



Ayurvedic Management Of Urticaria (~ Sheetpitta) : A Case Report

Dr. Prakash Joshi , Assistant Professor , Dept. Of Rachna Sharir

Dr Yogesh Wane , HOD, Associate Professor, Dept. Of Rachna Sharir

Govt. Auto. Dhanwantari Ayurveda Medical College, Ujjain M.P.

ABSTRACT

Urticaria, commonly known as hives, is a skin condition characterized by the sudden appearance of raised, itchy welts (wheals) on the skin. These welts can vary in size and may appear on any part of the body. Urticaria occurs when histamine and other chemicals are released from mast cells in the skin, leading to leakage of fluid from small blood vessels into the surrounding tissues in response to triggers such as allergens, infections, medications, stress, or physical stimuli like heat, cold, or pressure.

In the present case study, female of age 50yrs visit in Ayurveda OPD had complaint of recurrent appearance of wheals with severe itching, redness and burning sensation, on whole body since 7months. She had associated complaint of loss of appetite, disturbed sleep and irregular bowel evacuation since 1year. She took allopathic treatment but doesn't get any improvement so she decided to switch on Ayurveda management for better cure and preventive care. On the basis of clinical presentation patient was diagnosed with *Sheetpitta*, type of *Kushtha Roga* so the line of management is based on *Kushtha Chikitsa*. After 2months of drug intervention *Haridrakhand* 5gm, TDS with warm milk, in combination with *Gau Ghrita* in dose of 5ml BD and Tab. *Arogyavardhani vati* 1tab BD, patient get significant relief in symptoms i.e. episodes of wheals, loss of appetite, dizziness, number of lesions is reduced. This is effective in reducing the progression of disease and improve quality of life of patient.

INTRODUCTION

The term Urticaria is defined as a transient eruption of circumscribed edematous and usually itchy swellings of the dermis. The other names given are nettle rash, hives or weals. These lesions last for a few hours. Urticaria may be broadly classified on the basis of duration and trigger factors. It is classified into 'acute' and 'chronic' on the basis of duration. This is an arbitrary division and is between 6 weeks to 8 weeks. Acute urticaria is diagnosed retrospectively with a history of less than 6-8 weeks duration. The causative factor is easily identified in acute urticaria whereas it is difficult in chronic urticaria. Immune complex urticaria comprises of se-rum sickness and urticarial vasculitis, both of which are classical examples of Type III immunological re-action. Papular urticaria is the result of hypersensitivity to bites from certain insects like mosquitoes, gnats, fleas, mites and beg bugs. Physical urticarias are triggered by various physical agents like heat, cold, pressure, sunlight and water. In all these, the physical stimulus induces reproducible wealing. Each episode starts with itching. Following this, erythematous macules and wheals appear which are transient and disappear within a few hours. The wheals may vary in size ranging from a few millimetres to many centimetres. The wheals appear on any part of the body and may be associated with angio-oedema. The skin lesions resolve without any trace. Even though many patients claim worsening of the lesions during full moon and new moon days there is no convincing evidence for this. In spite of severe pruritus there are no scratch marks in urticaria as the patients tend to rub the skin. Urticaria occasionally may be associated with a few systemic symptoms such as vomiting, giddiness, malaise, headache, abdominal pain, diarrhoea, dizziness and rarely anaphylaxis. Premenstrual exacerbation may be noticed in some.

In the present case study, female of age 50yrs visit in Ayurveda OPD had complaint of recurrent appearance of wheals with severe itching, redness and occasional burning in skin lesions since last 7 months. She had associated complaint of loss of appetite, disturbed sleep and irregular bowel evacuation in the past 1 years. She took allopathic treatment but doesn't get any improvement so she decided to switch on Ayurveda management for better cure and preventive care. On the basis of clinical presentation patient was diagnosed with *Sheetapitta* type of *Kushtha Roga* so the line of management is based on *Kushtha Chikitsa*.

Case Report

Patient information:

A female of age 50yrs, housewife, who has no history of comorbidities came to out patient department of Rachna Sharir on 15-01-2024.

Primary Concerns and symptoms:

Wheals present on all over body with severe itching, redness and occasional burning in skin lesions since 7 months. Transient red macular lesions of size >5cm. wheals appears after scratching due to severe itching. She had associated complaint of loss of appetite, disturbed sleep and irregular bowel evacuation since 1 year.

History of Present Illness:

Patient was asymptomatic 1 year ago, then suddenly she had intense itching and reaction. She had disturbed lifestyle which aggevates the skin problem. Gradually skin lesions start to appear on whole body and very frequently since 7 months.

History of Past Illness:

Patient had no history of hypertension, diabetes mellitus, thyroid disorders.

Clinical Findings:

General Examination :

Patient was average built but with weight 57kg, height 5'2" and BMI 23.2kg/m². Blood pressure(B.P.) 110/70mmHg, Pulse Rate 78/min, wheals, present on whole body of size >5cm. On general examination, no clubbing, cyanosis, icterus, pallor, pigmentation seen.

TREATMENT PLAN :

Diagnostic Protocol :On the basis of symptoms like *Atibadha*, *Alpa*, *Bahal mutra* associated with *Aruchi*, *Mukhvairasya*, *Gauravta*, *Vibandha*, *Rukshamlana sphutitha twak* indicates *Rasa*, *Rakt*, *Mamsa Dhatu Dusti* reflects through *Twaka dusti* which is clinically assessed by *Ashtavidha Pariksha*(Eight Fold Examination).

NADI PARIKSHA	<i>Vataj-Kaphaj</i>
<i>MALA</i>	<i>Vikrit (hard,non sticky,yellowish in color).</i>
<i>MUTRA</i>	<i>Prakrit</i>
<i>JIVHA</i>	<i>Malavrit (white coated)</i>
<i>SHABDA</i>	<i>prakrit</i>
<i>SPARSHA</i>	<i>Ruksha</i>
<i>DRISHTI</i>	<i>prakrit</i>
<i>AKRITI</i>	<i>Sama</i>

SAMPRAPTI GHATAKA**Dosha: Tridosha****Agni: Manda****Doshagati: Vriddhi, Tiryak, Shakha****Vyadhi marga: Bahya****Dushya: Rasa, Rakta****Srotas: Rasavaha, Raktavaha****Srotodushti prakara: Vimargagamana****Udbhava Sthana: Aamashaya****Vyakti Sthana: Tvak****Svabhava: AshukariDosha treatment is Shodhana.****Shamana Chikitsa also holds good impact on the Sheetapitta.****Therapeutic Interventions:**

After complete screening of patient and consent taken, on the basis of above findings patient was provisionally diagnose with *Sheetapitta*. The patient was treated on the line of management of *Kushtha Chikitsa*. The drugs selected for treatment was *Haridrakhanda* with *Gau Ghrita* and *Arogya Vardhani vati* indicated as drug of choice in *Kushtha Chikitsa*. In next visit (after 15 days from drug intervention) diet and life style advised to patient to improve quality of life.

Drug Intervention

<i>Time Frame</i>	<i>Drug Intervention</i>	<i>Dose</i>	<i>Frequency</i>	<i>Anupana</i>
15,01,2024	<i>Haridrakhanda</i> + <i>Arogya Vardhani vati</i>	1 tsf 1 tab	TDS After meal	Leukwarm milk water
24,01,2024	<i>Haridrakhanda</i> + <i>Arogya Vardhani vati</i>	1 tsf 1 tab	TDS After meal	Leukwarm milk water
08,02,2024	<i>Haridrakhanda</i> + <i>Arogya Vardhani vati</i> + <i>Gau ghrif</i>	1 tsf 1 tab 2tsf	TDS After meal Morning	Leukwarm milk Water Leukwarm water
20,02,2024	<i>1st follow up</i>	No intervention given	-	-

Pathya Apathya

<i>Pathya</i>	<i>Apathya</i>
• <i>Sadrutta palana</i>	• Junk food
• <i>Vyayama, Yoga</i>	• Consuming sour, salty, meat & alcohol
• <i>Satvika ahara</i>	• <i>Ati maituna</i>
• Meditation	• Excessive sleep
• Healthy food habits	• Avoid stress

OBSERVATION

S. No	Symptoms	Before treatment	After treatment	1st follow up	2nd followup
1.	Frequency	Daily	Reduced frequency	Reduced to thrice a week	Improvement (+)
2.	Itching (<i>Kandu</i>)	Present	Mild reduced	Reduced	Improvement (+)
3.	Rashes and Redness (<i>Raga</i>),	Present	Mild reduced	Reduced	Improvement (+)

RESULTS :

After 15 days of treatment, patient got relieved from severe itching. Intensity of itching reduced significantly with no burning. Frequency of episodes reduced from every day to twice- thrice a week. Before treatment, wheals used to appear on whole body. But after first follow up it reduced to limbs and occasionally on abdomen region. After 3months of regular intervention given, patient has not complaint about episode since 22 days. (i.e. on 26/05/2024). Associated complaints like irregular bowel and loss of appetite was managed. Sleep got better than before.

DISCUSSION

The *Sheetapitta* can be associated with Urticaria, and according to *Samhitas*, we should employ *Yukti* and treat according to *Dosha*.

If the ailment has a long history, with *Shamanousadhi* is recommended based on the *Dosha*. Pathya is the most crucial aspect of therapy, and *Nidana Parivarjana* is the first line of defence. The following categories apply to the etiological elements that explain all forms of *Kushta*: *Dosha Hetu Aharaja Nidana*: excessive consumption of *amla* (sour), *Lavana* (salt), *Kashaya* (astringent) *Rasa*, *Guru* (heavy to digest), *Snigdha* (food made of ghee & fried substances), and *Drava Ahara* (food articles containing excess of oil and liquid contents); *Adhyashana* (eating food before the previous meal has finished digesting); *Vishmasana* (eating food irregularly and at the wrong time); *Atyashana* (eating excessive food); *Asatmya Ahara* (eating food which is not suitable for an individual).⁷

Viharaja Nidana- *Atishrama*, which is excessive physical Labor; *Atapasevan*, which is excessive exposure to the sun's rays; *Anila Sevana*, which is excessive exposure to the chilly wind; and *Divaswapna*, which is excessive daytime slumber. Hetu *Vyadhita* Incompatible food, fake poisoning (*Dushi Visha*), contaminated water, and abrupt immersion in cold water (*Shitoshna Vyatyasa Sevana*) are examples of *Mithya Ahara* or *Viruddha Ahara*. Exercise and sunbathing after consuming large meals.⁷

Mitya Vihara- Chardi suppression, mutra Vegas (repression of desires to vomit and urinate), and sexual indulgence subsequent to *Snehana* karma (oleation treatment).

Ubhaya Hetu

Aharaaja Nidana- Overindulgence in various foods such as *Kulatha* (horse gram), *Matsya* (fish), *Varaha* (excess meat), *Mulaka* (raddish), *Guda* (jaggery), *Madhu* (honey), *Navanna* (meal cooked with fresh grains), and *Pishtanna* (food with excess of oil).

Mitya Ahara- meal consumed during the *Ajirna Avastha* (indigestion phase) is known as *Vidahi Vidagdha Ahara* (meal which promotes *pitta* / burning feeling).

Incompatible food (Viruddha); *Ahara-Gunataha Viruddha*. For instance, eating *Lashuna* (garlic) and *Mulaka* (radish) with milk; *Gramya Anupa Audaka mamsa* (eating the meat of marshy animals with milk); and eating fish with milk.

In the Samprapti of this disease Agni mandhya and Ama plays a major role. Improper Agni along with irregular food habits caused the formation of Ama which further vitiate the Tridosha and creates srothorodha by sanga and Vimargagamana. Thus, the doshadushyasammurchana commencing in Aamashaya get sthanasamsraya in Twak and produces the Lakshanas. As the treatment aims at Sampraptivighatana and NidanaParivarjana, the treatment principle should be Deepana- Pachana, Tridosahara, srothosodhana and balvardhan.

In this case study patient come with complaint of itching, redness, whealsall over the body. The line of treatment of *Sheetapitta* applied on it. For this, we use *Haridrakhanda* with *gau dugdh* for 2.5 months. After treatment patient get significant relief in symptoms of wheals all over the body.

Haridrakhanda is indicated for *Sheetapitta Udard Kotha rogadhikar*. *Haridrakhanda* is well known go to cure for various allergic skin ailments. Owing to its Anti-allergic Antihistaminic, Anti-inflammatory, Antioxidant, Antipruritics qualities which help in removing toxins from the blood, it control itching and assists in allergic reaction as well. That's why it is advantageous for treating allergic conditions (like Urticaria).

Arogyavardhini vati as suggested by its name "Arogya-good health, Vardhini-improves" is an Ayurvedic preparation that helps to improve overall health. It is also known as *Sarvarog "Prashmani"* which signifies a remedy for all kinds of illnesses. *Arogyavardhini Vati* helps to manage the digestive problem due to its Deepan and Pachan properties. *Arogyavardhini Vati* is also widely used for skin disorders due to Pitta balancing quality

CONCLUSION

In modern science there is vast treatment of Urticaria and other allergic skin disorders, but reoccurrence of disease is common in very many cases. Sheet pitta is commonly encountered Twak Vikara in clinical Practice. Ayurveda has lot of potential in the treatment aspect of allergic skin reaction by using of various Ayurvedic formulations and by following Pathya-Apathya.

CONFLICT OF INTEREST -NIL**SOURCE OF SUPPORT -NONE****REFERENCES:**

1. Madhavanidana Madhukoshavyakhya of Madhavakara by Vijayarakshita with and Shrikanthadatta, Hindi Edited by Prof. Yadunandan Upadhyaya. Varanasi: Chaukhamba Surabharati Prakashana; Reprinted, 2010.
2. Bhavprakash of Sri. Bhavmishra with hindi commentary by Pandit Sri. Bhahmasankarmishra. Part 2nd Chaukhamba Surbharti Publication. Fifth Edition 1993.
3. Bhavprakash of Sri. Bhavmishra with hindi commentary by Pandit Sri. Bhahmasankarmishra. Part 2nd Chaukhamba Surbharti Publication. Fifth Edition 1993.
4. Vangsen Samhita of "Vangsen" by Sri. Shaligramji Vaidya, Edited by Vaidya. Shankarlalji Jain. KhemrajShrikishnadas Publication, Mumbai. 1st edition 1996.
5. Agnivesh, Charak Samhita commentary by Brahma Nand Tripathi, Chaukhamba Surbharti Sansthan, Varanasi, Sutra 4/17,
6. Sushruta, Sushruta Samhita Hindi translation by Dr. Anant RamShastri, Prakashan, Varanasi
7. research gate.in
8. Wikipedia.com
9. easy ayurveda