



A CASE REPORT OF AYURVEDIC MANAGEMENT OF SHITAPITTA (URTICARIA) WITH INTERNAL MEDICINE.

Ayurveda

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ABSTRACT

Shitapitta is one of the disorders which caused by *virudhahara sevan*. *Shitapitta* is disorder in which *vata* and *kapha* are two *doshas* which are primarily disturbed due to *doshaprakopaka hetu* and in combination with *pitta dosha* they create swelling, redness, itching, over the skin. *Vata dosha* is dominant in *shitapitta*. *Shitapitta* can be correlated with urticaria. This condition may be caused by contact with an external irritant such as the nettle, physical agents, food (canned food, fast food, junk food, packed fortified food), insect bites, pollens, drugs or neurogenic factors, heat & cold exposure & stress, anxiety. Still today there is no satisfactory treatment for *Shitapitta*, so emphasis was made to find out easy method for lowering the incidence of *shitapitta* by using Ayurvedic management.

KEYWORDS

Shitapitta, Urticaria, Ayurvedic management.

INTRODUCTION

Today's life is very fast and with urbanization daily life style changes very drastically. Polluted environment, work in shift duties, stress and anxiety etc. are the main trigger factor for the vitiation of *vata* and manifestation of disease in today's era. There are very few people who are aware of *dinacharya* and *ritucharya*. Due to lack of sleep (*Nidranasha*) is considered as a symptom in various physical and physiological disorders. *Vata* predominant *roga* is one of the symptoms arising during *nidranasha* [1]. *Ritucharya* is important for an individual to gain *bala* (Strength) and *Varna* (Luster). Dietary habits are also changed; and use of chemicals for fertilization and preparation of food, more use of junk food, packed fortified food with this more adulteration of food is found. All these condition leads to vitiation of *dosha* and *dhatu*. *Shitpitta* is a condition where all three *dosha* gets vitiated but *vata* vitiation is more. *Shitpitta* is formed with two words which are exactly opposite to each other by their meaning. Here *shita* denotes *kapha* and *vata* and their combination with *pitta dosha*. Hence *Dhatu* involved in this are mainly *rasa* and *rakta*.

In ayurvedic text, only in *Madhava Nidana*, *shitpitta* was explained in detail. In *samhita* causes [2] given for *shitpitta* are as follows-

- *Lavana* (salty), *katu* (pungent) *rasa*, *shukta* (fermented gruels), *arnal* (a liquid obtained by fermentation of boiled rice), *sarshapa* (*Musterd*) *atisevana*
- Exposure to cold environment, wind, water
- *Divaswap* (Day sleep), *asamyaka vama* (Improper emesis)
- *Keeta dansha* (Insect bite), *krumi sansarga* (worm infestation)

When person comes in contact with above causes or similar to these causes *dosha* gets vitiated. *Prakupita Vata* and *Kapha* due to '*Sheeta Marutadi Nidana*' when mixed with '*Pitta*' spreads internally and externally and results in to '*Sheetapitta-Udarda-Kotha*' [3]. *Kotha* is one of the symptoms mentioned by our *acharyas* when body exposed to *Asatmyaj ahara* and *vihara* i.e., contact with poisonous material and *sheeta vayu* etc. Mostly *rasa* and *rakta dhatu* gets affected first. *Rasa* is related to *kapha dosha* and skin also *rakta dhatu* related to *pitta dosha*. By this *dosha dushya anubandha* manifestation occurs in skin and gives rise to unique features of *shitpitta* i.e., Rash with severe burning and itching [4].

As per modern aspect *shitpitta* is co-related with the *urticaria* and described as primary cutaneous disorder consist of a recurrent, transient, cutaneous swelling with erythema which resolves within 24 hours without leaving any residual cutaneous signs [5]. An episode of it may start with itching followed by red elevated patches at site of itching. Scratching, beverages, emotional conditions and exercise are provocative factors for the symptoms. Episodes of urticaria may continue to relapse for days, weeks, months or year if not treated properly. Frequent attacks may hamper patient's mental condition. Urticaria is counted as allergic reaction due to some food and have only symptomatic treatment and antiallergic drug. Commonly antihistaminic drugs were used for urticaria and long-term use causes

many side effects. Treatment for *shitpitta* according to Ayurveda includes both *shodhana* and *shamana chikitsa* [6]. *Acharya* have suggested that treatment can be done as of *kushtha*, *amlapitta* [7]. Various *aushadhi yoga* are mentioned for *udarda*, *kotha* which also can be used for *shitpitta*. Main advantage for ayurvedic treatment is that it helps to stop the recurrence of *shitpitta* with correct use of *shodhana*, *shamana chikitsa* and *pathyapathya kalpana* [8].

A case with classical symptoms of *shitpitta* was visited in *Swastha Rakshan* OPD of Ayurved Hospital Patient was treated successfully with ayurvedic treatment. Further we will discuss this case in details.

CASE DETAILS -

General information of patient-

Name – ABC

Age - 35 yrs.

Gender – female

Chief complaints-

- Irregular erythematic patches on whole body with severe itching in the past 10 days, sudden onset with unknown cause.
- The episode of Erythematic patches starts with itching in *vataja kala* around 5 pm and erupts after scratching. Remain over night with severe itching and vanish in morning.
- Anxiety in the past 10 days.
- Insomnia due to severe itching at night.
- Constipation (2-3 times in a week in the past 1 year)



Before Treatment (On upper back)



Before Treatment (On upper back)

History of present illness-

Above symptoms started suddenly with unknown cause, patient became irritable due to severe itching and the rashes. As symptoms started in the evening and remained overnight. Patient had disturbed sleep and anxiety in the past 10 days. Patient was using Tab.cetirizine 10mg od for symptomatic relief from last 6 days before visiting the Ayurvedic OPD.

History of past illness and treatment taken-

Patient had no history of major systemic illness.

Family History-

Not any relevant evidence.

Examinations –**General examination**

Pulse- 78 beats/min
BP- 130/80 mm of Hg
Weight- 50.4 kg
Mala- Vibandh 2-3 times in a week
Mutra- Samyak
Kshudha- Mandya
Jivha- Sama
Prakruti – Vatapradhan pittaja

Systemic examination-

CVS- S1S2 normal
CNS- Conscious well oriented
RS- Air entry clear bilateral
PerAbdominal examination-
Soft, non-tender abdomen

Local examination-

Irregular elevated patchy, Reddish discoloration of skin. Local temperature present at the site of hives.

Diagnosis- Patient's present complaint was wholly resembling with the classical symptoms of the *shitpitta*, so treatment was given taking into consideration that *rasa* and *rakta* and *vata pradhana tridosha dushti lakshana*.

Treatment given-

- ❖ At 1st visit for a week
 1. *Arogyavardhini vati* 250 mg- 2 Tab. 2 times in a day- *vyanodana kala* with lukewarm water
 2. Combination of *kamdudha (mauktikyukta)* 120mg + *sutashekhar ras* 120mg + *pravalpishthi* 250mg -*Abhakta kala* with lukewarm water
 3. *Mahamanjishthadi kwath* 15ml -*vyanodana kala* with lukewarm water
 4. *Hingavastaka churna* 1 table spoon with 2 table spoon *goghrita - Prathamkaval bhukte* twice in a day.
 5. *Gandharva Haritaki churna* 1 table spoon at night with lukewarm water.
- ❖ vAt 2nd visit for a week
Continued all the previous medicines.
- ❖ At 3rd visit for 1 month
 1. *Mahamanjishthadi kwath* 10 ml *vyanodan kala* with lukewarm water.
 2. *Arogyavardhini vati* 250 mg *vyana kala* with lukewarm water.
 3. *Gandharva haritaki churna* 1 table spoon at night with lukewarm water as needed.

OBSERVATION AND RESULTS-

Tendency of itching decreased little bit; eruption of red patching was still present after first week of treatment.

At second follow up, patient was feeling much relief so that she could sleep well in night, and constipation was also relieved.

After the treatment there was marked improvement in patient's condition.

**After Completion of Treatment****DISCUSSION-**

Arogyavardhini vati used in this case act on skin disorders, improves digestion and has good *rasayana karma* also. *Kamadudha* is used to reduce *pitta* vitiation, which also acts perfectly in *tvakagata pitta lakshana*. *Sutshekhar Ras* is an important medicine used in Ayurveda, which acts on *Pitta Dosha* and reduces symptoms like burning sensation. *Pravalpishthi* used in the treatment for *pitta*, improves skin lustre and problems, strengthen the immunity and improves the digestive system. *Mahamanjishthadi kwath* helps to lower the vitiation of *tridosha* and good *rasa* and *rakta dhatushodhaka*. Gaseous distention of the abdomen, a feeling of fullness will be relieved by the ingestion of the *Hingvastak churna*, it helps in *vatanulomana*, it may be effective medication as an adjuvant with some other potent medicament in the management of the diseases. *Hingvastak churna* provides significant symptomatic relief from *agnimandya*. *Gandharva Haritaki* helps to *mala shodhana* as well as *vatanulomana*. Various *aushadhi yoga* are mentioned for *udarda*, *kotha* which also can be used for *shitpitta*. For example, *Haridrakhandha* is a highly useful and widely trusted remedy for skin allergies like *sheetapitta* (urticaria). Due to the property of antiallergic and antihistaminic *Haridrakhandha* is the drug of choice for the urticaria. But we need to more study on other drugs, so we treated the urticaria patient with *mahamanjishthadi kwath*, *Arogyavardhini vati*, *Sutashekhar ras*, *Kamadudha*, *pravalpishthi* excluding the *Haridrakhandha*. Main advantage for ayurvedic treatment is that it helps to stop the recurrence of *shitpitta* with correct use of *shodhana*, *shamana chikitsa* and *pathyapathya kalpana* [9].

CONCLUSION-

We can conclude that in today's life style, there are frequent chances of vitiation of *tridosha* and low quality *dhatu* ultimately causes various disorders. Skin disorders where allopathic drug have limited symptomatic effects, there ayurvedic treatment acts very well as *apunarbhava chikitsa*. It is an observation in a single case and more studies in this direction would help in establishing ayurvedic treatment in the conditions were only symptomatic treatment.

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