

A CASE STUDY ON SHEETPITTA W.S.R. TO SHAMAN AND SHODHANA CHIKITSA

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ABSTRACT

Ayurvedic therapies and practices have been integrated in universal wellness. Changes in lifestyle with development are very drastic. Diseased environment, junk food habits, work in shift duties, anxiety etc. are the main causative factors for vitiation of *Tridosha*. According to *Ayurveda* *Sheetpitta* is described as *Tridoshaj Vyadhi*, but *Vata* and *Kapha Dosh* are predominant and *Rasa* and *Rakta* are main *Dushya*. *Sheetpitta* is one among the *Twaka Vikara* (skin disorders) that have related *Hetu* of *Kotha* and *Udarda*. *Vata* and *Kapha* are two "*Doshas*", which are primarily bothered which in turn is associated through *Pitta* resulting in *Tridosha Prakopa* causing red rashes, swelling, itching on the skin. Chief symptoms of *Sheetpitta* are reddish spots, inflammation on skin with moderate to severe itching at site. It is compared with *Urticaria* in modern science and termed as primary cutaneous disorder. Episodes of *Urticaria* may continue to revert for days, weeks, months or year if not cured properly. *Urticaria* is calculated as allergic reaction due to certain food and have only symptomatic treatment and anti-allergic drug. Commonly antihistaminic medicines were used for *Urticaria*. In *Ayurveda*, treatment of *Sheetpitta* includes *Shodhana* and *Shamana Chikitsa*. The present case study is on a 31years old female patient pre diagnosed as *Sheetpitta* came to *Panchakarma* OPD, *Shodhana Chikitsa* was planned followed by *Shaman Chikitsa*. Results obtained were good.

KEYWORDS: *Sheetpitta*, *Shamana*, *Shodhana*, *Raktamokshan*, *Siravedh*, *Virechana*.

INTRODUCTION

Ayurveda is a science which deals with various disease by internal Purification (*Shodhana*) and internal medicine (*Shamana*) therapy. *Panchakarma* is the *Shodhana* modality in *Ayurveda* which gives good result in complicated and long term disease. Vitiating *Doshas* are eliminated from the body and permanent relief from the disease takes place. *Sheetpitta* (*Urticaria*) is a disease in which *Kapha* and *Vata Dosh* get vitiated by exposure to cold wind combining with *Pitta* result in impurities in blood causing skin disorders.^[1] *Dushti* of *Tridosha* takes place and causes *Shoth*, red patches/rash and itching on skin. *Mandal*, *Utsedha*, *Kandu* (itching), *Toda* (pain), *Chardi* (vomiting), *Jwara*, *Aruchi*, *Rullas*, *Angagauravta* and *Daha* are the symptoms of *Sheetpitta*.^[2,3,4,5]

Imbalance of *Vata*, *Kapha* with *Pitta* causes *Sheetpitta*. *Urticaria* is a vascular reaction of skin marked by transient appearance of smooth, slightly elevated papules or wheals.^[6] In this condition there will be presence of red, raised itchy skin rash that sometimes are triggered by allergens. It produces allergic reaction known as wheals or netter rash. When allergic reactions appear in the body there will be the release of proteins called histamines. They are usually pink or red with an oval

rounded shaped usually occurs as patch seen frequently on face, extremities including arms, hands, fingers, legs, feet and toes. Symptoms normally disappear within hours or may continue for several days. For this no specific treatment is available. Antihistamines can be prescribed which should be taken regularly but it causes sedating effect and drowsiness. *Yogratnakara*.^[7] and *Bhaishajyaratnavali*,^[8] has indicated both the *Shodhana* (removing *Doshas* from the body by means of relevant *Panchakarma*) and *Shaman* (subsiding *Doshas* with proper internal medicine) treatment modalities in *Sheetpitta*. In *Bahudosh Avastha* of any disease, *Shodhana Chikitsa* gives better results with minimum chances of recurrence. Considering this, *Raktamokshan* and *Virechana* was followed by internal medications were planned. *Raktamokshan* was done as it was acute condition of *Sheetpitta*. Patient got 20% relief after *Raktamokshan*. For long term management *Virechana* was planned followed by internal medicines

CASE STUDY

A 31year old female patient visited the outpatient department having complaints of

1. Urticarial rash all over body with
2. Itching
3. Burning sensation all over lower and upper limb,

4. Excessive sweating,
5. Burning sensation in chest
6. Headache.

Age- 31years
Sex- female
Marital status- Married
Occupation- software engineer
Appetite- Normal
Bowel- 1 times/day
Bladder-4-5 times/day
Allergy- not known

History of Present illness

Patient was healthy before 1 year, after which she had gradual onset of urticarial rash associated with itching on back. Symptoms worsen and was developed on both lower and upper limb. Cause for sudden onset for this symptoms remained idiopathic. Rash and itching were on and off but frequency was more. Patient has taken anti-histamine medicine but there was temporary relief so she came to hospital for further management.

O/E-
BP- 110/70 MMHG
Pulse- 78/min
Temperature- afebrile
RR- 22/min

S/E-
RS- AEBE clear
CVS- S1S2 N
CNS- Conscious, oriented

Investigations

HB-11 g/dl
WBC-6530
PLATELET-323000
ESR- 30
ECG- WNL

Personal history

Name- XYZ

| Sr.no | Dashavidh Pariksha | |
|-------|--------------------|--------------------------------|
| 1 | Prakruti | Pittakapha |
| 2 | Vikruti | Tridosha, Dooshya – Rasa,Rakta |
| 3 | Satwa | Madhya |
| 4 | Sara | Madhyama |
| 5 | Samhanana | Madhyama |
| 6 | Pramana | Madhyama |
| 7 | Satmya | Sarva Rasa |
| 8 | Ahara Shakti | Madhyama |
| 9 | Vyayama Shakti | Madhyama |
| 10 | Vaya | Madhyamavastha |

Table no. 1 shows Ashtavidha Pariksha
Table no. 2 shows Dashavidh Pariksha

Table no 1-
Table no 2-

| Sr.no. | Ashtavidha Pariksha | |
|--------|---------------------|----------------------------|
| 1 | Nadi | Manda, Pitta Pradhan Kapha |
| 2 | Mootram | Samyak |
| 3 | Malam | Samyak |
| 4 | Jiwaha | Niram |
| 5 | Shabda | Spashta |
| 6 | Sparsha | Samashitoshna |
| 7 | Drik | Prakrut |
| 8 | Akriti | Sithool |

MATERIALS AND METHODOLOGY

Treatment

• Shodhana therapy

a) Raktamokshana (Siravedh) was done as it was acute condition of Sheetpitta. Patient got 20% relief after Siravedh but considering the patient's condition (Virechana) was planned.

b) Virechana karma, one of the basic procedures of detoxification was planned with Poorvakarma and Paschatkarma

• Shamana therapy

After Shodhana therapy internal medication were given mainly Pitta-Vata Shamaka, Raktashodhana were advised for better effect which includes Haridrakhanda, Raktapachakvati and Sarivadyarishta for 1 month.

The details of the treatment are given below

Shodhana

Table 3: Siravedh karma.

| SR | PROCEDURE | PROCEDURE DETAILS | DURATION |
|------------------------|------------------|--|----------|
| A.Porvakarma | | | |
| 1 | <i>Snehapana</i> | <i>Panchatikta Ghrut</i> in increasing dose per day <i>Anupana</i> luke warm water 1 st day -30 ml 2 nd day- 60 ml 3 rd day- 90ml | 3 days |
| B.Pradhanakarma | | | |
| 2 | <i>Siravedh</i> | 1. <i>Sarvanga Snehana –Sarshap Tail</i> 2. <i>Sarvanga Swedana- Bashpa Sweda</i> 3. <i>Siravedh</i> from right elbow joint <i>Matra</i> -70ml <i>Varna- Raktakrushna Varni</i> <i>Gandha- Raktagandhi</i> <i>Dosha- Vaatpitta</i> | 1 day |

Table 4: Virechana Karma.

| SR | PROCEDURE | PROCEDURE DETAILS | DURATION |
|------------------------|-------------------------|--|----------|
| A.Porvakarma | | | |
| 1 | <i>Deepana- Pachana</i> | <i>Sootshekhar vati</i> 2 tablets with lukewarm water | 3 days |
| 2 | <i>Snehapana</i> | Plain cow ghee in increasing dose per day with <i>anupana</i> luke warm water 1 st day -40 ml 2 nd day- 80 ml 3 rd day- 120ml <i>Samyak Snehapana lakshana</i> was observed on 3 rd day hence <i>snehapana</i> was stopped | 3 days |
| 3 | <i>Sneha viram</i> days | 1. <i>Sarvanga Snehana –tila tail</i> 2. <i>Sarvanga Swedana- Bashpa sweda</i> in morning hours | 3 days |
| B.Pradhanakarma | | | |
| 4 | <i>Virechana</i> day | 1. <i>Virechana yoga- trivrutta avaleha</i> (60gm) 2. <i>Anupana- koshnajala</i> 3. <i>Virechnopag- Draksha kwath (muhurmuhu panarth)</i> 4. <i>Sarvanga Snehana –tila tail</i> 5. <i>Sarvanga Swedana- bashpa sweda</i> | 1 day |
| C.Paschatkarma | | | |
| 5 | | <i>Samsarjan Karma</i> (dietry regimen) was adviced as per <i>Shudhi</i> observed in <i>Virechana Karma</i> | 7 days |

Table 5: Shamana Chikitsa (1month).

| Sr.no | Drugs | Dose | Anupana | Pharmacy |
|-------|-------------------------|--------------------------|-----------------------|-----------------|
| 1 | <i>Haridrakhandapak</i> | 3gm <i>Rasayankali</i> | milk | <i>Rasamrut</i> |
| 2 | <i>Sarivadyarishta</i> | 15ml <i>Vyanodan</i> | Equal amount of water | <i>Rasamrut</i> |
| 3 | <i>Raktapachak Vati</i> | 1 tablet <i>Vyanodan</i> | Lukewarm water | <i>Rasamrut</i> |

RESULT

The VAS scale score of this patient was calculated out of 10 for each sign and symptoms. Total score was 44 which is considered as severe disease. The calculation is shown in table no 3.

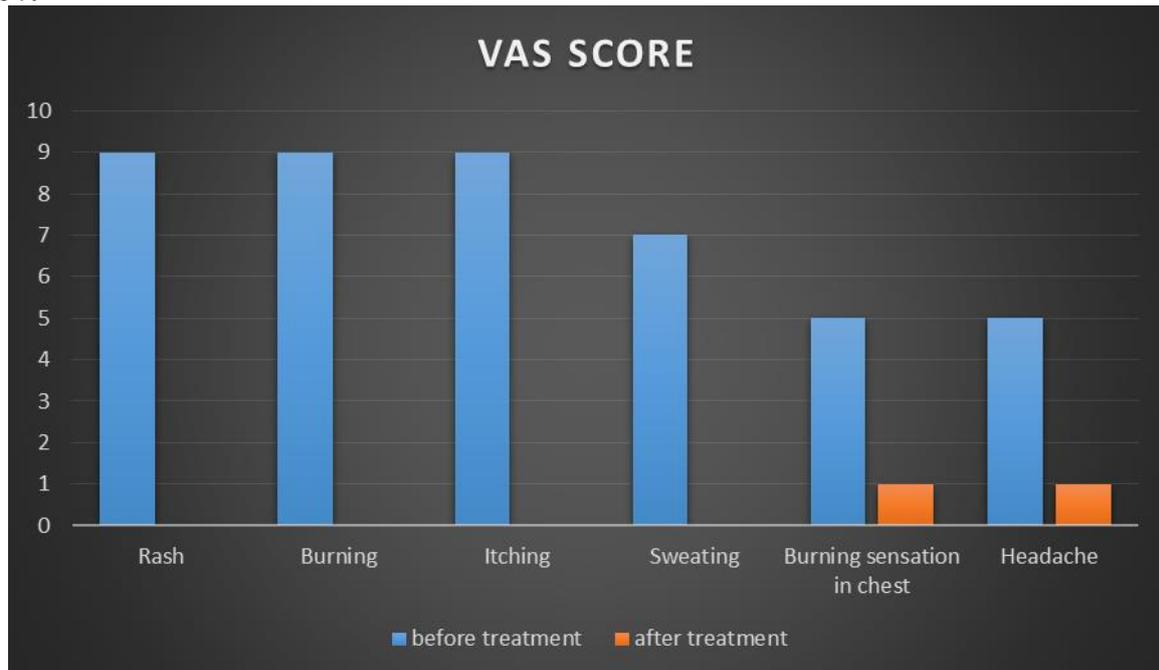
After *Virechana* and 1 month of *Shaman Chikitsa* patient came for follow up. It was observed that patient was absolutely cured had no any fresh complaints regarding skin. The VAS score was 2. After treatment VAS score is shown in table no. 6.

Table 6:

| Sr. No | SYMPTOMS | Before Treatment | After Treatment |
|--------|----------------------------|------------------|-----------------|
| 1 | Rash | 9 | 0 |
| 2 | Burning | 9 | 0 |
| 3 | Itching | 9 | 0 |
| 4 | Sweating | 7 | 0 |
| 5 | Burning sensation in chest | 5 | 1 |
| 6 | Headache | 5 | 1 |
| | Total | 44 | 2 |

Graphical representation of VAS scale is shown on table no 7

Table 7:



a) Before treatment



b) After treatment



DISCUSSION

1. Raktamokshana

According to *Acharya Sushruta*, treatment principles of skin diseases which are due to derangement of blood by vitiated Doshas or Lodging of vitiated Doshas in blood the following treatment principles should be adopted like, Samshodhana, Alepana, Kashayapana and Shonita Avasechana.^[9] *Acharya Vagbhata* has described that *Raktamokshana* is the main principle of treatment for *Raktagatha Roga* like *Twak Dosh*, *Granthi*, *Shopha* and other *Shonithajanya Roga* (blood related diseases).^[10]

Raktamokshana is ponder as half of the all treatments and due to *Asraya- Asrayibhava*, it acts on *Pitta Dosh* too. By bloodletting, *Srotoshodhana* (clearing of channels) is achieved which further helps in abatement of skin diseases. *Raktamokshana* gives best effect in various skin diseases by expelling the morbid, vitiated *Dosha* and *Dhatu*. But the effect of therapy is not only by expelling the vitiated blood but *Raktamokshana* also emits some enzymes in the wound. So *Raktamokshana* has also provided normalization and improvement of capillary as well as collateral blood circulation, expressed anti-inflammatory effect, Immune stimulation and Immune- modulating effect and early wound healing effect.

Raktamokshana by *Siravedh Karma* (venesection) is highly effective in management of *Sheetpitta* which is clear by various research works. *Siravedh Karma* provides better relief in the symptoms of *Sheetpitta* like rash, itching and burning. However, all other signs and symptoms were improved, but were statistically insignificant. Rash and burning sensation are *Pitta* predominant with involvement of *Vata Dosh*. Due to removal of blood which is seat of *Pitta*, these symptoms were relieved by *Siravedh*. *Siravedh* was done with taking of medicated *Ghee* and *Abhyanga* (oil message) for three days. It is a purification procedure and

Poorvakarma (pre-procedure) is required before *Siravedh Karma*.^[11]

2. Virechana

In *Sheetapitta Vata* and *Kapha* is vitiated along with *Pitta*. The vitiated *Kapha* merges with the *Pitta* and vitiated *Vata* makes *Vimarga Gamana* (spreads all over) in skin. *Virechana Karma* is one of the *Panchakarma* therapies which is mainly indicated in *Pittaja* disorders. It also does pacify *Vata Dosh*, hence it helps in decrease *Vata* disorders. *Virechana* breaks the pathogenesis i.e. pacify *Vata-Pitta* and reducing main symptoms like rashes, itching, burning, sweating Thus we can say that it is beneficial in malfunctions of various *Strotasa*. In *Sheetpitta*, there is derangement of *Tridoshas* and specially derangement of *Rasavaha*, *Raktavaha* and *Swedavaha Strotas*. Hence *Virechana* can be effective in *Sheetpitta* by expulsion of vitiated *Tridoshas* from the body.^[12]

Trivrutta is a drug which is mentioned as the best drug for *Virechana* as well as *Sukha Virechana*.^[13] *Acharya Sushruta* has mentioned *Trivrutta* in *Adhobhaghar Gana*. It acts on *Pitta* and *Kapha Dosh* with its properties like *Tikta*, *Katu* rasa, *Laghu*, *Ruksha* and *Tikshna Guna*, *Katu Vipak*, *Ushna* virya and *Adhobhaghar Prabhav*. hence *Trivrutta Avelaha* was used as *Virechana* drug.

3. Shaman Chikitsa

a) *Haridrakhandapak*- The main content of *Haridrakhandapak* is *Haridra* (turmeric), which is a potent antiallergic drug, recommended in various allergic conditions including skin allergies like *Sheetpitta*, itching, blisters.

b) *Raktapachakvati*- Content of *Raktapachakvati* and their properties are shown in table no 8

Table 8:

| Sr.no | Ingredients | Rasa, Virya, Vipaka | Karma |
|-------|-------------|--|---|
| 1 | Patola | Rasa-Tikta; Virya-Ushna; Vipaka-Katu | Tridoshashamak, Vranashodhan, Vranaropan |
| 2 | Sariva | Rasa-Madhur, Tikta; Virya-Shita; Vipak-Madhur | Tridoshashamaka, Daahaprashamna Shothahara |
| 3 | Musta | Rasa-Tikta, Katu, Kashaya; Virya – Shita; Vipak-Katu | Raktaprasadan, Kaphaghna |
| 4 | Patha | Rasa-Tikta; Virya-Ushna; Vipaka-Katu | Tridoshamaka, Raktashodhaka, Vishghna, Kushtaghna |
| 5 | Kutaki | Rasa-Tikta; Virya-Shita; Vipaka- Katu | |

Raktapachakvati helps in *Deepan*, *Pachana* and *Anulomaka*. It is *Tridosha Shamak* and also acts as *Raktaprasadak*.

3. *Sarivadyarishta* is *Ratashodhak* as well as *Raktaprasadaka*

CONCLUSION

In *Sheetpitta*, there is *Tridosha Dushiti*, hence for *Bahudoshavastha Shodhana* Therapy *Siravedh* and *Virechan Karma* is highly effective. Beside this, *Shaman* action is proved to be effective in *Sheetpitta*. If disease is treated by breaking down of *Doshas* and *Nidan Parivarjanam* can get good results.

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