarjan kram* fallow. In *Sasarjan kram* we

advice to patient *Mand*, *Dal khichadi*, *Mung dal water*, *bhakari*. Repeat this cycle after *Sarsajan Kram*. 4 cycle of this *Kram* completed. After this *Shodhan Karm* patient get relief satisfactory. After this *Shodhan Karm* we give *Apunarbhav Chikista* for that give *Bruhat Haridra khand*.

RESULT AND DISCUSSION

As per Ayurveda *Sheetpitta* is a *Tridoshaja vyadhi*, characterized by *Kandu*, *Toda* and *Daha* etc. According to modern science *Sheetpitta* can be correlate with the 'Urticaria'.

In *Sheetapitta* Mainly *Vata* and *Kapha* is vitiated along with *Pitta dosha*. The *Prakupita* (vitiated) *Kapha* merges with the *Pitta* and due to *Vata Dosha*, cause *Vimarga Gamana* (spread all over body) in *Twaka*. (Skin) *Virechana* is a treatment for *Pitta Dosha* according to *Charaka*. So, in this case predominant involvement of *Vata*, *Pitta* and *Rakta* were there with less involvement of *Kapha*. As it involves *Vata-Pitta-Rakta* mainly, so *Panchatikta Ghruta* was given for internal oleation. First we started from *deepan Pachan* like *Raktapachak vati* act as *Rakta Dhatu Pachan* and *Pitta Shaman*. The *Sutshekar Sadha* act as *Rakta Pitta Shamak* in *Sheetpitta*. *Erandbrushta Haritaki* act as a *Virechan* reduce *Prakupit Pitta* in all over body n do *Shodhan* of body as well as *Vatanumolana*. The main content of *Haridra khanda* is *Haridra* (turmeric) which is a potent anti-allergic drug, recommended in various allergic conditions including skin allergies like, *Urticaria (Sheetpitta)*, reduce itching in *Sheetpitta*.^[7] *Katu aila* is used for skin disorders.

Mahatikta Ghrita has been proven as anti-inflammatory effect so it checks the inflammatory reaction on skin due to vitiated *Doshas* and *Dhatus* been proven as anti-inflammatory effect. *Virechana* (therapeutic purgation) was chosen for *Shodhana karma* (cleansing therapy) since it is best treatment for *Pittaja vyadhis* also it is important treatment for *Vataja*, *Kaphaja* and *Raktaja vyadhis* (these all are vitiated in *Sheetpitta*) as it eradicates the aggravated *Doshas* from the body. *Virechana* is treatment of *Pittadosha*, *Kapha samsrista Pitta* and *Vatasthagata Pitta*. *Virechana* is mentioned as *Shodhana* procedure in *Dushti of Rasa, Rakta, Mamsa, Asthi, Majja & Shukra dhatus*.

Treatment aims at *Samprapthi vighattana* and *Parivarjana*, the treatment principle should be *Deepana- Pachana, Tridoshahara, Srothoshodhana* and *Balavardhana*.

The patient was assessed for *Kandu* (itching), *Varna* (discolouration), *Mandalotpatti* (wheal formations) and frequency of attacks. Grading was done as follows

1. *Kandu* (Itching)

- 0 - no itching
- 1 - Itching only during night
- 2 - Itching one to four times during the day
- 3 - Itching disturbing normal daily activities

2. *Varna* (Discoloration)

- 0 - no discolored rashes
- 1- Pinkish discolored rashes
- 2-Light red discolored rashes
- 3 - Dark red discolored rashes

3. *Mandalotpatti* (Wheal formations)

- 0 - no
- 1 - Both hands and legs
- 2 - Hands, legs and trunk region
- 3 - Whole body

4. Frequency of attacks

- 0 - no
- 1 - Alternate week
- 2 - Twice weekly
- 3 - Every two to three days.

On the day of admission patient was graded for *Kandu* (itching) as 3, for *Varna* (discolouration) as 2, for *Mandalotpatti* (wheal formation) as 3 and for Table 2. Therapy Frequency of attacks as 3 After treatment *Kandu* (itching) reduced to 0, *Varna* (discolouration) to 0, for *Mandalotpatti* (wheal formation) to 0 and frequency of attacks as 1. *Sheetapitta* can be taken as 'Urticaria'. Urticaria is a disease characterized by itchy red rashes on skin.

CONCLUSION

9yr old female patient diagnosed of *Sheetapitta* (urticaria) got complete recovery of her symptoms on taking 3 months *Ayurvedic* medication. In modern science there are Symptomatic treatment of urticaria and other allergic skin disorders but reoccurrence of

disease is common even after medication. This case study demonstrated that in Skin diseases, *Ayurvedic* management (*Virechana* as *Shodhana* therapy and *Sanshamana Aushadha*) seems very effective. *Ayurveda* has lot of potential in the treatment aspect of allergic skin reaction by using of various *Ayurvedic* formulations and by following *Pathya apathya* in a well-planned manner. On the basis of the result obtained in present study, *Virechana* is very effective in management of urticaria.

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