



Case Study

A CLINICAL CASE STUDY ON SHEETA PITTA W.S.R. TO URTICARIA

Narendra Kumar Gautam¹, Aparnesh Pandey^{2*}, O.P. Singh³, Pooja Yadav¹

¹Research Scholar, ³Professor, Dept. of Kayachikitsa, IMS, BHU, Varanasi, UP, India.

*²Research Scholar, Dept. of Community Medicine, IMS, BHU, Varanasi, UP, India.

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ABSTRACT

Sheeta Pitta is a Sanskrit term that literally means "cold *Pitta*" or "*Pitta* associated with coldness. In Ayurveda, *Sheeta pitta* is condition characterized by an imbalance of *Pitta dosha*. It is typically associated with hypersensitivity or allergic reactions in the body. In Ayurveda *Sheeta pitta* is correlated with urticaria. Urticaria ('hives') is caused by localised evanescent discrete areas of dermal oedema, often centrally white due to masking of local blood supply secondary to a temporary increase in capillary permeability. Urticaria is a common skin disorder affecting approximately 20% of the population worldwide. A 21-year-old male patient visited to the Kayachikitsa OPD of SSH, BHU with Reddish patches over neck, arms, thighs and back associated with itching and burning sensation over the patches since last 3 years. On examination Circumscribed wheals with erythematous, cutaneous lesions involving only superficial portions of the dermis of neck, back and thighs and rest of the skin was normal. These treatments resulted in complete recovery from the disease. After treatment Patches were no more visible and frequency of recurrence has decreased. Itching and redness- Reduced. After treatment, Urticaria Activity Score is reduced to 7. No any fresh complaint. Early intervention helps to prevent complications and ensures early optimal recovery.

INTRODUCTION

Sheeta Pitta is a Sanskrit term that literally means "cold *Pitta*" or "*Pitta* associated with coldness. In Ayurveda, *Sheeta pitta* is condition characterized by an imbalance of *Pitta dosha*. It is typically associated with hypersensitivity or allergic reactions in the body. In Ayurveda *Sheeta pitta* is correlated with urticaria.^[1] Urticaria commonly known as hives is a skin condition characterized by the sudden appearance of raised, red itchy, welts or bumps on the urticaria is a common skin disorder affecting approximately 20% of the population worldwide.^[2]

Urticaria: Urticaria ('hives') is caused by localised evanescent discrete areas of dermal oedema, often centrally white due to masking of local blood supply

secondary to a temporary increase in capillary permeability.^[3] Acute urticaria may be associated with angioedema of the lips, face, tongue, throat and, rarely wheezing, abdominal pain, headaches and even anaphylaxis. Urticaria present for less than 6 weeks is considered to be acute, and chronic if it continues for more than 6 weeks.^[4]

Causes of Urticaria:^[5] Autoimmune: due to antibodies that cross-link the IgE receptor on mast cells.

Allergens in foods and inhalants

Contact allergens: Latex, animal saliva

Physical stimuli: Heat, cold, pressure, sun, sweat, water

Infections: Intestinal parasites, hepatitis

Others: SLE, pregnancy, thyroid disease

Idiopathic

Symptoms

- Skin eruptions, often resembling hives or urticaria.
- Redness, itching, and swelling on the skin.
- A burning sensation in some cases.
- Symptoms may worsen with exposure to allergens, cold air, or specific foods.

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The Ayurvedic pathogenesis (*Samprapti*) of *Sheeta Pitta* involves interplay of aggravated *Doshas*, primarily *Vata* and *Pitta*, along with the involvement of *Kapha*. Below is a detailed breakdown of the pathogenesis based on Ayurvedic principles:

1. *Dosha* Imbalance

- ***Vata***: Acts as the initiator by disturbing the normal functioning of *Pitta*.
- ***Pitta***: Becomes aggravated, resulting in excessive heat and inflammation in the body.
- ***Kapha***: Contributes by introducing cold and moist qualities, leading to hypersensitivity or allergic reactions.

2. Causative Factors (*Nidana*)

The condition arises due to *Nidanas* (causative factors) that disturb the balance of *Pitta*, *Vata*, and *Kapha*. Common *Nidanas* include:

- Excess consumption of:
 - Hot, spicy, sour, or fermented foods (aggravating *Pitta*).
 - Cold or stale foods (aggravating *Kapha*).
- Sudden exposure to cold air, cold water, or sudden temperature changes.
- Contact with allergens like pollen, dust, or specific foods.
- Psychological factors such as stress and anxiety, aggravating *Vata*.

3. *Dosha* Interaction and Movement

- ***Vata* aggravation** due to dietary or lifestyle factors disturbs the normal flow of *Pitta*.
- Aggravated *Pitta dosha*, characterized by heat and inflammation, interacts with *Kapha dosha*, which introduces cold and moist properties.
- This abnormal interaction of *Doshas* results in:
 - Hypersensitivity of the immune system.
 - Inflammatory or allergic reactions, particularly in the skin and blood (*Rakta Dhatu*).

4. Involvement of *Dhatu*s (Body Tissues)

- ***Rasa Dhatu*** (plasma): Becomes vitiated first, as it is the carrier of allergens and nutrients.
- ***Rakta Dhatu*** (blood): Subsequently affected, leading to inflammation and hypersensitivity reactions such as redness and rashes on the skin.
- ***Twak*** (skin): The site of manifestation, showing symptoms like itching, redness, and swelling.

5. Role of *Agni* (Digestive Fire)

- Impaired *Jatharagni* (digestive fire) contributes to the formation of *Ama* (toxins), which circulates in the body, further disturbing the *Doshas* and contributing to hypersensitivity.

While traditional diagnosis relies on clinical observation, some practitioners may incorporate modern tests for allergen sensitivity, blood tests (e.g., eosinophil count), or skin biopsies for a holistic view. The diagnostic process ensures a tailored treatment approach, addressing both the root cause (*Nidana*) and the presenting symptoms (*Rupa*) while considering the individual's unique constitution and overall health.

Pitta dosha is predominantly involved, especially when it is aggravated by factors like spicy foods, emotional stress, and environmental triggers like heat or sunlight. The heat in the body causes the skin's tissues to become inflamed, leading to the welts seen in hives.

Ama (Toxins)

Poor digestion can lead to the formation of *Ama* (undigested food or toxins) that can circulate in the body and trigger skin conditions such as urticaria. *Ama* is often the result of poor digestion (*Agni*), which leads to an accumulation of waste products that the body struggles to eliminate.

Vitiation of the Blood (*Rakta*)

Urticaria is also linked to *Rakta* (blood), as it manifests on the skin, which is an organ of the *Rakta dhatu*. When blood is contaminated with *Ama*, it can cause inflammation and eruptions like hives.

Vata and *Kapha* *Doshas*

Although *Pitta* is the primary *Dosha* involved, in some cases, *Vata* can be disturbed, leading to dryness and itching, or *Kapha* can aggravate the condition, leading to mucus production and swelling.

Ayurvedic Treatment for Urticaria

The Ayurvedic treatment of *Sheeta Pitta* focuses on balancing the *Doshas* (primarily *Pitta* and *Vata*) and alleviating symptoms such as itching, redness, and swelling. Treatment involves a combination of internal and external therapies, dietary modifications, lifestyle changes, and the use of herbal medicines. Regular monitoring of symptoms and *Doshic* balance is essential. Adjustments to treatment may be made based on the patient's response and seasonal variations. This holistic approach ensures effective management of *Sheeta Pitta* while addressing its root causes and preventing recurrence. In this study *Samshodhana Chikitsa* is used.

Dietary Recommendations

Favor cooling and alkaline foods such as cucumbers, coconut, and leafy greens.

Avoid spicy, salty, or sour foods that aggravate *Pitta*.

Consume easily digestible foods and focus on improving *Agni* (digestive fire).

Herbal Remedies

Neem

Known for its cooling and detoxifying properties, it is often used to treat skin conditions like urticaria.

Turmeric

With its anti-inflammatory properties, turmeric helps to reduce inflammation and itching.

Aloe Vera

It has a cooling effect and can be applied topically for soothing the skin.

Guduchi

A powerful herb that detoxifies the body and helps to balance *Pitta* and *Ama*.

Lifestyle Modifications

Maintain a regular routine that includes stress management techniques like meditation, yoga, and breathing exercises. Ensure adequate rest and avoid excessive exposure to heat or sunlight. Regular detoxification methods, such as fasting or *Panchakarma* (Ayurvedic detox therapy), help to eliminate *Ama* and balance the *Doshas*.

Topical Treatments

Cool compresses and herbal pastes made from sandalwood or turmeric can be applied to the affected areas to reduce inflammation and itching.

Case Report

Treatment of Urticaria in 21-Year- Old Male Patient

A 21-year-old male patient presented to the Kayachikitsa OPD of SSH, BHU, Varanasi (MRD No. - 4831735), with Reddish patches over neck, arms, thighs and back associated with itching and burning sensation over the patches since last 3 years. The

Specific Advice

	Ahara	Vihara
Pathya	Laghu bhojana, Tikta rasa pradhana anna, Mudga, Kulattha, Karvellaka, Shigru, Usna jala, Haridra, Shali- anna	Langhana, Abhyanga
Apathya	Virudha ahara, Dadhi, Matsya, Atilavana, Ikshu vikara, Atiamla rasa, spicy foods, oily foods, fast foods	Divashayana, Chhardi-vega dharana, Vayu-sevan, Atap-sevan

OBSERVATION AND RESULTS

1st Follow up (after 7 days of *Samsarjana karma*) 25/4/2022

- ✓ Itching- reduced
- ✓ Redness- reduced
- ✓ Recurrence-reduced

2nd Follow up (after 15 days) 30/05/2022

- ✓ Patches were no more visible and frequency of recurrence has decreased.
- ✓ Itching and redness- Reduced.
- ✓ No any fresh complaint.

patient was asymptomatic 3 years back, gradually he starts developing reddish patches over neck, upper limbs, back and thighs along with severe itching and burning sensation which remains for 4-5 hrs and then start disappearing gradually and they are more commonly in afternoon. For these complaints he had consulted local doctors several times but did not get significant relief, so he came to SSH, BHU for proper management.

Treatment Plan

Samshodhana Chikitsa: *Vamana* Procedure was advised to patient.

- a. *Deepana* and *Pachana* with *Panchkola Churna* 3gm BD with lukewarm water for 3 days from 29/3/2022 to 31/3/2022.
- b. *Sneha Pana* – *Panch Tikta Ghrita* for 7 days from 1/4/2022 to 7/4/2022.
- c. *Sarvanga abhyanga* and *Swedana* for 2 days on 8-4-2022 and 9-4-2022.
- d. *Sarvanga abhyanga* and *Swedana* prior to *Vamana* Procedure was done on 10-4-2022.
- e. *Samsarjana karma* was advised to patient for 7 days.

Internal Medications

1. *Sheeta-pitta bhanjana rasa* -125 mg
 - i. *Gandhaka rasayana* -125mg
 - ii. *Amritadi Yoga* -125 mg
2. *Tab Pittantaka yoga* - 2 BD with lukewarm water
3. *Haridrakhanda* – 4 gm with lukewarm water BD.
4. *Sagud Deepyakam Yoga* - empty stomach in morning

Subjective Assessment

Skin lesion	Initial visit	1 st Follow up	2 nd Follow up
Varti- Dashta Samsthana Shotha Manadalotpatti	Severe (+++)	Moderate (+++)	Mild
Vidaha	Severe (+++)	Moderate (+++)	Mild
Toda	Moderate (+++)	Slight (+)	Mild
Kandu	Severe (+++)	Moderate (+++)	Mild

Objective Assessment

	Initial visit	1 st Follow up	2 nd Follow up
UAS7 (Urticaria Activity Score 7 days)	28	19	7

UAS7 is a simple scoring system for to evaluate urticaria signs and symptoms. It is based on scoring the wheals and itch separately on a scale of 0 to 3 over 7 days. Score both the wheals and itch according to the following criteria on a daily basis.

Wheals

Amount		Score
None		0
Mild	< 20 wheals over 24 hours	1
Moderate	20- 50 wheals over 24 hours	2
Intense	>50 wheals over 24 hours or large areas of wheals that blend into one	3

* Adapted from ASCIA CSU Guideline, 2015

Itch (Pruritus)

		Score
None		0
Mild	Present but not annoying or troublesome	1
Moderate	Troublesome but does not interfere with normal daily activity or sleep	2
Intense	Severe itch, which is sufficiently troublesome to interfere with normal daily activity or sleep	3

* Adapted from ASCIA CSU Guideline, 2015

The final score is calculated by adding together the daily score, which can range from 0 to 6, for 7 days. This results in a maximum total score of 42.

DISCUSSION

- दोषाः कदाचित् कुप्यन्ति जिता लङ्घनपाचनैः।
जिताः संशोधनैर्ये तु न तेषां पुनरुद्भवः॥ (C.SU.16/20)
Acharya Charaka said that aggravated *Doshas* which won over by *Langhan* and *Pachana* may aggravate sometimes, but those won over by *Samshodhana* therapy never re-aggravate.
- शीतमारुतसंस्पर्शात् प्रदुष्टौ कफमारुतौ।
पित्तेन सह सम्भूय बहिरन्तर्विसर्पतः॥ (Ma.Ni.50/1)
Kapha and *Vata* become aggravated due to exposure to cold breeze circulating all over the

body both externally and internally in association with *Pitta* cause *Sheeta-pitta*.

- वरटीदृष्टसंस्थानः शोथः सञ्जायते बहिः।
सकण्डूस्तोदबहुलश्छर्दिज्वरविदाहवान्॥ (Ma.Ni.50/3)
Skin eruptions which are elevated resemble like that produce by the sting of wasp, associated with severe itching, pricking pain, burning sensation are the characteristics of *Udarda* and *Sita-pitta*.
- उदरमिति तं विद्याच्छीतपित्तमथापरे।
वाताधिकं शीतपित्तमुदरस्तु कफाधिकः॥ (Ma.Ni.50/4)

Distinguishing features are the pre-dominance of *Doshas*, *Vata* is predominant in *Sheeta-pitta* while in *Udarda* and *Kotha*, *Kapha* is predominant.

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*Address for correspondence

Dr. Aparnesh Pandey

Research Scholar,
Dept. of Community Medicine,
IMS, BHU, Varanasi.

Email:

aparneshbhu27s@gmail.com

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