



## EFFECT OF POLYHERBAL FORMULATION IN SHEETAPITTA (URTICARIA): A CASE STUDY

Verma Neeharika<sup>1</sup>, Verma Keerti<sup>2</sup>

<sup>1</sup>M.D. Scholar 3<sup>rd</sup> Year, Department of Kaumarbhritya, Rishikul Campus, UAU, Haridwar, Uttarakhand, India

<sup>2</sup>Prof. & H.O.D in Department of Kaumarbhritya, Rishikul Campus, UAU, Haridwar, Uttarakhand, India

Corresponding Author: [neeharikaverma1995@gmail.com](mailto:neeharikaverma1995@gmail.com)

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## ABSTRACT

**Aim:** Urticaria is a common condition in children for which Paediatricians are consulted. In Ayurveda, it can be correlated with *Sheetapitta* which is a *Tridoshaja vyadhi*. The present study is aimed to show the effect of Polyherbal formulation in *Sheetapitta* (Urticaria) in children. **Background:** Urticaria is defined as a transient eruption of circumscribed oedematous and usually itchy swellings of the dermis. As per *Ayurveda*, Urticaria can be correlated with *Sheetapitta* in terms of clinic features, causative factors and pathogenesis. **Case Description:** A 14-year-old female patient with her mother from Haridwar district came in OPD of Department of *Kaumarbhritya*, Rishikul Campus, Uttarakhand Ayurved University, Haridwar with the presenting complaints of red rashes all over the body along with itching, burning sensation and swelling since 2 years also having associated complaints like nasal congestion, sneezing and swelling B/L eyes from 2 months. On examining upper respiratory tract left-sided nasal hypertrophy, chapped lips, white-coated tongue, rt. sided slightly enlarged tonsils were found. On examining the Integumentary system, maculopapular lesions were present mainly over the upper limb, lower limb, chest and back. Swelling underneath B/L eyes was also present. The effect of the treatment was assessed on the basis of relief in itching and clearance of lesions. **Conclusion:** After the intervention of the polyherbal formulation for 45 days, there was a marked improvement in symptoms like *Kandu*, *Vidaha* and *Shotha* etc. So, it was concluded that internal use of Polyherbal formulation along with external use of Anu taila and the local application of Urtiplex lotion is highly effective in the management of *Sheetapitta* (Urticaria).

**Keywords:** Urticaria, *Sheetapitta*, *Kandu*, Allergic disease

## INTRODUCTION

The term urticaria is defined as a transient eruption of circumscribed oedematous and usually itchy swellings of the dermis.<sup>[1]</sup> It is a type I hypersensitivity reaction that is manifested because of allergens. Urticaria is also known as hives, wheels, or nettle rash.<sup>[2]</sup> It is the fourth most prevalent allergic disease which affects 20% of the total population once in their life.<sup>[3]</sup> It can be acute or chronic. Episodes of hives that last for <6 weeks are considered *acute*, whereas those that occur on most days of the week for >6 weeks are designated *chronic*.<sup>[4]</sup> Acute urticaria is more common in the young population. It is often caused by an allergic IgE-mediated reaction. It occurs when an allergen activates mast cells in the skin. Common causes are foods, drugs (particularly antibiotics), and stinging-insect venom. Acute urticaria can also result from non-IgE-mediated stimulation of mast cells, caused by radio-contrast agents, viral agents (including hepatitis B), opiates, and nonsteroidal anti-inflammatory drugs (NSAIDs). The diagnosis of chronic urticaria is established when lesions occur for more than six weeks and are not physical urticaria or recurrent acute urticaria with repeated exposures to a specific agent.<sup>[5]</sup> In *Ayurveda*, allergic diseases are described under the concept of *Satmya-Asatmya*. Various forms of urticaria can be taken as *Sheetapitta*. According to *Ayurveda*, *Sheetapitta* manifests due to exposure to *Asatmya ahara-vihara* and contact with different toxic substances (allergens). *Vata* and *Kapha doshas* are primarily disturbed in *Sheetapitta*. *Vata Dosha prakopa* results in vitiation of *Pitta Dosha* which leads to the manifestation of symptoms like redness, swelling etc.

## MATERIALS AND METHODS

Place of study: OPD Department of Kaumarbhritya, Rishikul Campus, Uttarakhand Ayurved University, Haridwar

## CASE REPORT:

A 14-year-old female patient XYZ from Haridwar district with Registration no. B-4606/47732 came with her mother to OPD no. 10 of Kaumarbhritya Department, Rishikul Campus, UAU, Haridwar, with the following complaints:

### C/O:

- Red rashes all over the body with itching, burning sensation and swelling.
- Excessive sneezing after taking bath or exposure to AC.
- Swelling B/L eyes (on/off)

## HISTORY OF PRESENT ILLNESS

According to the patient's mother, the patient was asymptomatic 2 years back. Then suddenly she developed red rashes all over the body along with severe itching, burning sensation and swelling which reoccurs after every 15-20 days. Later on, the patient felt allergic to climate change or cold environment such as being exposed to A.C. or after having a bath with cold water she developed excessive sneezing. Now from the last two months patient had developed the same problem again along with complaints of swelling over B/L eyes (on/off). They had consulted their local allopathic doctor for the above complaints and had treatment for 15 months approx. also got some relief for some months but again the symptoms reoccur. Then they came to the Rishikul campus, UAU, Haridwar for further treatment.

## HISTORY OF PAST ILLNESS

Not significant

## FAMILY HISTORY

The patient's family members (Mother, Father, Sister, Brother) do not have any kind of same complaints.

## HISTORY OF ALLERGIES

Excessive sneezing after taking bath with cold water, exposure to AC or during weather change.

## IMMUNIZATION HISTORY

Immunization is appropriate for age.

## PERSONAL HISTORY

Name: XYZ	Age: 14 years	Sex: Female
Habitat: Rural	SES: Middle	Occupation: Student
Dietary habit: Vegetarian	Appetite: Average	Bowel: Regular
Micturition: Regular	Sleep: Disturbed	Thirst: Normal

## GENERAL EXAMINATION

Height: 153cm	Lymph nodes: not enlarged	Neck: Trachea centrally placed, normal neck holding
Weight: 43 kg	Tongue: white coated	Cyanosis: Not present
Pallor: present	Throat: Rt. Sided tonsil slightly enlarged	Clubbing: Not present
Icterus: Not present	Oedema: Peri-orbital oedema	Skin: Red rashes with swelling

## VITAL SIGNS

Heart rate	80/min
Respiratory rate	20/min
Blood pressure	110/65 mmHg
Temperature	98.2 °F

## SYSTEMIC EXAMINATION

### 1. Respiratory System:

(a) Inspection:

- **URT:** Lt. Sided nasal hypertrophy, chapped lips, Tongue white-coated, Rt. Sided tonsil slightly enlarged
- **LRT:** Chest B/L symmetrical, not any scar mark present

(b) Palpation: Normal B/L thoracic movement, not any tenderness present

(c) Percussion: Resonant sound

(d) Auscultation: Chest sound clear

### 2. Integumentary System:

- Reddish lesion over the upper limb, lower limb, chest and back, lesions were maculopapular in nature and had an irregular margin with no discharge.
- The perception of sensation was intact.
- Folds underneath B/L eyes.

## DASHVIDHA PARIKSHA

Prakruti: Vata-Kaphaja	Vikriti: Vata Pradhana Tridoshaja
Sara: Mamsasara, Asthisara	Samhanana: Madhyama
Pramana: Sama	Satmya: Madhura-Lavana rasa
Satva: Madhyama	Ahara Shakti: Madhyama
Vyayama Shakti: Madhyama	Vaya: Balyawastha

## ASHTAVIDHA PARIKSHA

Nadi: Pittaja	Mala: Nirama
Mutra: Samanya Pravritti	Jihva: Malavrutta
Shabda: Samanya	Sparsha: Ruksha, Ushna
Druka: Samanya	Akriti: Samanya

## TREATMENT PLAN

Patient was treated on OPD level.

Details of Polyherbal formulation (Anubhuta Yoga) which was selected for internal use:

Name of Medicine	Dose	Route	Kaala	Anupana
<i>Panchtikta Ghrita Guggulu</i>	250 mg	Oral	Twice a day post-meal	Madhu (Honey)
<i>Aarogyavardhini Vati</i>	125 mg			
<i>Haridrakhanda</i>	500 mg			
<i>Amalaki Rasayana</i>	250 mg			
<i>Giloy Satva</i>	125 mg			
<i>Yashada Bhasma</i>	65 mg			

Medicine	Ingredients	Action <sup>[6,7,8,9,10,11]</sup>
<i>Panchtikta Ghrita Guggulu</i>	<i>Nimba, Patola, Kantakari, Guduchi, Vasa, Guggulu, Ghrita</i>	<i>Vranashodhaka, Anti-itching, anti-inflammatory</i>
<i>Aarogyavardhini Vati</i>	<i>Parada, Gandhaka, Abhraka bhasma, Tamra bhasma, Shilajatu, Kutaki</i>	<i>Tridoshashamaka, Kushthaghna, antioxidant, Deepana</i>
<i>Haridrakhanda</i>	<i>Haridra, Sharkara, Goghrita, Godugdha, shunthi, Mricha etc.</i>	<i>Pitta-Kaphanashaka, Anti-allergic, Immunomodulator</i>
<i>Amalaki Rasayana</i>	<i>Amalaki</i>	<i>Pittashamaka, Rasayana, Immunomodulator</i>
<i>Giloy Satva</i>	-	<i>Agnideepana, Mehahara, Rasayana, Balya</i>
<i>Yashada Bhasma</i>	-	<i>Anti-inflammatory, Antioxidant, Antibacterial, Antifungal, Immunomodulator</i>

#### For External Use:

(a) Nasya: *Anu taila* 1-1 drop in each nostril at night

(b) Urtiplex lotion local application all over the affected body parts thrice a day.

Contents of Urtiplex Lotion	Mode of action <sup>[12]</sup>
<i>Kumari</i> (Aloe vera)	Anti-inflammatory
Mustard oil	Anti-inflammatory & Antioxidant action
Marigold oil	Anti-inflammatory & Antioxidant action
Menthol	The anti-pruritic and soothing effect
<i>kokum</i>	Soothe skin rash

The above treatment was given for 45 days with regular follow-ups after every 7 days.

#### OBSERVATIONS & RESULTS

Effect of treatment on the basis of assessment criteria given below:

Criteria	Before Treatment	After Treatment
<i>Shotha</i> (Swelling)	+++	-
<i>Kandu</i> (Itching)	+++	+
<i>Vidaha</i> (Burning sensation)	++	-
<i>Toda</i> (Pricking pain)	-	-
<i>Jwara</i> (Fever)	-	-
<i>Chhardi</i> (Vomiting)	-	-

Assessment of signs and symptoms of the patient regarding *Sheetapitta* was done during each follow-up i.e., after every 7 days. The above table shows that there is significant relief in all signs and symptoms of

*Sheetapitta* (Urticaria) after about 45 days of intervention. Hence the selected management of *Sheetapitta* is effective.

## DISCUSSION

*Sheetapitta* is a *Vata* dominant disorder. *Acharya Madhavakara* has described the sign and symptoms of *Sheetapitta* such as *Varati dashta samsthana Shotha* (inflammation like an insect bite), *Kandu bahula* (Severe Itching), *Toda bahula* (excessive pricking pain), *Chhardi* (Vomiting), *Jwara* (Fever) and *Vidaha* (Burning sensation). Drugs in Anubhuta Yoga were mainly having *Katu*, *Tikta*, *Madhura*, *Kashaya rasa*, *Guru-Snigdha guna* and *Sheeta virya*. Hence, they act as *Tridodhashamaka*, *Rasayana* and *Deepana* also having Antipruritic, Antiinflammatory, Antioxidant, Immunomodulatory properties.

Urtiplex lotion which was used for local application is an anti-allergic and anti-pruritic formula that reduces inflammation relieves itching & burning sensation and has a soothing effect on skin rashes.

## CONCLUSION

Hence, it is concluded that the internal use of Polyherbal formulation along with *Anu taila nasya* and local application of Urtiplex lotion is highly effective in the management of *Sheetapitta* (Urticaria).

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