

MANAGEMENT OF URTICARIA THROUGH AYURVEDA AND ADJUVANT EFFECTS OF PATHYA/APATHYA AHARA: A CASE STUDY

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Article Received date: 20 May 2024

Article Revised date: 10 June 2024

Article Accepted date: 30 June 2024



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ABSTRACT

Urticaria is defined as condition associated with allergic reaction of the skin, in which patient shows sensitivity towards the various factors/antigens. It is characterized by rashes (Pale red in colour) and itching which occurs as resultant of skin allergic reaction. The releases of histamine and other mediator initiates cascade of events like vascular dilatation, dermal oedema and pruritis, etc. Ayurveda described *Shitpitta* as condition possessing symptomatic similarity with Urticaria. *Shitpitta* is *Vaatpradhan tridosha Twakroga* characterized by symptoms such as; *Toda*, *Shotha*, *Daha* and *Kandu*, etc. Ayurveda offers various approaches of treating such types of diseases and dietary recommendations along with medicines and purification therapies which play vital role in the conditions. In present case a female suffered with Urticaria was treated successfully using Ayurvedic medicines and *Panchakarma* therapy along with *Pathya Ahara*. *Viruddh Ahara* might have trigger disease pathogenesis along with other factors. Treatment was given to her including medicines like *Allertinil*, *Mahamarichyadi Tel* and *Dooshivishari Vati* along with *Panchakarma*. *Pathya Ahara* also suggested and study observed remarkable outcome after the three follow up periods.

KEYWORDS: *Ayurveda, Viruddh Ahara, Urticaria, Shitpitta, Pathya.*

INTRODUCTION

Sheetpitta is a *Tridoshaj Vyadhi*, however *Vata* and *Pitta Doshas* predominantly involve in disease along with *Dushya* of *Rasa* and *Rakta*. *Sheetpitta* may occur due to the allergens and unwholesome *Ahar-vihara*. It affects the quality of life, mainly cosmetic point of view and become cause of social isolation sometimes. Consumption of *Lavana Katu Rasa*, *Atisevana*, *Diwaswap*, *Keeta Dansha* and *Asamyaka Vamana*, etc. may become cause of disease. *Krumi Sansarga* and exposure to allergens also leads disease progression. *Dosha* vitiation occurs due to the *Hetu* which further vitiates *Ras* and *Rakta-dhatu*, then manifests as rash. *Shotha*, *Kandu* and *Toda*, etc. are common symptoms associated with disease.^[1-4]

The *Samprapti* of *Shitpitta* occurs due to the consumption of causative factors such as; *Amla*, *Lavana* and *Katu Rasa*, etc. The *Ushna* and *Tikshan Guna* causes *Agnimandya* and leads formation of *Apakva aahararasa*, which further results *Vidagdha & Abhishyandi guna* in *Rasa Dhatus*. The aggravated *Dosha* accumulates in the skin which manifested as symptoms of *Saurambha*,

Toda, *Kandu* and *Daha*, etc. The pathological factor associated with disease is depicted in **Figure 1**.^[4-7]

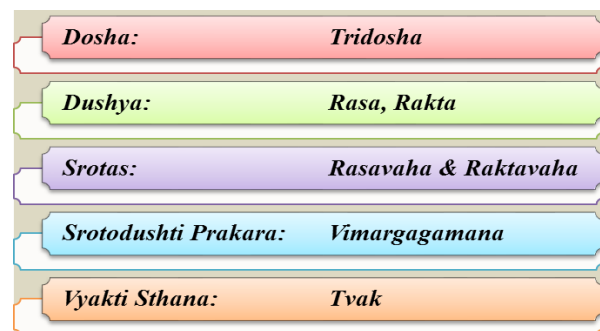


Figure 1: Pathological factors associated with shitpitta.

Urticaria is characterized by elevated itchy wheals, erythematous, plaque lesions, cutaneous swelling and erythema. The cutaneous lesions generally found superficially in the dermis of skin. The size of lesion varies and dermal oedema often found centrally. Exposure to heat, cold and environmental allergens, etc.

causes urticaria and its incidences are increasing currently due to the high level of pollution and industrialization, etc. It most frequently observed after the age of adolescence and classified into two types as Acute and Chronic Urticaria. Acute Urticaria is of less than 6 weeks while Chronic Urticaria is of more than 6 weeks. Disease mainly caused by hypersensitivity reaction, involving IgE antibodies attached to mast cells. When an antigen enters the skin through the bloodstream, it reacts with the IgE antibodies. This causes the mast cells to release histamine and other substances, leading to the symptoms of hives. These substances cause blood vessels to expand, resulting in redness, swelling, and itching. This process ultimately leads to the formation of wheals.^[6-9]

Lifestyle changes, awful dietary habits and chemical exposure, etc. lead high incidences of *Shitpitta* in current scenario. *Shodhan* and *Shaman Chikitsa* mainly advise for disease treatment in Ayurveda. Consideration of *Pathya-apathya palana* also play significant role in disease eradication. Present article described a case report of successful management of Urticaria using Ayurveda approach and dietary modification.^[5-8]

Grading of subjective parameters

Parameter severity	Grading scale representation
Mild (Occasionally)	+
Moderate (Disturbing activity)	++
Severe (Disturbing sleep)	+++

Treatment prescribed

- ✓ Drugs: Allertinil and *Dooshivishari Vati* for oral administration
- ✓ *Mahamarichyadi Tel* for topical purpose
- ✓ *Panchakarma*

Dietary advices

- ✓ **Apathya:** Spicy and oily diet, *Lavana* and *Amla Rasa*, *Viruddh Ahara*
- ✓ **Pathya:** *Katu & Tikta Rasa Ahara* like *Moong Dal*, *Karela*, *Patol* and *Patra shak*

CASE STUDY

This study deals with a case of urticaria, where a female patient (age 48 years) was treated using *Shodhan & Shamanaushadi* along with *Pathya Ahara-Vihara*. The patient came with complaints of rashes, itching, burning sensation, swelling and pricking sensation, etc. The reddish lesions and wheals were observed on skin during clinical examination.

- ✓ **History:** No family history of such case
- ✓ **Diet:** Spicy and oily diet, *Lavana* and *Amla rasa*, *Viruddh Ahara* like *Mooli* with milk which might have trigger disease.
- ✓ **General examination:** Pulse -72/min., BP -122/80 mm.
- ✓ **Rogi-Pariksha:** *Agni –Mandagni*, *Koshtha – Asamyak*, *Prakruti –Pitta*, *Rugna Prakruti* was *Pitta-vata pradhan*.

Assessment parameters

- ❖ *Toda*
- ❖ *Kandu*
- ❖ *Daha*
- ❖ No. of wheals
- ❖ Size of lesions

OBSERVATION AND RESULTS SUMMARY

Significant reduction was observed in edema, pricking sensation, itching, burning sensation and number of wheals. The size of lesions also reduced noticeably and frequency of symptoms manifestation also get suppresses. The effect of therapy before and after treatment on assessment parameters is depicted in **Table 1**.

Table 1: Effect of therapy before and after treatment on assessment parameters.

Parameters of assessment	Effect of therapy	
	Before treatment	After treatment
<i>Toda</i>	++	+
<i>Kandu</i>	+++	++
<i>Daha</i>	+++	+
No. of wheals	15 to 25	<12
Size of lesions	>3 cm	1-2 cm

DISCUSSION

In present case *Samprapti* of disease associated with *Katu*, *Amla* and *Lavana Rasa Aahara* which possess *Ushna* and *Tikshna Guna*. The indulgence in *Hetu* leads *Agnimandya* and *Viruddh Ahara* like *Mooli* with milk might have triggered disease pathogenesis. Symptoms like *Saurambha*, *Kandu* and *Aaraktata*, etc. are produced as disease progression started.

The *Kapha-pitta shodhana* effects of drugs help to reduce disease progression and impart anti-inflammatory action. The *Rakta-shodhana* and *Strotoshodhana* effects give relief in disease progression, while *Kledahara* and *Shothahara* effects reduce disease symptoms. Drugs acts on *Rasa Dhatu*, normalizes *Dhatwagni*, help in *Pittarechana*, and facilitates *Rakta prasadana* and *Ushna Guna* of drug helps in itching. The purification therapy

normalizes *Doshas*, acts as blood purifier, gives *Kapha pachana* and *Vata shamana* effects, and helps in relieving symptoms of burning sensations and itching.^[9-11]

CONCLUSION

The therapy reduces oedema, burning sensation and itching, etc. The treatment administered has significantly improved all assessed parameters, indicating an effective intervention for managing and alleviating the symptoms of the allergic condition.

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