



## A case report of *Ayurvedic* Management of *Shitpitta* with internal medicine and *basti*.

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### ABSTRACT

Changes in Life style with urbanization are very drastic. Polluted environment, junk food habits, work in shift duties, stress etc. are the main trigger factors for vitiation of *tridosha* and the manifestation of diseases in today's era. There is lack of knowledge about *dincharya* and *ritucharya* in common people. Due to which People mainly gets affected their digestive system first, and then other symptoms come subsequently. Due to improper digestion there is substandard or poorer formation of all *dhatu* and *rasa*, *rakt dhatu dushti* is comparatively more. When their *dushti* occurs along with *Vata dosha*, then there is manifestation of disease like *shitpitta*. Cardinal symptoms of *shitpitta* are reddish patches, swelling on skin with moderate to severe itching at site. It is compared with urticaria (hives) in modern science and described as primary cutaneous disorder. An episode of it may start with itching. Episodes of urticaria may continue to relapse for days, weeks, months or year if not treated properly. Urticaria is counted

as allergic reaction due to some food and have only symptomatic treatment and anti allergic drug. Commonly antihistaminic drugs were used for urticaria. In *Ayurveda* treatment of *shitpitta* includes *shodhana* and *shamana chikitsa*. A 54 years old female patient with cardinal symptoms of *shitpitta* was attended at OPD basis with *tikta ksheera basti* as *shodhana* and *ayurvedic samshamana* drugs. Follow up done for two months and she had no episode of rash. Results were found very encouraging.

**KEYWORDS-** *Shitpitta*, Urticaria, *Dincharya*, *Ritucharya*, Antihistaminic drug

### INTRODUCTION

Today's life is very fast and with urbanization daily life style changes very drastically. Polluted environment, work in shift duties, stress etc. are the main trigger factor for the vitiation of *vata* and manifestation of disease in today's era. There are very few people who are aware of *dinacharya* and *ritucharya*. Dietary habits are also changed; and use of

chemicals for fertilization and preparation of food, more use of junk food, packed fortified food with this more adulteration of food is found. All these condition leads to vitiation of *dosha* and *dhatu*.

*Shitpitta* is a condition where all three dosha gets vitiated but *vata* vitiation is more. *Shitpitta* is formed with two words which are exactly opposite to each other by their meaning. Here *shita* denotes *kapha* and *vata* and their combination with *pitta dosha*. Hence *Dhatu* involved in this are mainly *rasa* and *rakta*.

In *ayurvedic* text only in *Madhava Nidana shitpitta* was explained in details. In *samhita* causes<sup>1</sup> given for *shitpitta* are as follows-

1. *lavana katu rasa, shukta, arnal, sarshapa atisevana*
2. Exposure to cold environment, wind, water
3. *diwaswap, asamyaka vama*
4. *keeta dansha, krumi sansarga*

When person comes in contact with above causes or similar to these causes *dosha* gets vitiated. *Prakupita Vata* and *Kapha* due to '*Sheeta Marutadi Nidana*' when mixed with '*Pitta*' spreads internally and externally and results in to '*Sheetapitta-Udarda-Kotha*'<sup>2</sup>. Mostly *rasa* and *rakta dhatu* gets affected first. *Rasa* is related to *kapha dosha* and skin also *rakta dhatu* related to *pitta dosha*. By this *dosha dushya anubandha* manifestation occurs in skin and gives rise to unique features of *shitpitta* i.e. rash with severe burning and itching<sup>3</sup>.

As per modern aspect *shitpitta* is co-related with the urticaria and described

as primary cutaneous disorder consist of a recurrent, transient, cutaneous swelling with erythema which resolves within 24 hours without leaving any residual cutaneous signs<sup>4</sup>. An episode of it may start with itching followed by red elevated patches at site of itching. Scratching, beverages, emotional conditions and exercise are provocative factors for the symptoms. Episodes of urticaria may continue to relapse for days, weeks, months or year if not treated properly. Frequent attacks may hamper patient's mental condition. Urticaria is counted as allergic reaction due to some food and have only symptomatic treatment and anti allergic drug. Commonly antihistaminic drugs were used for urticaria and long term use causes many side effects.

Treatment for *shitpitta* according to *ayurveda* includes both *shodhana* and *shamana chikitsa*<sup>5</sup>. *Acharya* have suggested that treatment can be done as of *kushtha, amlapitta*<sup>6</sup>. Various *ausadhi yoga* are mentioned for *udarda, kotha* which also can be used for *shitpitta*. Main advantage for *ayurvedic* treatment is that it helps to stop the recurrence of *shitpitta* with correct use of *shodhana, shamana chikitsa* and *pathyapathya palana*<sup>7</sup>.

A case with classical symptoms of *shitpitta* was visited in *Kaychikitsa OPD* of *Ayurved Rugnalay* and sterling multi-specialty hospital. Patient was treated successfully with *ayurvedic* treatment. Further we will discuss this case in details.

## CASE DETAILS

### General information of patient-

Name - ABC



Age - 54 yrs

Gender – female

### Chief complaints-

~irregular erythematic patches on whole body with sever itching since 10 days, sudden onset with unknown cause.

~The episode of Erythematic patches start with itching in *vataja kala* around 5 pm and erupts after scratching. Remain over night with severe itching and vanish in morning.

~Anxiety since 10 days

~insomnia due to severe itching at night

~Constipation (2-3 times in a week since 1 year)

### History of present illness-

Above symptoms started suddenly with unknown cause, patient became irritable due to severe itching and the rash. As symptoms starts in evening and remain over night. Patient had disturbed sleep and anxiety since 10 days. Patient was using cetirizine 10mg od for symptomatic relief from last 6 days before visiting the *Ayurvedic* OPD.

### History of past illness and treatment taken-

Patient had no history of major systemic illness; Patient was in the phase of menopause.

### Family History-

Not any relevant evidence.

### Examinations –

#### General examination

Pulse- 78 beats/min

BP- 130/80 mm of Hg

Weight- 50.4 kg

*Mala- Vibandh* 2-3 times in a week

*Mutra- Samyak*

*Kshudha- Mandya*

*Jivha- Lipta*

*Prakruti – Vatapradhan pittaja*

### Systemic examination-

CVS- S1S2 normal

CNS- Conscious well oriented

RS- Air entry clear bilateral

### Per Abdominal examination-

Soft, non tender abdomen

### Local examination-

Irregular elevated patchy, Reddish discoloration of skin. Local temperature present at the site of hives.

### Diagnosis-

Patient's present complaint were wholly resembles with the classical symptoms of the *shitpitta*. And with this patient is in her menopausal phase. So treatment was given taking into consideration that *rasa* and *rakta* with *asthi dhatu dushti* and *vata pradhana tridosha dushti lakshana*.

### Treatment given-

➤ At 1<sup>st</sup> visit for a week

1. *Haridrakhanda* 3gm- three times in a day- *rasayana kala* and *vyanadan kala* with lukewarm water



2. Combination of *kamdudha* 120mg + *guduchi satva* 120mg + *shirish ghan* 250mg + *sariva ghan* 250 mg+ *chandrakala rasa* 250 mg vyanodana kala with lukewarm water

3. *Amrutadi kwath* 15ml vyanodana kala with lukewarm

4. *Shitpitta prabhanjan vati* 250 mg with *aadraka swarasa* ¼ spoon and honey 1 spoon at *abhakta kala* twice in a day.

5. *Shatdhauta ghruta* for local application.

➤ At 2<sup>nd</sup> visit for a week

Continued all previous medicines and added *Gandharva Haritaki* 1table spoon at night with luke warm water. *Basti* treatment was planned after a week.

➤ At 3<sup>rd</sup> visit

Stared with *Basti* treatment for 7 days

*Snehana*- with *katu taila* + *tila taila*

*Swedana*- *Peti sweda*

*Basti*- *Tikta ksheer basti* with *Nimba*, *Guduchi*, *Vasa*, *Patola*, *Kantakari*

Preparation of *basti yoga*

Contents	Quantity
<i>Madhu</i>	40 ml
<i>Saindhava</i>	5gm
<i>Ghruta</i>	<i>Goghruta</i> 80 ml
<i>Kasaya</i>	240 ml ( <i>Panch tikta kwath</i> 160 ml + <i>ksheera</i> 80 ml)
Total quantity	360 ml

1. *Haridrakhanda* continued with only vyanodan kala with lukewarm water

2. combination of *kamdudha* 120mg + *guduchi satva* 120mg + *shirish ghan* 250mg + *sariva ghan* 250 mg+ vyanodan kala with lukewarm water

3. *Amrutadi kwath* 15 ml vyanodan kala with lukewarm water

4. *Shitpitta prabhanjan vati* 250 mg vyanodana kala with lukewarm

*Gandharva haritaki* kept on hold and said to patient to take when needed for constipation.

All above internal medicine were given for 15 days with *tikta ksheera basti*.

➤ At 4<sup>th</sup> visit for 1 month

1. *Haridra khanda* same as before.

2. *Amrutadi kwath* 10 ml vyanodan kala with lukewarm water

3. *Shitpitta prabhanjan vati* 250 mg vyana kala with lukewarm

*Gandharva haritaki* as needed.

## OBSERVATION AND RESULTS-

Tendency of itching decreased little bit; eruption of red patching was still present after first week of treatment.

At second follow up, patient was feeling much relief so that she can sleep well in night, and constipation was also relived.

After the treatment of *tikta kheera basti*, there was marked improvement in patient's condition. Frequency of uarticarial patches was very less, thus reduces patients irritability.



After *shodhana* karma, *rasayana chikitsa* given for month by which relapse of *shitpitta* was prevented very well.

## DISCUSSION-

*Haridrakhanda* used in this case act as best anti allergic drug and has good *rasayana karma* also. *Kamadudha* is used to reduce pitta vitiation, which also acts perfectly in *tvakagata pitta lakshana*. *Guduchi* acts in multiple angles in this case as it is mentioned as best *samshamana* drug. It acts on *pitta* by its *katu*, *tikta*, *kashaya rasa*, and *madhur vipaka*. It corrects *agnimandya* with *ushnaveerya* which helps to well formation of *rasa dhatu*. *Shirisha Ghana* itself said to have *vishaghna prabhava*. *Sariva* acts on *raktadhatuprasadan* and minimise *pitta mala* in *rakta dhatu dushti*. *Chandrakala rasa* is again a *rasa kalpa* which lowers the vitiation of *pitta dosha*.

*Amrutadi kwath* helps to lower the vitiation of *tridosha* and good formation of *rasa* and *rakta dhatu*. *Shitpitta prahbanjan vati* is specially mentioned for this *vyadhi* it helps to break *dosha dushya anubandha*. *Ardra swarasa* and *madhu* is used for *anupan* which improves *agnimandya* and *kapha* vitiation. *Gandharva Haritaki* helps to *mala shodhana* as well as *vatanumolana*.

*Katu taila* is used for skin disorders. *Tikta ksheera basti* covers the *tridosha* and *rasa*, *rakta* and *asthi dhatu* also. After *shodhana* medicines were given for *rasayana karma* which improves immunity, and prevent relapse of *shitpitta*.

## CONCLUSION-

We can conclude that in today's life style, there are frequent chances of

vitiation of *tridosha* and low quality *dhatu* ultimately causes various disorders. Skin disorders where allopathic drug have limited symptomatic effects, there *ayurvedic* treatment acts very well as *apunarbhava chikitsa*. It is an observation in a single case and more studies in this direction would help in establishing *ayurvedic* treatment in the conditions where only symptomatic treat.

## ACKNOWLEDGEMENT-

I would like to acknowledge Dr. Rupali Khobragade (Professor, *Kaychikitsa* Dept. C.A.R.C. Nigdi) my Guide who suggests me this case for article.

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### Cite article

A case report of *Ayurvedic* Management of *Shitpitta* with internal medicine and *basti*.  
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*Ayurlog: National Journal of Research in Ayurved Science- 2018; (6)(5) : 1-6*

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