

A MARVELLOUS EFFECT OF AYURVEDA IN ANGIOEDEMA: A SINGLE CASE STUDY

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ABSTRACT

Angioedema is a skin reaction similar to urticaria. It is most often characterised by an abrupt and short-lived swelling of the skin and mucous membranes. All parts of the body may be affected but swelling most often occurs around the eyes and lips. For present study, a 27 years old Hindu Female patient having history, with Red welts near the eyes and lips with severe itching and burning in whole body with uneven frequency one or two times in a month since last 3 months was registered. Considering the signs and symptoms patient was treated in the lines of *Sheetpitta Vyadhi Chikitsa*. Classical *Virechanakarma* was done followed by *Shaman Chikitsa* along with *Pathya-Apathya*. Patient was completely cured with no recurrence in the fallow up of the treatment.

Keywords: Angioedema, *Sheetpitta*, *Virechanakarma*

INTRODUCTION

Angioedema is swelling that happens just below the surface of the skin, most often around the lips and eyes. In allergic reaction body produces histamine, which causes blood vessels to swell. Angioedema is like urticaria, but with urticaria there are itchy red welts on the surface of skin. Angioedema is a deeper swelling. Both urticaria and angioedema are usually caused by an allergic reaction to either a food or medication. The following may cause angioedema: 1) Animal dander (scales of shed skin), 2) Exposure to water, sunlight, cold or heat, 3) Foods (such as berries, shellfish, fish, nuts, eggs, and milk), 4) Insect bites, 5) Medicines (drug allergy), such as antibiotics (penicillin and sulfa drugs), no steroidal anti-

inflammatory drugs (NSAIDs), and blood pressure medicines (ACE inhibitors), 6) Pollen. Urticaria and angioedema may also occur after infections or with other illnesses (including autoimmune disorders such as lupus, and leukemia and lymphoma). A form of angioedema runs in families and has different triggers, complications, and treatments. This is called hereditary angioedema¹.

Common symptoms of angioedema include: 1) Red welts that suddenly appear, especially near the eyes and lips, but also on the hands, feet, and the inside of the throat, 2) Burning, painful, swollen, sometimes itchy areas, 3) Discolored patches or rash on the hands, feet, face, or genitals, 4) More

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rarely, hoarseness, a tight or swollen throat, or trouble breathing².

In *Ayurveda*, we correlated angioedema with *Pravuddha Avastha* of *Sheetpitta*. Considering the signs and symptoms patient was treated in the lines of *Sheetpitta Vyadhi Chikitsa*. Due to *Doshadhikya* classical *Ayurvedic Sodhana Chikitsa (Virechanakarma)* followed by *Shaman Chikitsa* and *Pathya-Apathya* is necessary to cure it. So, a known patient of Angioedema was successfully treated with such treatment protocol is presented as a case study in this article.

CASE REPORT

A 27 years hindu female patient resident in Ahmedabad was presented in OPD no.9 of Kayachikitsa Department, Akhandanand Ayurved Hospital in 3 July 2015 presenting with....

- C/C(Chief Complaints): Red welts near the eyes and lips with severe itching and burning in whole body with uneven frequency one or two times in a month since last 3 months
- Associated Complaints: Hyperthermia during the time of angioedema attacks.
- No specific Aggravating factor found.
- O/E (On Examination): *Sama Avastha* found by *Jihva Darshana Pariksha*
- P/H(Past History) :According to patient before 1 years back, he was an healthy state, later (end of 2014) started with severe itching and wheals whole over body with uneven frequency one or two times in a week. At that time they consulted their family doctor. She had diagnosed Urticaria and treated. Medicine prescribed were Tab. LDIO and Tab. Wysolone for 1 month, at that time all complaints subsided. But after

one month when medicine stopped complaints reappeared. Patient completed 3 month course of allopathic medicine by the advice of her family doctor. But diseases was not cured even frequency of attacks was aggravated. And since last 3 month patient was admitted two times in Allopathy hospital for the treatment of presenting complaints. After that he came in our hospital for *Ayurvedic* treatment. Patient was suffered from Jaundice before two years also.

- F/H(Family History): Nil
- Dietary History: Both Vegetarian and Nonvegetarian, junk food 2-3 times monthaly. Patient took furmanted items, Dadhi rarely.
- *Krimi Lakshana*³: Not found
- Associated complaints: Appeptite decrease, Disturbed sleep, Constipation

First of all we carried out CBC and Serum IgE level. Both findings were found in normal limit.

TREATMENT PLAN

Considering the past history and present complaints of patient, patient was treated in the lines of *Sheetpitta Vyadhi Chikitsa*. Treatment plan as following:

- **Step 1:** *Deepan-Pachana Chikitsa* for 3 days, *Chitrakadi Vati*⁴ 2 tab twice a day & *Trikatu Churna*⁵ 1gm twice a day before meal with warm water
- **Step 2:** *Snehpana* with *Mahatikta ghrita*⁶ till *Samyaka Snehpana Lakshana* found
- **Step 3:** *Virechana* with *Ichhabhedi Ras*⁷ 4 tab (125mg each) Followed by *Purvakarma (Sarvang Abhyanga and Swedana 3 day)* and *Pachyat karma (Samsarjankrama for 5 days)*

- **Step 4:** *Shamana Chikitsa* for pacification of rest *Doshas* followed by *Pathya-Apathya* 2 months.
 1. *Haridrakhanda*⁸ 6 gram once in a day before meal (early morning) with warm water
 2. *Sansamni vati* 2 tab twice a day before meal with warm water
 3. *Sudarshan Ganvati*⁹ 2 tab twice a day before meal with warm water



OBSERVATION

After *Virechanakarma* we continue *Shamana Chikitsa* for 2 months. No complaints till date as per regular follow up. Patient was completely cured with no recurrence.

DISCUSSION

Due to recurrent nature of disease, it is compulsory to do *Shodhana Chikitsa*. We selected *Virechana* as *Shodhana Chikitsa* because of patient *Bala*. In *Virechana*, *Pravara Suddhi* was found with 31 vega. By

Virechanakarma Prakupita Doshas are eliminated from the body.

After *Samsarjankrama*, we started *Haridrakhanda*, *Sansamni Vati* and *Sudarshan Ganvati* which have *Vyadhipratyatmika* property. The details of drugs, their composition and exact effect were described in below table.

Table 1: Oral drugs, their Composition and Exact effect

Name of drug Compound	Contains	Exact effect
<i>Haridrakhanda</i>	<i>Haridra, Goghrita, Godugdha, Sarkara Prakshep Dravyas: Shunthi, Loha, Pippali, Maricha, Twak, Ela, Tamalpatra, Trivruta, Vidanga, Haritaki, Amalaki, Bibhitaki, Nagkesar, Musta</i>	<i>Sheetpitta-Udarda-Kotha Nashaka</i>
<i>Sanshamani Vati</i>	<i>Giloy</i>	<i>Jwaragna & Twakadoshahara</i>
<i>Sudarshan Churna</i>	<i>Main contain is Kiratatikta 21 Part (Half of total ingredients) others are Kaleeyaka (Santalum album), Haridra, Devdaru, Vacha, Motha, Hareetaki etc</i>	<i>Jwaragna</i>

CONCLUSION

In present case, the treatment was found very effective in treating Angioedema. Further this treatment modality will use in more number of patients of angioedema and try to establish it, as a ideal *Ayurvedic* line of treatment for Angioedema.

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