

**CASE REPORT-ROLE OF AYURVEDIC MEDICINE IN SHEET PITTA
(URTICARIA)****Dr. B. S. Chaurasia¹, Dr. Arti Gond*² and Dr. Kalpana Pandey³**¹HOD Department of KayaChikitsa.²Assitant Prof. Department of KayaChikitsa.³Assitant Prof. Department of KayaChikitsa.Article Received on
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Kaya Chikitsa.**ABSTRACT**

In the present era of altered lifestyle, polluted environment, excess use of fast food, stress etc. causes the vitiation of *Tridosha*. In *Ayurveda* *Sheetpitta* is mentioned as *Tridoshaja Vyadhi* having *Vata* and *Pitta* as predominant *Dosha* *Rasa* and *Rakta* are main *Dushyas* that too *Rakta Dhatu* being more vitiated. A 43 year old female patient consulted in the OPD of Dept. of Kayachikitsa, Govt. Auto. Ayurveda College and Hospital, Gwalior (M.P.) with Symptoms, itching in whole body specially summer season rashes allover the body more affecting associated with severe itching and burning sensation specially in winter season after coming in contact with cold climate. She was clinically diagnosed as case of *Sheetpitta* that can be correlated with urticaria. In our Hospital management of *Sheetpitta* by using *Shamana* therapy and leach therapy.

KEYWORDS: *Sheetpitta*, *leach therapy*, *Urticaria*, *Shamantherapy*.**INTRODUCTION**

In present era change in life style, one can't follow the rules of *Dinacharya* and *Ritucharya* mentioned in *Ayurveda* classics and contact with polluted environment, fastfood these are the main trigger factor for vitiation of *Tridoshaja*. In *Ayurveda* classics *Sheetpitta* is described as *Tridoshaj Vyadhi* but *Vata* and *Pitta Dosha* are predominant, *Rasa* and *Rakta* are main *Dushya* in *Sheetapitta* when this *Dusthi* occur along with *Vata Dosha* manifestation of *Sheetpitta* disease. In *Ayurveda* classics. *Acharyas* have describe treatment like, *Shaman Chikitsa*, *Shodhana Chikitsa* with *leach therapy*. This treatment stops the recurrence of *Sheetpitta Vyadhi*. As per modern aspect *Sheetpitta* is co-related with urticaria.

Urticaria (Hives, nettle rash) is a common skin condition characterized by the Acute development of itching rashes or swelling in the skin due to leaky vessels. Urticaria produces cutaneous swelling or rashes developing acutely over a few minutes they can occur anywhere on the skin and last b/w minutes and hours before, resolving spontaneously. Occasionally urticaria can be caused by physical stimuli such as cold deep pressure (Delayed pressure urticaria) cholinergic urticaria chemical such as latex (Contact urticaria). Treatment in modern medicine pt. should Avoid salicylates & Salicylate and opiates as they can degenerated mast cell. Oral antihistamines (H blockers) are the most useful in urticaria. In *Ayurveda Shamhita* treatment of *Sheetpitta* includes *Shodhana* and *Shamana Chikitsa*.

Castdetails

General Information of Patient Name - Roshani

Age- 43yr Sex- Female

Religion – Hindu Education- Student OPD no. - 11285

Adderess- Gwalior

Chief complaints

1. Rashes associated with burning sensation, severe itching, pricking pain specially in winter season.
2. Irregular itchy rashes appears on whole body, when she contact with cold air since 02 years.

Associated complaints

Flatuance

Occasionally Burning Sensation in GIT reason

History of present Illness

Itching rashes on whole body suddenly started contact with cold climate, eruptions of rashes and a after few hours rashes subside spontaneously occasionally patient took a medicine (ctz). Patient feels burning sensation & irritations due to severe itchy rashes.

Treatment history

Pt.was using cetirizine for symptomatic relief.

Family history

No any family history

General examination

B.P.=130/80 mmhg Pulse = 76/mn R.R.=19/min

Wt. = 54kg Ht. = 154 cm

Pallor = Absent Icterus = Absent Cynosis=Absent

Personal history Bowel- Irregular Urine- Normal Appetite –Decrease

Sleep – Interrupted due to Itching

Assessment Criteria

Assessment of Patient was done on the basis of improvement in subjective parameters like Kotha, Kandu, Daha.

Urticaria Activity Score (UAS) as per Indian Journal of Dermatology

Score	Wheals/24 hrs	Pruritus
0	None	None
1	Mild: < 20 wheals over 24 hrs	Mild present but not troublesome
2	Moderate: 20-50 wheals over 24 hrs	Moderate: Troublesome but doesn't interfere with daily routine or sleep
3	Severe: > 50 wheals over 24 hrs or large area of wheals	Severe pruritus which is sufficiently troublesome to interfere with daily activity or sleep

1. Toda (Prickingpain)

0- Absent

1- Mild *Toda* (Occasional *Toda*)

2- Moderate *Toda* (Disturbing normal activity but not sleep)

3- Severe *Toda*(*Toda*disturbingnormalactivateandsleep)

2. Kandu (Itching)

0- Absent

1- Mild *Kandu* (Occasional *Kandu*)

2- Moderate kandu (*Kandu* disturbing normal activity)

3- Serve Kandu (*Kandu* Disturbing normal activity and sleep)

3. *Vidaha* (Burning sention)

0- Absent

1- Mild *Vidaha* (Occasional *Vidaha*)

2- Moderate *Vidaha* (*Vidaha* disturbing normal activity)

3- Moderate *Vidaha* (*Vidaha* disturbing normal activity and sleep)

Table no. 1.

S.n.	Parameters	1 st Day	10 th Days	20 th Days
1.	<i>Kandu</i> (Itching)	2	1	0
2.	<i>Toda</i> (Prickingpain)	1	1	0
3.	<i>Vidaha</i> (Burning Sensation)	2	1	0

Table no. 2.

S. R.	Date	Medicine	Doges	Timing
1.	27/03/2025	1. <i>Haridrakhand</i> 2. <i>Tab Guduchi</i> 3. <i>Avipattikar Churna</i> 4. <i>Leach Therapy</i>	1 TSF 2 BD 5 gm	1 time At morning with milk 2 times with luke warm water After 7 days
2	06/04/2025	1. <i>Haridrakhand</i> 2. <i>Tab Guduchi</i> 3. <i>Avipattikar Churna</i> 4. <i>Dooshi Vishari Gutika</i>	1 TSF 2 BD 5 gm 1 BD	1 time At morning with milk 2 times with luke warm water
3	16/04/2025	1. <i>Haridrakhand</i> 2. <i>Tab Guduchi</i> 3. <i>Avipattikar Churna</i> 4. <i>Dooshi Vishari Gutika</i>	1 TSF 2 BD 5 gm 1 BD	1 time At morning with milk 2 times with luke warm water

DISCUSSION

Sheetapitta is primarily a skin disorder caused by vitiated Vata and Kapha having Tridosha involment. *Haridrakhand* Pacifies Tridosh Shaman *Haridrakhand* is an Ayurvedic Property medication that is primarily used for treating different type of skin conditions & allergies. It is extremely affective in treating *Urticaria*.

Guduchi is act as a immunomodulator and all skin disease and allergic disease are related to immune system. *Guduchi* and *Nimba* also are *Tikta rasa* is said to be best pacifying Pitta Dosha *Guduchi* by viture of its Tridosahara property pacifies Tridosha.

Primary Dhatu vitiated in *Sheetpitta* is *Rakta*, as *Rakta* and *Pitta* are of same nature, *Avipattikar Churna* is causes *RaktPrasadhan* by eliminating *Dushta kapha*, *Pitta Dosha*.

Tab Dooshi Vishhari Gutika in this medicine most of the ingredients are Tikta, Katu Rasatmaka & Katu rasa possess Kramihar, Kushthar and Vishaghna properties, it clears kapha & Kleda from Strotas.

Leach Therapy also Known as Hiurdotherapy. Leach Saliva contains anti inflammatory agents. That could help alleviate the inflammation, Redness, Soiling, Improving blood Circulation. Leach Saliva also contains analgesic properties. Which may help to reduce the pain and discomfort often experienced in Urticaria.

CONCLUSION

Sheetpitta (Urticaria) is most common in all age group of population. While Conventional medicine focuses on symptom management with antihistamines and other medication but not cure permanently. Ayurvedic treatment is more effective in urticaria and also prevents its recurrence. Following Ayurvedic Shamanamedicine along with the application of the Leach Therapy is effective in the remission of the symptoms of Sheetpitta and it is cost effective & safe.

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