



Ayurvedic Management of Shitapitta with Special Reference to Urticaria- A Case Study

Dr. Shubham Verma¹, Shweta Parwe^{2*}, Dr. Punam Sawarkar³ and Dr Milind Nisargandha⁴ 

¹ PG Scholar, Department of Panchakarma, Mahatma Gandhi Ayurved College Hospital & Research Centre, Salod (H.), DattaMeghe Institute of Medical Sciences, Wardha, Maharashtra

² Professor, Department of Panchakarma, Mahatma Gandhi Ayurved College Hospital & Research Centre, Salod (H.), DattaMeghe Institute of Medical Sciences, Wardha, Maharashtra

³ Associate Professor, Department of Panchakarma, Mahatma Gandhi Ayurved College Hospital & Research Centre, Salod (H.), DattaMeghe Institute of Medical Sciences, Wardha, Maharashtra.

⁴ Associate professor Saveetha Medical College and Hospital, Chennai – 602105

Abstract: Urticaria is a dermatological condition characterized by itchy wheals that suddenly appear on any skin region or mucous membranes. Individual lesions usually last a few minutes to a few hours and then go away without leaving any trace. It can be linked to *Shitapitta*(Urticaria) based on clinical characteristics. Medical scientists have developed treatment methods, but still, there are a lot of side effects, and the probability of recurrence is also high in this disease condition. Hence, it is necessary to find out an effective treatment for *Shitapitta*. This study aims to assess the efficacy of Ayurvedic management in *Shitapitta* based on Ayurvedic *Shaman* (palliative) and *Shodhana* (purificative) *Chikitsa*. This may be due to the elimination of aggravated *Doshas* due to *Shodhana* with *Shaman Chikitsa* being effective in managing *Shitapitta*. This patient used *Sadyo-Vaman* (medicine-induced emesis) and *NityaVirechan* (medicine induced purgation) for adequate control. Reliable in the This study shows that *Shaman* and *ShodhanaChikitsa* are cost-effective and *Shitapitta* condition; hence, they can be used in clinical practice.

Keywords: *Shitapitta, Urticaria, Tvak Vikara, Shamana Chikitsa and Shodhana Chikitsa*

***Corresponding Author**

Shweta Parwe , Professor, Department of Panchakarma, Mahatma Gandhi Ayurved College Hospital & Research Centre, Salod (H.), DattaMeghe Institute of Medical Sciences, Wardha, Maharashtra

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I. INTRODUCTION

Urticaria is commonly known as hives, wheals, welts, and nettle rash. It usually occurs due to an allergic reaction triggered by food, seasonal or external factors, or medication¹. In today's changing lifestyles, polluted environments, food habits, workload, stress, etc., have become the major triggering factors for the manifestation of diseases. Urticaria is a dermatological condition characterized by itchy wheals that suddenly appear on any portion of the skin or mucous membranes. Individual lesions typically last a few minutes to a few hours and then subside without leaving any trace². Urticaria is divided into two categories based on how long it lasts: (a) acute Urticaria (less than six weeks) and (b) chronic Urticaria (lasting longer than six weeks). Chronic Urticaria can be inducible or spontaneous. Both types of people can coexist³. Shitapitta (Urticaria) is one of the TvakVikara(skin diseases). The wheals all over the body with severe itching, burning, and pain are the symptoms of Shitapitta (Urticaria). The symptomatology and causative factors of Shitapitta (Urticaria) in Ayurveda are similar to the symptoms of Urticaria. Shitapitta is composed of the two words Shita and Pitta. The condition occurs due to the dominance of cold over Pitta Dosha. When someone is exposed to cold wind, Kapha and Vata Dosha aggravate and combine with Pitta Dosha. These spread all over the body and produce rashes on the surface of the skin⁴. Varati Damstavat Shotha & Kandu caused by Kapha Dosha vitiation, Shula caused by Vata Dosha vitiation, and Daha caused by Pitta Dosha vitiation are a few of the symptoms. Chhardi, Hrillasa, Aruchi, Dehasada, Angagaurava, Jvara, Vidaha, and Pipasa are some signs it might induce⁵⁻⁸. In modern science, antihistamines and steroids are used to treat Urticaria, and Long-term usage is hazardous to the human body⁹. However, in Ayurveda, Shitapitta Chikitsa can be divided into three phases: Langhana is recommended for Alpadoshavaastha (mild), Langhana and Pachana for Madhya Dosha (moderate), and Shodhana for Prabhoot Dosha¹⁰⁻¹⁵. Shamana Chikitsa also has a good effect on the Shitapitta. But Panchakarma provides better and permanent management for Sheetapitta. Shodhana, like

Vamana, Virechana, and Raktamokshana, is the ideal treatment for this condition & very effective. Since it radically eliminates vitiated dosha from the body. Therefore, a recurrence rate of the disease can be avoided. In this case, the same result was achieved after purification as there was the regular onset of signs like red rashes with itching and burning sensation all over the body. Still, after completing shodhana chikitsa all the symptoms subsided completely & to date, there is no recurrence. Therefore, Shodhan could be considered Apunarbhav Chikitsa. Shodhan procedure helps remove the Avrut (obstructed) Kapha dosha and Pitta dosha, thereby making the disease Apunarbhav. Therefore, Sadya Vaman and Nitya Virechana are planned to treat Urticaria in the present case¹⁶.

2 CASE REPORT

2.1 Details of Case

An A42-year-old female patient suffered from red rashes associated with the gradual onset of itching and burning sensation all over the body, which occurs immediately after consumption of some food items like milk, non-vegetarian diet, etc., for 04 months. The symptoms aggravate more in the evening hours. Table 01 lists the rest of the

2.2 Disease Progression

The patient was in good health four months ago. Then she started symptoms like rashes, itching, and burning sensation all over the body immediately after consumption of some foods like dairy products and a non-vegetarian diet. Is any particular food noticed? The symptoms aggravate more in the evening hours. Then she was diagnosed with Urticaria by a Physician and took allopathic treatment (Tab. Levocetirizine 5mg once daily). But she did not get relief, and the severity of all complaints was increasing daily, that is why she visited the above said Chief complaints to Panchakarma OPD, Mahatma Gandhi Ayurved College Hospital and Research Center for further Panchakarma Treatment.

• Patient's History

Table1: Information about the patient's medical history

S. NO.	Head	Details of patient
1	History	No History of HTN/DM/Thyroid dysfunction/ any other allergic illness
2	Family history	Not significant
3	Medical history	<ul style="list-style-type: none"> • Antihistamine drugs (Tab. Levocetirizine 5mg once a day) here duration is not mentioned • No any Surgical history
4	Personal history	<ul style="list-style-type: none"> Appetite- Recurrent intake of spicy food, non-vegetarian and dairy products. Sleep- Normal Micturition: 2 to 3 times a day Habit- No habit of Smoking, tobacco, alcohol Bowel- Clear

• General examination

1. Pulse: - 74/min
2. B.P.: - 120/80 mmHg
3. RR: - 16/min
4. Temperature: - 98 F
5. Weight: - 60Kg

6. Height: - 158cm
 7. BMI: - 24.2 Kg/m²

- **Systemic examination with a Modern perspective**

- CNS: - NAD
- CVS: - S1 & S2 heard
- Respiratory: - NAD

- **Skin Examination**

- **Inspection:** Red rashes all over the body
- Colour- Red

- **Palpation:**
- Temperature – Warmth to the touch

1. Kindly comment on *Agni*, *Aama* and *Koshta* of the patient.

- *Koshta- Mridu*
- *Agni- Mandagni*

2. *Ama- Saamavastha*
 3. *Asthavidha Pariksha (Ayurvedic)*

Table 2: Ashtavidha Pariksha of patient

S. No.	Name	Lakshana
1	<i>Nadi</i>	<i>Pitta-kapha Predominant</i>
2	<i>Mala</i>	<i>Asamyak</i>
3	<i>Mutra</i>	<i>Samyak</i>
4	<i>Jihva</i>	<i>AlpaSama</i>
5	<i>Shabda</i>	<i>Spashta</i>
6	<i>Sparsha</i>	<i>Anushnasheeta</i>
7	<i>Drik</i>	<i>Samyak</i>
8	<i>Akruti</i>	<i>Madhyama</i>

Urticaria activity score (UAS7) is used for examination of *Shitapitta* (Shown in tables no 2&3 respectively)

Table 3: Urticaria activity scale^{15,17} patient's score? Patient score is 3

Score	Wheals	Pruritus
0	None	None
1	Mild: <20 wheals over 24hrs	Mild: present but not annoying
2	Moderate: 20-50 wheals over 24hrs	Moderate: troublesome but doesn't interfere with normal daily activity or sleep
3	Intense: > 50 wheals over 24hrs 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

2.3 Therapeutic Intervention

Table 4: Shodhana Chikitsa given to the patient

S. No.	Procedure	Drug used	Duration
1	<i>Sadyavaman</i>	<i>LavanJala</i>	One day
2	<i>Nitya Virechana</i>	<i>Avipattikarchoorna</i> 10gm HS + <i>Aragwadhadchoorna</i> (10gm) <i>Kadha</i> 40ml daily in the morning	15 days

Vamanakarma is one of the *Panchakarma* procedures that can be advised in this condition as per Ayurvedic literatures¹⁸ with SOP, but this patient was not willing for classical *Vamanakarma* procedure; hence *Sadyavaman* has advocated the patient with *LavanJala* for one day followed by three

days *Samsarjanakrama*. After following *Samsarjanakrama* for three days, *Nitya Virechana* was advised with *Avipattikarchoorna* 10 gm at bedtime from the fourth day onwards *Aragwadhadchoorna* 10 gm then made its *Kadha* then taken 40 ml in the morning time for 15 days.

Table 5: Shamana Chikitsa

S. No.	Medicine	Dose and frequency	Time of administration	Anupana and Route of Administration	Duration
1	Shitpittaprabhajanvati	Two tabs twice a day	After meal	Lukewarm water, Oral Route	15days
2	Krimikuthar Rasa	Two tabs twice a day	After meal	Lukewarm water, Oral Route	15days
3	Haridrakhandapaka	One tsf twice a day	Empty stomach	Lukewarm water, Oral Route	15days

Table 6: Details of advised Pathya- Apathya

S.No.	Pathya (Do's)	Apathya (Don'ts)
1	Ahara :- LaghuAhar, Khichadi, Peya, Vilepi, Manda, JeernaShali, JangamaMamsa, Triphala, Madhu, Mudga, Yusha, Kultha, Yusha, Ushnodayaka, KarkotakaShaka, KaravellakaShaka, MoolakaYusha.	Ahar :- Guru (milk, non-veg.), RukshaAhar, TikshanaAhar
2	Vihara:- Sadharana, Vyayam, Pranayam.	Vihar :- Atiyayam, UshnaAtapaSevana, Diwaswpna.
3	Aushadha:- Shaman & Shodhan	Aushadha:-Kapha-PittaVardhak, UshnaViryatmakaAushadha.

2.4 Observation and Results

Table 7: Observation & Results¹⁹

S. No	Symptoms	Observed score	
		Before treatment	After treatment
1	Varati Damsha Samsthana Shotha (rashes)	1	0
2	Kandu (itching)	2	0
3	Vidaha (burning sensation)	Present	Absent

Table 7 This table contains observation and result obtained before and after treatment. It is categorized under two heads that are Symptoms and observed score. In this condition, mainly three symptoms are observed they are Varati Damsha Samsthana Shotha(rashes), Kandu(itching) and Vidaha (burning sensation). These three symptoms are marked with the help of the Urticaria activity scale, as shown in Table no.4. This table shows Observations and Results obtained after

treatment, i.e. at the end of the 20th day assessed by using subjective & objective criteria. All clinical features in this patient had reduced significantly by using the above-said Shodhana and Shaman Aushadhi recommended by ancient Acharyas in the management of Shitapitta. There is a significant reduction in raised and palpable wheals after Shaman and ShodhanChikitsa. A closed ballpoint pen tip is a simple test to diagnose dermographism.

**Fig 1: Before treatment (Raised and palpable wheals on the skin)**



Fig 2: After treatment (Reduction of raised and palpable wheals on the skin)

3. DISCUSSION

Shitapitta is a *Tridoshaja Vyadhi*. According to *Nidaan Sevana* (etiological factors)²⁰, there is a vitiation of *Kapha* and *Vata*, which then spreads throughout the body, both externally and internally, mixing with *Pitta*. The *Tridoshas* spreading internally cause *Dushti*(pathogenesis) of *Rasa* and *Rakta Dhatus*. Then *Rasa Vaha* and *Rakta Vaha Sroto Dushti* appear,²¹ causing symptoms such as *Varati Damstavat Sotha* (rash) and *Kandu* (itching) caused by *Kapha*, *Shula* (pain) given by *Vata*, and *Daha* (burning sensation) caused by *Pitta* when they reach *Vigna Twaka* (sensitized skin).²¹ We can relate it to *Urticaria* (hives), which are red, raised, itchy spots and rash caused by allergens, according to modern research.²³ In Ayurveda, the presentation and prognosis of the disease depend on multiple factors. *Shitapitta* is one of the conditions found in *Bahudosha Lakshan*s and, as mentioned in *CharakaSutra*'s 16th chapter *Pitaka*, *Kota*, *kandu*, and its treatment being mentioned as adoption of various *Shodhana* therapies depending on the predominance of *Dosha*²⁴. In the current era, many cases are occurring as symptoms of *Shitapitta* due to the *Vishamashana* leading to *Tridosha Prakopathe Samprapti* taking place as mentioned in the *Rajyakshama Adhyaya* of *Charaka Samhita*; therefore, *Shodhana* becomes inevitable for the treating the diseases.²⁵ The *Shodhana* therapies are mostly adopted due to their speciality of action, treating the *Dosha* once when there is aggravation with the *Shodhana* modality of treatment, helps in the non-recurrence of the disease.²⁶ Thus, the *Shodhana* modalities of treatments are praised as the first choice of physicians in treating skin ailments. *Nitya Virechan* is a part of *Mriduvirechan*. Therefore, it is intentionally planned to induce only *Koshta-shodhana*. Therefore, *avarshuddhi* was expected, which was achieved. *SadyoVamana*²⁷ consists of two words:-*Sadya* and *Vamana*. Here *Sadya* means-immediately, Recently, quickly attaining, and by which procedure vitiated *Doshas* are expelled out from the upper part of the body through the oral route, is known as *Vamana*. *Sadyo Vamana* is a process where *Vamana* is carried out immediately without following any *Purva karma* like *Pachana*, *Snehana*, and *Swedana*. *Vamana* drugs possess the properties like *Usna*, *Tiksna*, *Suksma*, *Vyavayi*, *Vikasi* and with their '*Swavirya*' Move to '*Hridaya*' Act over the vitiated complexes in the body with the '*Agneya Property*' - liquify the complexes (ii) with the '*Tiksna Property*' - break them down into

numerous particles) through various '*Dhamanis*' that lead to micro and macro channels in the body. The liquid matter subsequently travels to *Koshta* through various unctuous or smooth routes, where it is stimulated by '*Udana Vayu*'. The presence of '*Agni*' and '*Vayu*' elements in the constitution and self-discipline. Moves upwards towards the mouth cavity (due to *Urdhaga Prabhava*) and is expelled to the outside through *Vaman*.²⁸ In this case, *Madhyam shuddhi lakshanas* like *Kapha prakop* symptoms were resolved, i.e., reduced itching, well-functioning of the Gastro-intestinal tract, and lightness in the body²⁹ were observed through *Sadya Vaman*. Also, it was observed that after the procedure, the complaint of burning sensation all over the body was reduced. Upper GIT Electrical Stimuli for Psychic Stimulation when full of contents delivery of medications direct stimulation is a likely modern concept. CTZ stimulation and overdistended Stimulate the hypothalamus, which is prone to excitability. Stimulates the centre of the stomach that produces vomit. Automatic motor reactionary The 5th, 7th, 9th, 10th, and 12th nerves transmit motor impulses from the vomiting centre in the skull nerves in the spine diaphragm, and abdominal muscles in the upper GIT Start the vomiting process.?)? *Virechana* pacifies the morbid *Pitta* and helps carry out its function normally, helping the skin lesions heal³⁰. *Nitya Virechana* removes toxins from the body and purifies it on two levels: (1) at the gross level, where the various organs and systems of the body, as well as the gastrointestinal tract, are thoroughly cleansed, and (2) at the cellular level, where the body is cleansed and purified at the level of cell membranes and molecules. Absorption in the intestines is greatly improved, and metabolism is also improved³¹. *Aravagh* and *Avipaitikar Churna* these drugs eliminate *Kleda* and *Doshas* from *Rasa*, *Rakta*, and *Meda*. It causes *Rakta prasadana* by eliminating *Dushta Kapha* and *Pitta*. *Gara Vishas* present in *Rakta* is eliminated by its *Tikta Rasa*. It improves complexion by purifying blood and by absorbing *Kleda* from *Rakta*. *Vatarakta Nashaka* induces the *Jatharagni*, *Viryavardhaka*. *Sheetapitta* is a *pittasthanasamudbhava vikara* where there is *avarodha* to *ApanaVayu* due to morbid *Kapha*, the principle pathology involved & *vimaragamana* of *vayanvayu* *Nityavirechana* for a short period with *Avipattikar choorna* and *Aravaghada choorna* *Kadhadravya*'s helps in *vimargamana* of *Vyan Vayu* by *srotoshodhana* and reduces vitiated *pitta*. *Krimikuthar Rasa* has

Kapha and *Vatahara* properties. *Shitapitta Bhanjan Rasa* is *Shitapittaghan*, *Kushtaghma*, *Kandughna*, *Vatarakta*, *Nashaka* induces the *Jatharagni Viryavardhaka*. *Haridradi Khabda Pak* *Yoga* is *Kandughna*, *Dadru Nashaka*, *Krimihara*, *Jirnajwara Nashaka*, *Shothahara*.³² In this way, given *Sodhana* and *Shaman Chikitsa* helps in breaking pathogenesis, resulting in controlling the symptoms in *Shitapitta*.

4. CONCLUSION

As *Shitapitta* is mainly due to *Kapha* and *Vata Doshas* aggravating and combining with *Pitta Doshas*. So *Vaman* and *Virechana* pacify *Kapha* and *Vata Pitta Dosha*, respectively. Hence in this study, *Vaman* and *Virechana Karma* have shown significant results. The pruritis grading and scoring of a

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patient were reduced significantly after the treatment. Also, the clinical features seen in the patient were reduced drastically. Therefore, it is concluded that *Panchakarma* procedures adopted in this study can be helpful in the effective management of *Shitapitta*.

5. AUTHORS CONTRIBUTION STATEMENT

Shweta Parwe cured the patient, Dr. Shubham Verma and Dr Milind Nisargandha designed the draft, Dr Punam Sawarkar designed the results and contributed to the manuscript.

6. CONFLICT OF INTEREST

Conflict of interest declared none.