

CLINICAL EVALUATION OF AYURVEDIC MANAGEMENT IN URTICARIA (*SHEETPITTA*): A CASE STUDY”

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ABSTRACT :

Ayurvedic therapies and practices have been integrated in universal wellness. Changes in lifestyle with development are very drastic. Diseased environment, junk food habits, work in shift 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 *Dincharya* and *Ritucharya* in common people which causes various skin diseases. *Urticaria* is one of the skin disorder which is dermal vascular reaction of the skin characterized by the appearance of itchy wheals, which are elevated (edematous), pale or erythematous, transient and evanescent plaque lesions having Itching, burning, pricking sensation, Temperature. All above features that closely mimics with *Sheetpitta* in *Ayurveda*. *Sheetpitta* is an *Ayurvedic* dermatological condition, equivalent to *Urticaria*, characterized by *Varati Damsha Sansthana Shotha, Kandu, Toda, Vidaha, Jwara, Chhardi*. According to *Ayurveda* *Sheetpitta* is described as *Tridoshaj Vyadhi*, but *Vata* and *Pitta Dosha* are predominant, *Rasa* and *Rakta* are main *Dushya*.

Acharya Charaka not directly described *Sheetpitta* he classifies similar conditions like *Udarda* under *Kaphaja* diseases and *Kotha* under *Raktapradoshaja Vikar*. *Acharya Madhavakara* in *Madhav Nidana* developed as separate disease under the title *Sheetapitta-Udarda-Kotha* which are closely related but often distinct in *Dosha* dominance. *Acharya Bhavaprakasha*: Defines *Sheetpitta* as a disease caused by *Sheeta Maruta*. *Acharya Yogaratnakara & Vangasen*: Detail the treatment aspects, emphasizing *Shodhana Vamana* and *Virechana* using specific herbs like *Vasa, Nimba* and *Patol*. *Sheetpitta* includes *Shodhana* and *Shamana Chikitsa*. Here we discussed about a case study of *Sheetpitta*. where we give *Ayurvedic* treatment and results were found very encouraging. A 45-year-old male patient with Symptoms of Red edematous rounded wheel with severe Itching, burning and pricking sensation since 3yrs. He had associated symptoms of disturbed sleep, dizziness, irregular bowel since 3yrs. Despite receiving allopathic treatment, he showed no clinical improvement. Hence, he chose *Ayurvedic* management with the aim of achieving better therapeutic outcomes and preventive care. On the basis of clinical presentation case was diagnosed as *Sheetpitta* and apply treatment. After 2months of drug intervention *Panchtik Ghrita* 10ml Bd, *Haridrakhanda* 5gm Tds, *Sutshekhar Rasa* 2tab Bd, *Avipattikar Churna* 5gm at night, patient get significant relief in symptoms.

KEYWORDS : *Satmya, asatmya, Sheetapitta, Varati dansha, Kandu, Toda, Daha, Vamana, Jwara, Tridoshaja, Dushyas, Dincharya, Ritucharya, Shodhana, Shamana Chikitsa.*

INTRODUCTION :

Urticaria is a skin disorder characterized by hives with or without angioedema that affects people on a regular basis. *Two doshas* mainly afflicted by this ailment are *Vata* and *Kapha*. When paired with *Pitta*, they cause skin redness, swelling, and itching. Urticaria is a vascular reaction that causes a broad eruption of pale skin. The symptoms of urticaria

are identical to those of *Koth*, *Udarda*, and *Sheetapitta*. *Sheetpitta* 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 Dosh*. 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 *Madhavkara* developed as separate disease under the title *Sheetapitta-Udarda-Koth*. *Sheetpitta* manifests due to exposure to contact with various poisonous materials and intake of *Asatmya-Ahar-vihar*. Though it is not a life threatening condition but it cosmetically and extremely affects the quality of life. It occurs either due to exercise, warming, anxiety or sweating. Elevated body temperature play key role in pathogenesis. Urticaria are of two types Acute Urticaria < 6 weeks Often caused by food allergies, medication allergies, insect bites, or viral infections. Chronic Urticaria > 6 weeks Persistent hives, which can be further classified as Chronic Spontaneous Urticaria or Chronic Inducible Urticaria.

Urticaria affects about 20 percent of people at some time during their lives. Urticaria is more common in females. While it can affect any age, the peak incidence is often in young adults, with another peak in young children. Scratching, alcoholic beverages, exercise and emotional stress may worsen the itching. Acute urticaria affects 15–20% of the general population at some time during their lifetime. Chronic urticaria affects 2–3% of individuals over their lifetime. Incidence rates for acute urticaria are similar for men and women; chronic urticaria occurs more frequently in women 60%.

Global urticaria incidence has risen from approximately 84.9 million cases in 1990 to 117 million in 2021, with an age-standardized incidence rate of 1533.71 per 100,000 people in 2021. While the absolute number of cases increased by 37.9% due to population growth, the age-standardized rate remained relatively stable, indicating the burden is driven by population growth rather than rapidly increasing individual risk. Acute urticaria (hives) affects 15–20% of the general population at some time during their lifetime. Chronic urticaria affects 2–3% of individuals over their lifetime. Incidence rates for acute urticaria are similar for men and women; chronic urticaria occurs more frequently in women (60%).

MATERIAL METHOD

Case Report

Patient information:

A 45-year-old male patient, with no significant past medical history, reported to the Outpatient Department of Rachana Sharir on 19-05-2025.

Primary Concerns and symptoms :

Severe Itching with red edematous rounded wheel, burning and pricking sensation. He had associated complaint of disturbed sleep, dizziness, irregular bowel since 3yrs.

History of Present Illness:

The patient was apparently healthy 3yrs ago. Thereafter, he developed sudden onset of intense itching associated with the appearance of round wheals over a few parts of the body. As the symptoms were initially mild, the patient neglected the condition. Over a period of time, the lesions gradually increased in number and extent, involving larger areas of the body. He later took allopathic treatment, but did not experience any relief; instead, the condition progressively worsened.” So he came to the OPD for *Ayurvedic* treatment

History of Past Illness :

Patient had no history of hypertension, diabetes mellitus, thyroid disorders

Family history

No family member had such type of disease

Personal History of Patient :

- Diet – Vegetarian, Junk - fast food, Salty - Spicy.
- Bowel - Irregular (Constipated)
- Micturition – 2- 3 times at night with burning.
- Appetite – Low
- Sleep – Late night

Patient was taking modern medicines for 1yrs and was not satisfy with treatment. Due to *Sheetpitta*, he had to face lot of disturbance in his personal & social life, then he decided to consult *Ayurvedic* Hospital.

Asthavidha pariksha

- Nadi* (Pulse) – *Vata-pitta* (70/minute)
- Mala* (Stool) – Most of the time constipated, hard stool once a day
- Mutra* (Urine) – Normal output
- Jivha* (Tongue) – Coated
- Shabda* (Speech) – Normal (No abnormal sound)
- Sparsha* (Touch) – dry
- Drik* (Eyes) – Normal
- Aakrati* (Built) – *Madhyam sharir*

General Examination :

Blood Pressure – 110/70 mmHg

Pulse Rate. - 80/ minute

Respiratory Rate – 20/minute

Body Weight – 78kg

Body Height - 5'8" inch

BMI of Patient - 26.86kg/m²

On general examination, no clubbing, cyanosis, icterus, pallor, pigmentation seen.

Local Examination:

Parameters	Finding
1. Site of lesion	All over the body
2. Distribution	Asymmetrical
3. Character of lesion	Red in colour
4. Itching	Present (severe at night)
5. Discharge	Absent

6. Temperature	Slightly raised over the lesions
7. Edema	Slightly raised over the lesions

TREATMENT PLAN-

As per *Ayurveda* treatment for *Shitpitta* (Urticaria) focuses on balancing *Tridosha* - *Vata*, *Pitta*, *Kapha* through *Shodhana* - detoxification like *Vamana*, *Virechana* and *Shamana* with herbs like *Haridra*, *Amla*, *Neem*, *Guduchi*, using remedies like *Haridrakhanda*, *Mahamanjsthadi Kwath*, *Arogyavardhini Vati*, and *Yashhtimadhu*, alongside dietary changes to avoid triggers like spicy, sour, and milk products, aiming for long-term relief and immune rejuvenation.

Time frame	Drug intervention	Dose	Frequency	Anupana
19/ 05/ 2025	<i>Panchtikta ghrita</i>	10 ml , BD	Empty stomach	Lukewarm water
	+ <i>Haridrakhanda</i>	5gm, TDS	After meal	Lukewarm Water
	+ <i>Avipattikar churna</i>	5gm, Hs	At night	Lukewarm water
02/06/2025	<i>Panchtikta ghrita</i>	10 ml , BD	Empty stomach	Lukewarm water
	+ <i>Haridrakhanda</i>	5gm, TDS	After meal	Lukewarm Water
	+ <i>Shutshekhar Rasa</i>	2tab, BD	After meal	Water
	+ <i>Mahamanjsthadi Kadha</i>	10ml,BD	After meal	Lukewarm water

20/ 06/ 2025	<i>Panchtikta ghrita</i>	10ml, BD	Empty stomach	Lukewarm water
	+			
	<i>Shutshekhar rasa</i>	2tab, BD	After meal	Water
	+			
	<i>Mahamanjisthadi kadha</i>	10ml, BD	After meal	Lukewarm water
10/ 07/ 2025	1st follow up	No intervention given		

Pathya Apathya :

<i>Pathya</i>	<i>Apathya</i>
<i>Sadrutta palann</i>	Jink food
<i>Vyayama, Yoga</i>	Consuming sour, salty, meat & alcohol
<i>Satvika ahara</i>	<i>Ati maituna</i>
Meditation	Excessive sleep
Healthy food habits	Avoid stress

OBSERVATION :

Sr. No	Symptoms	Before Treatment	After Treatment	1st follow up	2nd follow up
1	<i>Varati Damsha Sansthana Shotha</i>	Present	Mild reduced	Moderate reduced	Improvement (+)
2	<i>Kandu</i>	Present	Mild reduced	Reduced	Improvement (+)
3	<i>Toda</i>	Present	Mild reduced	Reduced	Improvement (+)
4	<i>Vidaha</i>	Present	Mild reduced	Reduced	Improvement (+)
5	<i>Jwara</i>	Present	Mild reduced	Reduced	Improvement (+)
6	<i>Chardi</i>	Present	Mild reduced	Reduced	Improvement (+)

RESULT : Image before Treatment



After Treatment : The patient responded well to the treatment, achieving complete relief and total resolution of the lesions.”

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 *Uarda 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*.

Aaharaja Hetu : *Ati-Lavan, Amla, Katu Sevan, Snigdha, Guru, Dadhi Sevan, Viruddha Ahara, Visha-Yukta Annapana*

Viharaja Hetu : *Sheeta Maruta Sparsha, Diwaswapna, Keeta Damsha, Chhardi Nigraha.*

The first line of treatment for *sheetpitta* is *Nidana parivarjan*, so it is advised to the patient to find out what may be the cause and try to avoid it as far as possible. Avoid: Milk products, jaggery, alcohol, sour/spicy foods, fermented foods, incompatible foods, excessive caffeine, and cold baths when hot. *Haridrakhanda* is a classical formulation indicated in *Sheetpitta* in *Ayurvedic* texts which have anti-oxidant and anti-histaminic property. *Avipattikar churna* helps to digest *Ama* along with it, also help in balancing *pitta dosha*. It also works as controlling agent for creation of acid inside the body. *Sutshekhar Rasa* having property of *Madhura Kashaya rasa, Snigdha guna, Sheeta virya, Madhura* and *Katu Vipaka*. Most of the ingredients have *vata kaphahara, Tridosahara, pittahara, doshaghna karma* and *karma* exhibited include *Rasayana, kushtagna, varnya* and *kandughna*. These *rasa guna* and *karma* help in the *Samprapti vighatana* and thus proves to be effective in the management of *Sheetapitta*.

CONCLUSION

Sheetapitta is a prevalent *twak Vikara* in clinical practice. In *Sheetpitta*, there is *Kapha* and *Pitta* dominance, *Ushna-Tikshna Gunatmak Kalpa* like *sutshekhar Rasa* can be helpful. *Virechan Karma* beside with *Shaman* action is proved to be very effective in providing liberation in *Sheetpitta*. If disease is treated by breaking down of *Doshas* and *Nidan Parivarjanam* can absolutely get good results. Various *Ayurvedic* measures including *Ahara*, *Vihara*, *Dinacharya*, *Ritucharya* have been described, which play an important role in the prevention as well as the treatment of *Sheetapitta*.” *Ayurvedic* treatment modalities are safe, cost-effective, and widely acceptable, making them suitable for people of all age groups and socioeconomic backgrounds.”

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