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Urticaria (*Sheetapitta*) and its Management through *Yavanyadi* Yoga and *Haridra Khanda* – A Case Study

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ABSTRACT

Ayurveda is a classification of medicine with primeval origins in the Indian subcontinent. Ayurvedic therapies and practices have been integrated in global wellness as well as for medicinal usages. Changes in lifestyle with development are very drastic. Unhealthy environment, junk food habits, working in shift based 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 Dinacharya and Ritucharya in common people due to which people mainly get exaggerated about their gastrointestinal system followed by other systems, and then other symptoms come subsequently. According to Ayurveda Sheetapitta is described as Tridoshaj Vyadhi (Disease), but Vata and Pitta Dosha are predominant and Rasa and Rakta are main dhatu dushya. Sheetapitta is one among the 7 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 erythema, swelling & itching on the skin etc. Chief symptoms of Sheetpitta are reddish spots, inflammation on skin with moderate to severe itching at site. 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 considered as an allergic reaction due to certain food substances and have only symptomatic treatment and anti-allergic drug. Commonly Antihistamines were used for urticaria earlier. In Ayurveda, treatment of Sheetpitta includes Shodhana and Shamana Chikitsa. Here we are discussing about a case study of Sheetpitta where we administer Ayurvedic treatment and results were very encouraging.

Key Words *Sheetpitta, Shaman, Shodhan, Urticaria, Virechan*

Received 09th October 21 Accepted 08th November 21 Published 10th November 2021

INTRODUCTION

Sheetapitta 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 Dosha. 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 Madhvakara developed as

ORIGINAL RESEARCH ARTICLE

separate disease under the title Sheetapitta-Udarda- Kotha). Sheetpitta manifests due to exposure to contact with various poisonous materials (allergens and intake of Asatmya Aharvihar²). 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 and Varati Damsha Sansthana Shotha (urticaria), Kandu Toda, Vidaha are common symptoms associated with Jwara and Chardi 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 lesions⁴. 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), idiopathic⁵.

An episode of it may start with itching followed by red elevated patches at site of itching. Scratching beverages, emotional conditions and exercise as 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. In allopathic medicine there is no permanent cure of Urticaria and treatment aims on symptomatic relief only. 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 Dosha, Virechan was followed by other medications were planned. Therefore, Virechana is very effective for treatment of Sheetpitta.

AIM AND OBJECTIVES

To study the effect of Yavanyadi Yoga and Haridra Khanda in Sheetpitta.

ORIGINAL RESEARCH ARTICLE

MATERIALS AND METHODS

This study was carried out in Charma Rog nivarana vibhaga unit of Department of Kayachikitsa in S B G Ayurvedic Medical college and Hospital Belagavi, Karnataka. Consent has been taken by patient and data collected from various tools and reference Books.

CASE STUDY

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 4-5 months.

Personal History- Irregular bowel habit, liking of junk foods, late onset of sleep at night, excessive use of air conditioner (due to this temperature variation takes place), Patient was taking modern medicines for 4 months and didn't get relieved with the treatment. Due to Sheetpitta, he had to face a lot of disturbance in his personal & social life, then he decided to consult a Physician of **S B G Ayurvedic Medical college and Hospital Belagavi, Karnataka** 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 /4 tsf (empty stomach at morning)

2. Yavanyadi yoga-Powder of Yavani (Bishop weed) shunti (ginger) Maricha (Black pepper) Pippali (Long pepper) with milk. A combination of all drugs as mentioned above was administered to patient in equal quantity in a form of small packets.

3. Haridrakhand (1 tsf x bd with milk)

Mridu Shodhan Chikitsa:- (Mild purgation)

Dipan & Pachan- Chitrakadi Vati -250 mg bd for 2 days

2. Snehan- Tiktak Ghrita- 10 mg, 20 mg, 30 mg for 1st, 2nd and 3rd day accordingly

3. Virechan - Trivrutta Avleha -20g Haridra Khand. It is a very famous and highly effective Ayurvedic medicine for allergy. It is in granules form. Its main ingredient is turmeric. It is also known as Haridra Khand, Haridra Khandam. It is used widely in the treatment of allergic skin diseases, itching skin diseases. It improves skin quality and complexion.

ORIGINAL RESEARCH ARTICLE

Kandu – itching skin disorders, pruritis, Visphota – blisters

Dadru – fungal skin infections, Sheetapitta, Kotha – allergic skin conditions, hives

Udarda – skin diseases due to skin contact with cold objects.

Allergic hives, Allergic dermatitis, Dust allergy, Allergic rhinitis with cough due to change of place or change of season. Melasma, Scalp itching, scalp psoriasis

Erythema annulare centrifugum, Blemishes, allergic dark spots, dermatographism

Eosinophilia, itching in private area.

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 treatment and rest of Doshas are pacified by Shaman Chikitsa and 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 mild state. Symptoms were not regular like before.. 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 condition Yavanyadi yoga 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 lead to swelling/edema, these are the feature of lewi's triple response. The main content of Haridrakhanda is Haridra, which is a potent antiallergic drug, recommended in various allergic conditions like urticaria. Digestion of Ghrita and other events due to digestion during Snehapana was slow, 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).

ORIGINAL RESEARCH ARTICLE

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 Guna Kalpa can be helpful. Yavanyadi yoga have Karma (purgation) beside with Shaman (palliative) action is proved to be very effective in providing liberation from Sheetpitta. If disease is treated by breaking down of Doshas and Nidan Parivarjana can absolutely yield good results.

ORIGINAL RESEARCH ARTICLE

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