



Management of *Sheetapitta* through *Shamana Chikitsa* – A Case Study

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ABSTRACT:

Background: Urticaria is a red, itchy rash caused by vasodilation, increased blood flow, and increased vascular permeability. The function of infection as a potential trigger for urticaria is unknown, as is the precise mechanism by which infection induces histamine release from mast cells. In *Ayurveda* this condition has a close resemblance to *sheetapitta*. Due to the exposure to cold the vitiated *kapha* and *vata dosha* gets aggravated combines with *pitta dosha*. They circulate throughout the *shrotas* and vitiate the *rakthadi dhatus* and produces *mandalopatti* on the surface of skin.

Main observations: A 39-year-old female patient, presented with complaints of raised reddish circular lesions all over the body for 5 years associated with itching, also complaints of orbital swelling the diagnosis was done as *sheetapitta*.

Result: The efficacy of Ayurvedic treatment for Urticaria is demonstrated in this case study.

Conclusions: The study concluded that ayurvedic medication was significantly effective in treating urticaria.

Keywords-Urticaria, *sheetapitta*, case study, *shamana chikitsa*.

INTRODUCTION

Urticaria most commonly known as “hives” is a prevalent disorder that affects between 15 to 25 % of population at some time during life time¹. The condition tends to be more common in adult than in children and in women than in men with peak occurrence in the third and fifth decade of life². This condition is marked by the onset of pruritic “wheals” which represent well circumscribed areas of non-pitting edema with blanched center and raised border that involve only superficial layers of the dermis and are seen in surrounding erythema of the skin. Lesions may be as small as a few millimeters in diameter but can coalesce to form wheels as large as several centimeter wide. They often remit themselves within 24 hours since time onset. Urticaria is classified as either acute or chronic depending

on weather the onset of episode last for less or more than 6 weeks in duration respectively³. Urticarial lesions may be associated with episodes of swelling known as angioedema⁴. The role of infection act as a potential trigger for urticaria and angioedema is described, but the precise mechanism by which infection induce the release of histamine from mast cells is unknown^{5,6}. In *ayurveda*, this condition has a close resemblance to *sheetapitta*. The vitiated *kapha* and *vata* undergoes *swakarana prakupitha* combines with that of *pitha dosha* circulates throughout the *shrotas* and causes pathogenesis in *twak* and *rakthadi dhatus*. During the course of pathogenesis, the aggravated *doshas* comes out of the surface or takes *sthana samshraya* in *abhyantara rakthadi dhatus* and produces



mandalopathi⁷. Clinical features of *sheetapitta* mentioned in ayurvedic classics are *twak per varati ke katne ke saman shoth* (wheel formation), *kandu* (itching), *todha*(pain), *jwara*(fever), *daha* (burning sensation)⁸.

CASE PRESENTATION-

A 39-year-old female patient of moderate built, reported to Agada Tantra out patient department (OPD) of the institute, came with the complaints of reddish raised circular lesions with swelling all over the body associated with itching for 5 years, also complaints of orbital swelling. The patient was apparently healthy before 5 years and gradually developed with raised reddish circular lesions all over the body. Initially she neglected the complaints but as the symptoms got aggravated, she approached an allopathic hospital and was on medication okacet from 5 years. However, there was no significant response and the symptoms was noticed frequently. No history of prolonged illness, recurrent febrile illness, or any other symptoms. No medical or surgical history. No such incidence of similar lesions was seen in family members.

Clinical findings-

General examinations revealed that the person was of medium built without any pathological presentation. on local examination circular raised reddish lesions were seen all over the body associated with itching.

Astha sthana pareeksha (Eight type of examination)-

- *Nadi*- 78bpm
- *Mala*- *Nirama*
- *Mutra*- 4 to 5 times per day
- *Jhiva*- *alipta*
- *Shabdha*-*Prakrutha*
- *Sparsha*- *Mrudhu*
- *Drik*-*Prakrutha*
- *Akarathi*-*Madhyama*

Dashavidha pareeksha (Ten type of examination)-

Prakruthi-kapha pitta
Vikruthi-kapha vata
Sara-medho sara
Samhanana-madhyama
Satva-madhyama
Satmya-sarva rasa satyma
Pramana-madhyama
Ahara shakthi-avara
Vyayama shakthi-madhyama
Vaya- madhyama

Diagnostic Criteria-

On the day of OPD visit, temperature was 98degree F, heart rate was 86 beats per minute, hemogram reports shows Hb- 10.3gm/dl (WBC count, RBC count, PCV are in normal range) MCV- 95.6 fl, MCH-21.5pg, MCHC-28.4%, Neutrophils-86.5%, Lymphocytes-11.3% (Urea, Creatinine is under normal range).

On local examination, the patient had raised reddish circular lesions all over the body The patient had reduced appetite, disturbed sleep pattern. Lesions had irregular margins with no discharge or exudation, color of the lesions are red.

Management

Table no.1 Treatment schedule-1

Table no.2 Treatment schedule-11

Table no.3 Treatment schedule-111

Table no. 4 *Pathya-Apathya*

Follow Up

The changes are observed in the patient from the photographs which was taken before and after treatment.

- On 24/6/2022 there were raised reddish circular lesions all over the body associated with itching.
- On 1/7/2022 there was 25% reduction in the symptoms.
- On 9/7/2022 thickness of the lesions was reduced
- On 18/7/2022 and itching was reduced

OBSERVATION

Pathogenesis of *sheetapitta* is because of the etiological factors which does *vata and kapha dosha prakopa* which later combines with *pitta dosha* in turn leads to *rakthadi dhatu dusthi* thus leading to the formation of wheels.

DISCUSSION

- *Dooshivishari gulika*-
1-Possess the agents which help in reducing free radical activity and thus preventing oxidative stress and damage.
2-Possess the agents which are helpful against the microbial growth and actions. possess the property to reduce the swelling caused after injury.
3-Possess the agents that have an effect on immune system and help to alter the immune function.
- *Nimbadi kashaya-nimba* or neem bark known for its *tikta rasa* or bitter taste represents this formula that efficiently improves blood and liver functions. Drugs predominant in *tikta rasa* act upon deranged *pitta* and digest it.⁹ This may

be understood as the resolution of inflammatory changes in the gut as well as skin, bones. It acts as a balancing combination of ‘*pitta shamana*’ drugs in aqueous base.

- *Kadirarishta- daruharidhra* and *bibithaki* present in *kadirarishta* possess anti-inflammatory and anti-oxidative properties, also aids in the improvement of the skin.¹⁰
- *Bilwadi gulika*- has an effective result from the problems arising due to imbalance of *kapha* and *vata dosha*. It helps to curb the acute toxic pathological condition.
- *Punarnava mandoora*-by its effect on *shrotas* (micro channels) and digestive fire mechanism) by enhancing digestive capacity as a result of *deepana* (appetizer), *pachana*(digestive)properties. Hence there by, curing the disease *pandu*(anaemia)and promotes the immunity of the body.

CONCLUSION

As *sheetpitta* is a *vata kapha pradhana tridoshaja vyadhi*. This disease manifest mainly due to exposure to cold wind. Hence by adopting *shamana chikitsa* the present case was successively managed.

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Conflicts Of Interest- Nil

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Table no.1 Treatment schedule-1

SL.NO	DATE	MEDICATIONS	DOSE	DURATION
1	24/6/2022	VIRECHANA CHURNA	5 GRAMS	10 DAYS IN EMPTY STOMACH
2		DOOSHI VISHARI GULIKA	3 TID	FOR 10 DAYS
3		NIMBADI KASHAYA	15 ML BD	FOR 10 DAYS
4		MARICAHDI TAILA	10 ML BD	FOR EXTERNAL APPLICATION

Table no.2 Treatment schedule-11

SL.NO	DATE	MEDICATIONS	DOSE	DURATION
1	1 /7/2022	KALAMEGHA SYRUP	10ML BD	7 DAYS IN EMPTY STOMACH
2		BILWADI GULIKA	1TID	7 DAYS IN EMPTY STOMACH
3		KADIRARISHTA	10ML BD	FOR 7 DAYS
4		NIMBADI GUGGULU	1 TID	FOR 7 DAYS
5		HARIDHRA KHANDA	5 GRAMS BD	FOR 7 DAYS
6		PUNARNAVA MANDOORA	1BD	FOR 7 DAYS
7		MARICHADI TAILA	10ML BD	FOR EXTERNAL APPLICATION FOR 7 DAYS

Table no.3 Treatment schedule-111

SL.NO	DATE	MEDICATIONS	DOSE	DURATION
1	18/7/2022	TALISADI CHOORNA	3 GRAMS TID	FOR 5 DAYS EVERY 2 HOURLY
2		HARIDRA KHANDA	5 GRAMS BD	FOR 10 DAYS
3		PUNARNAVADI MANDOORA	1 BD	FOR 15 DAYS
4		KADIRARISHTA	10ML BD	FOR 10 DAYS
5		AVIPATTIKARA CHOORNA	3 GRAMS HS	FOR 10 DAYS

Table no. 4- Pathya Apathya

PATHYA (Do)	APATHYA (Donts)
MUDGA YUSHA	MILK
KICHIDI	CURD
RAGI	NON VEG
WHEAT	MASHA
BUTTER MILK	DAY SLEEP
SHUNTI JALA	COLD WIND

