



## **A Case Study on Sheetpitta W.S.R. To Urticaria by Ayurvedic Management**

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### **ABSTRACT**

*As a result of modernity, lifestyle problems are on the rise. Climate change, poor eating habits, job shifts, a stressful surrounding environment, and other variables are the primary causes of Tridosha vitiation and illness manifestation in today's world. Sheetpitta is a skin condition described in the Charak Samhita for the first time. Sheetpitta is defined as a combination of TridoshajVyadhi, Vata, and Pitta Dosha. Rasa and Raktadhatu are two Dushyas. Sheetpitta is characterized by reddish patches, skin irritation, and moderate to severe itching at the location. In current science, it is compared to urticaria. Because an allergic response is the most common cause of urticaria, antihistaminic medications are often recommended. Haridra, Trivruta, Amalaki, Yastimadhu, and other herbs help to relieve the symptoms of Sheetpitta. As a result, an attempt is made to conduct a clinical case study on Sheetpitta.*

**Keywords:** Sheetpitta, Haridra khanda, Yastimadhu taila, etc

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### **INTRODUCTION**

People do not follow the *Swasthvritta* guideline in today's world of shifting living patterns and inactive lives. Polluted environments, poor eating habits, jobs, stress, and other variables have all played a role in the onset of illnesses. One of the *TwakaVikara* is *Sheetpitta*. Wheals from all over the body, accompanied by extreme itching, a burning feeling, and discomfort. *Sheetpitta's* symptomatology and cause variables are comparable to those of urticaria. *Sheetpitta* is an illness that occurs when a patient is exposed to chilly air, causing *Kapha* and *Vata* to become vitiated. These two join with *Pitta* and circulate throughout the body, causing skin indications and symptoms [1]. *Varati Damstvat Soth* and *Kandu* are caused by *Kapha* vitiation, whereas *Shoola* is caused by *Vata Dosha* and is caused by *Pitta* vitiation. *Chardi, Hrillasa, Aruchi Dehasada, Angagaurava, Jwara, Vidaha, and Pipasa* are some of the symptoms it might induce [2].

To study the effect of *Ayurvedic* treatment [Shaman] in *Sheetpitta*.

### **MATERIAL AND METHODS**

This study was carried out in *Panchakarma* Department in Parul Institute of *Ayurveda*, Limda, Vadodara.

### **CASE REPORT**

This is a case report of a patient named Laxminagar soc Waghodia Rd Vadodara, who is 27 years old and female. Occupation - what you do for a living. For 15 days, the chief complaint has been *Daha* (burning feeling), *Raga* (redness), *Pittika* (small follicles) on the chest region, and *Kandu* (itching). The patient was experiencing the symptoms listed above. Due to an abundance of *Amla dravya*, hot and spicy food, and clod wind, it is pure *Paittik Twak Vikara* on the *Urahsthana* (chest area). *Usnatikshna, viddahiahar* is the major cause of the sickness. Other variables, such as *Ratri Jagran*, exacerbated the condition.

### **PERSONAL HISTORY**

**Urine** – Normal

**Stool**– Sometimes constipation

**Appetite** – Quite less

**Sleep** – Inadequate due to *Ratri Jagran*

**Bowel habit-** Irregular

Patient used the Morden drug for two weeks with no results; symptoms did not improve. He had experienced disruptions in his daily job and lifestyle as a result of the symptoms listed above, so he chose to contact a physician at Parul Institute of Ayurveda for further treatment and management. *Jirna Sheetpitta* was identified as the patient.

**PAST HISTORY**

Had the same episodes in the past 2 to 3 times in 3 month.

**FAMILY HISTORY-** Nil

**SAMRAPTI OF DISEASE**

*Vitiated Kapha* due to sheet *Marutadihetu* vitiated with *pitta*. Further *Kapha* along with *Pitta* spread all over the body and resulted in *sheetapitta* [3].

**SAMPRAPTI GHATAK**

**HETU –**

*Ushna Tikshan Vidahi Ahar, Almaraspradhan Ahar. Ratri Jagran, Eposer to cold Air.*

**Dosha –** *Pitta + Kapha*

**Dushya –** *Rasa, Rakta, Twaka*

**Srotas –** *Rasavaha, Raktavaha*

**Udhhbhava Sthana –** *Amashaya*

**Agni –** *Vishamagni*

**Adhithana –** *Uraha (chest region)*

**Vyadhiswabhava –** *Chronic.*

**Sadhya-asadhyata –** *Sadhya*

**Nidana –** *PaittikaTwakVikara*

**ChikitsaSutra –** *Nidanaparivarjan, Pittarharaaushadha*

**General Examination**

**Pulse-** 82/min,

**BP-** 130/80 mm of hg

**Temp-** 98.2

**Agni-** *Mandaagni*

**Koshita-** *Asamyak*

**Prakuti-** *Pitta Pradhan Kapha Anubandhi.*

**Medicines administration:**

1. Local application of *Yastimadhu Kshira Taila* twice a day after bath.
2. *Ghrita*- 1 tablespoon with lukewarm milk early morning.
3. *Yastimadhu + Amalaki Churna* with *ghrita* before meal twice a day
4. *Haridrakhand Churna*- 1tbsp after meal twice a day
5. *GuduchiGhanvati* – 1tab twice a day [4-7]

**CRITERIA FOR SELECTION OF MEDICINE.**

This medicine was chosen because of the high quality of the materials utilized in its production. The drugs are approved for the treatment of vitiated *Dosha* indications and symptoms.

**DRUG INCLUDED IN THE TREATMENT PROTOCOL**

**ASSESSEMENT CRITERIA**

The patient was evaluated using the *Ayurvedic* text's clinical signs and symptoms of *Sheetpitta*.

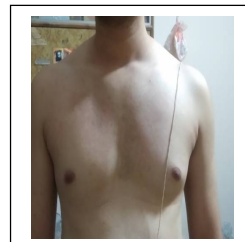
**RESULT**



1<sup>st</sup> DAY



3<sup>rd</sup> DAY



7<sup>th</sup> DAY

**Fig1: Treatment after Shaman Chikitsa**

The patient was told to come back 7 days for a check-up. After *Shaman Chikitsa*, all signs and symptoms that existed before therapy vanished. Finally, after one mild follow-up, all symptoms vanished. *Sheetpitta* has also been proven to respond effectively to *Ayurvedic* therapy in previous research. When it comes to

detecting sickness, the *Doshik* examination is crucial. Simple fundamental concepts and a thorough comprehension of the doshas provide astonishing outcomes. As a result, when treating patients, basic concepts should always be kept in mind.

## DISCUSSION

Anti-inflammatory, antihistamine, antibacterial, and antiallergic properties are provided by the substances used in the therapy. *Haridra Khanda* is used in the treatment of skin conditions such as *Sheetpitta*. The majority of the substances have qualities that help to reduce allergic reactions. Turmeric contains antioxidants, making it a strong healer. It functions as *Deepan-Pachana karma*, reducing *kleda* in the body. When the *kleda* level drops, the itching and burning sensations go away [4]. *Nishoth* is the plant's root, which has a powerful cleaning and purgative activity that can help with a variety of skin problems [5]. *Haritaki* is a good agent for treating skin issues since it has anti-allergic and antibacterial qualities. *Ajwain* relieves itching and is good alternative therapy for hives, acting similarly to antihistaminic medications. *Yashatimadhu* and *Amlaki* have anti-inflammatory, antioxidant, immunostimulant, and anti-allergic properties. *Raktashodhak* can benefit from *Guduchi*. *Yashthimadhuskhir tail* is a local application with good sheet pitta outcomes. Eczema, skin rashes, psoriasis, and itchy, dry skin can all be helped with because of liquorice [6-7].

## CONCLUSION

*Twak Vikara Sheetapitta* is a prevalent *twak Vikara* in clinical practice. An attempt was made in this research article to compile the specifics of the medication employed in *Sheetpitta*. The manner of action of the medicine was also investigated, and it was discovered that the key mineral constituents contained in the formulations function on *Sheetpitta* due to their *rasa, Guna, and karma*. After further investigation, it was discovered that just a few medicines function on dosha, a few on *Samprapti*, and a few on *Lakshana*. In general, these medicines restore healthy skin and treat urticaria by restoring the balance of the *Tridosha (Vata, Pitta, Kapha)* and *Saptadhatus* (body tissues), resulting in symptom alleviation. To confirm the activity of these medicines in *Sheetpitta*, however, systematic randomized clinical studies are necessary.

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