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Management of *Sheetapitta* through *Shodhana* and *Shamana* - A Case Study

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ABSTRACT

Now a day's cosmetic issue especially Urticaria has become a common problem in the society. Urticaria, commonly known as hives, usually occurs due to an allergic reaction. *Sheetapitta* is a similar condition in *Ayurveda*, as the symptoms are similar. *Sheetapitta* is comprised of two words *Sheeta* and *Pitta*. The condition occurs due to dominance of cold over *Pitta Dosha*. Due to exposure to cold wind, *Kapha* and *Vata Doshas* get aggravated and combine with *Pitta Doshas*. These spread all over the body and produce rashes on the surface of the skin. A 26 year old male student, presented with complaints of Reddish lesions over hands and back since 15-20 days associated with burning sensation, pain and itching which aggravated more during evening and night hours and on exposure to cold climate. The diagnosis was done as *Sheetapitta* with respect to Urticaria Pigmentosa. Its management was done successfully by following the principles of *Shodhana* and *Shamana*.

Key words: *Sheetapitta*, *Urticaria Pigmentosa*, *Virechana*, *Snehapana*, *Shodhana*, *Case Study*.

INTRODUCTION

Now a days cosmetic issue especially Urticaria has become a common problem in the society. Urticaria, commonly known as hives, usually occurs due to an allergic reaction. Urticaria is a vascular reaction pattern characterized by transient, erythematous, oedematous papules or plaques (wheals) of varying sizes and shapes which are usually pruritic.^[1] *Sheetapitta* is a similar condition in *Ayurveda*, as the symptoms are similar. *Sheetapitta* is comprised of two words *Sheeta* and *Pitta*. The condition occurs due to dominance of cold over *Pitta Dosha*. Due to exposure

to cold wind, *Kapha* and *Vata Doshas* get aggravated and combine with *Pitta Doshas*.^[2] These spread all over the body and produce rashes on the surface of the skin. A 26-year-old adult male who was a student, complained of frequent eruption of smooth, reddish slightly elevated papules or erythematous wheals on both hands and back since 15 days which gradually increased in 5 days. It is associated with localized and generalized itching, burning sensation and pain. The complaints got aggravated during evening and night time, exposure to cold climate and wind. The lesions first appeared on both hands and then on back. The case was diagnosed as *Sheetapitta* on the basis of clinical presentation, aetiological and relieving factors. *Sheetapitta* manifests in an individual due to the vitiation of *Vata* and *Pitta*.

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AIMS AND OBJECTIVES

1. To study about *Sheetapitta Vyadhi*
2. To study about the effect of *Shodhana* (*Virechana*) and *Shamana* in *Sheetapitta vyadhi*

MATERIALS AND METHODS

- *Amapachana*

- Arohana Snehapana
- Virechana
- Shamanoushadhi
- Pathya Apathya

Table 1: Showing the treatment schedule.

Date	Treatment	Medicine / Procedure	
31/1/2020	Amapachana	Tabet Shaddharana ^[3] 1 tablet twice daily with warm water before food for 3 days	
3/2/2020	Snehapana	Mahatiktaka Ghrita ^[4]	
		30ml - 1 st day @ 7am	
		60ml - 2 nd day @ 7:10 am	
		110ml - 3 rd day @ 7:00 am	
200ml - 4 th day @ 7:15 am			
7/2/2020	Sarvanga Abhyanga and Mrudu Swedana	Eladi Taila Abhyanga ^[5] followed by Mrudu Nadi Sweda	
8/2/2020	Virechana with Trivrut Lehya	Trivrut Lehya ^[6] 30 grams with Ushna Jala was given at 8:30 am - Number of Vegas - 16	
	Pathya	Ahara	Vihara
		Ganji Kichadi Laghu ahara Leafy Vegetables	Snana Wear clean clothes Avoid exposure to cold
	Apathya	Dadhi	Vegadharana
		Madhya Sevana	(controlling nonsuppressible urges)
		Mamsa	Adhika Vyama
		Matsya sevana	Sheetajala
		Brinjal	Sevana
		Buttermilk	Sheeta Maruta samsparsha (Exposure to cold wind)

9/2- 13/2	Samsarjanakrama		
13/2/2020	Shamanoushadhi	Asanadi Kashaya ^[7]	10ml twice daily with warm water before food
		Khadirarishta ^[8]	10 ml twice daily with warm water after food
		Haridra Khanda ^[9]	1 tsp twice daily with warm water before food
	2 nd visit on 23/2/2020	Manibhadra Guda ^[10]	1tsp with warm water at bed time
		Syrup Immunol	Morning - after food 1 tsp with water

Clinical Examination

On examination the lesions were reddish in color. Maculo-papular in nature, spreading on back, both hands with irregular shape and asymmetrical distribution. Lesions had irregular margin with no discharge and exudation. Color of the lesion- red, Hair over the lesion- present, Temperature – rose over the lesions. The size varied from 1 cm – 7cms.

OBSERVATIONS

Pathogenesis of this *Sheetapitta* is because of Aetiological factor which does the *Vata-Pittadi Dasha Prakopa* which in turn lead to *Rakta Dushti* further spreading to back and extremities and leading to the manifestation of weals.

The role of *Vata Dasha* in the manifestation is assessed by symptoms like dryness, pain and aggravating factors like exposure to cold climate.^[11]

Similarly, the role of *Pitta* in the manifestation of the *Sheetapitta Vyadhi* is assessed by symptoms like *Daha* (burning sensation) and itching indicates the role of *Kapha Dasha*.^[12]

Table 2: Showing observation of the treatment

Date	Treatment	Observation
31/1/2020 - 2/2/2020	Amapachana with Shaddharana tablet twice daily with warm water	Prakruta Mala Mootra Visarjana, Shareera Laghuta, Ksudha Pravrutti
3/2/2020	Mahatiktaka Ghrita Snehapana	-
3/2/2020	30ml - 1 st day @ 7:00am	Sneha Jeerna Kala - 3hrs with symptoms like Shirashoola
4/2/2020	60ml - 2 nd day @ 7:10 am	Sneha Jeerna Kala - 5 hrs with symptoms like Shirashoola , mild pain abdomen
5/2/2020	110ml - 3 rd day @ 7:00 am	Sneha Jeerna Kala - 7 hrs with pain abdomen
6/2/2020	200ml - 4 th day @ 7:15 am	Sneha Jeerna Kala - 8 hrs with symptoms like generalized weakness, mild abdominal pain, headache Adhobhaga Sneha Mala Pravrutti. Snighdhata in Twacha, disappearance of rashes.
7/2/2020	Sarvanga Abhyanga Swedana	No any rashes, Snigdha Twacha
8/2/2020	Virechana with Trivrut Lehya	Vegiki - 16 Laingiki - Vatanulomana Antiki - Kaphanta

DISCUSSION

The patient was a student. He was a hostelite with *Vata Pitta Prakruti*. He was having *Madhyama Bala*. He used to have foods like curd, buttermilk, Brinjal, spicy and sour items. Very fond of pickles, tea and outside fast foods. These foods vitiate *Pitta* in turn *Rakta* leading to skin manifestations like erythematic rashes. His hostel was bit far so daily travelling; exposure to wind was a must. These lead to the vitiation of *Vata* and *Kapha Doshas* intern producing the symptoms of itching and dryness of skin.

Probable mode of action of drug

By considering the predominance of *Rakta, Pitta* and *Vata Doshas Virechana* was conducted followed by other medications. *Virechana* is the prime *Shodhana* therapy for *Pitta* and it also purifies *Rakta*. It palliates *Vata* and normalizes its movement. Even after the symptomatic management there is a chance of recurrence of the disease. So *Shodhana* is necessary.^[13] Patient was *Vata Pitta Prakruti* and the *Bala* was *Madhyama*. Patient had symptoms like redness and itching. Hence *Virechana* was opted as a line of treatment. Tablet *Shaddharana* which contains *Chitraka (Plumbago Zeylanica)* is best *Amapachaka* and *Deepana*. *Katuki (Picrorrhiza Kurroa)* is *Bedhaka* and *Abhaya (Terminalia chebula)* is *Vatanulomaka*. *Amapachana* was done till *Nirama Lakshanas* were seen. Patient was observed for lightness of body, proper *Mala Mutra Visarjana*. *Mahatiktaka Ghrita* contains the drugs where most of them are *Vatapittahara*. *Tikta Rasa Pradhana, Raktaprasadaka*. Hence the above medications were given.

Before treatment



During Treatment



During last visit



After Treatment



CONCLUSION

Sheetapitta is a *Vatapitta Pradhana Tridoshaja Vyadhi*. This manifests mainly due to exposure to cold wind and by consuming sour and spicy items. As there is a recurrence of the disease only *Shamanoushadhis* cannot yield good result. Hence by adopting both *Shodhana* and *Shamana* the present case was successfully managed.

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