



AYURVEDIC APPROACH OF SHEETAPITTA WITH SPECIAL REFERENCE TO URTICRIA- A CASE STUDY

Murshida banu, Waheeda banu

1.PG Scholar, Dept of PG studies in Kayachikitsa, Karnataka Ayurveda Medical College & Hospital Mangalore ,Karnataka ,India.

2.HOD & Professor,Dept of PG studies in Kayachikitsa, Karnataka Ayurveda Medical College & Hospital Mangalore, Karnataka , India

Abstract: Sheetapitta is a very common skin disease encountered in clinical practice nowadays. Kapha and Vata become aggravated due to exposure to cold breeze circulating all over the body (i.e. both externally and internally) in association with pitta causes sheetapitta. It is bahya rogamarga ashrita vyadhi, so there are possibilities to get cured easily. Sheetapitta can be compared to urticaria in modern science based on clinical features. Urticaria (hives) is a vascular reaction of the skin marked by the transient appearance of smooth, slightly elevated papules or plaques (wheals) that are erythematous and that are often attended by severe pruritis. Individual lesions resolve without scarring in several hours. **Aim:** To study the effect of Ayurvedic treatment in management of Sheetapitta. **Objective:** To assess the effect of Ayurvedic management of Sheetapitta. **Methodology:** It is a single case study of Sheetapitta. **Case description:** A 37 years male patient presented with severe itching associated with burning sensation all over the body since 2 years. He had undergone many allopathic medications, only tablet Atarax 25mg has given temporary relief. Itching increasing when patient sleeps for late night and wearing new clothes, severe hives while itching and reddish discoloration during the episodes.

Results: Patient had relief from symptoms like itching, burning sensation reddish discoloration.

Keywords: Sheetapitta, Bahya rogamarga, Urticaria, papules, skin disease

1.Introduction:

Kala is unique and specific causative factor of all type of effects, at the same time, it is unavoidable. It is described as Anayathasiddha Nimitta Karana, means no action is possible without the causative association of Kala.

Homosapiens, the most intelligent creature on earth, is facing newer health challenges in modern civilization. As an outcome of industrial development, environmental & professional hazards etc. So many diseases are emerging out in modern life patterns. On the other hand originate different types of anxieties, worries, anger, hastily, resentment, fear & depression. Due to these factors, now a day various types of skin diseases are on rampage. Among the different skin disorders some are exfoliative, while others are nonexfoliative. Itching is a common characteristic of nonexfoliative skin disorders; these may be associated with burning sensation, change of colour etc. Out of these nonexfoliative skin diseases Sheetapitta (Urticaria) is one of the common dermatoses found all over the world, showing a definite rise in its incidence day by day¹.

Sheetapitta is one of the twak vikara. Anorexia, oppression in the chest, debility, heaviness and reddishness of the eye are considered to be poorvarupa². Symptoms of sheetapitta are wheels all over the body with severe itching, burning sensation and pain. Sheetapitta is comprised of two words, sheeta(cold) and pitta(warm). The condition occurs due to the dominance of cold over the pitta dosha³. Kapha pradhana sheetapitta give rise the symptoms like Varati damshavat, shotha and kandu. Shula and daha caused by vata and pitta dosha respectively. It may also produce the symptoms like kandu, toda, chardi, daha and jwara⁴⁻⁵.

Urticaria is also called hives- is a skin reaction that causes itchy welts. Chronic hives are welts that lasts for more than six weeks and return often over months or years. Often the cause of chronic hives isn't clear⁶. In today's modern lifestyles, sedentary food habits, polluted environment, work pressure, stress plays a major role in the manifestation of disease urticaria. Urticaria present for less than 6 weeks is considered to be acute and chronic if it continues for more than 6 weeks. Individual weals lasts for less than 24 hours, if they persists, urticarial vasculitis needs to be considered⁷. Treatment used in modern science are aspirin, NSAIDs, codeine and opioids, and it is advisable to suggest alternative such as paracetamol. In chronic urticaria, non-sedating antihistamines, such as fexofenadine, loratadine or cetirizine are usually beneficial⁸. In ayurvedic science treatment for sheetapitta can be divided into 3 stages i.e. Langhana for Alpadoshavastha(mild), Langhana pachana for Madhya dosha(moderate) and shodhana for prabhoota dosha⁹⁻¹⁰. According to the dosha dominance, panchakarma therapies like vamana, virechana, or raktamokshana are carried with suitable medicaments. Shamana aushadha also gives better relief in sheetapitta.

2. CASE REPORT

A 37 years male patient presented with severe itching associated with burning sensation all over the body since 2 years. He had undergone many allopathic medications, only tablet atarax 25mg has given temporary relief. Itching increasing when patient sleeps for late night and wearing new clothes, severe hives while itching and reddish discoloration during the episodes. Patient came to Karnataka ayurvedic medical college with OPD for better relief as he is becoming less active and unable to do his daily activities with concentration.

Patient's history**Table no 1: Information about the patient's medical history**

S.NO	Head	Details of patient
1	History	No history of HTN/DM/Thyroid disease.
2.	Family history	Patients mother is suffering from similar problem
3.	Medical history	Tab. Atarax 25mg once in a day
4. Personal history	Appetite	Normal
	Sleep	Disturbed (2-3 hours sleep at night)
	Micturation	3-4 times day
	Bowel	Clear
	Habit	Smoking and recurrent intake of alcohol.

General examination

Pulse -72bpm

B.p-130/90mmHg

R.R-18/min

Temperature-98 F

Weight-82 kg

Height-158cm

Systemic examination

CNS – NAD

CVS -S1 and S2 heard

RS-NAD

Skin examination

Inspection – reddish rashes all over the body

Palpation- warmth to touch

Ashtavidha Pareeksha

Table no 2: Ashtavidha pareeksha of the patient

Nadi	Tridoshaja
Mala	Samyak
Mutra	Samyak
Jihva	Saama
Shabdha	Prakrutha
Sparsha	Anushnasheeta
Drik	Samyak
Akruti	Madhyama

Table no 3: Examination of sheetapitta using urticaria activity score¹¹

Wheals	Pruritis	Score
Nil	Nil	0
Mild<20 wheals over 24 hours	Mild-Present but not annoying	1
Moderate 20-50 wheals over 24 hours	Moderate-troublesome but doesn't interfere with normal daily activity or sleep	2
Intense >50 wheals over 24 hours or a large area of wheal that blend into one	Intense-severe itching which is sufficiently troublesome to interfere with normal daily activity or sleep	3

Management

Shodhana:

Table no 4: Treatment schedule of shodhana chikitsa

Procedure	Drug	Duration
1.Virechana		
Deepana pachana Snehapana	Chitrakadi vati Tiktaka grita	2tab tid for 3 days Day 1-30ml Day 2-60ml Day 3-90ml
Abhyanga with bashpa sweda	Murchita tila taila	For 3 days
Virechana	Trivrt avaleha	60gm with milk
Samsarjana karma	Proper diet was given to the patient	For 3-4 days.

Shamana chikitsa:

Haridra khanda- 1tsf bd with milk for 15 days

Krimikutara rasa -2tab bd with luke warm water for 15 days

Laghusutashekar rasa tab- 1tab bd with luke warm water for 15 days

Eladi taila for local application.

Observation and Results:**Table no 5: Observation and Results¹²**

S.no	Symptoms	Observed score	
		Before treatment	After treatment
1		Before treatment	After treatment
2	Rashes	1	0
3	Itching	2	0
4	Burning sensation	Present	Absent

Discussion:

Sheetapitta is a Tridoshaja Vyadhi. Vitiated Kapha and Vata spreads throughout the body, both externally and internally, mixing with Pitta. The Tridoshas spreading internally cause Dushti(pathogenesis) of Rasa and Rakta Dhatus. That which leads to rasa and raktavaha sroto dushti, causing symptoms such as Varati Damstavat Sotha (rash) and Kandu (itching) caused by Kapha, Shula due to Vata, and Daha (burning sensation) caused by Pitta when they reach Vitiated twak. We can corelate it to Urticaria (hives), which are red, raised, itchy spots and rash caused by allergens, according to modern research. In present era, many cases are occurring as symptoms of Shitapitta due to the Vishamashana leading to Tridosha Prakopa the Samprapti taking place as mentioned in the Rajyakshama Adhyaya of Charaka Samhita; therefore, Shodhana becomes inevitable for the treating the diseases. For the purpose of snehapana tiktaka ghrta was chosen to pacify pitta, vata and kapha doahas. The drugs present in ghrta may have some resemblance towards the target organ. Snehapana by desirable quality of its vitiating character of Dosh, it separates toxins and vitiated Dosh out of the body and helps to carry Doshas from Shakha to Koshta later which will be debarred out of the body by the Virechana. In shamana aushadhi Haridra has haridra, which is best anti allergic drug, recommended in various allergic conditions like urticaria.

Conclusion:

In Sheetpitta, there is Kapha and Pitta vitiation, Laghusutshekhhar Ras can be helpful as it having ushna teekshna guna. Virechan Karma (purgation) beside with Shaman (palliative) action is proved to be very effective in providing liberation in Sheetpitta.

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