



AN AYURVEDIC APPROACH IN THE MANAGEMENT OF URTICARIA (SHEETPITTA): A CASE STUDY

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ABSTRACT

Purpose:

Urticaria is a vascular reaction of the skin characterised by sudden, short-lived itchy wheals which may be pale or pink in the centre, surrounded by red flare. Urticaria is a type 1 hypersensitivity reaction which is caused because of exposure to allergence. Epidemiologically urticaria is increasing now days due to industrialization, pollution, increased use of various skin products, changes in lifestyle. Sign and symptoms of urticaria resembles with 'Sheetpitta' one of the vyadhi described by our acharyas caused by 'Asatmya ahara and vihara' results in vitiation of kapha and vata.our ancient acharyas has mentioned shamna and shodhana kriya as well as various Classical formulations for sheetpitta. Ayurvedic managemrent helps to cure urticaria by restoring equilibrium of tridosha and sapta dhatus, restores healthy skin. The present paper intends to highlight the ayurvedic management in reducing sign-symptoms and recurrence of the disease.

Method:

The present case study is on 28yr old male who is having complaint of on and off eruption of reddish, smooth slightly elevated wheals on trunk and upper extrimities associated with localized itching and burning sensation. He was clinically diagnosed as sheetpitta or urticaria.The patient was treated with Panchakarma chikitsa including

vaman karma followed by virechan karma and some Ayurvedic shaman drugs. The patient was also advised some lifestyle and dietary adoptions.

Results:

The follow up was done for three months during which the patient had only one episode of rashes and itching. The patient got moderate relief in all the symptoms with appreciable changes.

Conclusion:

Urticaria can be successfully treated with an ayurvedic line of treatment and changes in daily lifestyle habits and diet.

Keywords: Urticaria, Sheetpitta, shaman, shodhan

INTRODUCTION

Ayurveda or the 'veda of life' stands for the Indian system of Medicine. Ayurveda is named as science of life where there are given the principles of good and bad life; happy and the unhappy; what is wholesome and what is unwholesome in relation to life and also the measure of life. The aim of ayurveda is prolongation of healthy life, prevention of any disease, senility of person and help person to attain balanced and prolonged life. If, man doesn't follow the rules described in 'Ayurveda', it leads to several pathogenesis, which ultimately produces different disorders. Lesion which resembles the rash, like bite of wasp associated with excessive itching, vomiting, fever and burning sensation is called *Sheetapitta*. *Sheetpitta* is described as *tridoshaj vyadhi*, but *vata dosha* and *pitta dosha* are predominant and *rasa dhatu* and *rakta dhatu* are main *dushya*. Symptoms of allergic skin reaction is mentioned as *Kotha* in *Brihatatrayi* later on it is developed as separate disease under the title *Sheetapitta-Udarda-Kotha* by *Madhavakara*^[1]. Though *Sheetapitta* and *Udarda* were mentioned separately, there is a striking similarity between them and clinically difficult to enumerate separately. *Anjana nidana* explained *Udarda* as, the appearance of skin patches looks like those caused by the sting of wasp along with Itch, Vomiting, Fever and is caused by *Sheeta* and *Pitta* ^[2]. *Madhukosa* explained that, though the features of *Sheetapitta* and *Udarda* are similar to each other, there is a predominance of *vata* in *Sheetapitta* while *Udarda* is dominated by *kapha* ^[3]. *Sheetpitta* manifests due to exposure to contact with various poisonous materials (allergens) and intake of *Asatmya Aharvihar*^[4]. Now a days Changes in Life-

style with development are very drastic. Diseased environment, spicy, oily, junk food habits, work in shift duties, anxiety etc. are the main causative factors for vitiation of *Tridosha* and the demonstration of diseases in today's era. In *samhitas* causes of *sheetpitta* are given as exposure to cold environment, wind, water, *Asamyak vaman*, *Diwaswap*, *keeta Dansha*, *Krumi Samsarga*, *Viruddha ahara*. '*Sheetapitta* is disorder, which is caused by '*Asatmya Sevana*' means the 'Exposure to allergens and antibody.' The spicy and fast food eaten now a days, which have very fewer nutritional values and also have similar properties to '*Viruddhahara*'. These all ultimately resulted into '*Dhatudurbalya*' that is impaired immunity. Which causes sensitization towards allergens as well as antibodies and produces various types of allergic reactions, one of them is 'Urticaria'. The word 'urticaria' derived from Latin word 'Urtica' which means stinging nettle. A transient redness and swelling of skin with itching, causing weals in the dermis or large hypodermal swellings, is called Urticaria. Urticaria (hives) are transient lesions that are composed of a central wheal surrounded by an erythematous halo. Individual lesions are round, oval, or figurate and are often pruritic.

Causes of urticaria can be classified as under IgE antibodies mediated- Food like Nuts, eggs, fresh fruits (especially citrus), chocolates, Fish and shellfish, tomatoes, milk and cheese, spices, yeasts, food additives and preservatives such as tartrazine. Drugs like 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, Contact ant: Latex, perfumes, wool animals. Non-IgE mediated- Endogenous mediators, Autoantibodies (IgG), Physical Stimuli like Simple friction or scratching (dermatographism), sunlight, pressure, heat, cold temperature, water, vibration. Inhalants like Latex, dust, animal dander, pollen. Infections - Viral upper respiratory infections, bacterial (sinusitis, dental abscess, otitis), viral hepatitis, vaginitis, fungal, helminth. Systemic Diseases - Collagen vascular diseases, leukemia, lymphoma, endocrinopathies, menstruation. Urticaria results from an immediate hypersensitivity reaction after exposure to an allergen or an antigen. Upon exposure, the skin mast cell releases the mediator histamine. Through histamine's effects on the histamine1 (H1) receptors, the capillaries are dilated. With the dilation of the capillaries, vascular permeability occurs. Arteriolar dilatation through nerve reflex causes the typical flaring and eventually the extravasations of fluid cause the wheals. Histamine also causes the pruritus that accompanies the condition. Urticaria results not only from sensitivity to antigens, but also from physical factors such as cold, heat, sunlight, water, pressure and vibration.

HETU^[5]

Due to exposure to cold air *Kapha* and *vata* doshas get vitiated combined with *pitta* causes impurities in blood results in skin disorders.

Other reasons vitiating Tridoshas and rasa-rakta dhatu can be stated as:

1. *Aaharaja hetu – santarpana, atilavana sevan, atiamla sevan, katu sevan, kshara sevan, tikshna madya sevan, viruddha aahara sevan, adhyasana, guru dravya sevan, snigdha bhojana sevan, dadhi sevan, visha-yukta annapana sevan.*
2. *Viharaja hetu – sheeta maruta sparsha, vishyuktajal snana, abhyanga, udvartana, vastra, aabhushana, keeta damsha, bahya krimi, chhardi nigraha, atidiwaswap, shishir ritu, varshakala, diwaswap, insect bite*
3. *Nidanaarthakara roga – sannipatika, pittaja and kaphaja jwara, unmarda, adhoga amlapitta.*
4. *Chikitsa mithya yoga – vamana-virechana ayoga.*

POORVARUPA^[5]

Pipasa(thrust), *Aruchi*(loss of taste), *Hrullas*(Nausea), *Dehasada*(Bodyache), *Gaurava*(Heaviness), *Raktalochanata*(Redness of Eyes).

ROOPA^[5]

Varati Dashta samsthana shotha, Kandu, Toda, Chardi, Jwar, Vidaha

SAMPRAPTI^[5]

The *Hetu* like *sparshana of sheeta maruta, vata* and *kapha doshas* get vitiated in the body along with *pitta Dosh*a spreads all over the body lodges in the external layer of the skin and produces reddish rashes with intense itching and pricking sensation. This condition is known as *Sheetapitta*.

AIM: To study the efficacy of Ayurvedic treatment in the management of Urticaria W.S.R to *Sheetpitta*.

OBJECTIVES

- 1) To study about *Sheetpitta vyadhi*.
- 2) To study Urticaria disease.
- 3) To study the effect of *shodhana and shamana chikitsa* in Urticaria disease.

MATERIAL AND METHOD

This study was carried out in Dr. G.D. Pol foundation, YMT Ayurvedic medical college and hospital, Kharghar, Navi Mumbai

CASE REPORT

HISTORY OF PRESENT ILLNESS

A 28year old Male came to Panchakarma OPD of Dr. G.D. Pol foundation, YMT Ayurvedic medical college and hospital, Kharghar, Navi Mumbai. Having complained of frequent eruptions of smooth, reddish slightly elevated papules or erythematous wheals on trunk, face and back for 6 month which gradually increased. It is associated with localized and generalized itching, burning sensation. The complaints got aggravated during evening and nighttime, or on exposure to cold climate and wind. The patient took allopathic medication and found relief. But the condition relapsed on discontinuing the medications.

PERSONAL HISTORY

Frequent consummation of junk food, daily consumption of pickles, heavy intake of tea and coffee, late

onset of sleep at night, excessive use of air conditioner, irregular bowel history.

HISTORY OF PAST ILLNESS: Nil

FAMILY HISTORY: Nil

CLINICAL FEATURES

1. Varati Dashta samsthana shotha ++

2.Kandu +++

3.Toda ++

4.Vidaha ++

5.Chardi ++

The gradation used for subjective and objective parameters are as follow [6]

SYMPTOMS	GRADE 0	GRADE 1	GRADE 2	GRADE 3
Varati Dashtasamsthana shotha	Absent	Locally scattered (in the specific area)	Moderately scattered (present on some part of the body)	Severely scattered (present all over the body)
Kandu (Itching)	Absent	Mild kandu (occasional kandu)	Moderate Kandu (kandu disturbing normal activity)	Severe Kandu (kandu disturbing normal activity and sleep)
Toda (Pricking Pain)	Absent	Mild Toda (occasional Toda)	Moderate Toda (Toda disturbing normal activity but not sleep)	Severe Toda (Toda disturbing normal activity and sleep)
Vidah (Burning sensation)	Absent	Mild Vidah (Occasional Vidah)	Moderate Vidah (Vidah disturbing normal activity but not sleep)	Severe Vidah (Vidah disturbing normal activity and sleep)
Jwar (Fever)	Absent (Normal body temperature)	Mild Jwar (Jwar upto 1000f)	Moderate Jwar (Jwar 1000f-1020f)	Severe Jwar (Jwar more than 1020f)
Chhardi (Vomiting)	Absent	Mild Chhardi (occasionally)	Moderate Chhardi (1 to 2 times a day)	Severe Chhardi (more than 2 times a day)

TREATMENT

Treatment can be divided into three parts : 1) *shodhana* 2) *shaman* 3) *Pathya-Apathya*

SHODHANA PROCEDURE:

Among purificatory measures *Vamana* and *Virechana* are given utmost importance in the management of *Sheetapitta*. Purificatory measures are useful in providing a preventive and curative protection to the body and makes the body extra receptive to the efficacious qualities of drug formulations. Avoidance of relapsing of the disease can be possible

by repeated purification as per the severity of the disease and strength of the individual.

Chakradatta, Bhavprakash and Yogratnakara, has clearly mentioned vamana and virechana procedure for sheetpitta. The specific yoga mentioned in for the purpose of *Vamana* is decoction prepared out of *Patola, Nimba and Vasa* [7] and for *virechana* decoction prepared out of *Triphala* mixed with *Guggulu and Pippali* [8]. Here we used *Katu Tail* for *abhyanga* as mentioned by *chakradatta, Bhavprakash and yogratnakara* [7].

VAMAN AND VIRECHAN KARMA

Sr.No	Treatment Name	Details of Intervention	Duration
1	Amapachan	Amapachak vati (250mg BD before meal) Musta shunthi vati (250mg BD before meal)	3days
2	Abhyantar Snehapana For vaman	Panchatikta Ghrita given in early morning empty stomach. Starting with 30ml and increased each day by 30ml. (30ml-60ml-90ml-120ml-150ml-180ml-210ml)	7days

3	Vishram din	Sarvang snehan with katu tail Sarvanga Bashpa swedan Abhishyandi ahara-dadhi, Odan	1day
4	Vaman	Sarvang snehan with katu tail Sarvanga Bashpa swedan Aakantha pan-Dugdhan. Vaman dravya- Patol+ Nimba+ Vasa kwath Vamanopaga dravya- yashtimadhu phanta, saindhav jal After completion of vaman procedure- vartidhumpan and gandush	1day
5	Sansarjana Krama	Sansarjana krama explained according to shuddhi	5days
6	Abhyantar snehapan for virechan	Panchatikta Ghrita given in early morning empty stomach. Starting with 50ml and increased each day by 50ml. (50ml-100ml-150ml)	3days
7	Vishram din	Sarvang snehan with katu tail Sarvanga Bashpa swedan	2days
8	Virechan karma	Virechan dravya- Triphala+ Guggulu+Pippali kwath Virechanopaga dravya-Mrudvika phanta	1day
9	Sansarjana krama	Sansarjana krama explained according to shuddhi	3days

SHAMAN AUSHADHI

Samana chikitsa also holds good impact on the *Sheetapitta*. *Vatapradhana tridosahara* drugs mentioned in *rasa raktadushti* are beneficial in *samprapthivighatana* there by reverting disease. In this case patient was given oral medicines like *Haridra khanda vati* mentioned in *Bhaisajyaratnavali*^[9], *Nimbapatra churna+Amalaki churna* with *ghrita* and *Trikatu+sharkara* as mentioned in *Bhavaprakasha*^[10]

Sr No	Formulation	Dose and Anupana
1.	<i>Haridra khanda vati</i>	500mg TDS after meal with warm water
2	<i>Nimbapatra churna+Amalaki churna</i>	0.5gm each after meal with Ghrita
3	<i>Trikatu+sharkara</i>	0.5gm each before meal with warm water

PATHYA-APATHYA .

<i>Pathya Ahara</i>	<i>Apathya Ahara/Vihara</i>
1. Jeerna Shali	1.Ksheera vikarani
2. Jangala Mamsa	2. Chhardi Nigraha
3. Triphala	3.Ikshu Vikarani
4. Madhu	4.Divaswapna
5. Mudga Yusha	5.Matsya
6. Kulattha Yusha	6. Poorva and Daksheena Disha Pavana
7. Ushnodaka	7.Anupa- Audaka Mamsa
8. Karkotaka Shaka	8.Naveena Madhya
9. Karavellaka Shaka	9.Atapa Sevana
10.Moolaka Yusha	10.Virudhahara
11.Dadima Phala	11.Vyavaya
12.Shigru Shaka	12.Snigdha, Amla, Madhura, lavana rasa
13.Moolaka Shaka	13. Guru Annapana
14.Vetragra Phala	
15.Potika Shaka	

16. Shalincha Shaka	
17. Lava Rasa	
18. Tittira Rasa	
19. Tikta Rasa	
20. Kashaya Rasa	
21. Kulattha Rasa	

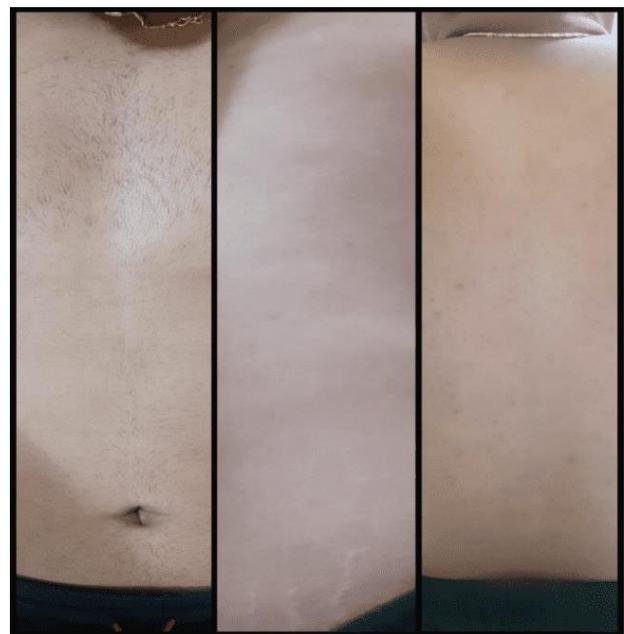
OBSERVATION AND RESULT:

The Patient was instructed for follow up every 7 days. All the sign and symptoms before treatment are decreased after *Shodhana by vamana, Virechana* and rest of *Doshas* are pacified by *Shamana Chikitsa*. At last, follow up all symptoms i.e., *Varati Danshta Sansthana Shotha, Kandu, Toda, Vidaha, Jwara and Chardi* were present in mild state. Symptoms were not regular like before.

Parameter	Before Treatment	After Treatment
Varati Dashtasamsthana shotha	2	0
Kandu	3	1
Toda	2	0
Vidaha	2	1
Jwar	0	0
Chardi	2	0
Total	11	2



BEFORE TREATMENT



AFTER TREATMENT

DISCUSSION

Sheetpitta as per Ayurveda is a *tridoshaja vyadhi*. After *Nidan sevan* there is vitiation of *vata and kapha dosha* and then they start to spread in whole body

mixing with *Pitta*. These three doshas causes *dushti of rasa and rakta dhatu*. After *Rasavaha and Rak-tavaha strotas dushti* these vitiated doshas occur on *Twak(Skin)* causing *Shotha, Toda, Daha, Kandu* etc. our line of treatment should be.

- *vata pradhan tridosha shaamak*
- *rasa and rakta shuddhikar*
- helping to boost immune system as autoimmunity plays an important role in its pathogenesis.

Yogratnakara, Bhvprakash and Chakradatta described the *vaman and virechana* therapy as main *shodhan chikitsa for sheetpitta*^[11]. *Shodhan* procedure was carried out in three steps those were *purvakarma, pradhan karma and pashchaat karma*. *Deepan- pachana, snehana and swedan* therapies are enumerated as *purva karma*^[12]. *Pachan chikitsa* is indicated prior to the administration of *shodhan therapy*. It helps in transformation of state of *sam to Niram*. Internal *snehapan* defined as oral intake of fatty substance in a certain dose for a scheduled duration. Administration of *Snehapan* helps in liquefying the *mahabhut dosha* (toxins) and detached doshas from channels of body (*strotas*). Which means helps in *Doshagati from shakha to koshtha*. *Panchtikta ghrita* was chosen for *snehapana* as all its constituents – *Nimba* (*Azadirachta indica*), *Patola* (*Trichosanthes dioica*), *Kantakari* (*Solanum surattense*), *Guduchi* (*Terminalia cordifolia*) and *Vasa* (*Adhatoda vasica*) are *Tikta rasa pradhan dravyas*^[13]. *Tikta rasa is Vishaghna* (antiallergic action), *Kandughna* (pacifies itching), *Kushthaghna* (removes skin disorders) and purifies *Twak and Rakta*^[14]. Studies have proven anti-inflammatory activity of *Panchatikta ghrita*^[15]. Thus, it will also act on inflammatory reaction on skin due to vitiated Doshas and Dhatus.

First Pradhan karma is *vamana therapy*. The formulation of *Patol*(*Trichosanthes dioica*), *Nimba*(*Azadirachta indica*), *Vasa*(*Adhatoda vasica*) was selected as enumerated by Yogratnakara^[11]. *Patol* has properties like *tridoshaghna, pittashamak, Shleshmahar, vamaka and virechak*^[16]. *Vasa is kaphapittaghna, kapha vilayan, sheeta, raktashodhaka*^[17]. *Nimba is kapha pittaghna, kadnduhar, jwaraghana pachaan, twachya*^[18]. Also, it seems that *shodhana* drugs because of their *vyavayi guna* escape the normal digestion by *jatharagni*, reaches to the minute channels of the body and starts acting immediately. *Sukshma guna* helps to reaches them up to minute channels. The doshas are digested and became able to trickle by

the *ushna guna* and then are detached from the channels because of *tikshna and vyavayi guna*. It is the *sara guna* which helps the detached doshas to reach the *koshtha* from where these are to expel out. Lastly by *prabhav, vamaka* drug eliminates the doshas out by the oral route^[19]. *Vamanopag dravya* helps to *vaman dravya*. The next *shodhan therapy* done was *Virechana*. *Virechana* is best treatment for *Pittaja vyadhis* also it is important treatment for *Vataja, Kaphaja and Raktaja vyadhis*. The decoction was selected for *virechana* as enumerated by *Yogratnakara* consists of *Triphala as Amalaki*(*Emblica officinale*),*Haritaki*(*Terminalia chebula*),*Bibhitaki*(*Terminalia belerica*), *Guggulu*(*Comiphora mukul*) and *Pippali*(*Piper longum*).From these drugs *Amalaki is pittashamak, kaphaghna, sheeta, virechaka*^[20] *Haritaki is tridoshahara, shothahar, virechak*^[21]. *Bibhitak kapha pittaghna, rasa rakta doshahar virechak*^[22]. *guggulu is deepan, anulomakatridoshaghana, pittasaraka, pidika nashaka*. Hence this decoction will easily remove the deranged Doshas from the body. *Pashchat karma is sansarjana karma*. The specific prescription of diet following *shodhan* procedure to restore the gastric fire as well as physical strength is defined as *sansarjan karma*. Following the *shodhan chikitsa*, it clears small amount of doshas which is left out after *shodhana* procedure also rectifies damages cause by the disease process. *Sanshamana* therapy was given to subside the remaining *doshas*. Medicine advised on discharge was *Haridrakhanda vati, Nimbapatra churna and Amalaki churna, Trikatu and sharkara*. The main content of *Haridrakhanda is Haridra* (turmeric) which is a potent antiallergic drug, recommended in various allergic conditions including skin allergies like, *Urticaria (Sheetpitta)*, itching etc. *Nimba is kapha pittaghna, kadnduhar, jwaraghana pachaan, twachya*^[18]. *Amalaki is pittashamak, kaphaghna, sheeta, virechaka*^[20]. *Trikatu is katu, ushna, pachaka, Vatakaphaghana*. The patient was asked to come for follow up after every 7 days. The patient got appreciable relief in all his complaints. The photographs of before and after treatment are given.

CONCLUSION

Sheetpitta or urticaria is a common skin disorder which is caused due to disturbance in the equilibrium of Tridosha and Rasa, Rakta dhatu. In this case study Shodhana karma followed by shamana karma was performed and it was found more effective than only shaman chikitsa. As the patient of Sheetpitta becomes desperate after long ineffective treatment so it is hope that present line of treatment will definitely prove a milestone in the management of Urticaria.

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