

THERAPEUTIC EVALUATION OF EKMOOLIKA IN A CASE OF SHITAPITTA: A SINGLE CASE STUDY¹***Dr. Sushmitha G. M.,** ²**Dr. Ashwini Nayaka**¹Assistant Proffessor, Dept-of Dravyaguna Vigyana, Samata Ayurvedic Medical College, Hospital and Research Centre, Aland.²Assistant Proffessor, Dept-of Roganidana Evil Vikruti Vigyaan, Samata Ayurvedic Medical College, Hospital and Research Centre, Aland.

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ABSTRACT

This article presents a single case study evaluating the therapeutic efficacy of Ekmooolika (Shunti Swaras with honey) in a 32-year-old male patient suffering from Shitapitta (urticaria). The patient was treated with Shunti Swaras (ginger juice) mixed with honey for three months. Significant reduction in symptoms such as itching, rashes, and burning sensation was observed. The study highlights the potential of Ekmooolika as a simple and effective Shamana (palliative) therapy in managing Shitapitta.

INTRODUCTION

Shitapitta is a common dermatological disorder in Ayurveda, clinically correlated with urticaria. It is characterized by pruritic, erythematous rashes and is attributed to the vitiation of Vata and Pitta doshas. Ekmooolika refers to the use of a single herb, here Shunti (ginger), in the form of Swaras (fresh juice)

with honey. Shunti is known for its Vata-Pitta pacifying and anti-inflammatory properties, while honey enhances absorption and adds antimicrobial effects.

AIMS AND OBJECTIVES

- To evaluate the therapeutic effectiveness of Ekmooolika (Shunti Swaras with honey) in the management of Shitapitta.

- To assess the impact of Ekmooolika on symptom severity and quality of life in a single case of Shitapitta.
- To document clinical improvement over a three-month period.

CASE PRESENTATION

A 32-year-old male patient presented with recurrent itchy, erythematous rashes over the body, accompanied by burning sensation and occasional swelling. Symptoms were aggravated by cold exposure and stress. Diagnosis of Shitapitta was confirmed based on classical Ayurvedic signs and symptoms.

Signs and Symptoms

- Recurrent itchy, erythematous rashes
- Burning sensation and occasional swelling
- Aggravation with cold exposure and stress
- No significant systemic complaints

METHODOLOGY

- Intervention: Shunti Swaras (ginger juice) 5 ml mixed with 5 ml honey, administered orally twice daily for three months.
- Assessment Parameters: Frequency and severity of rashes, itching, burning sensation, and swelling were assessed before and after treatment using a symptom score chart.
- Follow-up: Clinical evaluation was conducted at 15 days intervals.

RESULTS

After three months of treatment, the patient reported:

- Marked reduction in the frequency and intensity of rashes
- Significant relief from itching and burning sensation
- No recurrence of symptoms during follow-up
- Symptom scores showed consistent improvement.^[1]

DISCUSSION

Shunti (ginger) is known for its Vata-Pitta pacifying properties and anti-inflammatory action, while honey enhances its absorption and adds antimicrobial benefits. The combination acts as a Shamana therapy, helping to pacify aggravated doshas and reduce hypersensitivity of the

skin. The results support the use of Ekmoolika as a simple, safe, and effective remedy for Shitapitta.

CONCLUSION

Ekmoolika (Shunti Swaras with honey) showed promising results in the management of Shitapitta, with significant reduction in symptoms over a three-month period. This single case study suggests that Ekmoolika can be considered as an effective Shamana therapy for Shitapitta, warranting further research with larger sample sizes.^[2]

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