

## AYURVEDIC MANAGEMENT OF SHITAPITTA A SINGLE CASE STUDY

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**ABSTRACT**

In line with Ayurveda Sheetpitta is defined as Tridoshaj Vyadhi (disorder), however Vata and Pitta Dosha are foremost and Ras and Rakta are predominant Dushya. Sheetapitta is one among the Twak Vikara(pores and skin issues) that have related Hetu of Kotha and Udarda. Vata and Kapha are two "Doshas", which are usually afflicted which in turn is related thru Pitta ensuing in Tridosha Prakopa causing to redness, swelling itching at the pores and skin and many others. leader signs and symptoms of Sheetpitta are reddish spots, infection on skin with moderate to intense itching at site. it is as compared with urticaria in cutting-edge technological know-how and termed as number one cutaneous disorder. An episode of it is able to start with pruritis. Episodes of urticaria may keep to revert for days, weeks, months or year if no longer cured properly. Urticaria is calculated as hypersensitivity because of certain meals and have most effective symptomatic treatment and anti-allergic drug. typically antihistaminic medicines were used for urticaria. In Ayurveda, remedy of Sheepitta includes Shodhana and Shamana Chikitsa. here we discussed about a case take a look at of Sheetpitta. where we provide Ayurvedic remedy and results have been discovered very encouraging.

**KEYWORDS:** Shitpitta, Ayurved, Urticaria.**INTRODUCTION**

Today's life is very fast and with urbanization daily life style changes very drastically. Polluted environment, work in shift duties, stress etc. are the main trigger factor for the vitiation of vata and manifestation of disease in today's era. There are very few people who are aware of dinacharya and ritucharya. Dietary habits are also changed; and use of chemicals for fertilization and preparation of food, more use of junk food, packed fortified food with this more adulteration of food is found. All these condition leads to vitiation of dosha and dhatu. Shitpitta is a condition where all three dosha gets vitiated but vata vitiation is more. Shitpitta is formed with two words which are exactly opposite to each other by their meaning. Here shita denotes kapha and vata and their combination with pitta dosha. Hence Dhatu involved in this are mainly rasa and rakta. In ayurvedic text only in Madhava Nidana shitpitta was explained in details.

In samhita causes given for shitpitta are as follows

1. lavana katu rasa, shukta, arnal, sarshapa atisevana
2. Exposure to cold environment, wind, water.
3. diwaswap, asamyaka vamaana
4. keeta dansha, krumi sansarga.

When person comes in contact with above causes or similar to these causes dosha gets vitiated. Prakupita Vata and Kapha due to Sheeta Marutadi Nidana when mixed with 'Pitta' spreads internally and externally and

results in. to Sheetapitta-Udarda-Kotha". Mostly rasa and rakta dhatu gets affected first. Rasa is related to kapha dosha and skin also rakta dhatu related to pitta dosha. By this dosha dushya anubandha manifestation occurs in skin and gives rise to unique features of shitpitta i.e. rash with severe burning and itching. As per modern aspect shitpitta is co-related with the urticaria and described as primary cutaneous disorder consist of a recurrent, transient, cutaneous swelling with erythema which resolves within 24 hours without leaving any residual cutaneous signs. An episode of it may start with itching followed by red elevated patches at site of itching. Scratching, beverages, emotional conditions and exercise are provocative factors for the symptoms. Episodes of urticaria may continue to relapse for days, weeks, months or year if not treated properly. Frequent attacks may hamper patient's mental condition. Urticaria is counted as allergic reaction due to some food and have only symptomatic treatment and anti allergic drug. Commonly antihistaminic drugs were used for urticaria and long term use causes many side effects. Treatment for shitpitta according to vurveda includes both shodhana and hamana chikitsa. Acharya have suggested that treatment can be done as of kushtha, amlapitta. Various aushadhi yoga are mentioned for udarda, kotha which also can be used for shitpitta. Main advantage for ayurvedic treatment is that it helps to stop the recurrence of shitpitta with correct use of shodhana, shamana chikitsa and pathyapathya palana.<sup>[1,7]</sup>

**CASE REPORT**

History of Present Illness- This is a case report of 32 - year-old male patient complaining of reddish rashes all over the body with severe itching aggravating in early morning since 8 months.

**Personal History**

Irregular bowel habit, liking of junk foods, late onset of sleep at night, excessive use of air conditioner (due to this temperature variations takes place), Patient was taking modern medicines for 4 months and was not satisfy with treatment. Due to Sheetpitta, he had to face lot of disturbance in his personal & social life, then he decided to consult at OPD.

Patient was diagnosed as chronic (Jirna) case of Sheetpitta.

**History of Past Illness**

Nil.

**Family History**

Nil.

**Clinical Features**

Varati Damsha Sansthana Shotha: +++  
Kandu: +++  
Toda: +++  
Vidana ++

**OBSERVATION**

Sign	Before treatment	After treatment
Shotha	+++	+
Vedana	++	+
Kandu	+++	-
Toda	+++	-

**DISCUSSION**

The primary line of treatment for sheetpitta is Nidana parivarjan, so it's far advised to the patient to find out what may be the reason and attempt to avoid it as a long way as possible. Haridrakhanda is a classical method indicated in Sheetpitta in Ayurvedic texts, as curcumin have anti-oxidant and asanti-histaminic property. both acute and continual liver sickness can show up on the skin. The pores and skin is the most important organ inside the frame and if tested too in short this could cause subtle changes that can not be ignored. So tonic to decorate the liver feature is ought to. Avipattikar churna allows to digest Ama along with it. also assist in balancing pitta dosha. It additionally works as controlling agent for advent of acid in the body. Shamana Chikitsa: kamdudha, sutshekhara, gairika, pravala and shankha are the most important mineral pills that have action on Sheetapitta. Above mentioned yoga carries those minerals as major ingredients. amongst those most of the minerals possess Madhura Kashaya rasa, Snigdha guna, Sheeta virya, Madhura and Katu Vipaka. maximum of the elements have vata kaphahara, Tridosahara, pittahara, doshaghna karma and karma

Jwara: +++(occasional)  
Chardi: +++ (occasional)  
(+Mild: ++Moderate;+++Severe)

**General Examination**

Pulse-72/min.,  
BP-122/80 mm of hg  
Agni-Mandagni Koshtha -Asamyak  
Prakruti-Pitta Pradhan Kapha Anubandhi.

**Treatment Given**

As the treatment aims at Samprapti vighatana and Nidana Parivarjana, the treatment principle should be Deepana Pachana, Tridosahara, and srothosodhana. Finding out the causative factor and try avoid will be the first line of treatment. The causative factor can be the Lifestyle modification as a preventive aspect is followed.

Haridrakhanda thrice a day A combination of Shankh bhasma Kamdudha.

Prawal pisthi+ rasa Laghu sutashekhar rasa Shudh Gairik bhasma in appropriate quantity as per child is given twice a day.

A tonic to enhance liver function before meal twice a day  
• Avipattikar churna with ghee before meal  
Nariyal tail + karpoor + sudh gairik churna for local application.

exhibited encompass Rasayana, kushtagna, varnya and kandughna. these rasa guna and karma help in the Samprapti vighatana and for this reason proves to be effective inside the control of Sheetapitta.

**CONCLUSION**

Sheetpitta is normally encountered disease in modern-day day by day life. in this identified case of sheetpitta Ayurvedic line of treatment was followed at the side of healthful weight loss plan regimen. The affected person showed a great response in quick span of time.

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