

A CASE STUDY ON BALANCING URTICARIA: AN AYURVEDIC APPROACH TO MANAGEMENT

Pursora Alok Singh¹ and Budhlakoti Kanika^{2*}

¹M.D. Scholar, Department of Panchakarma, Gurukul Ayurveda Campus,
UAU, Haridwar.

²M.D. Scholar, Department of Kaumarbhritya, Gurukul Ayurveda Campus,
UAU, Haridwar.

Article Received on
24 October 2023,

Revised on 14 Nov. 2023,
Accepted on 04 Dec. 2023

DOI: 10.20959/wjpr202322-30516



*Corresponding Author

Budhlakoti Kanika

M.D. Scholar, Department
of Kaumarbhritya, Gurukul
Ayurveda Campus,
UAU, Haridwar.

ABSTRACT

This case study explores the application of Ayurvedic principles in the management of urticaria, a skin condition characterized by itchy, raised welts. Urticaria is often challenging to treat with conventional medicine, and this study presents a unique approach using Ayurveda. A 28-year-old female suffering from chronic urticaria underwent Ayurvedic interventions, including dietary modifications, herbal supplements, lifestyle changes, and Ayurvedic therapies. Over a three-month treatment period, the patient experienced significant symptom reduction and improved overall well-being, highlighting the potential of Ayurveda as a complementary therapy for urticaria management.

KEYWORDS: *Shitpitta, Twakroga, Urticaria, Shodhan, Shamana.*

INTRODUCTION

Urticaria, colloquially known as hives, is a dermatological condition that affects countless individuals worldwide.^[1] Characterized by red, itchy welts on the skin, urticaria often arises from allergic reactions, stress, medications, or infections. While conventional medicine offers treatment options like antihistamines and corticosteroids, some patients seek alternative therapies due to incomplete relief or concerns about side effects. *Ayurveda*, a traditional system of medicine originating in India, offers a holistic approach to health and well-being. This case study delves into the use of Ayurveda as a potential solution for managing urticaria when conventional treatments fall short. We present the case of a 28-year-old female

suffering from chronic urticaria, who sought Ayurvedic intervention to address his symptoms and improve his quality of life. *Ayurveda's* approach to health is based on the balance of three fundamental doshas (bio-energies) in the body: *Vata*, *Pitta*, and *Kapha*. Imbalances in these doshas are believed to underlie various health conditions, including skin disorders like urticaria. By addressing these imbalances through dietary modifications, herbal supplements, lifestyle changes, and specific Ayurvedic therapies, Ayurveda offers a promising alternative for urticaria management. *Shitpitta* is a condition where all three dosha gets vitiated but *vata* vitiation is more. Dhatu involved in this is mainly *rasa* and *rakta*. Treatment for *shitpitta* according to ayurveda include both *shodhan* and *shaman chikitsa*. Various *aushadhi* yoga is mentioned for *udarda*, *kotha* which can also be used for *shitpitta*. The main advantage of ayurvedic treatment is that it helps to control the recurrence and severity of *shitpitta* with the correct use of *shodhan* and *shaman chikitsa* and *pathya-apathya palana*. *Samprapti* of *shitpitta* occurs due to *hetusevan* (*katu*, *amla*, *lavana rasa* and *ushna*, *tikshan guna pradhana*) *agnimandya* and *apakva aahararasa* is produced, which is *vidagdha* in nature. It leads to *vidagdha* & *abhishyandi guna vridhhi* in *rasa- raktadi dhatu* and same *gunatmaka kapha pitta dosha* are produced. There is an indulgence of simultaneous *vata prakopaka hetu*, *tiryak gati* of *vata* spreads these doshas all over the body, and *sthana sanshraya* at *twak* occurs. Thus, due to *tikshna*, *ushna*, *vidagdha guna* symptoms like *saurambha*, *toda*, *kandu* & *daha* are produced.^[2]

Urticaria can manifest in various forms and can be categorized into several types, including.^[3]

Acute Urticaria

Acute urticaria is a short-term condition that typically lasts for a few hours to a few days. It is often triggered by allergens, such as certain foods, medications, insect stings, or infections. Acute urticaria tends to resolve on its own and may not require prolonged treatment.

Chronic Urticaria

Chronic urticaria is characterized by hives that persist for six weeks or longer, often without an identifiable cause. It can be more challenging to manage and may require long-term treatment. Autoimmune factors may play a role in some cases of chronic urticaria.

Physical Urticaria

Physical urticaria is triggered by physical stimuli or environmental factors. Common subtypes of physical urticaria include: a. ***Dermatographism***: Raised welts develop when the skin is scratched or subjected to pressure. b. ***Cold Urticaria***: Exposure to cold temperatures leads to hives. c. ***Heat Urticaria***: Hives develop in response to increased body temperature or heat. d. ***Pressure Urticaria***: Pressure on the skin, like from tight clothing or belts, causes welts.

Cholinergic Urticaria

Cholinergic urticaria is provoked by an increase in body temperature, usually due to sweating, exercise, or stress. Small, itchy hives and a prickling sensation are common symptoms.

Solar Urticaria

Solar urticaria is triggered by exposure to sunlight, particularly to specific wavelengths of ultraviolet (UV) light. Symptoms include the rapid development of hives, itching, and burning.

Aquagenic Urticaria

Aquagenic urticaria is a rare type that occurs when the skin comes into contact with water, regardless of its temperature. Symptoms may include itching and the appearance of hives shortly after water exposure.

Vibratory Urticaria

Vibratory urticaria is provoked by mechanical vibrations or friction on the skin. Hives develop at the site of vibration or contact with specific objects.

Contact Urticaria

Contact urticaria is an immediate skin reaction to specific allergens or irritants that come into direct contact with the skin. Common triggers include certain plants, latex, and chemicals.

This case study examines the patient's journey through Ayurvedic treatment, assessing the efficacy of Ayurveda in managing urticaria symptoms and promoting overall well-being. The findings suggest that Ayurveda's holistic approach can provide a valuable complement to conventional treatments, potentially offering long-term relief and a higher quality of life for those suffering from urticaria.

CASE STUDY

A 28-year-old housewife patient named Mamta Saini complained of itching and rashes all over her body (on and off) for two years, visited the OPD of *Panchakarma*, Gurukul Ayurveda Campus, UAU, Haridwar. Lesions appeared 2–3 times per week on average. The patient was taking antihistamines (2–3 times a week) with each episode of intense itching. When examined, the lesions were crimson and covered the back area in wheals. It was extremely itchy, scorching, swollen, and had a prickling feeling as well. There was no visible exudation or discharge. The symptoms worsened at night and when exposed to the cold. No H/O DM, HTN, BA, or any serious illnesses. Tea addiction (consuming 8–9 cups daily), family history: mother had bronchial asthma. Diet history: Taking non-vegetarian foods (eggs and fish) three to four times a week, followed a spicy and oily diet, and mostly consumed lavana, katu, and amla rasa (curd, pickle, papad, etc.) repeated exposure to cold environments in the past. Systemic examination- CVS S1S2 normal, CNS- conscious & oriented, RS- AEBE Clear, all routine blood investigations were done. Rugna prakruti was pitta-vata pradhan and dosh-dushti was tridoshaja.

TREATMENT GIVEN

Oral Drugs

1. Aarogyavardhani vati 2 tab TDS
2. Haridrakhanda 5gm BD
3. Mahamanjishthadi kwatha 40ml BD
4. Cap urtiplex- 2BD
5. Composition of
 - I. *Panchnimba churna*-3gm
 - II. *Giloy churna*-3gm
 - III. *Gandhak rasayan*-250mg Twice daily(Morning & evening)

Sthanik treatment

Bruhat marichyadi taila was given for local application over lesions.

Shodhana

Deepan Paachan was done with *Panchkool Fanth* 40 ml BD till 7 days, followed by *Virechana* with *Panchtikhta ghrut*.

The above said treatment was given for 3 months and the patient was advised to give follow-up every 15 days. Criteria were assessed before and after the treatment i.e. after 3 months.

OBSERVATION AND RESULT

Table 1: Parameters of assessment.

S.no	Parameters of assessment	Before Treatment	After Treatment
1	Shotha(edema)	++	-
2	Toda(pricking sensation)	+++	-
3	Kandu(itching)	+++	-
4	Daha(burning)	++	-
5	No of wheals	(11-30)	(<9)
6	Size of lesions	(<3cm)	(1-2cm)
7	Frequency of appearance	(2-3 times a week)	Once in a month
8	Frequency of use of antihistamines	(2-3 times a week)	Not required

{Mild (occasionally) - +, Moderate (disturbing normal activity) - ++, Severe (disturbing sleep) - +++}

DISCUSSION

The successful management of urticaria in this case study can be attributed to the holistic principles of Ayurveda. Ayurveda addresses the underlying imbalances in the body, which in this case were related to the aggravation of the pitta dosha. Dietary modifications played a pivotal role in reducing pitta-aggravating foods while introducing cooling elements to the patient's diet. Lifestyle changes, including stress reduction through yoga and meditation, were instrumental in addressing emotional stressors that exacerbate pitta dosha. A regular sleep schedule further promoted overall health and helped in maintaining dosha balance. Probable mode of action of medicines,^[4] *Aarogyavardhani vati*. It has *parad-gandhak kajjali*, which performs *strotoshodhana* and is *sukshma strotogami*. It serves as both a *shothahara* and a *kledahara*. As *yakrutto tejak*, *Kutaki* behaves in compliance with the *rasa rakta dhatu*. *Dhatwagni* is normalized by *chitrak*. *Triphala* and *trivrutta*, which serve as *rechana* and aid in *pittarechana*, have been discovered in *haridrakhanda*. *Nagakeshar* and *Musta* influence the *rakta dhatvagni* and aid in the *rakta prasadana*. *Haridra* is *tikta*, and *ushna* provides relief from itching. *Mahamanjishthadi kwath* is particularly beneficial in sustaining pitta dosha and aids in balancing the vitiation of the doshas. It helps to promote good blood circulation and functions as a blood purifier. *Bruhat marichyadi tail*- its main ingredient is *maricha* and *sarshapa taila*, which act as *kapha pachana* and *vata shamana* and helps in relieving itching.^[5] Virechana, a therapeutic purgation, rebalances aggravated doshas, especially pitta, responsible for heat and inflammation. It eliminates toxins, reduces

inflammation, and strengthens digestion, addressing common triggers for urticaria, thus promoting overall well-being.

CONCLUSION

The ayurvedic care provided in Shitpita resulted in a noticeable improvement. In this case study, the patient had symptomatic alleviation after receiving a number of ayurvedic medications and applying them locally. But more research is still required for a more thorough review.

REFERENCES

1. Stuart H Ralston, Davidson's principle and practice of Medicine, Elsevier Ltd. 23rd edition, 2018; 1252.
2. Siddharth N Shah, API Textbook of Medicine, The association of physicians of India, 8th edition, 2009; 1395.
3. Uday Khopkar, Skin diseases and sexually transmitted infections, CBS publishers and distributors Pvt. Ltd. 7th edition, 2019; 130.
4. Yadunandan Upadhaya, Madhav nidana by Madhavakara with madhukosha Sanskrit commentary, Varanasi, Chaukhamba prakashana, reprint, 2013; 200.
5. K.C. Chunekar, Bhavaprakash Nighantu of sri bhavmishra, Chaukhamba Bharati academy Varanasi, 2010; 66.