



## Case Study

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### A CASE STUDY: VIRECHANA IN URTICARIA

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#### ABSTRACT

In the present era, dermatological diseases are becoming more common due to increased pollution, changes in lifestyle, food habits and the stressful work environment. Urticaria is one such type characterized by red, raised wheal formation associated with itching. A 28-year-old female patient came in the OPD of Panchakarma with red, raised, itchy lesions over both hands and lower legs for the last five years. She was under steroids and antihistamines for an extended period, but there was no relief. The case was diagnosed as Urticaria. In Ayurveda, it can be correlated with Seetapitta, a Vatapitta pradhana roga. Abhyanga, Seka, Vamana, and Virechana are the treatments told by Acharyas. Here Virechana with Trivrut lehya was given after Snehapana with Aragwada mahathikthaka ghrita. The patient got marked relief from the lesions and itching after follow-up.

**Keywords:** Urticaria, Seetapitta, Virechana, Snehapana

#### INTRODUCTION

Urticaria, also called hives, is a skin lesion characterized by red, raised wheals associated with itching. There may also be a burn or sting. The lesions usually last a few days and have no long-lasting skin changes. The common causes include infections or allergic reactions to medicine, bites, food etc. Psychological stress and cold climate also trigger the condition. But in half of the cases, the cause remains unknown. Risk factors include hay fever or asthma. Diagnosis is based on the clinical manifestations<sup>1</sup>.

In Ayurveda, Urticaria can be correlated with Seeta pitta. It occurs when the patient is exposed to a cold breeze which results in Vatakapha dushti. Vata and Kapha, along with Pitta dosha, circulate the whole body producing the signs and symptoms like Varati damshtavat sotha, Kandu, Shula, and Daha<sup>2</sup>. There may be Chardhi, Hrillasa, Aruchi, Dehasada, Angagaurava, Jwara, Vidaha and Pipasa<sup>3</sup>. The treatments include Abhyanga, Vamana, Virechana etc.

#### Case Report

The 28-year-old female patient working as an IT professional in France complained of rashes in the skin, mainly over both hands and below knee joints, for five years. The rashes were red with itching, nausea, and occasional burning feel. It was associated with swelling below the knee joints. The onset was gradual. The condition was aggravated by the cold climate, stress, spicy food intake, peanuts, and the long walk. The family history showed that her mother and sibling had a history of allergic asthma. She also suffered from reduced appetite, constipation, and sleeplessness. She underwent allopathic treatments, including steroids and antihistamines, but the condition reappeared soon after the medicine stoppage. For the last year, she has been under ayurvedic treatment for the same.

#### General Examination

Blood pressure – 120/ 70 mmHg

Pulse rate – 68/min

HR – 68/min, S1S2 heard

Temp – 94.4 F

Weight – 54kg

Height – 160 cm

BMI – 21.09

Pallor - absent

Icterus – absent

Cyanosis - absent

Clubbing - absent

Lymphadenopathy - absent

Koilonychias - absent

Prakriti – Vatapitta

#### Local Examination

##### Inspection

Red macular rashes over lower limbs, below knee joints and hands

Swelling of the calf region

No deformities

##### Palpation

No tenderness

A mild rise in temperature

Swelling of the calf region

**Investigation:** Nil

**Diagnosis:** This case was diagnosed as Urticaria from detailed history taking and clinical manifestations.

#### Therapeutic Intervention

**Ethical approval:** Written consent was taken from the patient

Urticaria can be correlated to Seetapitta in Ayurveda. The treatments told by Acharyas for seetapitta include Abhyanga, Seka, Vamana, and Virechana. In this case, Snehapana with Aragwada mahathikthaka ghrita was planned, followed by Virechana with Trivrut lehyam.

## RESULT AND DISCUSSION

Reddish rashes and itching were absent after 14 days. The patient was found to be more pleasant compared to that before treatment. Her appetite increased, and she was able to sleep soundly.

The study was conducted to know the effectiveness of Virechana therapy in Urticaria. In Ayurveda, Urticaria can be correlated to the disease Seetapitta. Seetapitta is a Vatapitta pradhana condition. The treatments are Abhyanga with Katu taila, Seka with Ushnambu, Vamana with Kashaya of Patola, Nimba, Vasa and Virechana with Triphala, Guggulu, Pippali<sup>4</sup>. Also advocated is Udwarthana with Sidharthaka, Rajani, Prapunnata, and Tila kalka mixed in Katu taila<sup>5</sup>. In this case, Virechana was the choice of treatment as there was Pittadikya, and the patient was Vatapitta prakriti.

Internally before Snehapana, Aragwadadi kashayam was given a dose of 15 ml + 45 ml lukewarm water twice daily for the first seven days. Also, Vaiswanara churna 10 gm with hot water was provided. After that, Snehapana with Aragwada mahathikthakam ghrita was given. Snehapana was done starting with a dose of 30 ml. The dose increased by each day considering the Agnibala of the patient. As Samyak snigdha lakshanas like Snigdha varchas, Snigdha twak and Snehodvega were obtained, on the 6<sup>th</sup> day, Snehapana was stopped.

The next day whole body of Abhyanga was done with Eladi keram, followed by Bashpa sweda. This was followed on the next two days also. These days, the patient was advised to take light and easily digestible food items and avoid sweeter and carbohydrate-rich foods. Then on the seventh day, Virechana was done. Trivrut lehya was selected for Virechana. 16 vegas were obtained. Samsarjana krama was given after that according to the Samyak lakshana obtained. The patient was asked for follow-up after 14 days and was advised to follow strict pathya.

The disease's basic pathology is Ama's production due to Agnimandya. So, before the Sodhana therapy's commencement, Agnimandya must be corrected. For that, Aragwadadi kashaya and Vaiswanara churna were given. Aragwadadi Kashaya<sup>6</sup> is Kapha pitta hara and Seetavirya. Also, Kandughna, Vaiswanara churna<sup>7</sup> contain Lavana, Deepyaka, Yavani, Kana, Nagara and Haritaki churnam. It is Ushna virya, Deepana and Vatanulomana. After Amapachana and Agnideepana, Snehapana with Aragwada mahathikthaka ghrita<sup>8-9</sup> was done. The ghrita include Aragwadadi gana as kashaya and Mahathikthaka ghrita drugs as Kalkam. It is Kapha pitta hara in nature, Seetavirya and Kanduhara. Eladi kera<sup>10</sup> contain Eladi gana which is Vata Kapha hara and Kandu pidaka kota nashana. Trivrut lehya<sup>11</sup> contain Trivrut in the form of Kashaya as well as Kalka, Sita, Madhu and Trijata powder. Trivrut has Tikta Katu rasa and Ushnavirya. It brings Pitta and Kapha samana. It has Rechana prabhava also. Sita is Madhura in rasa and is Vata Pitta Raktha hara. Also, it has Seeta virya. Madhu has Madhura Kashaya rasa and Laghu, Ruksha guna. It is Kapha Pitta hara in nature. Trijata contain Twak, Ela, Patra. Trivrut lehya is generally effective in Pittadhika conditions and very useful in Twak vikaras.

Table 1: Day-by-day assessment of Snehapana

Day	Dose	Time of administration	Time of appetite	Samyak lakshanas seen
Day 1	30 ml	6 am	11 am	Vatanulomata, Agni deepthi
Day 2	70 ml	6am	12.30 pm	Snigdha varchas, Agni deepthi
Day 3	100ml	6am	12 pm	Snigdha varchas, Agni deepthi
Day 4	120 ml	6 am	12 pm	Snigdatwak, klama
Day 5	150 ml	6 am	12.30 pm	Klama
Day 6	200 ml	6 am	12.30 pm	Snehodvega

## CONCLUSION

Virechana therapy was found to be effective in the treatment of Urticaria. After the follow-up period patient got complete relief from itching and rashes. Sleep patterns and bowel became regular after the treatment. Ayurveda system of medicine has very effective management of the condition. Through the unique Sodhana therapy and Samana therapy, Urticaria can be treated well. By regular follow-up and adopting pathya, one can reduce the chances of recurring also.

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