Case Study

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EFFECT OF AYURVEDIC MEDICINE ON SHEETPITTA: A CASE STUDY

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ABSTRACT

According to Ayurveda, Sheetpitta is classified as a tridoshaj vyadhi, with Vata and Pitta doshas being predominantly involved, while rasa and rakta are the main dushyas. It is considered one of the Twak vikara (skin disorders). The primary imbalance occurs in Vata and Kapha doshas, which, when aggravated, interact with Pitta leading to tridosha prakopa. This imbalance manifests as symptoms like redness, swelling, and itching on the skin. Urticarial eruptions are distinctly pruritic, may involve any area of the body from the scalp to the soles of the feet. Urticaria involves only superficial portion of the dermis, presenting as well-circumscribed wheals with erythematous raised serpiginous borders and blanched centers that may coalesce to become giant wheals. A 42-year female came in Ayurveda outpatient department with complaints of reddish rashes all over the body with severe itching aggravating in early morning since 4 months. Shaman chikitsa (pacification therapy) with sthanik chikitsa (local application) was planned in the management. After Starting the shaman aushadi with sthanik chikitsa (local application) for 3 months, Virechana therapy (purgation therapy) was planned. After the treatment, significant improvement was observed. From this case study it can be concluded that Ayurvedic formulations shaman chikitsa (pacification therapy) with sthanik chikitsa (local application) when combined with Virechana therapy (purgation therapy) are very effective in the management of Sheetpitta.

Keywords: Ayurveda, Sheetpitta, Pitta Dosha, urticaria

INTRODUCTION

In Ayurvedic text, Sheetpitta is mentioned as tridoshaj vyadhi, but predominant doshas are Vata and Pitta and rasa and rakta are the main dushya. Sheetpitta manifests due to exposure to contact with various dushivisha/ama (toxins /allergens) and intake of asatmya-ahar-vihar (altered food habits and life style changes). Though it is not a life-threatening condition, but it cosmetically affects the quality of life. In Sheetpitta, due to asatmya-ahar-vihar (altered food habits and lifestyle changes), vitiated Vata and Kapha dosha along with dushta Pitta affect the Rakta dhatu (dushya) producing symptoms on twacha (skin) like daha (burning sensation), kandu (itching), and toda (pain) [3].

Causative factors of Sheetpittaudarda-kotha described in Madhav nidana are lavana rasa (salty food), katu rasa (spicy food), shukta (acidic liquid preparation made by fermenting tubers, fruits, roots), arnal (fermented rice water), sarshapa atisevana (increase intake of mustard), exposure to cold environment (sheet vayu sparsh), wind (vikrit vayu), water (vikrit jala), diwaswap (day time sleep), asamyaka vamana, keeta dansha poisonous stings), krumi sansarga (worm infestation)[4].

Treatment of Sheetpitta was mentioned in Chakradatta, Yogratnakar and Bhaishajya ratnavali.

Recurrent episodes of urticaria of less than 6 weeks duration are considered acute, whereas the attacks which persist beyond this period are considered chronic.

- The most common sites of urticaria are the extremities and face. Mast cells are main effector cells in urticaria. Antigens bind to IgE on mast cell surface causing degranulation, which results in release of histamine.
- Histamine binds to H1 and H2 receptors which causes arteriolar dilatation, venous constriction and increased capillary permeability. Histamine plays a major role in many allergic reactions leading to swelling in the skin.[5]

In modern medicine there is only symptomatic treatment of Urticaria and Repeated intake of anti-histaminics or corticosteroids provide temporary relief as well as tend to reduce immunity.

Ayurveda has important role in providing a comprehensive solution to this skin problem which is affecting the quality of life. In this case both the shaman chikitsa (pacification therapy) with sthanik chikitsa (local application) which was complimented by shodhana chikitsa as Virechana (purgation therapy) was utilised for subsiding the vitiated doshas to give symptomatic relief in subjective and objective parameters and recurrence was also prevented.

Case report

This is a case report of 42-year-old female patient complaining of reddish rashes all over the body with severe itching aggravating in early morning since 4 months.

History of Present Illness

Patient was well before 4 months, and then she gradually developed reddish rashes all over body with itching. She had taken allopathic treatment (methyl prednisolone and levocetirizine) for 15 days but didn't get satisfactory result so, she

came to OPD no.3 of Ayurvedic and Unani Tibbia College and hospital Karol Bagh Delhi 110005 for proper management.

Medicine history: Amlodipine 5 mg OD from last 3 years for hypertension.
Past history: No history of Diabetes mellitus, Thyroid disorders, Asthma and any addiction etc.
Personal History
Appetite and thirst were normal
Sleep - disturbed
Bowels - irregular

Clinical Examination
Ashthavidh pariksha (Eight-fold examination)
Nadi (~pulse) Pitta Kaphaja
Mutra (~urine) normal Mala (~excreta) baddha,
Jiha was (~tongue) coated.
Sparsha (~touch) Anushna (~not too hot) and Mridu (~ mild)
Shabd (~voice) - spaasht
Akriti - madhyam

On examination
Pallor: +
Icterus, Clubbing, cyanosis, and lymphadenopathy were absent. Examination of cardiovascular, respiratory, urinary and central nervous system revealed no abnormality.

Vital parameters
Bp- 120/90 mmhg
Pulse rate- 91/min
Temperature- 98.2 F
Respiration rate - 22/min

Investigations
CBC and RBS, BT, CT, KFT, LFT and Lipid profile were within normal limits.
IgE level 127 (Normal range: 0-100IU/L)

Clinical Features[6]
Varati Damsha Sansthana Shotha (wheals): +++
Kandu (pruritus): +++
Toda (pain): +++
Vidaha (burning sensation): +++
Agni - mandagni
Koshta - asamyak
Prakriti - Pitta pradhan Kapha anubandhi

Table 1: **Method of Drug Administration for Virechana Karma**

Treatment	Drug used	Dose	Anupan	Duration
Deepan pachan	Chitrakadi vati	125 mg TDS	Lukewarm water	3 days
Snehpan	Panchtikta ghrit guggul	Vardhman matra	Lukewarm water	7 days
Virechana karm	Trivrit avleha with milk Aaragvadh phal majja kwath	50 gm 100 gm		1day
Samsarjana Karma	As per classics			7 days

Total vega in Virechana karma - 22

Table 2: Treatment given

	Drug	Dose	Duration
Phase 1	Maha manjishthadi kwath Haridrakhand Dashang lep	15 ml BD 3 gm BD L/A	1.5 month 1.5 month 1.5 month
Phase 2	Sarivadyasava Haridrakhand Dashang lep Kaishor guggul	20 ml BD 3 gm BD L/A 2 TDS	1 month
Phase 3	Sarivadyasava Haridrakhand Dashang lep Gandhak vati	20 ml BD 3 gm BD L/A 1TDS	15 days

Follow-up: After every 7 days

OBSERVATION AND RESULTS

Table 3: Urticaria Total severity score[7]

Parameter	Score 0	Score 1	Score 2	Score 3
Number of wheals	None	≤10	11-50	>50
Size of wheals	None	≤1 cm	1-3cm	>3 cm
Intensity of pruritus	None	Mild	Moderate	Severe
Duration of wheals	None	≤1 hour	1-2 hr	>12 hr
Frequency of appearance	None	≤Once a week	2-3 times a week	Daily/almost daily
Duration of antihistamine use	None	≤Once a week	2-3 times a week	Daily/almost daily

Table 4: Assessment of Urticaria Severity Score

Parameter	Before treatment	After treatment
Number of wheals	2	0
Size of wheals	2	0
Intensity of pruritus	3	0
Duration of wheals	2	0
Frequency of appearance	2	0
Duration of antihistamine use	2	0

DISCUSSION

As per Ayurveda Sheetpitta is a tridoshaja vyadhi, characterized by kandu (pruritus), toda (pain), and daha (burning sensation). According to modern medicine Sheetpitta can be correlated with the 'Urticaria'.

The line of treatment of Ayurveda for aggravated doshas are by subsiding the doshas by shaman chikitsa (pacification therapy) with sthanik chikitsa (local application) and to give an additive effect/potentiate shaman chikitsa, Panchakarma (shodhana) therapy Virechana (purgation therapy) also included.

In Sheetpitta, Vata and Kapha are primarily vitiated along with Pitta dosha. The aggravated Kapha combines with Pitta, and due to the influence of Vata dosha, it spreads throughout the skin (twaka), causing vimargagamana.[8] According to Vagbhata, Virechana therapy is recommended for conditions involving Pitta-associated doshas, Kapha-associated doshas, and Pitta-stagnated Kapha.[9]

In this patient shaman chikitsa (pacification therapy) with sthanik chikitsa (local application) along with virechana therapy (purgation therapy) was given which gives symptomatic relief and recurrence of the disease was also prevented.

Panchtikta ghrita was chosen for snehapana as all its constituents, Nimba (*Azadirachta indica*), Patola (*Trichosanthes dioica*), Kantakari (*Solanum surattense*), Guduchi (*Terminalia cordifolia*) and Vasa (*Adhatoda vasica*) are tikta rasa pradhan dravyas.[10] Tikta rasa is vishaghna (antiallergic action), kandughna (pacifies itching), kushthaghna (removes skin disorders) and purifies twacha (skin) and rakta (blood)[11].

Panchatikta ghrita has been proven as anti-inflammatory effect. So, it checks the inflammatory reaction on skin due to vitiated doshas and Dhatus.[12]

Gandhak vati and Haridrakhand are rakta shodhaka (blood purifier), twak prasaadak and immunomodulators.

Haridra (turmeric) is a potent antiallergic drug, recommended in various allergic conditions including skin allergies like urticaria (Sheetpitta), itching.[13]

Kaishor Guggulu acts as blood purifier, anti-inflammatory and anti-bacterial. Its active ingredients are Triphala, Amrita, Guggulu, Guda, Guduci, Trayusana, Vidanga, Danti, Trivrt and indicated in Kustha.

Haridrkhand is used for allergy, hives, allergic rhinitis, itching, pruritis.

Sarivadyasava contains Sariva (*Hemidesmus indicus*), Mustaka (*Cyperus rotundus*), Lodhra (*Symplocos racemosa*), Nyagrodha (*Ficus benghalensis*), Guduchi (*Tinospora cordifolia*). Most ingredients of this formulation are tikta (bitter), kashaya (astringent) rasa, sheeta (cold) virya, katu vipaka, thus pacifying Pitta, rakta (due to sheeta virya), and Kapha (due to katu vipaka). Its raktashodhaka (blood purifier), raktaprasadaka (blood purifier), and pidaka nashaka effect is well documented. Various studies revealed antibacterial, antioxidant, antithrombotic, anti-inflammatory, anti-ulcerogenic activity, and wound-healing activities of *Hemidesmus indicus*[14].

Chitrakadi Vati was administered before the intake of ghrita for the purpose of snehapana (internal oleation). It contains *Piper nigrum*, *Piper longum* and *Plumbago zeylanica* as its primary ingredients, which help stimulate gastric fire. The roots of Chitraka (Plumbago zeylanica) are known as potent appetite stimulants (deepana) and digestive agents (pachana). as a result, it aids in the digestion of ghrita and prevents adverse effects related to digestion during snehapana.

Mahamanjisthadi Kwath contains Manjishta, Musta, Kutaj, Giloy, Daru Haridra, Moorva, Neem Bark, Sariva, Bharangi, Triphala, Kutki, Bidang, Shatavari. Mahamanjisthadi Kwath acts as an antioxidant that helps to detoxify the entire body.It helps to control the itching and burning sensation of the skin and may aid in improving the skin health. Useful in treating like boils, itching, rashes, swelling and inflammation.

Dashang lepa acts as an astringent and antiseptic. Its contents are Sirish chhal, Mulethi, Tagar, Lalchandan, Elaichi, Jatamansi and Haridra.

CONCLUSION

Ayurveda has lot of potential in the management of urticaria by using the various Ayurvedic formulations both internally and local applications along with pathya-apathya is also helpful in the treatment. ayurvedic shaman chikitsa (pacification therapy) along with shodhana chikitsa (purgation therapy) play a major role in samprapti vighatana of Sheetpitta and to completely cleanse the body of vitiated doshas which help in prevention of recurrence of the disease. In this case study it is concluded that when we use shaman chikitsa (pacification therapy) with sthanik chikitsa (local application) along with shodhana chikitsa (purgation therapy) is very helful in management and also preventing recurrence in Sheetpitta (Urticaria).

Patient consent

The authors confirm that they have obtained patient's consent for publication of the case study.

Ethical statement

The study is carried out as per ICMR National Ethical Guidelines for Biomedical and Health Research Involving Human Participants.

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