

Ayurvedic management of shitapitta with special reference to urticaria

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ABSTRACT

Urticaria is disease characterized by erythematous and pruritic rashes in the dermis, hypodermal swellings. urticaria may appear on one part the body or be spread across large areas.it can lead to a red,raiseditchy rash. The rash can be in one place or spread through the body. individual lesions as a rule do not last longer than few minutes to few hours and disappear without leaving any trace. An episode of urticaria (hives) can start itching,followed by swollen red wheals. itching may be mild or severe. The disease is not life threating. It makes the patient worried,due to its appearance and severe pruritis. Management primary aimed at patients education, avoidanceof known triggers and pharmacotherapy .i.e antihistamines, glucocorticoids. The modern medicine provides temporary symptomatic relief and patient have to take medicine foe long time.which may having some unwanted side effects. In ayurveda texts , sheetapitta is having common symptoms of itchy red rashes onskin on almost all over body. In ayurveda, sequential administration of shodana therapy for pittajavyadis and also it is important treatment for vataja ,kaphaja and raktajavyadis , as these all are vitiated in sheetapitta, thus virechana eradicates the aggravateddoshas from the body thereby giving a marked reliefin patients of urticaria.

I. INTRODUCTION:

Urticaria is one of dermatological disease characterized by sudden eruption of itchy wheals which may appear on the any part of skin or mucus membrane. Individual lesions as rule do not last longer than a few minutes to few hours and disappears without leaving any trace. An episode of urticaria (hives) can start as itching, followed b swollen red wheals. The itching may be mild or severe. Scratching , alcohol beverages, exercise and emotional stress may worsen the itching. Urticaria affects about 15 to 20 percent of total population. This condition can interfere in routine activities of the patient. It is intermittent and

frustrating for both patients and physicians. Urticaria Is generally manifested due to foods such as eggs,nuts,shelfishetc.and resolves with only symptomatic treatment . commonly antihistamines and steroids are used in the treatment of urticariaand long term use which may cause adverse effect on human body. Sheetapitta is disease caused when a patient is exposed to cold breeze which results vitiation of kapha and vata. These two combine with pitta and circulate all over body and producing the signs and symptoms over the skin. The symptoms include varatidamstavatsotha and kandu caused by kapha vitiation, shula caused by of vata and daha caused by pitta vitiation.sometimes it also causes symptoms like chardi, hrillas ,aruchi, dehasada, angangaourava,jwara, vidha and pipasa. Its not life threating condition, but it is going to affect the quality of life patient may get mentally and emotionally disturbed while suffering from urticaria.

Sheetapittadeivation:

According to shabdhalpadrumasheeta denotes hima , it implies cold weather. Sheeta it derived from shai + kta = it means sheetakala. sheetapitta is compared with modern disease like urticaria.Sheetapitta which is caused by exposure to cold breeze, that is going vitiation kapha and vata. These two dosha is going combine with pitta dosha , and circulates all over the body along with blood.ultimatly it will causes and produces signs and symptoms over the skin. This condition is compared with modern dermatological condtion called urticaria, it will produces the sudden eruption of itchy patches which may appear in any part of skin or body. The itching that will be mild ,moderate or it may be severe. The allopatric medication is going does the symptomatic relief. Urticaria is affects about 15 to 20% of population as per statistical data. usually the urticaria is going reduce with avoiding causes likeavoiding the unprocessed,unhealthy food, unhygienic foods,and eggs and nuts.

Case report:

A 28 year old hindu male patient having history of frequent eruption of smooth , reddish slightly elevated papules erythematous wheals on abdomen area and also back of the chest and fore arm since 1 month which is gradually increasing, it is associated with localized and generalized itching, and also burning sensation. And also patient took allopathic medication, got relief for certain period again same symptoms continued after completion of allopathic medicine. This case is diagnosed as sheeta-pitta, on the basis of clinical presentation , etiological factors. Some photos of patient have been displayed here before treatment.



Clinical examination :

On examination the spot on the body are reddish in color and scaly in nature and also asymmetric distribution all over the body. Lesions are irregular in shape, with no discharge.

Causative factors :

- Excessive intake of (lavana) and pungent foods
- Consumption of large amount of sour gruels (arnala and shukta)
- Excessive to cold wind (sheetamurutasamsparsa)
- Contact to the cold substances (sheetapaniyasamsparsa)
- Day sleep
- 7)improperemesis(asamyakvamana)
- altered features in winter and rainy season (shishira -varsharituviaryaya)
- insect bite (keetadamsha)
- krimisamsarga (contact of poisonous insects or bugs).

Pathophysiology :

Due to above said factors mainly exposure to cold breeze, vata and kaphadoshas are aggravated and in turn they are mixed up with pitta dosha.further they spread all over the body and loadge in the external surface of the body(beneath the skin) and that will produce reddish rashes with intense itching and

pricking sesation.thus this condition called sheetapitta.resembling with features of urticaria rashesis manifested.

Samprapti of sheetapitta :

Nidanasevana



Formation of ama along with doshaprakopa



Prasara of dosha



Dosha and dushyasamucchana in amashaya



Stanasamshraya in twak

Sampraptighataka

Dosha: tridosha

Agni :manda

Doshagati:vriddi,triyaak, shakha

Vyadimarga :bahya

Dushya : rasa,rakta

Srotus :rasavaha, raktavaha

Srotodustiprakara: vimargamana

Udbhavastana:amashaya

Vyaktastana:twak

Swabhava :ashukari.

- Hetu : Vitiated kapha and vitiated vata due to sheet madhuradihetu (cold weather and exposure to cold wind) get mixed with pitta. Fuetherkapha and vata along with pitta spreads all over the body and results in disease sheetapitta
- Santarpananidana like guru dravya,snigdhabhajana ,dadhi,takra,amlalavana are the major factors are responsible for the sheetapitta. And these are factors responsible for vitiation of kaphaprakopa and mandagni.
- Nidana like viruddaahara and adyashana ,and ratrijagarana are responsible for mandagni which plays important role vitiation of dosha and causes the sheetapitta.
- Atisrama,atikroda ,atapasevana,santapa, and sharad kala are responsile for the cause of sheetapitta.
- Hetus like atidivaswapna, drava and atisnigdha, guru bhajana,chardinigrha are responsible for kaphaprakopa and arasadustiultimatly causing sheetapittavyadi.

Chikitsa:

Chikitsa is mainly classified in three phases:

- shodhana.
- shamana
- patya and apatya

CHIKITSA A/C charaka

In charakavimanstan it is explained as:

- ❖ in the condition of bahudoshavasta - shodana should be done.
- ❖ In condition madyamadoshavasta : langhana and pachana should be done.
- ❖ In case of hinadoshavasta : langhana should be done.

THE MAIN TREATMENT PRINCIPLES

1. Amapachana
2. Tikta rasa pradhanadravyas
3. Kanduharachikitsa

IN SHAMANA TWO TYPES :

1. Bahyashamana
2. Abhyantarashamana

BAHYA SHAMANA:

- Abhyanga with katutaila should be done.andparisheka with ushnambu should be done.
- Udwartana with eladichurnashoud be done.

ABHYANTARA SHAMANA:

- Khadirarista 2tsp-0-2tsp
- T. Kamadugda rasa twice after food
- T soothshekara rasa twice after food
- Haridrakhanda 2tsp with milk at night
- Mahatiktakagruta 2tap twice after food.

Explanation of shamnoshadhi drugs:

Action of khadirarista, khadirarista which is mainly acts on doshas of pitta and kapha as well as shotaharaand also it will does shodana of rakta.

Explanation of kamaduga rasa:

Which will acts pitta dosha and also acts as antioxidative in nature which is explained in ayurvedicsarasangraha.Haridrakhanda 1 tsp with milk at night given.Manjistadi Kashaya is given internally as raktashodka and also laskhmivilasa rasa internally twice a day. As according to the reference of bhaishajyaratnavalilaskhmivilasa rasa acts as immune modulator.and also as anti allergic.

II. DISCUSSION:

Sheetapitta is mainlyvatapradhanatridoshajavyadi caused by

contact of sheetalamruta. Here sheetapitta is considered with special refferance to urticaria. Hence all the variants of sheetapitta like udarda and kota are also explained by the acharyas.and also the dosha involved in this disease also different and the causative factors responsible for this disease also different.here treatment. Considering the chronic and non -responsive nature of the disease to conventional management such as antihistamine therapy in modern as like in ayurveda deep seated pathology was assumed to be chronic disease, and for such kind of disease shodhana followed by shamanaoushadi are best.Shamanaoushadi are advised like khadirarista which will acts on piita and kaphadosha and also it will acts as shotahara. And mahatiktakagruta which will acts on pitta dosha ,where rakta and pitta both are having ashara-ashrayi bhavas. Mahtiktatagruta which balances the pitta dosha.and also corrects the raktadosha.

Mahatiktakagruta is indicated in kusta.(a griup of skin disease) especially associated with pitta predominance.andharidrakhanda is given for the prevention of reoccurrence of disease. And also its indicated in raktapitta.

It has haridra (curcuma longa) as the mainingradient that has been proven to be like anti-histamine, anti- inflammatory.and anti- allergic properties by inhibiting the immunoglobulin E mediated mast cells activation.as the patient had allegic skin lesion with itching along with reddish discolouration, there is involvement of rakta was inferred. Manjistadi Kashaya is also indicatedforrakta involvement and reddish discolouration. By virtue of tikta in nature that will prevents further aggravation of kaphadosha.

III. CONCLUSION:

Sheetapitta is a tridoshajavyadi,causingvaratidamstravatshotha, kanduanddaha,toda. Chronic urticaria is condition in which urticaria lasts longer than 6 weeks of duration. The special refferance to sheetapitta is taken as chronic urticaria due to similar clinical features, there is scope of ayurvedic management in chronic stage than acute stage.as acute stage of urticaria or sheetapitta which is having pericular cause and sudden resolving in condition. Management will be is short duration of time. Where as in chronic Urticaria the condition not going to reverse in short period of time, it needs manage accordingly.



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