

AYURVEDIC APPROACH OF MANAGEMENT OF URTICARIA (SHITAPITTA)

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Abstract

Urticaria is a transient eruption characterized by circumscribed erythematous swelling in the skin. The lesion result from vasodilation of small venules and capillaries along with exudation of fluid into the superficial dermis. This manifestation resembles the concept of Shittapitta of ayurvedic system of medicine. Here is a case of a 42 years presenting with clinical feature of Urticaria. There was no clinical or laboratory evidence of other systemic illness. The patient was treated on the line of Sittapitta. The patient was administered with Arogyavardhani Vati 500 mg twice daily for deepan and pachan, Dushivishari gutika 500 mg twice daily considering the chronicity and relapsing nature of the disease (dushivisha) and Kaishore guggulu along with Guduchyadi lauha 500 mg each for purification of blood and subsiding kusta. Externally, shatadhauta ghrita redness, burning sensation and itching. The patient got significant improvement in both subjective and objective parameters and he did not develop the disease again even after stopping the medicine.

Index Terms : Urticaria, erythematous swelling, shittapitta, arogyavardhani vati, dushivishari gutika, kaishore guggulu, guduchyadi lauha.

INTRODUCTION

Disease of the skin are common occurrence. There are not many statistics to prove the exact frequency of skin diseases in this country, but general impression 10-20% of patient seeking medical advice suffer from skin diseases. Disease of skin account for a great deal of misery, suffering, incapacity and economic loss. Besides this, they are a great handicap in the society, because they are visible.

Due to exposure to a cold wind, kapha and vayu become vitiated and when they combined with pitta and spread, they produce the disease Shitapitta. In other word we can say that Shitapitta is mainly caused by kapha and vata which are aggravated by cold breeze and later pitta gets associated with this condition. Excessive and repeated exposure to cold is the main cause of manifestation of this disease.

Swelling or elevated patches (rashes) as if stung by a wasp on the skin, itching, excessive pricking pain and burning sensation are the classical manifestation of shitapitta as described in ayurvedic books.

Shitapitta can be correlated with Urticaria based on similarities in symptomatology.

Urticaria is a common, annoying reaction pattern affecting almost 10-15% of the population at one time or the other during their lifetime. NO age is exempted, but its incidence is highest at puberty and middle age. Urticaria may be two varieties depending upon the distribution of the eruption viz. localised and generalized. Localized urticaria is confined to a small part of the body usually limbs and in comparison, generalised urticaria is widespread all over the body. Again on the basis of duration urticaria may of two varieties viz. acute and chronic. The acute urticaria involve a period of less than 6 weeks and chronic urticaria which lasts greater than 6 weeks in duration.

The principle of treatment is three folds in Ayurveda, Sodhana or purificatory method of treatment is considered as best among these as it can remove all vitiated doshas or toxins or poisons from the body responsible for manifestation of disease. In the pathogenesis of *shitapitta* the doshas are vitiated extremely and the nature of the disease of the patient was chronic in nature. Hence, sodhana as well as medicine having samana (pacify) property was administered

CASE REPORT

An 42 years old male visited the OPD of Agada Tantra of Government Ayurvedic College and Hospital, Guwahati, Assam, India on 06-11-2024 (Registration No-58810/24) presenting with hives on the back, forearm and hands of the body. [Figure :1]

Chief Complaints

Rosy red, erythematous macules with flesh colour oedematous weals on the back of the chest, forearm, hands and rise of temperature.

History of the present illness:

The patient has been suffering from this condition since four years. He has undergone treatment in various hospitals and private chambers. He was also treated with injectable form of medication but there was no satisfactory improvement because the condition was relapsed with more severe form as soon as the medication was stopped. So, he visited this hospital for better treatment.

History of the past illness

No any other significant history was observed except severe form of hives on neck, and face with rise of temperature.

Physical history

Was nothing significant with no any complaint of systemic diseases.

Psychological history

The patient was anxious due to his disease condition.

The patient was a service holder from SSB (Sima Sastra Bal) and he was posted in Leh and developed this condition there.

The patient was a pure vegetarian and avoided sour substances, curd etc.

TREATMENT

This Patient was treated in the OPD of Agada Tantra of Government Ayurvedic College and Hospital, Guwahati, Assam, India. The patient was treated in line with the management of Shitapitta. The patient was administered with nitya virechana (daily purgation therapy), internal medication and external application.

The Detail of the medicine are described below

1. Arogyavardhani Vati : 500 mg twice daily along with meal.
2. Dooshivishari Gutika : 500 mg twice daily after food along with honey to be licked.
3. Kaishore Guggulu : 500 mg with Guduchyadi Lauha : 500 mg twice daily after breakfast and evening
4. Avipattikar Churna : 10 gm with luke warm water at bed time.
5. Nalpamaradi Taila : For local application

The patient was advised to revisit after 1 month.

The patient again visited the OPD of Agada Tantra of Government Ayurvedic College and Hospital, Guwahati, Assam, India on 08-12-2024. The patient was asymptomatic. He informed that he became symptom free after 15 days of starting the medicine. [Figure: 2]

The patient was advised with following treatment for another 1 month and follow up

1. Dooshivishari Gutika : 500 mg twice daily after food along with honey to be licked.
2. Kaishore Guggulu : 500 mg with Guduchyadi Lauha : 500 mg twice daily after breakfast and evening
3. Avipattikar Churna : 10 gm with luke warm water at bed time.
4. Shatadhauta Ghrita : For local application.

The patient again visited the OPD of Agada Tantra of Government Ayurvedic College and Hospital, Guwahati, Assam, India on 10-01-2025. The patient was asymptomatic. He informed that he was totally symptoms free during this period

The patient was advised with following treatment for another 2 months and report

1. Haridra Khanda: 10 gm twice daily after meal with a cup of milk.
2. Shatadhauta Ghrita: For local application.

After 2 months he informed that there was no any clinical feature. He was advised to stop all medicine and report if relapses.

He did not develop the illness even after 8 months of stopping the medicine.

RESULT AND DISCUSSION :

Arogyavardhani Vati is having the pharmacological properties like deepan, pachan, anuloman and kusthaghna. In Ayurveda it is considered that imbalanced digestive power i.e. mandagni is the prime cause all types of ailments. This mandagni is responsible for formation of undigested food materials inside the body i.e. ama. This can be correlated with oxidative stress which is aetiology of numerous diseases of the human body. All the ayurvedic scholars clearly mentioned that medicine having properties like deepan, pachan and anuloman plays a vital role in the management of a disease. That is why Arogyavardhani Vati plays an important role in the treatment of *Shita Pitta*.

Dermatological manifestations of dushivisha i.e. cumulative poison are by all the acharyas. Dooshivishari gutika is one of the well-known ayurvedic medicine used against all types of manifestation resulting from dushivisa as it possesses vishaghna (anti-poisonous) property. So, dushivishari gutika is playing a major role in the management of this patient of chronic urticaria.

In the pathogenesis of *shitapitta* vitiated vata and kapha dosha plays an important role. Besides these in Ayurveda it is mentioned that in dermatological disorders there is always vitiation of rakta or blood. Kaishore guggulu is the drug of choice for disorders of vitiated rakta. Keeping these facts in mind Kaishore guggulu is administered in this case.

Sodhan is considered as the best treatment module in ayurvedic system of medicine. In this process aggravated doshas are expelled out from the body. Virechan is one of the such process and Avipattikar churna is advocated for this. In *Shitapitta* there are severe aggravation of doshas. So, without expelling them we can't expect desired result and Avipattikar churna is the drug of choice in this case.

Itching, redness and burning sensation are major complaints of *shitapitta*. In other words it can be stated that vitiated pitta is responsible for these symptoms. Satadhauta ghrita is a well-known ayurvedic solution for these types of manifestations.

Haridra Khanda is the drug of choice for various skin disorders as well as it is used to prevent recurrence. In this case this medicine is prescribed to prevent recurrence as well as for its property of sodhana. Because it expels out the doshas from the body by virtue of its mridu virechak (mild purgative) property preventing the doshas to get accumulated inside the body and relapse.

Proper diet and regimen are an integral part of management and prevention of diseases in ayurvedic system of medicine. In Ayurveda along with medicine do's and don'ts are described and accordingly these were advised to the patient. This diet and regimen are very important because they play a vital role in recurring or aggravation of clinical feature. For example, late night sleeping causes aggravation of vata dosha which is the root cause of this disease. Again, heavy dinner is the cause of oxidative stress leading to diseases. Stress is considered as one of the prime factors for chronicity of *shitapitta*. So, these factors were considered and accordingly the patient was advised.

CONCLUSION :

Urticaria of chronic variety along with repeated manifestation is one of the major concerns for the sufferer. Holistic approach of Ayurvedic system of medicine to treat and prevent relapse of urticaria is a great relief for the sufferer of urticaria i.e. *shitapitta*.

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