

Ayurvedic Management of Chronic Spontaneous Urticaria (*Sheetapitta*) with Therapeutic Purgation and Palliative Herbo- Mineral Medicine: A Case Report

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Abstract

Chronic spontaneous urticaria (CSU) is a common severe painful skin disorder affecting on physical, mental, and social health of the individual due to disturbed lifestyle and food habits. Chronic urticaria is a mast cell activation and vascular dilatation resulting from leakage of fluid and dermal oedema. Management of CSU has certain limitations in conventional medicine, and the entire globe is searching for safe and effective treatment. In this case, we explore recent advances in the understanding and management of chronic spontaneous urticaria with Ayurveda medicine. A male patient presented with a diagnosed case of CSU with skin-coloured rashes with severe itching for one year, visited on 17 August 2020, and on the basis of signs & symptoms, he was diagnosed as *Sheetapitta* mentioned in the Ayurveda text. Classical therapeutic purgation (for 15 days) followed by palliative herbo-mineral medicines (*Gandhakarasayana*, *Panchanimbapowder*) was given for 4 months, and revised herbo-mineral medicines were added, *Patolakaturohinyadikasayam* and *Sarivadyasav*, into that for a month. Outcomes: the composite UAS scale was 4 before treatment, which was reduced to zero after treatment. This case study concludes that therapeutic purgation followed by palliative herbo-mineral medicine is safely and highly effective in the management of CSU (*Sheetapitta*).

Keywords

Sheetapitta, Therapeutic purgation, Urticaria

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Introduction

Chronic spontaneous urticaria (CSU) is defined as the presence of prolonged urticaria for a period more than 6 weeks, assuming the presence of symptoms for most days of the week. It is divided into chronic inducible urticarias (CIU) and chronic spontaneous urticaria (CSU). CSU emphasizes that patients can experience urticaria independent of any exogenous stimulus even if one can define circumstances that may worsen symptoms. Thus, a search for such an external cause in CSU is a fruitless effort since the underlying abnormality is intrinsic. Patients suffering with CSU reported accompanying episodes of angioedema or deeper swelling of dermal or

mucosal tissues.^[1]In Ayurveda, round swelling with itching in the skin of the body, diagnosed as a case of *Sheetapitta* (~urticaria) as mentioned in the classics.^[2]Causative factors, intake of cold food items and exposed coldness in the body which vitiating *vata dosha*. Vitiating *dosha* produces swelling with itching in the dermis and epidermis layers of skin in the body. The entire globe is searching for safe and effective treatment for CSU. Previous study have not been done till now in Ayurveda medicine. So we searched for the best treatment in Ayurveda medicine. And found that the line of treatment for *Sheetapitta* has been mentioned by *Yogaratanakara*, which are *Sanshodhana* (bio-purification) and *Sanshamana* (palliative medicine).^[3]Hence it has planned *Virechana*

karma (therapeutic purgation)^[4] along with palliative herbo mineral medicines which were *Panchanimbapowder*,^[5] *GandhakaRasayana*,^[6] *Patolakaturohinyadikashayam*^[7] and *Sarivadyasav*^[8] in the management of CSU (*Seetapitta*).

Case presentation

A 22-year-old male patient unmarried and a student came to the OPD for Panchakarma. With complaints of skin coloured rashes with itching in whole body specially in bilateral extremities, most of the day a week for a year. Associated with running nose, flatulence and disturbed sleep pattern since a year ago, he was apparently asymptomatic one year ago, then suddenly appeared rashes with severe itching in whole body, specially bilateral extremities, so that he took antiallergic drugs and got symptomatic relief. After that, he visited the Mahatma Gandhi Memorial College and hospital in Indore, Madhya Pradesh, where he was diagnosed as a case of urticaria. Hence, he started tablet Hydroxyzine 25 mg 1OD, tablet Cetirizine 10 mg 1OD bed time and tablet limcee 1 OD for a year but could not find relief from his illness, and worsening condition. Therefore, he consulted the *Panchakarma* specialist in an Ayurveda hospital for better management.

Clinical findings

On clinical examination, pulse rate 82/minute, blood pressure 120/80mmhg, respiratory rate 18/minute, temperature 97.6 degrees Fahrenheit, no clubbing, no edema, no icterus, no pallor and figure of rashes (see figure:1). *Ashtavidha Pariksha* (Eight-fold examination) comprising examination of *Nadi* (Pulse) – 82/minute and regular, *Mutra* (Urine) – pale yellow, *Mala* (Excreta) – bowel regular and formed stool, *Jihwa* (Tongue) – Normal, *Shabda* (Voice or Speech) – Normal, *Sparsha* (Touch) – Normal, *Drika* (Eyes & Vision) is normal, while *Aakriti* (Structure) is emaciated.

Timeline

Detail mentioned in table:1.

Diagnostic assessment

Assessment criteria, that is, the Urticaria activity score (UAS) scale, were used for any changes in the patient detail mentioned in table:2.

Therapeutic intervention

Virechana Karma was planned for the patient, followed by palliative herbo-mineral medicines for 5 months. *Deepana* and *Pachana* started with *Nagarmotha churna* 3 gm twice a day before food and *Panchanimbachurna* 3 gm twice a day after food for 3 days.^[9] Then *Snehapana* was done with *Aragwadhmahatiktakam ghrutam* (~a medicated ghee) for 4 days in increasing (40, 80, 120 & 160ml on sequential days) dose.^[10] After that, *Sarvanga Abhyanga* was done with *Amurchita Tilataila* (~sesame oil) for 4 days.^[11] *Virechana karma* was induced with 30 g of *Trivritaavleha* (a preparation of *Operculina turpethum* Linn.),^[12] 30 ml of *Nimbamritadieranda* (~herbal medicated oil),^[13] and 200 ml *Triphalawatha* (~herbal decoction)^[14] were given on an empty stomach at 10:40 am with lukewarm water. A total of 18 *Virechana vegas* (~boats of purgation) were noted. No complications were observed and further advised *Samsarjana krama*^[15] for 5 days as per *Shuddhi* (~bio-cleansing). After that, palliative herbo mineral drugs started, which were *Panchanimba churna* 3 gm twice a day and *Gandhaka Rasayan* 500 mg twice a day with lukewarm water after food for three and half month. Revised oral medicines were *Patolakaturohinyadi kashayam* 15 ml twice a day with lukewarm water after food. *Sarivadyasav* 15 ml twice a day with lukewarm water after food along with previous medicines continued for a month.

Follow-up and outcomes

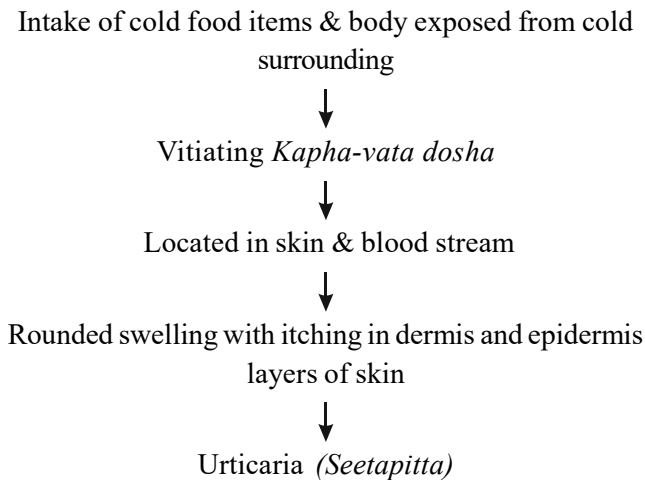
Follow-up was done for any changes in the UAS scale. Outcome showed highly significant improvement in the UAS scale, before treatment (Day 0) score was 4 and after treatment (Day 152) score was zero. Detail mentioned in table:2. After *Virechana Karma* itch and

hives still persist but intensity of signs & symptoms were reduced, after total 5 months of treatment completely subsided.

Discussion

All current treatments for chronic urticaria as well as acute urticaria are aimed at the control of the disease and the prevention of its signs and symptoms, not its cure in conventional medicine.^[16] Ayurveda medicine suggested curative treatment by using bio purification along with palliative herbal medicine.^[17] In this case report, bio-purification was conducted as therapeutic purgation.

Pathogenesis (*Samprapti*)



Therapeutic purgation acts on liquidity of the body (intracellular fluid, extracellular fluid and blood) and eliminate unwanted things which are unidentified cells (allergen) by body cells and waste product etc. (vitiating *Kapha-pitta* along with *Vata Dosha*) from fluids and blood through osmotic pressure, normalise biochemical & neurotransmitters. Also increases Agni (digestive fire) clean channels of body, the boost immunity power and regenerate cells in the body.^[18] *Deepana* & *Pachana* were given with oral administration of *Nagarmotha churna* which was appetizer and digested to undigested food and *Panchanimba* powder also digestive in nature and especially indicated in skin disorder. *Snehapana* was done with *Aragwadhmahatiktakam ghrutam* which was

mainly indicated in skin disorders for mobilization and separation of *Dosha* from cells in the body. *Trivritaavleha (Virechanakalpa)*, *Nimbamritadieranda (Vatavyadhirogadhikar)* and *Triphala kwatha* were given for *Virechana karma* which combination is especially indicated in skin disorder. *Samsarjana krama* with *Peyadi krama* was done to increase digestive fire and restore the equilibrium state of *Doshas* and *Prana* (~vitality). After completion of bio-purification palliative herbo-mineral drugs have greater efficacy and are easily distributed to targeted cells. Hence *Gandhaka rasayana* along with *Panchanimba* powder used, *Gandhaka rasayana* which is appetizers, carminatives, rejuvenation, anti poisonous, anti helminthic, strength promoting activity in nature and specifically indicated in fever, cough, asthma, indigestion, splenomegaly, itchiness, psoriasis, herpes zoster, fungal infection, emaciation, and concocted poison due to it being *Madhura, Katu, Tikta, Kashyarasa, Sara, Snigdha* guna, and *Kapha Vataharain* nature, and its pharmacodynamics action. *Panchanimba* powder, *Laghu, Ruksha* in *Guna* (property), *Tikta* in *Rasa*, which acts as *Pitta-Kapha Shamaka* and also acts as blood purifier, that's why it is commonly used in skin disorder^[19].

Conclusion

This case report concludes that, treatment of CSA is safe, effective and curable through *Shodhana* procedure followed by palliative herbo-mineral Ayurveda medicine, and on this treatment modality, further research work may be conducted at a multi-centric level in the future.

Patient perspective

I had suffered from itching with rashes in skin since a year so that I visited many doctor and also visited Mahatma Gandhi Memorial College and hospital in Indore and diagnosed as urticaria in August 2019 and continued treatment for one year but not much relief and even I was not able to concentrate my preparation, thus, I visited Ayurveda specialist and took treatment after that my health status improved and after 5 months of treatment got

normal and now all treatment stopped but I have no symptoms. Thank you.

Informed consent

Obtained all appropriate patient consent forms before starting the study.

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Use of AI in preparation of this manuscript : None

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Figure: 1(A) showing urticarial rashes in forearm before treatment



Figure: 1 (B) showing urticarial rashes in leg before treatment



Figure: 1 (C) showing urticarial rashes in forearm after treatment



Figure: 1(D) showing urticarial rashes in leg after treatment

Table: 1 Showing development of disease and treatment

| Date | Clinical events and interventions |
|-------------------------------------|--|
| July 2019 | Skin coloured rashes with itching in whole body especially in bilateral extremities. |
| 8 August 2019 | He visited Mahatma Gandhi Memorial Medical College & Hospital in Indore, Madhya Pradesh, diagnosed as a case of urticaria |
| 8 August 2019 to 16 August 2020 | On conventional medicine (tablet Atarax25 mg 1OD, tablet Cetrix 10 mg 1 OD bed time and tablet limcee 1 OD) |
| 17 August 2020 (Day 0) | He consulted Ayurveda Panchakarma specialist, diagnosed as a case of <i>Sheetapitta</i> and planned <i>Virechana Karma</i> |
| 19 - 23 August 2020 | On oral administration of <i>Deepana</i> and <i>Pachana</i> drugs |
| 24 - 27 August 2020 | <i>Snehapana</i> was done with <i>Aragvadamahatiktak Ghritam</i> |
| 28 - 30 August 2020 | <i>Abhyanga</i> and <i>Baspaswedana</i> were done |
| 30 August 2020 | <i>Virechana</i> medicine was induced |
| 30 August to 03 September 2020 | <i>Sansarjankrama</i> was followed |
| 04 September to 20 December 2020 | <i>Samshamana</i> herbomineral treatment were given [<i>Panchanimbachurna</i> 3 gm twice a day and <i>Gandhaka Rasayan</i> 500 mg twice a day.] |
| 21 December 2020 to 20 January 2021 | Revised <i>Samshamana</i> herbomineral treatment were given [<i>Patolakaturohinyadikashayam</i> 15 ml twice a day and <i>Sarivadyasav</i> 15 ml twice a day along with previous medicines continued.] |
| 20 January 2021 | Follow up 1 |
| 15 April 2021 | Follow up 2 |
| 24 September 2021 (Day 396) | Follow up 3 |

Table: 2 UAS scoring for itch and hives at each assessment point

| Itch severity score | Itch severity at each assessment (am/pm) | Hives severity score | Number of hives at each assessment | | |
|--|--|----------------------|------------------------------------|---------|---------|
| 0 | None | 0 | None | | |
| 1 | Mild, minimal awareness, easily tolerated | 1 | 1 - 6 | | |
| 2 | Moderate, definite awareness, bothersome but tolerable | 2 | 7 - 12 | | |
| 3 | Severe, difficult to tolerate | 3 | >12 | | |
| Assessment on UAS scoring scale in different intervals | | | | | |
| Severity score | Day 0 | Day 20 | Day 128 | Day 234 | Day 396 |
| Itch | 2 | 1 | 1 | 0 | 0 |
| Hives | 2 | 1 | 1 | 0 | 0 |
| Total score | 4 | 2 | 2 | 0 | 0 |

Score 1-2 = mild, score 3-5 = moderate and score 5-6 = severe