



Management of *Sheet-Pitta* through *Vaman* Followed by *Shaman* Therapy- A Case Report

Dr. Rutuja Sanjay Nagawade

MD Panchakarma, Assistant Professor, Panchakarma Dept., G.S. Gune Ayurved College, Ahmednagar, 414001.

ABSTRACT-

Urticaria is a common disease characterized by pale red rashes and severe itching caused by allergic reaction. Urticaria can be correlated with the disease *Sheetpitta* mentioned in our ayurvedic classics. *Sheet-pitta* is *Tridoshaja vyadhi* having predominance of *Vata dosha*. *Rasa* and *Rakta* are main *dushyas* in *Sheet-pitta*.

18 years old male presented with complaints of *sarvang kandu* (itching), *mandalotpatti* (wheal formation), *Raga* in both the limbs and back; on and off since two months. *Kandu*, *mandalotpatti* aggravating more during evening hours and on exposure to cold climate, diagnosed as *Sheet-pitta*. Its management is successfully done by following principles of *Shodhana* and *Shamana*. Initially *Deepana* and *Pachana Chikitsa* has given to the patient then *Snehapana* with *Panchtiktaghrita* followed by *Vamana* was done. Thereafter *Shamana* therapy was given to the patient. The follow up was done for a month, during he has no any episode of *Sheet-pitta*. The results of the treatment were encouraging and there were no side effects during the therapy.

Keywords: *Sheet-pitta*, urticaria, *Vamana*.

AIM:

To assess the efficacy of *Vamana* followed by *Shaman* therapy in the management of *Sheet-pitta* with special reference to urticaria.

INTRODUCTION:

Sheet-pitta is a *tridoshaj vikara* manifested to skin commonly in December to March. Pathogenesis of this *Sheet-pitta* is because of *hetusevana*, *vatadi dosha* got *prakopa* and in turn lead to the vitiation of *pitta-dosha* and *raktadushti* then spreading to extremities and leading to rashes¹. The same has been described in the modern symptomatology of urticaria most often has an unknown, non-specific etiology but can be related to medications, foods and similar vascular stimulating agents. Urticaria is a vascular reaction of skin marked by transient appearance of smooth, slightly elevated papules or wheals². Urticaria is frequently caused by allergic reactions; however, there are many non-allergic causes also -For example, most cases of urticaria lasting less than six weeks (acute urticaria), are the result of an allergic trigger.

With special reference to Ayurvedic classics urticaria correlated with *Sheet-pitta* can be treated by traditional approach so keeping in view basis principle of Ayurvedic management, a case of *Sheet-pitta* treated and successfully relieved from *lakshanas*. Treatment of *Sheet-pitta* mentioned in *Yogratnakar*, *Chakradatta* and *Bhaishyajya Ratnavali*. It includes *Katu taila abhyanga*, *swedan* by *koshna jal*, *Vamana*, *Virechana* and *Shamana chikitsa*³. In *Sheet-pitta*, *vatadushti* is characterized by dryness, pain aggravating factors likes exposure to cold climate, similarly *Pittadushti* is characterized by presence of symptoms like burning sensation; presence of itching indicate

*Kaphadushti*⁴ considering this the predominance of *Kapha*, *Vamana* was a followed by other medication plans. *Vamana* means the forcible expulsion of undigested *pitta* and *kapha* through oral route by the way of inducing vomiting⁵.

Case Report

This case report of 18 years old male patient, who had complained of *Sarvang kandu*, *Raktavarniya manadalotptti*, *Raga* in both limbs and back on and off since two months. The had consulted allopathy physician but could not get complete relief, therefore, the patient approached for Ayurvedic treatment. He had neither history of DM, HTN, Asthama, any other illness nor nay surgical history. Personal history revealed non vegetarian diet (fish, meat), irregular meal timings, exposure to cold (Air conditioner) climate, less appetite, constipation, *aruchi*, *adhman*, normal sleep.

Treatment schedule

Table 1-Method of drug administration -

Sr No	Procedure	Duration	Medication
1	<i>Deepana -Pachana - Anulomana</i>	5days	1. <i>Arogyavardhini vati- 500mg Vyanodane</i> 2. <i>Sanjivani Vati- 500 mg Vyanodane</i> 3. <i>Gandharvharitaki choorna 5 mg Ratrau</i>
2	<i>Snehapana</i>	7 days	<i>Panchtiktagrita</i> started with 30 ml; on 7 th day 210 ml is given by increasing 30 ml each day which achieved <i>Samyak Snigdha lakshana</i>
3	<i>Vishranti dina</i>	1 day	<i>Sarvangya snehana swedana- Bhashpasweda</i> <i>Abhishyandi ahar- Dadhi odana</i>
4	<i>Vamana</i>		<i>Akanthapan-Dugdhan,</i> <i>Vamandravya-Madanphalphant (100ml)</i> <i>Vamanopagadravya -Lavanodak</i> After completion of <i>Vamana- Nirdosh varti Dhumpana</i> and <i>Gandush</i>
5	<i>Sansarjan krama</i>	5 days	<i>Peyavilepadi krama</i>
6	<i>Shamana Chikista</i>	7 days	1. <i>Haridrakhanda -5 gm Vyanodane</i> 2. <i>Mahamanjishthadi kwatha-20ml Vyanodane</i> 3. <i>Gandhak rasayana -250mg Vyanodane</i>

OBSERVATIONS AND RESULTS

The patient was assessed for *Kandu* (itching), *varna* (discoloration), *manadalotpatti* (wheal formation) and frequency of attacks Grading was done as follows

A) *Kandu* (itching)

1. O- no itching
2. 1- itching only during night
3. 2- itching one to four time during the day
4. 3- itching disturbing normal daily activities

B) *Varna* (Discoloration)

1. 0-No discolored rashes
2. 1- pinkish discolored rashes
3. 2-light red discolored rashes
4. 3-Dark red discolored rashes

C) *Manadalopatti* (wheal formation)

1. 0- No
2. 1-both hands and legs
3. 2-hands, legs and trunk region
4. 3-whole body

D)Frequency of attacks

1. 0-No
2. 1-Alternate week
3. 2-twice weekly
4. 3- every two to three days

Assessment was done in the patient as follows-

Table 2- Assessment Score-

Sr No	Parameter	Before treatment	After treatment
1	<i>Kandu</i>	Grade -1	Grade-0
2	<i>Varna</i>	Grade- 2	Grade-0
3	<i>Manadalotpatti</i>	Grade-2	Grade-0
4	Frequency of attacks	Grade-3	Grade-0

DISCUSSION

According to *Madhavanidana*, *prakupita vata* and *kapha* (*pradushta kaph-maruta*) due to *sheetmaruta samparshanadi* nidana in association with *pitta* (*pitten saha sambhooya*) spreads internally and externally (*Bahiranta visarpataha*) and results in manifestation of *Sheet-pitta*⁶. Our treatment planed acting as follows

1. *Tridoshamaka*
2. Purifies *rasa-rakta dhatus*
3. Helps in boosting immune system as autoimmune plays an important role in pathogenesis

Initially *deepan-pachana* treatment was given for *aama pachana*⁷ then *snehapana* was done as a *poorva karma* of *Vamana*⁸. *Snehapana* work at a level of *Sukshma Srotasa* also it shifts the *doshas* from *Shakhas* to *koshtha* so that they can be easily removed from the body. *Panchatiktaghrita* was a chosen for *snehapana* as all its constituents -*Nimba* (*Azadirachta Indica*), *Patola* (*Trichosanthus dioica*) *Kantakari* (*solanum surattense*) *Guduchi* (*terminalia cordifolia*) and *Vasa* (*adhathoda vasica*) are *Tiktarasapradhan dravyas*⁹. *Tikta rasa* is *vishaghna* (antiallergic action), *Kandughn* (pacifies itching), *Kushthaghn* (removes skin disorders) and purifies *twacha* (skin) and *rakta* (blood). Studies have proven antiinflammatory activity of *panchatikta ghrita*. Thus it will also check inflammatory reaction on the skin due to vitiated *doshas* and *dhatus*.

Vamana karma seems that *Shodhana* drugs (*Madanphala*) because of there *vyavayi guna* escape the normal digestion by *Jatharangi*, reaches to the minute channels of the body start acting immediately. *Sukshma guna* helps to reaches them upto two expelled out lastly by *prabhava*¹⁰. As *Madanaphala* is best among all *Vamak* drugs¹¹, it is used in this case. *Vamak* drug eliminates the *doshas* out by the oral route. *Vamanopaga dravya* helps to *vaman dravya*. Hence therapy will be easily removed the deranged *doshas* from the body. After *Vamana karma sansarjankrama* has been given according to *madhyama shuddhi* i.e. 5 days for maintainance of *agni*¹². *Shamana* therapy was given to subside the remaining *doshas*. Drugs selected were *haridrakhanda*, *mahamanjishthadi kwatha*, *Gandhak rasayana* which are all *Raktashodhak*, *tvakprasadak* and immuno modulators.

Conclusion

Sheet-pitta or urticaria is common skin disorder which is cause due to disturbance in the equilibrium of *Vata*, *Pitta*, *Kapha* and *Rakta*. In this case study *shodhana karma* followed by *shamana* therapy has a role in manifestation of *Sheet-pitta* with special reference to Urticaria.

REFERENCES-

- 1) Ayurvedacharya Shri Yadunandanopadhyay, *Madhavanidana* by Shri Madhavakara, commentary *Madhukosha* by Shri Vijayrakshita and Shrikanthadatta, 2013, Chaukhamba Publications, adhyaya 50, sutra 1, pg no. 200.
- 2) Harrison, Harrison's principle of internal medicine, Mc Graw Hill Education, 18th edition Volume 2, chapter no. 317, page no. 2712.
- 3) Tripathi Ravidatta, Chakradatta, Chaukhamba Surbharati Prakashan, Varanasi reprint 2000, Udardkothasheetpitta rogadhikar verse no. 1, page no. 202.
- 4) Shastri Brahmashankar Madhavanidan, *Madhukosh Sanskrit commentary with Manorama- hindi commentary*, Chaukhamba Sanskrit sansthan, Varanasi, reprint 2010, Sheetpitta udardkotha nidana adhyay verse no. 1, page no. 234.
- 5) Dr Shrivastav Shailaja, Sharangdhar Samhita, Chaukhamba prakashan, madhyam khand adhyaya 4 verse no. 7, page no. 47.
- 6) Vaidya Shrilaxmipati Shastri, Yogaratnakara, commentary *Vidyotini*, 2015, Chaukhamba publications, Uttarardha, Sheetapittodarda nidana adhyay, sutra 3, 4, pg no. 234-235.
- 7) Dr Shrivastav Shailaja, Sharangdhar Samhita, Chaukhamba prakashan, madhyam khand adhyaya 4 verse no. 1, 2, page no. 46
- 8) Vaidya Yadavji Trikamji, Charaka Samhita commentary *Ayurveda Dipika* by Chakrapanidatta, 1941, Chaukhamba publications, sutra 14/5, pg no. 87.
- 9) Govindadas sain, Bhaishajya ratnavali, Chaukhamba publications, Kushthadhikar, sutra 114-116.
- 10) Dr Pulak Kantikar, Mechanism of panchakarma and its module of investigation 1st edition, 2013, Chaukhamba Sanskrit prakashana chapter *Vamana* pg no. 44.

11) Vaidya Yadavji Trikamji, Charaka Samhita commentary Ayurveda Dipika by Chakrapanidatta, 1941, Chaukhamba publications, Kalpasthana 1/13, pg no.654.

12) Vaidya Yadavji Trikamji, Charaka Samhita commentary Ayurveda Dipika by Chakrapanidatta, 1941, Chaukhamba publications, Siddhisthana 1/11, pg no.678.