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A case study on management of *Sheetapitta* with special reference to Chronic Urticaria

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ABSTRACT

Background: *Sheetapitta* is one of the *Twak Vikara* mentioned in ancient *Ayurvedic Samhita*. *Sheetapitta* is *Tridoshaj Vyadhi* occurs after exposure to cold breeze. This dominantly leads to the vitiation of *Kapha* and *Vata Dosh* associated with *Pitta Dosh* and circulate all over the body manifesting as maculopapular rash. The symptoms include *Varti Damshavat Shotha* and *Kandu* due to dominance of *Kapha*, *Shula* due to *Vata* and *Daha* caused by vitiation of *Pitta Dosh*. *Sheetapitta* can be correlated with urticaria due to resemblance of etiological factors and symptomatology. **Aim & Objectives:** The aim of the study is to access the efficacy of *Ayurvedic* management (*Shaman Chikitsa*) in *Sheetapitta*. **Materials & Methods:** It is a single case study. A 44 year old female patient presented with complaints of elevated reddish irregular lesions associated with gradual onset of itching and burning sensation all over the body since 4 months. Itching starts immediately after the consumption of food items like non-veg, spices, citrus fruits, oily food, dry fruits and nuts. The symptoms aggravated more in the night time and gradually subside in the morning. The diagnosis was done as *Sheetapitta*. **Result:** *Ayurvedic* management was done by using *Shaman Chikitsa* can effectively manage *Sheetapitta* (urticaria) and improved the quality of life of patient. **Conclusion:** This case report shows that the classical *Sheetapitta* treatment was significantly effective in treating urticaria.

Key words: *Sheetapitta*, *Urticaria*, *Shamana Chikitsa*, *Ayurveda*

INTRODUCTION

In *Ayurveda*, *Sheetapitta* is mentioned as one of the *Twak Vikara*. *Sheetapitta* is composed of two words, *Sheeta* and *Pitta* which are contrary to each other by meaning. The word *Sheeta* indicates *Vata* and *Kapha Dosh* and their association with *Pitta Dosh*. According to *Madhav Nidana*, *Sheetapitta* caused due to exposure to cold breeze which results in vitiation of *Vata* and *Kapha Dosh* dominantly in association with *Pitta Dosh*,^[1] Due to the impairment of *Doshas*, it leads

to *Rasa* and *Rakta Dhatu Dushti*, then spreads towards the extremities and manifests as maculopapular rash. *Sheetapitta*, *Udarda* and *Kotha* are three different terminologies mentioned in *Samhita*, having few different characteristics and different causative factors. The specific reference for *Sheetapitta* is not found in *Brihtrayee* but these terms are mentioned as *Purvarupa*,^[2] *Lakshana*^[3] and *Vyadhi*.^[4] *Madhukosa* explained that, though the features of *Sheetapitta* and *Udarda* are similar to each other, there is a predominance of *Vata Dosh* in *Sheetapitta* while *Udarda* is dominated by *Kapha Dosh*.^[5] The etiological factors responsible for *Sheetapitta* appears due to the consumption of *Asatmya Ahar* or various kinds of allergens. In today's advanced lifestyle, improper and unhealthy food habits leads to lower nutritional value in diet resulting in *Dhatu Daurbalya* and impaired immune responses. This causes sensitization towards allergens and produce allergic reactions. *Sheetapitta* can be correlated with urticaria due to the resemblance of etiological factors and symptomatology. Urticaria affects about 20% of

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population at some point in lifetime.^[6] Though it is not life threatening disease, but it makes patient irritable and affects the quality of life. Urticaria is derived from the Latin word 'Urtica' means stinging nettle. Urticaria is commonly occurring dermatological disease characterized by erythematous and itchy lesions involving the dermis and mucous membrane and caused by dilatation and increased permeability of capillaries.^[7] Urticaria has a variety of etiological factors including IgE antibodies mediated foods, drugs, physical stimuli, infection, autoimmune diseases.^[8] Acute and chronic urticaria can occur at any point in the lifespan of third to fifth decade. Acute urticaria is widespread and lasts for less than 6 weeks and may be a manifestation of type 1 allergic reaction.^[9] If it continues for more than 6 weeks then it is said to be chronic urticaria. Upto 45% of the patients with chronic urticaria have an autoimmune cause for their disease.^[10] The present study aimed to evaluate the efficacy of *Shaman Chikitsa* in *Sheetapitta*.

AIM AND OBJECTIVES

To study about *Sheetapitta Vyadhi* (Urticaria) and to assess the competency of *Shaman Chikitsa* in *Sheetapitta Vyadhi*.

CASE REPORT

A 44 year old female patient with medium built reported to OPD and presented with chief complaints of elevated reddish irregular lesions with swelling. The above complaints associated with gradual onset of itching and burning sensation all over the body since 4 months. Itching starts immediately after the consumption of food items like non-veg, spices, citrus fruits, oily food, dry fruits and nuts. The symptoms aggravated more in the night and gradually subside in the morning. The diagnosis was done as *Sheetapitta* on the basis of etiological factors and clinical presentation.

History of present illness

The patient was completely healthy before 4 months and gradually developed reddish irregular lesions all over the body. Initially patient neglected the symptoms but when the symptoms got aggravated, she approached to an allopathic hospital and was on

antihistamine medication for 4 months. Patient got symptomatic relief but after withdrawal of medication, recurrence of disease occurs. As a result, she decided to take Ayurvedic treatment.

Past history

Patient had no history of any systemic disease, no medical or surgical history.

Personal history

Occupation - Housewife

Nidana^[11]

Due to *Sheeta Marutadi Sevan* (exposure to cold wind and cold weather), *Kapha* and *Vata Dosha* gets vitiated and mixed with *Pitta Dosha*. All the three vitiated *Doshas* spreads all over the body and manifests as *Sheetapitta*. 1. *Aharaj Hetu - Atiamla Sevan, Atilavan, Atikatu Sevan, Kshara Sevan, Viruddha Ahar Sevan, Dadhi Sevan*. 2. *Viharaj Hetu - Sheet Maruta Sevan, Bahya Krumi, Keeta Damsga, Chardi Nigrahan, Shishir Ritu, Vastra, Abhushan*. 3. *Nidanarthakara Roga - Pittaja and Kaphaja Jwara, Sannipatika Roga, Unmarda, Adhoga Amlapitta*

Poorvarup (Premonitory signs)^[12]

Pipasa (Thirst), *Aruchi* (loss of appetite), *Hrillasa* (Nausea), *Dehasaad* (Feeling of tiredness), *Anga Gaurava* (Feeling of heaviness), *Rakta Lochanata* (Redness of eyes).

Rupa (Signs and Symptoms)^[13]

Varti Damshta Samsthana Shotha (Inflammation like an insect bite), *Kandu Bahula* (Sever itching), *Toda Bahula* (Excessive pain like pricking), *Chardi* (Vomiting), *Jvara* (Fever), *Vidaha* (Burning Sensation), *Ksanikotpatti Vinasha*.

Samprapti Ghataka

- *Dosha: Tridosha*
- *Agni: Mandagni*
- *Vyadhimarga: Bahya*
- *Dushya: Rasa, Rakta*
- *Srotas: Rasavaha, Raktavaha*

- *Srotodushtiprakara: VimargaGamana*
- *UdbhavaSthana: Aamashaya*
- *VyaktiSthana: Tvak*
- *Svabhava: Ashukari*

General Examination

- Pulse : 82/min
- B. P. : 110/80 mmHg
- RR : 20/min
- Temp : 98.2°F
- Weight : 67Kg
- Height : 5.3"
- Appetite : anorexia
- Sleep : disturbed

Table 1: Ashtavidha Pariksha of patient

SN	Name	Lakshana
1.	Nadi (Pulse)	Pitta-Kapha predominant
2.	Mala (Stool)	Malavrodh
3.	Mutra (Urine)	Samyak
4.	Jivha (Tongue)	Alpasama
5.	Shabda (Speech)	Spashta
6.	Sparsha (Touch)	Anushnasheeta
7.	Druk (Eyes)	Samyak
8.	Aakruti (Appearance)	Madhyam

Assessment Criteria

Assessment of patient was done on the basis of improvement in subjective parameters like *Kotha* (inflammation), *Kandu* (itching), *Daha* (burning sensation).

Table 2: Objective Criteria^[14]

Urticaria Activity Score (UAS) as per Indian Journal of Dermatology

Score	Wheals/24 hrs	Pruritus
0	None	None
1	Mild: < 20 wheals over 24 hrs	Mild present but not troublesome
2	Moderate: 20-50 wheals over 24 hrs	Moderate: Troublesome but doesn't interfere with daily routine or sleep
3	Severe: > 50 wheals over 24 hrs or large area of wheals	Severe pruritus which is sufficiently troublesome to interfere with daily activity or sleep

Table 3: Subjective Criteria

Symptoms	Mild	Moderate	Severe
<i>Kotha</i> (Raised oedematous wheals of pink red colour)	1	2	3
<i>Kandu</i> (itching)	1	2	3
<i>Toda</i> (pricking sensation)	1	2	3
<i>Daha</i> (burning sensation)	1	2	3

Table 4: Treatment Protocol

SN	Medications	Dosage	Anupana	Duration
1.	<i>Haridra Khanda</i>	1 tsf BD	Milk	3 months
2.	<i>Dushivishari Agad</i>	2 Tab BD	Lukewarm water	1 month
3.	<i>Bilwadi Gutika</i>	2 Tab BD	Lukewarm water	1 month
4.	<i>Avipattikar Churna</i>	1 tsf HS	Lukewarm water	15 days
5.	<i>Maricha Churna</i>	1 tsf BD	Ghrit	1 month

OBSERVATIONS AND RESULTS

Following the treatment, improvement in the patient’s signs and symptoms started to visible within 15 days following the treatment. Significant relief was found in *Kandu* (itching), *Daha* (burning sensation), *Shoth* (inflammation) upto second visit. Satisfactory improvement in *Kandu* were seen.



Image 1: Erythematous wheals on the skin



Image 2: Erythematous wheals on the skin

Table 5: Observation

SN	Symptoms	Observed Score	
		Before Treatment	After Treatment
1.	<i>Kotha</i> (Raised edematous wheals of pink red colour)	3	1

2.	<i>Kandu</i> (itching)	3	1
3.	<i>Toda</i> (pricking sensation)	2	0
4.	<i>Daha</i> (burning sensation)	3	0

Table 6: Pathya-Apathya^[21]

<i>Pathya Ahara</i>	<i>Apathya Ahara</i>
1. <i>Jererna Shali</i>	1. <i>Ksheera Vikarani</i>
2. <i>Jangala Mamsa</i>	2. <i>Chhardi Nigraha</i>
3. <i>Triphala</i>	3. <i>Ikshu Vikarani</i>
4. <i>Madhu</i>	4. <i>Divaswapna</i>
5. <i>Mudga Yusha</i>	5. <i>Matsya</i>
6. <i>Kulattha Yusha</i>	6. <i>Poorva and Daksheena Disha Pavana</i>
7. <i>Ushnodaka</i>	7. <i>Anupa-Audak Mamsa</i>
8. <i>Karkotaka Shaka</i>	8. <i>Snana</i>
9. <i>Karavellaka Shaka</i>	9. <i>Naveena Madhya</i>
10. <i>Moolak Yusha</i>	10. <i>Atapa Sevana</i>
11. <i>Dadima Phala</i>	11. <i>Virudhahara</i>
12. <i>Shigru Shaka</i>	12. <i>Vyavaya</i>
13. <i>Moolaka Shaka</i>	13. <i>Snigdha, Amla, Madhura</i>
14. <i>Vetragra Phala</i>	14. <i>Dravya, Guru Annapana</i>
15. <i>Potika Shaka</i>	
16. <i>Lava Rasa Tittira Rasa</i>	

DISCUSSION

Sheetapitta is commonly encounter *Twak Vikara* in clinical practices. A variety of etiological factors are responsible for triggering the disease. So, for the treatment of *Sheetapitta* (urticaria), drugs acting on different causative factors is the key line of treatment. *Ayurveda* has a vast concept of *Pathya* and *Apathya* and it also believes that prevention is always better than cure so the first line of treatment is *Nidana Parivarjan* as food plays a major role in aggravating the symptoms of urticaria. In modern medicine, there is widespread treatment modalities available but persistent usage of steroids and antihistamines can cause hazardous consequences to the human health.

There are higher chances of recurrence rate thus it is essential to find out the effective treatment which will eliminate the disease from its root cause.

Haridra Khanda^{[15],[16]} - *Haridra Khanda* is the drug of choice for *Sheetapitta* mentioned by *Bhaishajya Ratnavali*. It is a potent anti-allergic drug, it has anti-bacterial and anti-microbial properties.

Dushivishari Agada^[17] - Most of the ingredients are *Katu*, *Tikta Rasatmaka* and *Katu Rasa* possess *Krumihar*, *Kushthar* and *Vishaghna* properties, it clears *Kapha* and *Kleda* from *Strotas*.

Bilwadi Gutika^[18] - Majority of the drugs of *Bilwadi Agad* are *Tikta*, *Katu Rasa Pradhan* and are *Ushna Veerya* (hot potency) and *Katu Vipaki* thus, can act as *Vishaghna* and *Keetaghna*.

Avipattikar Churna^[19] - It causes *Raktaprasadana* by eliminating *Dushta Kapha*, *Pitta Dosha* and *Kleda* from *Rasa* and *Rakta Dhatu*.

Maricha^[20] - *Maricha* contains active principle called piperine because of which it performs anti-inflammatory effect. *Ayurveda* has a considerable amount of potential in treatment aspect of allergic skin diseases by using various formulations followed by *Pathya-Apathya*.

CONCLUSION

Before treatment, assessment and examination of patient was done on the basis of Urticaria Activity Score (UAS). The diagnosis was done that the patient was suffering from grade 3 urticarial phase. After a month of taking continues treatment, the grading of Urticaria Activity Score (UAS) and clinical features of a patient were reduced significantly. Remarkable changes were evident after 2 months of treatment with above mentioned medicine. This single case report concludes that Ayurvedic management with *Shaman Chikitsa* offers excellent result in the treatment of *Sheetapitta*.

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