



# Ayurvedic Management Of *Shitapitta* With Special Reference To Urticaria – A Case Study

**Dr. Vijayalaxmi Sujay Patil**

M.D. (Kayachikitsa ), Ph.D. (Kayachikitsa) Scholar

**Associate Professor Department of Kayachikitsa,**

M.A.M.'s Sumatibhai Shah Ayurved Mahavidyalaya, Malwadi ,

Hadpasar, Pune -411028, Maharashtra State, India

**Dr. Siradram Gurubasppa Vagadurgi**

**Associate Professor (Reader),**

Department of Shalakyatantra,

SDMT Ayurvedic Medical College, Teradal, Dist-Bagalkot, Karnataka

**Dr . Mrudula Murlidhar Katke**

M.D. (Kayachikitsa) Scholar

Department of Kayachikitsa ,

M.A.M.'s Sumatibhai Shah Ayurved Mahavidyalaya, Malwadi ,

Hadpasar, Pune -411028, Maharashtra State, India

## ABSTRACT

Sheetpitta is one among the important and common skin problem described in Ayurveda. Prakupita Vata and Kapha due to shita marutnidana when being mixed with pitta spreads internally and externally resulted into Sheetpitta Vyadhi. In present busy and fast life, one can't follow the rules of 'Dinacharya' and 'Ritucharya' described in 'Ayurveda'. Due to heavy industrialization and heavy traffic, one constantly comes into contact with various pollutants. 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 'Dhatudaurbalya' (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. Now a days the spicy and fast food eaten which have very less nutritional values and also having similar properties to Asatmyasevan. 'Asatmyasevan' means the 'Exposer to allergens and antibody'. Due to this there is increased Vaat, Pitta, Kapha dosha in our body. Within the tridosha, Pitta dosha is most aggravating and causing Sheetpitta all over body. Sheetpitta can be correlated with urticaria. Sheetpitta [Urticaria] is a type I Hypersensitivity reaction which is manifested because of exposure to allergens. Epidemiology of urticarial is increasing nowadays due to industrialization.

**Keywords** – Urticaria, Sheetapitta, Shaman, Shodhana Chikitsa, Virechana.

## INTRODUCTION

Urticaria is a dermatological conditioned which is characterized by itchy wheals which appear on skin or mucous membrane. They are commonly known as hives, welts and nettle rash. It usually occurs due to an allergic rurticaria the individual lesion typically last for few reaction trigged by food seasonal or external factors or medication. In urticarial the individual lesion typically last for few minutes to few hours then subside without leaving any trace. Urticaria is divided into two categories based on how long it lasts

- 1) Acute urticarial which stay less than six weeks.
- 2) Chronic urticaria which stay longer than six weeks.

As Shitapitta is Tvak Vikar i.e., skin diseases in which wheels or hives appear all over the body with itching, burning sensation and pain these all are the symptoms of Shitapitta and this can be related with urticarial. This condition occurs due to the dominance of Shita (cold) over Pitta Dosha, when someone is exposed to cold weather, Kapha and Vata Dosha aggravates and combine with Pitta Dosha, they spread all over the body and creates rashes on the surface of the skin.

In modern science, antihistamines and steroids are used to treat urticaria and their long term uses can cause adverse effects on the human body. In Ayurveda, Shitapitta Chikista can be divided into three phases they namely are Langhana for Alpadosha, Langhana with Pachan for Madhya Dosha Avastha, Shodhan for Bahudosh Avastha. In Shitapitta Shodhan like Vamana, Virechan and Raktamokshan are the ideal treatment and they are very effective, as they eliminates vitiated Dosha from the body, and the recurrence can be avoided.

As in this case due to Shodhan Chikista all symptoms are gone completely and it can be considered as main Chikista (Apunarbhav Chikista) as this Shodhan Chikista helps to remove the obstructed Kapha and Pitta Dosha. As in this case Jala Dhauti, Virechana are planned to treat Shitapitta.

## CASE REPORT

Here by presenting a case of 40 year female patient who visited Kayachikitsa OPD with presenting complaint of Shotha, Kandū, Vidaha, Jwara all over body as the symptoms more aggravates in Night time.

No any history of Medical illness

No any history of Surgical illness

No any Addiction

No any Family history

### Clinical Features

- Shotha : +++
- Kandū : +++
- Vidaha : +++
- Jwara : ++ ( occasional )  
( + - Mild , ++ Moderate , +++ Severe )

### General examination

P – 86/min

BP – 110/70mmhg

RS – B/L Clear

CVS – S1S2 Normal

CNS - Conscious and Oriented

### Asthavidha Pariksha

- 1) Nadi - Vata-pittaja
- 2) Mala – Asamyak
- 3) Mutra – Samyak
- 4) Jivha – Sama
- 5) Shabda – Spashta
- 6) Sparsha – Anushnasheeta
- 7) Drik – Samyak
- 8) Akriti – Madhyam

## Urticaria Activity Score

**Table**

| Wheals                                                                       | Pruritis                                                                                                      | Score |
|------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-------|
| None                                                                         | None                                                                                                          | 0     |
| Mild <20 wheals over 24 hour                                                 | Mild : present but not annoying                                                                               | 1     |
| Moderate 20 to 50 wheals over 24 hours                                       | Moderate : troublesome but doesn't interfere with normal daily activity or sleep                              | 2     |
| Intense >50 wheals over 24 hours or large area of wheals that blend into one | Intense : severe itching which is sufficiently troublesome to interfere with normal daily activities or sleep | 3     |

Patient score was 3

### Treatment

#### Shamana Chikitsa

- 1) Sutshekhar Ras 250mg 1tab. Vyanodan (with lukewarm water )
- 2) Yashti + Manjishta + Patha + Dhamasa + Manspachak each 500mg TDS ( with lukewarm water )
- 3) Avipattikar Choorna 5gm HS after meal ( with lukewarm water )
- 4) Haridrakhand Pak 10 gm Vyanodan ( with milk )
- 5) Gulkand 1tsf TDS

#### Shodhan Chikitsa

- 1) Vaman
- 2) Mrudu Virechan

### Do's & Don'ts

- Avoid sour, salty & spicy food, fast food, junk food.
- Curd , pickle
- Excessive travelling
- Uses of A.C
- Wear full sleeves cloths
- Avoid humid weather
- Late night sleeping habit

## DISCUSSION

Shitapitta is a Tridoshaja Vyadhi, according to Nidaan Sevan (Etiological factor ) there is vitiation of body Kapha and Vata, which spreads throughout the body both externally and internally, by mixing with Pitta. The Tridoshas spreading internally cause Dushti (pathogenesis) of Rasa and Rakta Dhatus and their Dushti appear causing symptoms such as Varati Damstavat Sotha (rash), Kandu (itching), Shul (pain) and Daha (burning sensation), respectively caused by allergen. In Ayurveda the presentations and prognosis of the diseases depends upon multiple factors, As Shitapitta is a condition found in Bahudoshavastha or Lakshana as mentioned in Charak Sutra Sthan chapter 16 like Pitaka, Kota, Kandu, and its treatment being mentioned as Shodhana Chikitsa depend upon the predominance of Dosha. These Shodhan therapies are mostly, adopted due to their specialty, when there is aggravation of Doshas, Shodhana modality treatment helps in the nonoccurrence of the disease, therefore Shodhan Chikitsa are praised as first choice of treatment. Nitya Virechan are also planned for Shodhanas .

### Mode of Action :

Sutshekhar Ras – Katu ras (40%) and Tikta ras (20%) have Deepan-Pachana karma, which causes Amapachana and thus provides proper metabolism and ultimately balance the Agni.

Haridrakhand Pak - Haridra, which is a potent anti-allergic drug, recommended in various allergic conditions like urticaria.

Avipattikar Churna – Due to Purgative action Avipattikar churna expels out abnormal pitta, normalizes the secretion of bile and digestive acids.

Yashti (Glycyrrhiza glabra ) – Vata-Pittahara, Madhura Rasa Madhura Vipak and Sheeta Veerya

Possessing sweet taste and post digestive effect which are antagonist to Vata and Yashti pacifies the aggravated Pitta.

Manjishta ( Rubia cordifolia)– One of the best Blood-purifying herbs. To break down blockages in the blood flow and remove stagnant blood .Manjishta can be used in both internal and external on skin for promoting whitening.

Patha ( Cissampelos pareira ) – Antioxidant and Anti-inflammatory action.

Dhamasa- Blood purification action it can be used in Sheetapitta.

In Sheetapitta, there is Kapha and Pitta dominance, Ushna-Tikshna Gunatmak Kalpa like sutshekhar Ras can be helpful Virechan Karma (purgation) beside with Shaman (palliative) action is proved to be very effective in providing liberation in Sheetapitta. If disease is treated by breaking down of Doshas and Nidan Parivarjanam can absolutely get good results.

## OBSERVATION AND RESULT

### Symptoms before and after treatment

| SN | SYMPTOMS | BEFORE TREATMENT | AFTER TREATMENT |
|----|----------|------------------|-----------------|
| 1. | Shotha   | +++              | +               |
| 2. | Kandu    | +++              | +               |
| 3. | Vidaha   | Present          | Absent          |

## CONCLUSION

As Shitapitta is mainly due to Kapha and Vata Doshas aggravation and combining with Pitta Doshas So Nitya Vaman and Virechan pacify Kapha and Vata Pitta Dosha respectively.

## REFERENCES

- 1) Agnivesh, Charak Samhita commentary by Brahma Nand Tripathi, Chaukhamba Surbharti Sansthan, Varanasi. sutra 4/17, 43:24
- 2) Sharma SK, Munjal YP, Agarwal AK. API Textbook of Medicine, Association of physician of India, 9th edition 2012, pg- 479,491.
- 3) Vijayarakshita S Madhavanidana Chaukhamba Surbharti Prakashana, Sheetapittodkothanidanam/ reprinted 2010, pg-200
- 4) Elman S, Hynan LS,et al.The 5-D itch scale , a new measure of pruritus . Br J Dermatol. 2010; I62 (3)/pg 587-93.
- 5) Prof Sharma A, Orientalia Delhi C. Edition, 2017 kayachikista Vol- 2, chapter no.60, pg no- 864
- 6) Principles and practice of panchakarma by Dr. Vasant C Patil 5<sup>th</sup> edition Chaukhamba publication ,page no 404
- 7) Prof Sharma A, Orientalia Delhi C. Edition, 2017, kayachikista Vol- 2, chapter no.1, pg no- 17.
- 8) Vijayarakshita S Madhavanidana Chaukhamba Surbharti Prakashana, Sheetapittodkothanidanam/ reprinted 2010, pg-200
- 9) <https://www.webmed.com/skin-problems-and-treatment/> guide
- 10) Sharma SK, Munjal YP, Agarwal AK. API Textbook of Medicine, Association of physician of India, 9<sup>th</sup> edition 2012, pg- 479,491.