

A CASE REPORT OF AYURVEDIC MANAGEMENT OF SHITTAPITTA (URTICARIA)

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ABSTRACT

In Urticaria *Vata and Kapha* are two *doshas* that are primarily vitiated and being mixed with *pitta* (*Pittena Saha Sambhooya*) spreads internally and Externally (*Bahir Aantah Visarpah*) and results in to '*Shittapitta-Udarda-Ko-tha*'¹. Due to *Pitta dosha* they create redness, swelling on the skin and moderate to severe itching on the skin. *Ayurveda* Herbo minerals preparation cures urticaria by balancing *Tridoshas* in the body. *Shittapitta* manifests due to exposure to various poisonous materials (allergens), cold environment and intake of *Asatmya Ahar Vihar*. In modern science, it is compared with urticaria. Hives (urticaria) are red, itchy welts that occur when the skin meets allergen releases histamine and other chemicals. The welts vary in size, appear and then disappear repeatedly as the reaction runs its course. The condition is considered chronic hives if the welts appear for more than six weeks and recur frequently over months or years. Episodes of urticaria may relapse for days, weeks, months or years. In *Ayurveda* Herbo-minerals preparation effectively treat *Shittapitta* and restore healthy skin by balancing *Tridosha and Sapta dhatu* in the body.

Keywords Urticaria, *Shittapitta*, *Dosha*, *Tridosha*, hives

INTRODUCTION

In *Brihata Trayi* Symptoms of allergic skin, the reaction is mentioned as *Kotha*. Lately, *Madhavakar* mentioned it as a separate disease under the title *Shittapitta-Udarda-Kotha*²

Madhavakar mentioned *Shittapitta* and *Udarda* as synonyms. He describes *Shittapitta* having *Vatic* dominancy and *Udarda* having *Kaphaja* dominancy.³

Charak has not directly used the word *Shittapitta* but the words *Kotha*, *Uttotha* and *Udarda* mentioned in the text.

The word "allergy" comes from the ancient Greek word *allos* meaning "other" and *ergon* meaning "work". Allergy is one of four forms of hypersensitivity and is formally called type I (or immediate) hypersensitivity. Allergic reactions occur due to excessive activation of certain white blood cells called mast cells and basophils by a type of antibody called Immunoglobulin E (IgE). This results in an inflammatory response that can range from mild discomfort to grave consequences. Skin allergies frequently cause rashes, or swelling and inflammation within the skin, which is known as a "wheal and flare" reaction characteristic of hives [Urticaria] and angioedema. "Urticaria is a recurrent, transient, cutaneous swelling with erythema which resolves within 24 hours without leaving any residual cutaneous signs. "A case with classical symptoms of *Shittapitta* was visited in *Kayachikitsa* OPD of Dr S.R. R.A.U Jodhpur. The patient was successfully treated with ayurvedic treatment. Follow up done every 7 days and she had no episode of rashes and itching. Results were found very encouraging.

Aim and Objective

To study the effect of *Ayurvedic* treatment (*Shamana*) in *Shittapitta*.

Case Report

General information of the patient

Kamala Jagid female patient aged 72 years came to the OPD OF *Kayachikitsa* Department of Dr S.R.R.A.U Jodhpur.

Chief Complaint

Irregular and raised erythematic rashes with severe itching on the whole body for 2 days. Rashes appear

only for some time and then disappear after a certain time. Itching persists for a whole day.

Patient unable to sleep due to itching and Irritation.

History of present illness

The patient was well two days back, but suddenly small, irregular and raised red rashes appear all over the body with severe itching. Rashes disappear after taking antihistamine drugs (Cetirizine 10mg BD), but the episodes of itching and rashes reoccur very frequently.

The patient took allopathic treatment 2 days back, but no significant relief was seen so she came to Dr Sarvapalli Radhakrishnan Rajasthan *Ayurveda* University Jodhpur for further treatment.

History of past illness and treatment taken

No major history of any past systemic illness.

Family History

Not any relevant evidence

Examination

General Examination

- **Pulse**- 80 beats/min
- **BP**- 120/90 mm of Hg
- **Weight**- 60.5 kg

Ashtavidha Prakisha

- **Nadi**-Pittaj Kaphaj
- **Mala**- Vibandh
- **Mutra**- Samanya Matra, Shukla Varna, Sahaj Pravritti
- **Jivha**- Shweta varna, Sama Malaavritta
- **Shabda**-Spasta
- **Sparsha**-Anushnoshita but Ushna at the site of rashes
- **Drik**- Rakta varna, Kanduyukta Prakriti
- **Aakriti**-Madhyam

Dashwidha Prakisha

- **Prakriti**-Sharirik-Pittak-kaphaj Mansika-Rajasika
- **Vikrati**- Prakriti samasamvaya
- **Saara**-Rakta
- **Samhanana**-Madhyama
- **Pramaanana**-Madhyam
- **Satmya**- Sawarasa
- **Satva**-Madhyam

- **Ahara shakti**-Abhyav Aharana shakti-Madhyam, Jaran shakti-Madyama

Local examination

- Irregular, raised, reddish rashes on the body especially on hand, leg and back.

- **Shotha** (Remarkable Swelling on the skin)
- Temperature elevated at the site of the rashes

Diagnosis

Patient present complaints resemble the symptoms of *Shittapitta* as mentioned in the classical text.

Treatment

Shaman Chikitsa

S. No	Treatment	Dose of the food	Kala	Frequency and Anupana
	Cow ghee (1 tbs) +Khand (1 tbs) +5 Black pepper powder (Kali mirchi)		An empty stomach in the morning	Once a day
	<i>Haridra khand</i> -3gm <i>Gandhaka rasayana</i> -500mg <i>Giloya satva</i> -500mg <i>Sheet pitta bhanjana ras</i> -250mg <i>Kamdudha rasa</i> -250mg	1tbsp (4-5gm)	After food	Twice a day with Luke-warm water
	Tab. Urtiplex	2 Tablets	After Food	Twice a day with Luke-warm water
	Mustard oil	Local application	3 times a day On the site	-

Composition of prescribed composition

Medicines	Content
<i>Haridra Khand</i>	<i>Haridra, Nishoth, Haritaki, Daruhaldi-, Nagarmotha, Ajwain, Ajamoda, Chitrakmool</i>
<i>Gandhak Rasayana</i>	<i>Shuddha Gandhak, Sharkara, Bhavana - Godugdha, Kwath of Dalchini, Ela, Tamalpatra, Nagkeshar, Guduchi, Haritaki, Bibhitak, Amalaki, Shunthi, Ardrak Swarasa, And Bhrungaraj Swarasa</i>
<i>Sheet pitta Bhanjana rasa</i>	<i>Parada, Gandhaka, Tamra Bhasma, Kasish bhasma</i>
<i>Kamdudha rasa</i>	<i>Mukta pisti, Pravala pisti, Mukta sukti pisti, Kapardika bhasma, Sankha bhasma, Svarna gairika and Amrta satva Kamdudha Ras</i>
Tablet Urtiplex	<i>Manjishtha, Haridra, Khadir, Katuki, Daruharidra and Sariva</i>

Follow up and outcome

Date	Detail
09/01/21	First visit to OPD 1. <i>Marich +khand +Cow ghee</i> 2. <i>Giloy satva+Gandhak rasayana +Kamdudha rasa + Shitpitta bhanjana rasa</i> 3. Tb. Urtiplex 4. Local application of Mustard oil
17/01/21	Second Visit in OPD Mild relief in itching and Rashes Frequency of the appearance of rashes decreases. The same treatment continues.
25/01/21	Third Visit in OPD Rashes completely disappear. Episodes of appearing rashes become negligible. Completely relief from itching and burning sensation

Result-

Follow up of the patients was in every 7 days. Complete symptomatic relief after taking Medicines.

In the first week of treatment tendency of itching decreased a little bit, frequency of eruption of red patches also decreases.

In the second follow up, the patient has no complaint of itching and the frequency of the eruption of rashes was negligible.

The patient was completely relieved from all the symptoms of *Shittapitta* which are mentioned in the classical text.

DISCUSSION

Shittapitta is among the *Twak vikara* and have *hetu* just like *Kotha and Udarda*. Due to “*Sheeta Marutadi Nidana*”. *Vata and kapha* are the two *doshas* that are vitiated and being mixed with *pitta* spread internally and externally results in '*Shittapitta-Udarda-Kotha*'.

Shittapitta has a significant impact in day-to-day life due to severe itching, rashes and recurrent appearance. *Haridrakhand* is a very effective medicine for any type of allergy and itchy skin

It's *Katu-Tikta Rasa* and *Ushna-Tikshna-Laghu Guna* helped to normalize vitiated *Kapha* and helped to remove the *Strotavarodha*. *Kamdudha rasa*, *Sheettapit-tabhanjan rasa* pacify aggravated *Pitta*. *Maricha* has its active principle called piperine, it has an anti-inflammatory activity that decreases rashes on the body.

Gandhaka Rasayana is

used to treat several skin ailments such as *Shitapitta*, *Kitibha*, *Dadru*, *Vicharchika* etc.

Local application of Mustard oil gives relieves itching.

CONCLUSION

There is no specific and satisfactory treatment in Modern Science for the condition of Urticaria. But it can be effectively managed through the *Ayurveda* system of medicine. In *Ayurveda*, there are many formulations that have a lot of potential in the treatment aspect of allergy.

Nidan parivarjanam, breaking of the *Samprapti* and balancing *Tridosha* can cure urticaria. Combination of *Gandhak Rasayan*, *Kamdudha rasa*, *Shittapitta*

bhanjana rasa, *Giloya satva* and *Haridra khand* with *Urtiplex* tablet and the local application of Mustard oil disintegrated the *Samprapti* (Pathogenesis) of *Shittapitta* with no adverse effect.

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