AYURVEDIC MANAGEMENT OF URTICARIA w.s.r. to SEETAPITTA- A CASE STUDY

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ABSTRACT
Urticaria/Hives is a very common problem characterized by pale red rashes and severe itching caused by an allergic reaction. Even after the availability of newer medicine, there is lack of promising results against this ailment. Moreover use of drugs like antihistamines and corticosteroids lead to various side effects. The aim of the study is to evaluate the effect of Ayurvedic treatment in the management of Urticaria. Ayurvedic classics mentioned this similar condition as Seetapitta, one among Twakroga which is Vatapradhanatridhosha in nature. A 49 year old female patient visited OPD NARIP, Cheruthuruthy, with complaints of severe itching over whole body and rashes since 2 years. She consulted a dermatologist and was under medication. But there was no satisfactory relief. Treatment was given with internal samana and sodhanaoushadhi. Advices on proper diet and LSM were also given. Excellent result was found on continuation of treatment for 2 months. Ayurvedic treatment can prove to be very effective in the management of Urticaria.

Keywords: Urticaria, Seetapitta, Deepana, samana, sodhana

INTRODUCTION
Urticaria is a very common problem characterized by raised itchy areas of skin that are usually a sign of an allergic reaction. One person in five will suffer from it during the course of their life. Often the patches of rash move around. Typically they last a few days and do not leave any long-lasting skin changes. Fewer than 5% of cases last for more than six weeks. The condition frequently recurs. Hives frequently occur following an infection or as a result of an allergic reaction such as to medication, insect bites, or food. Psychological stress, cold temperature, or vibration may also be a trigger. In half of cases the cause remains unknown. Risk factors include having conditions such as hay fever or asthma. Diagnosis is typically based on the appearance. Patch testing may be useful to determine the allergy. Prevention is by avoiding whatever it is that causes the condition. Urticaria occurs when the body reacts to an allergen and releases histamine and other chemical from under the surface of the skin. The histamine and the chemicals cause inflammation and fluid to accumulate under the skin, causing wheals. Urticaria usually fade within a few weeks, and hives that longer are usually the sign of an autoimmune condition. Treatment is typically with antihistamines.
Case History
This 49 year old house wife presented for the treatment of *seetapitta*. She complained of itching over whole body. Itching is severe with appearance of reddish skin lesions having elevated margins. She describes the itching as if some insect is crawling over her body. Itching is associated with severe thirst, tightness of chest and breathing difficulty. This complaint started 2 years back during winter season. The frequency of the symptoms increased in the last year and is continuous every day now, when she came to the clinic. Itching aggravates during cold climate and towards end of the day. She is taking levocetirizine daily for the last 1 ½ years and that provides her relief of the symptoms. But stopping the medicine even for a single day causes reappearance of all complaints. There is no complete recovery of the symptoms after continuous medication and patient is feeling sleepy on taking the medicine, so she decided to take Ayurvedic medication.

Past history – Nothing relevant found.

Drug history – Lecocetirizine (5 mg) daily last 1 ½ years
No family history. Psychosocial status also good.

Personal history –
Appetite: Good
Diet: Mixed diet (preferably non-vegetarian, liking for *katu rasa*)
Bowel: 2 times/day, well formed stools
Micturition: 4-5 times/day, 1-2 times/night
Sleep: Sound
Menstrual cycle- regular (5/28 days)
Obstetric history- G2 P2 L2 A0

General Examination - Revealed a medium built, fit looking well dressed woman with anxious face. No pallor / icterus / cyanosis / clubbing / lymphadenopathy/ edema. BMI -24 with Ht – 157 cms and wt- 60 kg. Vitals -Respiratory rate- 18/mt, Pulse rate and heart rate -70/mt, B.P - 110/70 mm Hg

Systemic examination:
Respiratory system – Normal vesicular breathing, no added sounds. No abnormality detected.
Cardiovascular system –S1S2 clearly heard, no murmurs.

Lab investigations – Hb – 12.3 mg%, ESR – 12 mm/hr, Total cholesterol – 229 mg/dl.
Patient was diagnosed with *seetapitta* which can be correlated to urticaria (hives).

Ayurvedic examination:

**Dasavidha pareeksha**
Prakrithi – vata pitta
Vikrithi: Dosha – vata pradhana tridosha (vata - +++ karshnya, anaha, sakrit graham) Pitta- ++ daha, raga kapha - + kandu
Dushya: Rasa, Raktha
Desam: Bhoomi desam- janghala sadharana, Dehadesam – sarvanga
Balam: Roga balam – pravaram, Rogi balam – madhyamam
Kalam: Kshanadi – Varsha rtu, Vyadhyavastha – Purana
Analam: Vishamagni
Vayas: Madhyama
Satwam: Madhyama
Satmyam: Katurasa
Aharasakthi: Jaranasakthi- madhyama, Abhyavaharana sakthi- madhyama

**Ashtavidha pareeksha:**
Nadi: Vataja
Mootram: Anavilam
Malam: Madhyama
Jihva: Anupalepa
Sabdham: Spashta
Sparsham: Anusnaseeta
Akrithi: Madhyama
Drik: Vyaktha

**Samprapthi ghatakas:**
Agni: Vishamagni
Adisthana: Amasaya
Srothas: Rasavaha, Rakthavaha
Shanasamsraya: Twak
Rogamarga: Bahya
Table 1: Treatment Details:

<table>
<thead>
<tr>
<th>DATE</th>
<th>COMPLAINTS</th>
<th>MEDICINE</th>
<th>PRINCIPLE</th>
<th>RESULT</th>
</tr>
</thead>
</table>
| 10/3/17| Itching, appearance of rashes + difficulty in breathing on stopping medicine (pt is on continuous medication) | 1. Guduchyadi kashayam\(^1\) (15 ml + 45 ml luke warm water twice daily before food)  
2. Avipathy choornam\(^2\) - 1 tsp at night daily + hot water. | Agni deepana, kapha pitta hara  
Pitta samana | Appetite – improved  
Advised to take levocetirizine in the same dose in addition to our medication |
| 24/3/17| Same as above                                                               | Stopped kashayam  
1. Tikthakam ghritam\(^3\) - 1 tsp at morning in empty stomach.  
2. Haridrakhandam\(^4\) - 1 tablespoon at bed time  
3. Sarshapa tailam\(^5\) - Abyanga and hot water bath | Vatapittahara  
Reduce allergy by improving vyadhikshamathva Usna, teekshna, vatahara | Reduced the dose of levocetirizine to 2.5 mg daily |
| 8/4/17 | Same complaints after 36 hrs of taking levocetirizine                       | 1. Virechanam with Avipathy choornam - 15 gm + hot water at 7.00 am on 9/3 and advised samsarjana karma.  
2. Continue tikthakaghrita and haridrakhandam  
3. Advised strict pathya- apathyas (avoid curd, pickles, masha etc) | Kaphapittahara  
Srothosodhana | Symptom free for 3 days.  
Taking levocetirizine half dose once in three days. |
| 2/5/17 | Almost symptom free                                                         | 1. Indukantham ghritam\(^6\) + Haridrakhandam daily for 1 month  
2. Diet and hot water bath  
3. Advised to do virechana with Avipathy choornam once in a month. | Enhance immunity  
Prevent recurrence | Levocetirizine 2.5 mg once in a week. |

After a course of 3 months Ayurvedic medication, she is symptom free and is not taking any of the medicines now.

**Advice:**
1. Follow strict diet regimen.
2. Hot water bath.
3. Virechana once in a month.

**DISCUSSION**

In the samprapti of this disease Agni mandhya and Ama played a major role. Improper agni along with irregular food habits caused the formation of ama which further vitiated the tridosha and created srothorodha by sanga and vimargagamana. Thus the dosha dushya sammurchana commencing in amasaya got sthanasamsraya in twak and produced the lakshanas. As the treatment aims at samprapthi vighattana and nidana parivarjana, the treatment principle should be deepana- pachana, tridoshahara, srothosodhana and balavardhana. Keeping this in mind, the medicines were selected.

**CONCLUSION**

49 yr old female patient diagnosed of seezapitta (urticaria) got complete recovery of her symptoms on taking 3 months Ayurvedic medication. The medicine (levocetirizine) which she was taking continuously for last 1 ½ years was advised to decrease the
dose gradually and it was completely withdrawn by 2 month of our medication.
Awareness given on Proper food habits, *Dinacharya, Rtu charya* and *Rtusodhana* worked here hand in hand along with the medicines.

**Acknowledgments:**
The authors express sincere thanks to Vaidya Prof. K. S. Dheeman, Director General, CCRAS, Dr. N. Srikanth, Deputy Director General CCRAS and Dr. P. Radhakrishnan, Assistant Director in Charge, NARIP Cheruthuruthy for their support and co-operation.

**REFERENCES**

**Source of Support:** Nil
**Conflict Of Interest:** None Declared