URTICARIA WITH SPECIAL REFERENCE TO SHEETAPITTA WITH AYURVEDIC MANAGEMENT

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ABSTRACT
In today’s busy life, one can't follow the rules of 'Dinacharya' and 'Ritucharya' described in 'Ayurveda'. Due to heavy industrialization and heavy traffic, one constantly comes into contact with various pollutants. The spicy and fast food eaten now a days, which has very less nutritional value and also consists Viruddhahara’. This ultimately results into 'Dhatuaurbalya' which causes sensitivity towards allergens causing release of antibodies and produces various types of allergic reactions, one of them being 'Urticaria', which is very common. Urticaria is an allergic reaction of the skin to a variety of exogenous and endogenous antigens. It is a common disease nowadays, characterized and pruritis are due to the releases of histamine and other mediators from mast cells. Ayurvedic classics mentioned this condition as sheetpitta, which is vatpradhan Tridosha in nature. Symptoms mentioned by acharyas are shotha, toda, kandu and daha. Even after the availability of newer medicine, there is a lack of promising results against this ailment. Moreover, the use of drugs like antihistamines and corticosteroids lead to various side effects. Modern medicine produces only symptomatic relief but Ayurveda treats a holistic way. Ayurveda treats to eliminate the root cause of the disease so that the body remains healthy and no symptoms exist. In Ayurveda, the sequential administration of Shodhana therapy and certain Shaman Yoga are quite beneficial. Virechana (therapeutic purgation) is best treatment for Pitta Vyadhi and also it is an important treatment for Vataja, Kaphaja and Raktaja Vyadhi (as these all are vitiated in Pitta), thus Virechana eradicates the aggravated Doshas from the body thereby producing a marked relief in patients of Urticaria.

KEYWORDS: Dhatuaurbalya, Urticaria, Sheetapitta, Shodhana, Shaman, Virechana.

INTRODUCTION
Urticaria is one of the dermatological diseases characterized by sudden eruptions of itchy wheals which may appear on any part of the skin and mucous membranes. Individual lesions as a rule do not last longer than a few minutes to a few hours and disappear without leaving any trace.[1] An episode of Urticaria (hives) can start as itching, followed by swollen red wheals. The itching may be mild or severe. Scratching, alcohol beverages, exercise and emotional stress may worsen the itching. Urticaria affects about 15-20 % of total population.[2] This condition can interfere in routine activities of the patient. It is intermittent and frustrating for both the patients and physicians. Urticaria is generally manifested due to foods such as eggs, nuts, shellfish etc., and resolves with only symptomatic treatment. Commonly Antihistamines and steroids are used in the treatment of Urticaria, long term use of which may cause adverse effects in the human body.[3] Sheetapitta is a skin disease but is not mentioned under Kushtha due to its typical and distinct pathogenesis (samprapti). As per modern science sheetapitta can be considered as an allergic skin disorder. Sheetapitta arises because of exposure to asatmya ahara-vihara. Asatmya ahara-vihara hampers immunity of the body which allows allergens to come in contact with the body causing allergic conditions like Sheetapitta. Sheetapitta is a disease caused when a patient is exposed to cold breeze which results in vitiation of Kapha and Vata. These two combines with Pitta and circulate all over the body producing the signs and symptoms over the skin. The symptoms include Varati Damshavat Shotha and Kandu caused by Kapha vitiation, Shoola caused by Vata and Daha caused by Pitta vitiation.

Sometimes it also causes symptoms like Chardi, Hrillas, Aruchi, Deha sada, Anga gaurava, Jwara, Vidaha and Pipasa,[4,7] Ayurveda regards allergy as a disorder caused by impaired digestion. Unhealthy diet and life style cause vitiation of digestive fire leading to the production of toxic substance called as Ama which is the root cause of all disease. This dysfunction is the cause for hyper sensitivity to a substance such as dust, pollen etc. and...
triggers the allergic attacks. The people who do not follow the rules of Swasthavritta and take improper diet, erroneous lifestyle, stress and exposed with various pollutants become victim for several allergic diseases like Sheetapitta (Urticaria).

Sheetapitta Chikitsa[6-13] - Treatment can be divided into three phases – It is stated that in ‘Alpa dosha avastha’ Langhan is advised, in Madhya dosha, Langhan along with Panchan and in Prabhoot Dosha treatment is Shodhan. Shaman Chikitsa also has a good impact on the Sheetapitta. Vata Pradhana Tridoshahara drugs mentioned in Rasa Rakta dushhti are beneficial in Samprapti vighatana there by reverting the disease samprapti.

Samprapti Ghataka
Dosh : Tridosh Agni : Manda
Doshagati : Tiryak, Shukha Vyadhi marga: Bahya Dushya
Strotas : Rasavaha, Raktavaha
Strotodushti
Vibhanga:inemesis).

1. Aharaja Nidan
   - Lavana and Katu Rasa Atisevana[15-16] (Excessive intake of salt and spicy food)
   - Shukta[17] (acidic preparation)
   - Sarshapa Atisevana (Excessive use of mustard).

2. Vihara Nidan
   - Sheetar maruta (cold air)
   - Varsha and Shishira Ritu[18] (rainy and cold weather)
   - Sheeta Paneeya Samsparsha (cold water contact)
   - Diwa swapna[19] (day sleep)
   - Chhardi Vegavarodha (suppression of the natural urge of nausea and vomiting)

3. Agantuja Nidan (other causes)
   - Keeta Damsha[21] (insect bite)
   - Krimi[22] (Parasites)
   - In modern medicine, causes responsible for Urticaria are food allergens (such as cow's milk, soy, eggs, wheat, peanuts, fish, nuts, shell fish)[23]
   - Drug reaction (like salicylates, indomethacin, aspirin, NSAIDs)
   - Antigen sensitivity (pollen, food, helminths)
   - Blood transfusion reactions and vasculitis[24]

Poornarupa – (Prodromal Symptoms)
Poornarupa[25] are the sign and symptoms seen just before the disease developed.
   - Pipasa (Thirst)
   - Aruchi (anorexia)
   - Hrillasa (nausea)
   - Deha saada (bodyache)
   - Anga gaurava (heaviness in the body)
   - Rakta lochana (redness in eye)

Rupa – symptoms
Symptoms[26] are manifest in the vyaktavastha.
   - Varateedashtra samsthana Shotha (Wasp bite)
   - Kandu (Itching)
   - Toda (Pricking sensation)
   - Chhardi (Vomiting)
   - Jwara (Fever)
   - Vidaha ( Burning sensation)

Samprapti – Pathogenesis = The knowledge of Samprapti not only helps in understanding the specific features of a disease but also useful in decide the line of treatment.

Urticaria - In respect to modern medicine, this disease results from IgE – dependent release of mediators from sensitized basophils and mast cells upon contact with an offending antigen[27] When the person is coming in contact or exposure to the allergens, the antigen specific IgE antibodies bind to the high affinity receptor which are located on the surfaces of the mast cells and basophils. The mast cells are activated, then they release histamine and other vasoactive substances from mast cell and basophilin the superficial dermis which increase the capillary permeability and develop oedema.

Sheetapitta - Due to Sheeta marutadi nidana (cold air and weather) vitiated Vayu and Kapha are mixed with Pitta[28] and go into the Amashaya (stomach), afflict Agni and Rasa and Rakta dhatu. This vitiated dosha and dhatu blocks the channels associated with Rasa and Rakta, adversely affecting the digestive processes and spreads internally and externally resulting into Sheetapitta.

Modern Review of Urticaria
Urticaria (also known as hives) is produced due to localized oedema of dermis secondary to a temporary increase in capillary permeability[29]

Pathogenesis[29]: Urticaria may be brought by either
immunological and non-immunological mechanism. Urticaria is triggered by wide variety of antigens or by physical stimuli, including cold, pressure and sunlight. They produce local degranulation of mast cells by various mechanism such as
1. Type 1 hypersensitivity
2. Spontaneous mast cell degranulation
3. Chemical mast cell degranulation
4. Autoimmunity

Causes of urticaria can be classified as under IgE antibodies mediated

**Food** - Nuts, eggs, fresh fruits (especially citrus), chocolates, Fish and shellfish, tomatoes, milk and cheese, spices, yeasts, food additives and preservatives such as tartarazine.

**Drugs** - Pain killers e.g., Aspirin, codeine, antibiotics, penicillin, sulphonamides, salicylates, Indomethacin and other non-steroidal anti-inflammatory drugs, opiates, radio contrast media, menthol.

**Insect stings, Contactant** - Latex, perfumes, wool animals.

**Non-IgE mediated Endogenous mediators**, Components of complement (C3a,C5a), Neuropeptides (substance P), Eosinophilic major basic protein.

**Autoantibodies (IgG)** - Direct against IgE or the high affinity IgE receptor

**Physical Stimuli** - Simple friction or scratching (dermatographism), sunlight, pressure, heat, cold temperature, water and vibration.

**Inhalants** - Latex, dust, animal dander, pollen.

**Infections** - Viral upper respiratory infections, bacterial (sinusitis, dental abscess, otitis), viral hepatitis, vaginitis, fungal and helminths.

**Systemic diseases** - Collagen vascular diseases, leukemia, lymphoma, endocrinopathies and menstruation.

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### Pathogenic pathways of Urticaria

<table>
<thead>
<tr>
<th>Contact of Allergen to Antigen Presenting cell</th>
<th>Cell migrates to lymph node</th>
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<tbody>
<tr>
<td></td>
<td>Join with the THO cells</td>
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<td>IL-13</td>
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<td>IgE Production</td>
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<tr>
<td>IgE binds to high affinity receptors located on the surface of Mast cells and basophils</td>
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<td>Release of Chemical mediators and release of mediator in the skin</td>
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<td>Release in superficial layer of skin</td>
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<tr>
<td>Urticaria</td>
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<td>IL-4</td>
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<td>IgE Production</td>
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<tr>
<td>IgE binds to high affinity receptors located on the surface of Mast cells and basophils</td>
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<tr>
<td>Release of Chemical mediators and release of mediator in the skin</td>
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<tr>
<td>Release in deeper layer of dermis and subcutaneous tissue</td>
<td>Angioedema</td>
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#### Classification
1. Acute
2. Chronic

1) **Acute Urticaria**: Typically, lesions lasting less than 6 weeks are referred to as acute Urticaria. This form is more common in young people and is most likely due to exposure to food allergens, food additives, certain medications.

2) **Chronic Urticaria**: The word ‘chronic’ simply means that it lasts a long time. If Urticaria lasts six weeks or more, it is called ‘chronic urticaria’.

#### Physical urticaria

The physical urticaria is different from other urticarias in that the characteristic wheals can be reproduced by a physical stimulus such as cold, heat, pressure, vibration, sunlight, water, exercise, and increases in core body temperature.

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**Thermal Urticaria**: Cold Urticaria, Heat Urticaria

**Light**: Solar Urticaria, Porphyri

**Water**: Aquagenic urticaria (water, sweat)

**Contact Urticaria**

a) **Dermographism**: In Dermographism, which accounts for an estimated 8.5% of all cases of physical Urticaria, wheals and flares occur in response to simple rubbing of the skin. Urticaria accompanies the wheal and flare, and seems disproportionate to the degree of stimulation and the appearance of the wheal and flare.

b) **Pressure urticaria**: This type of urticaria can occur right way, precisely after a pressure stimulus or as a deferred response to sustained pressure being enforced on skin. The source of pressure on the skin can happen from tight fitted clothes, belts, clothing with tough straps.

c) **Vibratory urticaria**: It is rare familial condition
consisting of erythema and edema following the stretching of skin.

d) **Localized heat urticaria:** It occurs when heat is applied locally, results in edema and erythema at the site of heat contact.

e) **Cholinergic urticaria:** 34% of all the physical urticaria is cholinergic, which occur with exercise, anxiety, sweating, and passive warming. The precipitating factor in this reaction is elevated core body temperature.\(^{[30]}\)

**Management**\(^{[31]}\) - Urticaria due to physical causes or drugs excluded by history.

1. Complete food elimination followed by gradual introduction of one dietary element at the time helps in detection of food induced urticaria.
2. Mask use/ nasal filter use/change of place may work for inhalants.
3. Soothing lotion for topical application given during attack of urticaria
4. H1 Antihistamine: cetirizine, levocetirizine, Desloratadine, fexofenadine, Chlorpheniramine maleate, Hydroxyzine hydrochloride, Diphenhydramine etc.

**Diagnosis**

Prick Test – To identify the drug induced Urticaria.Stool Examination – To rule out parasitic infection.

Provocation Test – Drug induced or urticaria due to inhalants Local application of heat – To confirm heat urticaria

Pressure Challenge on shoulder - To rule out the pressure urticaria

**Ayurvedic treatment for Urticaria Principles of treatment of Sheetapitta** - Chakradutta has systematically described the Shamana Chikitsa of these diseases giving considerable importance to Doshagati.\(^{[32]}\)

He has advised that the individuals suffering from Sheetapitta can be given either Sheeta or Ushna Ahara with due consideration to Doshagati. Bhavaprakashas has described Shodhana, Shama and Bhai Parimarjana Chikitsa in Sheetapitta.\(^{[33]}\) Yogaratnakara has described Krimignha and Dadrugha drugs to treat Sheetapitta.\(^{[34]}\) Bhaishajya Ratnavali has mentioned that patient suffering from sheetapitta should, in brief, adopt line of treatment prescribed for Visarpoka Amritadi Kwatha, Agnimantha Moola Ghrita Yashtyadi Kwatha and Amritadi Kwath.\(^{[35,36]}\)

**Principles of treatment of Sheetapitta**

Snehan, Swedan, Vaman, Virechan, Lepam, Udavartanam and Shodhana Chikitsa.

**Shodhan chikitsa**\(^{[34]}\)

1. Vamana: Emesis should be given with decoction of Patola and Arishataka. 2. Virechana: Purgation should be given with decoction of Triphala and pippali.

3. Raktamoksha (Bloodletting therapy)- It is a method to eliminate the toxins from the blood. It can be performed after Mahatiktaka Ghrutapana.

**Shaman chikitsa**

1. Charak - Udaradra Prashamana\(^{[37]}\), Mahakshaya, Katu Taila, Mustadi Churna.

2. Sushrut- Eladi Gana\(^{[38]}\).

3. Chakradutta\(^{[39]}\):

Shodhan Chikitsa: Vaman and Virechana Shaman Chikitsa: Amrutadi Gana Kwath paed.

Sthanik Chikitsa: Sidhathkar Udavartanam, Durvadi Lepa, Agnimanta, Nimbapatadi Lepa


**Pathya-Apathya**\(^{[43]}\)

Pathya: Jeerna Shali Triphala Madhu, MudgaYusha, Kulattha Kwath, Ushnodak, Dadima Phala, Moolak Yusha and Shigru.

Apathya: Ksheera Vikarani. Ikshu Vikarani, Matsya, Naveena Madhya Snigdha-Amla-Madhur Ahar, Chhardi Nigraha, Divaswap, Virudhahar and Atap Sevan

**DISCUSSION**

Abhisheyandi Ahar, Adhyashan, Guru-Snigdha Bhojan , Dadi etc. are responsible for Kapha prakop and Mandagni ultimately which causes Rasadushhti. Ati lavan, Katu, Kshara, Tikshna Dravya causes Pittaprapok and Raktadushhti. Vataprapok and Tvak Vaigunyakara Nidan like Sheeta Marut Sparsh, Chhardi- Nigraha and Shishir Ritu. In these diseases Vata and Kapha is vitiated along with Pitta. The vitiated Kapha merges with Pitta and vitiated Vata cause Vimarg-Gaman in Tvak. Hence these are Tridoshaj condition. The symptoms include Varati-Damshita-Samshana Shotha and Kandu Bahulya caused by vitiation of Kapha, Shula caused by Vata and Daha caused by vitiation of Pitta. Snehan- Swedan, Vaman, Virechan, Lepa and Udavartana are principles of treatment of Sheetpitta. Vaman is better for Kaphaj condition and Virechan and Raktamokshan for Pittaj and Raktadushhtiyanjya condition.

In Shaman treatment Navarakshika Guggulu, Haridra Khanda, Shleshma-Pittantak Rasa, Kwath Pana of Amrutadi Gana etc. can be used. In Bahya Parimarjan
Chikitsa different Lepa, Udavartan and Abhyang are described like Sidharthak Udavarthana, Durvadi Lepa, Abhyang with Kati Tail etc. are depicted.

Pathya-Apathya which are already mentioned above are important to restrict reoccurrence and also for the prevention of these conditions.

CONCLUSION
In modern science there is corticosteroids and antihistaminic drugs which are used for treatment of Urticaria and other allergic skin disorders, but recurrence of disease is commonly found. Ayurved has lot of potential in the treatment aspect of allergic skin reactions by using various Ayurvedic treatment modalities and formulations. Recurrences can be prolonged or avoided by following Pathya- Apathya in logical manner.

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