

**MANAGEMENT OF SHEETPITTA THROUGH SHAMAN AND MRIDU SHODHAN - A CASE STUDY**Niranjan Sharma¹, Yogesh Wane², Prakash Joshi³

¹Pg scholar, department of Rachna Shareer, Govt. (Auto) Dhanwantari Ayurved college Ujjain M.P, 456001, India

²Associate professor, Department of Rachna Shareer, Govt. (Auto) Dhanwantari Ayurved College, Ujjain M.P. 456001, India

³Assistant professor, Department of Rachna Shareer, Govt. (Auto) Dhanwantari Ayurved College, Ujjain M.P. 456001, India

Corresponding Author: neil.sharma.924@gmail.com<https://doi.org/10.46607/iamj5608102020>

(Published online: October 2020)

Open Access

© International Ayurvedic Medical Journal, India 2020

Article Received: 17/09/2020 - Peer Reviewed: 28/09/2020 - Accepted for Publication: 11/10/2020

**ABSTRACT**

Ayurveda is a classification of medicine with primeval origins in the Indian subcontinent. *Ayurvedic* therapies and practices have been integrated in universal wellness uses and in some cases in medical use. Changes in Lifestyle with development are very drastic. Diseased environment, junk food habits, work in shift duties, anxiety etc. are the main causative factors for vitiation of *Tridosha* and the demonstration of diseases in today's era. There is dearth of information about *Dincharya* and *Ritucharya* in common people. Due to which People mainly gets exaggerated their gastrointestinal system first, and then other symptoms come subsequently. According to *Ayurveda Sheetpitta* is described as *Tridoshaj Vyadhi* (Disease), but *Vata* and *Pitta Dosha* are predominant and *Ras* and *Rakta* are main *Dushya*. *Sheetapitta* is one among the *Twak Vikara* that have related *Hetu* of *Kotha* and *Udarda*. *Vata* and *Kapha* are two “*Doshas*”, which are primarily bothered which in turn is associated through *Pitta* resulting in *Tridosha Prakopa* causing to redness, swelling itching on the skin etc. Chief symptoms of *Sheetpitta* are reddish spots, inflammation on skin with moderate to severe itching at site. It is compared with

urticaria in modern science and termed as primary cutaneous disorder. An episode of it may start with pruritis. Episodes of urticaria may continue to revert for days, weeks, months or year if not cured properly. Urticaria is calculated as allergic reaction due to certain food and have only symptomatic treatment and anti-allergic drug. Commonly antihistaminic medicines were used for urticaria. In *Ayurveda*, treatment of *Sheetpitta* includes *Shodhana* and *Shamana Chikitsa*. Here we discussed about a case study of *Sheetpitta*. where we give *Ayurvedic* treatment and results were found very encouraging.

Keywords: *Sheetpitta, Shaman, Shodhan, Urticaria, Virechan.*

INTRODUCTION

Sheetpitta is formed with two words which are exactly opposite to each other by their meaning. Here *Sheet* denotes *Kapha* and *Vata* and their combination with *Pitta Dosh*.

In *Ayurveda*, *Sheetpitta* is mentioned as *Tridoshaj Vyadhi*, but *Vata* and *Pitta Doshas* are predominant and *Ras* and *Rakta* are main *Dushya*. Symptoms of allergic skin reaction described as *Kotha* in *Brihatrayi*, are later on *Madhavkara* developed as separate disease under the title *Sheetapitta-Udarda-Kotha*⁽¹⁾. *Sheetpitta* manifests due to exposure to contact with various poisonous materials (allergens) and intake of *Asatmya Aharvihar*.⁽²⁾ Though it is not a life threatening condition but it cosmetically and extremely affects the quality of life. In *Samhita* causes given for *Sheetpitta* are *Lavana Katu Rasa, Shukta, Arnal, Sarshapa Atisevana*, Exposure to cold environment, wind, water, *Diwaswap, Asamyaka Vamana, Keeta Dansha, Krumi Sansarga*. When person comes in contact with above causes or similar to these causes *Dosha* gets vitiated. Further vitiated *Dosha*, leads to *Ras* and *Raktadhatu Strotodusti*, then it spreads towards the extremities and manifests as wheal/maculopapular rash⁽³⁾ and *Varati Damsha Sansthana Shotha* (urticaria), *Kandu Toda, Vidaha* are common symptoms associated with *Jwara* and *Chhardi* in few patients.

All above features that closely mimics with urticaria. Urticaria is a dermal vascular reaction of the skin characterized by the appearance of itchy wheals, which are elevated (edematous), pale or erythematous, transient and evanescent plaque lesions⁽⁴⁾. Modern pathology suggests that almost one third of Urticaria are cholinergic. It occurs either due to exercise,

warming, anxiety or sweating. Elevated body temperature plays key role in pathogenesis. If urticaria persist less than 6 weeks duration is called acute urticaria while more than 6 weeks as chronic urticaria. Main causes include autoimmune reaction, allergens in food, inhalants and injections, drugs, contact (e.g. animal, saliva, latex), physical (e.g. heat, cold, water, sun, pressure), infection (e.g. viral hepatitis, infectious mononucleosis, HIV), idiopathic⁽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. There is no permanently cure of Urticaria in modern science and treatment aims on Symptomatically. Repeated intake of anti-histamine or corticosteroids provide temporary relief as well as tend to reduce immunity threshold. Thus *Ayurveda* has important role in providing a comprehensive solution to this skin problem. Both the *Shodhana* (removing *Doshas* from the body by means of relevant *Panchakarma*) and *Shaman* (subsiding *Doshas* with proper internal medicine) treatment modalities are mentioned in *Ayurvedic* classics. In *Bahudosh Avastha* of any disease, *Shodhana Chikitsa* gives better results with minimum chances of recurrence. Considering this, the predominance *Rakta, Pitta, Vaat Dosh, Virechan* was followed by other medications were planned. Therefore, *Virechana* is very effective for the treatment of *Sheetpitta*.⁽⁶⁾

Aim and Objectives-

1. To study the effect of *Ayurvedic* treatment (*Shaman*) in *Sheetpitta*.
2. To study the effect of *Mridu Shodhan* (mild purgation) in *Sheetpitta*.

Material and Methods-This Study was carried out in *Charma Rog Nivaran* unit of *Rachna Shareer* Department in Govt. Dhanwantari Ayurved College and Hospital Ujjain (M.P.)

Case Report-

History of Present Illness- This is a case report of 28-year-old male patient complaining of reddish rashes all over the body with severe itching aggravating in early morning since 4-5months.

Personal History- Irregular bowel habit, liking of junk foods, late onset of sleep at night, excessive use of air conditioner (due to this temperature variations takes place), Patient was taking modern medicines for 4 months and was not satisfy with treatment. Due to *Sheetpitta*, he had to face lot of disturbance in his personal & social life, then he decided to consult a physician of Govt. (Auto) Dhanwantari Ayurved Hospital for further treatment. Patient was diagnosed as chronic (*Jirna*) case of *Sheetpitta*.

History of Past Illness- Nil

Family History- Nil

Clinical Features-

1. *Varati Damsha Sansthana Shotha*: +++
2. *Kandu*: +++
3. *Toda*: +++
4. *Vidaha*: +++
5. *Jwara*: +++ (occasional)
6. *Chardi*: +++ (occasional)

General Examination-

Pulse -72/min., BP -122/80 mm of hg

1. *Agni -Mandagni*
2. *Koshtha -Asamyak*
3. *Prakruti -Pitta Pradhan Kapha Anubandhi*

Management-

It has two Parts: (1) *Shaman*, (2) *Mridu Shodhan*

Shaman Chikitsa-

1. Cows Ghee 1tsf + *Maricha* ¼ tsf (empty stomach at morning)
2. *Tab.Laghusutshekhar Rasa- Itab.* x bd

(with lukewarm water)

3. *Shankha Bhasma* - 500mg
- Kamdudha Ras* - 250mg
- Mukta Pishti* - 250mg
- Sheetpitta Bhanjan Rasa-* 250mg

1 bd with *Gulkand*

Make a combination of all drugs as mentioned above and give to the patient in equal quantity in a form of small packets.

4. Syrup *Argleam forte* (3tsf x bd after meal)
5. *Haridrakhand* (1 tsf x bd with milk)
6. *Eladi tailam* for local application

Mridu Shodhan Chikitsa:- (Mild purgation)

1. *Dipan & Pachan- Chitrakadi Vati* -250 mg bd for 2 days
2. *Snehpan- Tiktak Ghrita*- 10 mg,20 mg,30 mg for 1st, 2nd and 3rd day accordingly
3. *Virechan - Trivrutta Avleha* -20gm with milk (empty stomach at morning)

Do's & Don'ts-

1. Avoid sour, salty & spicy food, fast food, junk food.
2. Curd, pickle
3. Excessive travelling
4. Uses of A.C.
5. Wear full sleeves clothe.
6. Avoid Humid weather
7. Late night sleeping habit.

Result: Patient was instructed for follow up every 7 days. All the sign and symptoms before treatment is likely to diminished after *Shodhan* by *Virecan* and rest of *Doshas* are pacified by *Shaman Chikitsa*. At last follow up all symptoms i.e. *Varati Damsha Sansthana Shotha* (urticaria), *Kandu* (Itching), *Toda* (Pain), *Vidaha* (Burning), *Jwara* (Fever) and *Chardi* (Vomiting) were present in very soft state. Symptoms were not regular like before. Symptoms were going on and rotten, Previous studies have also shown that *Sheetpitta* can be cured well by *Ayurvedic* treatment. Diagnosis of *Vyadhi Avastha* and *Nidan Parivarjan* was the chief factor behind relief.

DISCUSSION

In *Sheetpitta* there was vitiation of *Kapha* and *Vaat* due to *Shita-Amla Ahara* and *Shita vihara*. *Kapha* was dominant and *Pitta* was *Anubandhi*. In such condition *Strotavarodha* created by vitiated *Kapha* should be broken first. *Charaka* has advised drugs belonging to *Udarda Prashamana Mahakashya*. *Ushna-Tikshna-Laghu Guna*, *Katu-Tikta Rasa* helped to normalize vitiated *Kapha* and helped to remove the *Strotavarodha*, also at the same time *Pitta* achieved normal state after removal of *Avarodha* and in this *Laghusutshekhhar Ras* was helpful to give relief in symptoms, same as *Maricha* has its active principle called piperine, and it has anti-inflammatory & antifungal effect so it works good on *Sheetpitta*. Clinically effects of urticaria are due to local vasodilatation causes redness, increase blood flow causes warmth, enhanced vascular permeability leads to swelling/edema, these are the feature of lewi's triple response. The main content of *Haridrakhand* is *Haridra*, which is a potent antiallergic drug, recommended in various allergic conditions like urticaria. *Chitrakadi Vati* contains Piper nigrum, Piper longum and Plumbago zeylanica as chief major ingredients, which stimulates gastric fire. Roots of *Chitraka* (*Plumbago zeylanica*) are greatest appetite stimulant (*Deepana*), digestive (*Pachana*).⁽⁷⁾ Therefore, it helps in digestion of *Ghrita* and checks unto wards events due to digestion during *Snehapana*. So *Chitrakadi Vati* was given before management of *Ghrita*. For the purpose of *Snehapana* (Internal Oleation), *Tiktaka Ghrita* was chosen to verify *Pitta*, also *Vata & Kapha Dosha*. It was suggested that the drugs present in the *Ghrita* may have some resemblance towards the target organ (Skin). *Snehapana* by desirable quality of its vitiating character of *Dosha*, it separates toxins and vitiated *Dosha* out of the body and helps to carry *Doshas* from *Shakha* (periphery of the body) to *Koshta* (center of the body i.e. to the intestines) later which will be debarred out of the body by the *Virechana*. Turpethin an active chemical constituent, present in *Operculina Turpenthum* is mainly responsible for purgative action. therefore, it removes poisonous

matter from body. It also has anti-inflammatory chattels.

CONCLUSION

In *Sheetpitta*, there is *Kapha* and *Pitta* dominance, *Ushna-Tikshna Gunatmak Kalpa* like *Laghusutshekhhar Ras* can be helpful. *Virechan Karma* (purgation) beside with *Shaman* (palliative) action is proved to be very effective in providing liberation in *Sheetpitta*. If disease is treated by breaking down of *Doshas* and *Nidan Parivarjanam* can absolutely get good results.

REFERENCES

1. Shrikanta Murthy KR. Madhava Nidanam of Madhavakara, Chaukhamba Oriental Varanasi; 7th ed. 2005, page no-165
2. Tripathi B. Charak Samhita, Sutrathana26/81, Chaukhamba Academy, Varanasi, 2007, Page no- 492
3. Kumari Asha, Tiwari P. Yogaratnakara. Chaukhamba Vishwabharati, Varanasi, 1st ed. Page no-936
4. Essentials in Dermatology, D.M Thappa2nd ed, 2009, Jaypee Brothers Medical Publishers, New Delhi. Page no-166
5. Davidson's Principles and Practice of medicine, 20th ed., 2006, Elsevier Philadelphia, Page no-1270
6. Bajpeyee J S. Chakradatta by Chakrapanidatta.4thed. Bombay, Khemraj Shree Krishnadas Prakashan;2005 Page no-223
7. Shastri Kashinath, Chaturvedi Gorakhnath (Hindi Commentator), The Charak Samhita of Agnivesha Part-1. Chaukhamba Bharti Academy, Varanasi,1998 Page no- 467

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Niranjan Sharma et al: Management Of Sheetpitta Through Shaman And Mridu Shodhan - A Case Study. International Ayurvedic Medical Journal {online} 2020 {cited October, 2020}; Available from: http://www.iamj.in/posts/images/upload/4906_4909.pdf