



Case Study

AN AYURVEDIC APPROACH TO THE CLINICAL MANAGEMENT OF SHITAPITTA (URTICARIA)

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ABSTRACT

Shitapitta, described in Ayurveda, is a dermatological disorder characterized by itching, erythematous wheals, and burning sensation, closely resembling urticaria in modern medicine. Urticaria is a common condition with a prevalence ranging from 7.8% to 22.3%, significantly affecting quality of life. This case report highlights the Ayurvedic management of *Shitapitta* in a 31-year-old male patient presenting with recurrent episodes of pruritic reddish eruptions associated with burning sensation and occasional gastrointestinal discomfort for two years, with recent aggravation. The etiopathogenesis was understood through Ayurvedic principles, revealing *Kapha-Pitta Dosha* vitiation, *Mandagni*, *Ama* formation, and involvement of *Rasa* and *Rakta Dhatu* along with *Rasavaha* and *Raktavaha Srotas*. The patient was managed with a combination of *Shodhana* (*Vamana Karma*) and *Shamana Chikitsa*. The therapeutic regimen included *Deepana-Pachana*, *Snehapana* with *Mahatikta Ghrita*, followed by *Vamana Karma* and *Samsarjana Krama*, along with internal medications such as *Dhatri Lauha*, *Praval Bhasma*, *Sutasekhara Rasa*, *Panchatikta Ghrita*, *Haridra Khanda*, and Allergin granules. Assessment was carried out using the Urticaria Activity Score (UAS7), which showed significant improvement from 32 at baseline to 7 after treatment. Clinical symptoms including wheals and itching reduced from severe grade to complete remission by day 28. No adverse effects were observed during the treatment. This case demonstrates that an integrative Ayurvedic approach, focusing on *Dosha* correction, *Agni* restoration, and elimination of toxins through *Shodhana* therapy, can effectively manage *Shitapitta* (urticaria) and improve patient outcomes. Further studies with larger sample sizes are recommended to validate these findings.

INTRODUCTION

Urticaria or hives is the presence of transient, recurrent, pruritic wheals (i.e., raised erythematous areas of oedema). Hereditary angioneurotic oedema is an uncommon variant of urticaria in which there is recurrent oedema not only on the skin but also on the oral, laryngeal and gastrointestinal mucosa^[1]. Prevalence rate of urticaria is about 7.8 -22.3% as per Indian Journal of Dermatology. ^[2]

Shitapitta is a type of skin disorder mentioned in Ayurveda. It is described in details in *Madhav Nidana*, *Yogratnakara laghutrayi*. Skin eruptions and all over itching is observed in the disease. *Shitapitta* is formed with two words which are exactly opposite to each other. Here, *Shita* denotes *Kapha* and *Vata* and their combination with *Pitta dosha*.^[3] *Madhukosa* explained that, though the features of *Shitapitta* and *Udarda* are similar to each other, there is a predominance of *Vata* in *Shitapitta* while *Udarda* is dominated by *Kapha*.^[4]

Case Report

Patient Information: A 31-year-old male patient came to the skin OPD no.3, National Institute of Ayurveda Jaipur. Having complaint of appearance of small spot (reddish) all over body along with itching, pricking pain and burning sensation occasionally since 2 months (symptoms originated 2 years ago and reappear since 2 months). Symptoms aggravated on

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exposure to hot climate. And sometimes gaseous abdomen. Patient had taken treatment from the general physician and found no relief, so he came here for further treatment. The case was diagnosed as *Shitapitta* on the basis of clinical presentation, etiological and relieving factors.

Clinical findings: A patient has appearance of small spot (reddish) all over body along with itching, pricking pain and burning sensation. There is no any history of diabetes mellitus/hypertension/thyroid dysfunction and other systemic disease. A positive family history noted, as the patient's father had a same complaint. The patient has good appetite and disturbed sleep. Bowel movements and bladder habits

are regular. The patient follows vegetarian diet. The patient had no history of surgery or drug allergy.

Samprapti ghataka: Patient was habitual to regular consumption of buttermilk and curd, since 15 years. This has the *Kapha-Pitta* aggravating properties, leads to vitiation of these *Doshas*, especially when digestion is compromised. Seasonal changes further disturb *Pitta Dosh*, causing imbalance in *Rasa* and *Rakta Dhatu*. This results in *Ama* formation and affects *Rasavaha* and *Raktavaha Srotas*, ultimately manifesting at the level of *Twak* (skin). Symptoms aggravated when patient was exposed to cold and hot weather alternatively. The combined effect leads to aggravation of symptoms.



Ashta vidha pariksha

On examination, the patient's *Nadi* was recorded as 84/min. *Mala* and *Mutra* were found to be *Samyak* (normal). *Jihva* was observed to be *Malavrit* (coated). *Shabda* was *Samanya* (normal), while *Sparsha* was *Samsheetoshna* (moderate/normal to touch). *Druk* appeared *Sam* (normal), and overall, *Akri* of the patient was also *Sam* (well-built/normal).

Dashvidha Pariksha

The patient has a *Kapha-Pitta Prakriti* with *Tridoshaja Vikriti*. The *Sara* is *Mamsa Sara*, indicating well-developed muscle tissue. *Samhanana* and *Pramana* are *Madhyama*, suggesting moderate body compactness and measurements. The patient possesses *Madhyama Satva* (moderate mental strength). *Ahara Shakti* is *Madhyama*, while *Vyayama*

Shakti is also *Madhyama*. The patient belongs to *Madhyama Vaya* (middle age) and has *Pravara Satmya*, indicating good adaptability.

Vital finding

The patient pulse rate was 84/min, blood pressure 110/68mmhg, temperature was 97.6°F, respiratory rate 18/min, weight 64kg and height 175cm. No any clubbing and oedema were noted.

Integumentary Examination: The disease onset was gradual, duration was in the last 2 years more aggravated since 2 months, site of disease was B/L

hands and neck, shape was circular, reddish elevated spots with burning sensation and itching.

Systemic Examination: The patient's systemic examination was within normal limits. On cardiovascular examination, heart sounds were normal with no murmurs or added sounds, and pulse was regular. Respiratory system examination revealed normal vesicular breath sounds without any added sounds such as wheeze or crepitations. The abdominal examination showed a soft, non-tender abdomen with no organomegaly. Central nervous system examination indicated the patient was conscious, well-oriented, and had normal reflexes with no neurological deficits.

Assessment Criteria of Urticaria

Table 1: Urticaria Activity Score (UAS7) [5]

Score	Wheals or hives	Score	Itching
0	None (no wheals)	0	None
1	Mild (< 20 wheals/24hours)	1	Mild (present but not annoying or troublesome)
2	Moderate (21-50 wheals/24 hours)	2	Moderate (troublesome but does not interfere with regular activity or sleep)
3	Severe (> 50 wheals/24 hours or large confluent areas of wheals)	3	Intense or severe (severe itch that is sufficiently troublesome to interfere with regular activity or sleep)

Timeline: According to patient he was suffering from 2 years and symptoms aggravated since last 2 months. He took allopathic medicine for 2-3 months and homeopathic medicine for 1 month (on/off). He did not get relief so he came to consult to Ayurvedic physician at National Institute of Ayurveda, Jaipur, for further treatment.

Treatment plan

Table 2: Samshodhan chikitsa: Vaman karma was advised to patient

Date	Karma	Duration
07/03/2026 to 11/03/2026	Deepan pachan with (Triphala churna 2gm, Shankha bhashma 250mg, Kapardika 250mg)	5 days
12/03/2026 to 16/03/2026	Snehapan with Mahatikta ghrit (30ml, 60ml, 90ml, 110ml, 130ml)	5 days
17/03/2026 and 18/03/2026	Sarvang abhyang Swedan	2 days
18/03/2026	Vaman karma Vamak Dravya- Madanphala, Yashtimadhu, Lavan, Madhu Dugdha - 3lt Yashtimadhu phant - 5lt Lavanodak - 6lt Total Vega: 06	1 day
18/03/2026 to 22/03/2026	Samsarjan krama	5 days

Table 3: Samsaman chikitsa

Date	Oral Medication	Anupan
19/02/2026	Dhatri lauha - 250mg Praval Bhasma - 250mg Sutsekhar rasa - 125mg Pittantak yoga - 500mg Shankha Bhasma -125mg Avipsttikar churna - 2gm Triphala guggulu - 2tab BD Panchatikta ghrita - 10ml BD	Warm water

	<i>Tab.nu nxt 1 BD</i> <i>Haridra khanda – 1 tsf BD</i> <i>Allergen granule – 1 tsf BD</i> <i>Cap. Jwarhar – 1BD</i>	
05/03/2026	<i>Dhatri lauha - 250mg</i> <i>Praval Bhasma - 250mg</i> <i>Sutsekhar rasa - 125mg</i> <i>Pittantak yoga - 500mg</i> <i>Shankha Bhasma -125mg</i> <i>Avipsttikar churna - 2gm</i> <i>Triphala guggulu - 2tab BD</i> <i>Panchatikta ghrita – 10ml BD</i> <i>Tab.nu nxt 1 BD</i> <i>Haridra khanda – 1 tsf BD</i> <i>Allergen granule – 1 tsf BD</i> <i>Cap. Jwarhar – 1BD</i>	Warm water

RESULTS



Before treatment



After treatment

Table 4: Improvement in grading of *Sheetapitta* (Urticaria) [6]

Sign & Symptoms	Grades On Day 0 (February 19, 2026)	Grades On Day 14 (March 05, 2026)	Grades On Day 28 (March 19, 2026)
Wheals or hives	3	2	0
Itching	3	2	0
Total	6	4	0

Table 5: Objective criteria [6]

	Initial visit	1 st follow up	2 nd follow up after IPD
UAS7 (Urticaria Activity Score 7 days)	32	21	7

Lab investigations

The patient's laboratory investigations revealed a lipid profile within normal limits, with triglycerides at 85.4mg/dL, total cholesterol 178.3mg/dL, HDL cholesterol 46.0mg/dL, and LDL cholesterol 108.5mg/dL. Complete blood count (CBC) showed RBC count of $5.53 \times 10^6/\mu\text{L}$, hemoglobin 15.8g/dL, MCV 85.2 fL, MCH 28.6 pg, and MCHC 33.5g/dL, indicating normocytic normochromic indices. RDW-CV was 40.9% and RDW-SD 12.9%. The total leukocyte count was $5.60 \times 10^3/\mu\text{L}$ and platelet count $221 \times 10^9/\text{L}$. Other investigations showed ESR at 02 mm/hr, HbA1c 5.1%, RA factor 7.5 IU/L with qualitative RA negative, CRP quantitative 0.42 mg/dL with qualitative CRP negative, and Vitamin B12 level of 285 pg/ml.

DISCUSSION

S.No.	Medicine	Contents	Indication
1	<i>Dhatri lauha</i> ^[7]	<i>Dhatri, Yasthimadhu, Guduchi, Lauha Bhasma</i>	<i>Pittadosha, Anaha, Vitshtambha, Agnimandhya.</i>
2	<i>Sutsekhar rasa</i> ^[8]	<i>Shuddha Parada, Swarna bhasma, Tankan Bhasma, Shuddha Vatsanabha, Shunthi, Maricha, Pippali, Shuddha Dhatura, Shuddha Gandhak, Tamra Bhasma, Twak, Ela, Tejapatra, Nagkeshkar, Shankha Bhasma, Bilva, Kachora, Bhringaraja swaras bhavana</i>	<i>In Amlapitta, Grahani, Mandagni, Udavarta.</i>
3	<i>Praval Bhasma</i> ^[8]	<i>Maran with Jayanti Swarasa or Shatavari Swarasa</i>	<i>Kaphavataghna, Twachya, Kshaya roga, Kasa, Raktapitta, excess sweating</i>
4	<i>Pittantak yoga</i> ^[9]	<i>Suddha Swarna Gairika, Amrit Dhara (comprising Karpura Satva, Pudina Satva and Ajwain Satva), along with Agnimantha, Maricha and sugar</i>	<i>Pittashamaka and Dahashamaka</i>
5	<i>Shankha Bhasma</i> ^[8]	<i>Shankha</i>	<i>Balya, Grahi cures Grahani, Amlapitta, Agnimandhya, Tarunya Pidika, all types of Visha dosha</i>
6	<i>Avipattikar churna</i> ^[7]	<i>Shunthi, Maricha, Pippali, Haritaki, Vibhitaka, Aamalaki, Musta, Vida Lavana, Vidanga, Ela, Patra, Lavanga, Trivrit and Sharkara</i>	<i>Vibaddha Mala Mutra, Amlapitta, Agnimandhya, Shula, Arsha, Mutraghat, Ashmari</i>
7	<i>Triphala guggulu</i> ^[10]	<i>Haritaki, Vibhitaki, Amalaki, Pippali, Guggulu</i>	<i>Vatajshula, Shotha, Rechak, Rasayan</i>
8	<i>Panchatikta ghrita</i> ^[10]	<i>Nimba, Patola, Kantakari, Guduchi, Vasa, Haritaki, Bibhitaki</i>	<i>All Kushtha, Vata-pitta-kaphaja roga, Dushtavrana, Krimiroga, Jwar, Rakta and Twak roga</i>
9	<i>Tab.nu nxt</i> ^[11]	<i>Curcuma longa extract, Piper longum</i>	<i>Antioxidant, anti-inflammatory, antimicrobial, and anticancer</i>
10	<i>Haridra khanda</i> ^[10]	<i>Haridra, Nishoth, Haritaki, Daruharidra, Nagarmotha, Ajmoda, Ajvayan, Chitakmoola, Kutaki, Shwetajeerak, Pippali, Sunthi, Dalchini, Sukshma ela, Tejpatra, Vayvidang, Guduchi, Vasa, Kutha, Triphala, Chavya, Dhanyak, Lauha Bhasma, Abhrak Bhasma</i>	<i>Shitapitta, Udarda, Kotha, Kandu, Vicharchika, Jirna jwar, Krimi, Pandurog, Shotha</i>
11	<i>Allergin granule</i> ^[12]	<i>Haridra, Darvi/ Daruharidra, Surasa/Tulasi, Haritaki, Amalaki, Vibhitaki, Devadaru, Bilva, Karanja, Trivrit, Vidanga, Musta, Tagara, Shunti, Maricha, Pippali, Ela, Twak, Patra, Nagakeshara, Ghrita, Ksheera, Khandasita</i>	<i>Relieve allergy symptoms such as sneezing, itching, anti-inflammatory</i>
12	<i>Cap.Jwarhar</i> ^[13]	<i>Sariva, Sharkara, Patha, Manjishtha, Draksha, Pilu, Parushak, Abhaya (Haritiki), Amalaki, Vibhitaki</i>	<i>Tridoshahara, Deepan, Pachan & Hrudaytarpak</i>

CONCLUSION

The present case report demonstrates that Ayurvedic management can provide effective relief in *Shitapitta* (urticaria) by addressing the underlying *Dosha* imbalance, particularly *Pitta* and *Vata*. The use of appropriate *Shamana* and *Shodhana* therapies, along

with dietary and lifestyle modifications, resulted in significant reduction of symptoms such as itching, erythema, and recurrence. This highlights the potential of Ayurveda as a safe and holistic approach in the

management of urticaria, improving patient quality of life.

Patient perspective

Patient was happy by observing the progressive relief among the hives.

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