

CASE STUDY

Urticaria in Ayurveda Outshining Role of Raktamokshana Chikitsa along with Shaman Chikitsa in Sheetapitta W.S.R To Urticaria – A Case Study

Deval Shah and Vaidehi Raole

Department of Kriyasharir, Parul Institute of Ayurved, Parul University, Vadodara, Gujarat,

***Corresponding Author:** Deval Shah

Email ID: devalshah725@gmail.com

ABSTRACT

Skin diseases are a major health problem in the all-age group and are associated with significant morbidity. Urticaria is considered as a major problem with respect to its etiology, investigation, and management. Even though certain skin conditions are very common in underdeveloped nations, they haven't been given much consideration when creating public health policies up until now. In primary care settings, the percentage of treatment failure for skin diseases is very high. The fourth most common allergic disease, urticaria, is caused by the superficial dermis's mast cells and basophils releasing histamine, bradykinin, kallikrein, and other vasoactive chemicals. When urticaria lasts more than six weeks, it's referred to as chronic urticaria. Ayurvedic medications have been shown to be quite successful in treating chronic urticaria without causing any negative side effects. The present case 53-year-old male patient visited OPD, with complaints of Severe Itching All over the Body, Red Patches on Skin, Gas, Acidity, Nausea, Constipation for 3 months. He had no any h/o past illness and no any h/o family history of Urticaria. The case was managed by both internal medicines and Raktamokshana Panchakarma (purificatory) procedure in which Khadirarista, Panchatikta Ghrita Guggulu Tab, Bruhat Daruharidra Khanda Churna, Erandbhrista Haritaki Tab, Divsora Oil for External Application & Raktamokshana Procedure. So patient was treated with above treatments from 30thJuly 2023 to 14thAugust 2023 and got excellent result of Ayurveda management. After the treatment patient has no any complaints of itching all over the body, red patches disappeared, no gas-acidity and had clear bowel movements. Overall effect after the course of treatment showed complete remission and there is no recurrence in the past one year. so, we can say that there is outshining role of Raktamokshana chikitsa in Sheetapitta(Urticaria) along with shaman aushadhi plays significant role in management of Urticaria.

Keywords: Sheetapitta, Urticaria, Raktamokshana, Shodhana, Aushadhi

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INTRODUCTION

The plant known as "stinging nettle" is the source of the name "Urticaria." This worldwide plant is generally referred to as *Urtica dioica*. The Latin term "nestle" signifies "urtica." The Latin word "urere," which means "to burn," is the original term for the type I hypersensitivity reaction, which is inflammatory. Urticaria bears a striking resemblance to the medical disorder known as Angioedema. Urticaria is the situation, which occur mainly in superficial epidermis layer of skin where angioedema occurs in the deep dermis and subcutaneous tissue. The dermatological disorder urticaria is characterized by abrupt, itchy wheals on the skin or mucous membranes. They frequently referred to as nettle rash, welts, wheals, and hives. Usually, an allergic reaction triggered by food, seasonal changes, environmental conditions, or medicine causes it to occur. An individual urticaria lesion usually lasts a few minutes to many hours before disappearing completely. Based on duration, there are two classifications for urticaria. 1) Severe urticaria lasting fewer than six weeks 2) Prolonged urticaria lasting more than six weeks [1, 2].

Angioedema and urticaria can occur individually or simultaneously. Type 1 hypersensitivity reactions (IgE dependent) could be the cause of them. Urticaria affects the skin's outermost layers, and the rash caused by it is frequently referred to as hives. Some people may also experience lip or throat swelling, a condition known as angioedema, in addition to hives. Angioedema is a distinct type of localized, nonpitting oedema that affects the subcutaneous tissue and deeper layers of skin. Since everyone possesses mast cells on their exposed body parts, this is most likely the source of their hives and angioedema. Histamine, leukotrienes, and other chemicals abound in these mast cells. Remain inside the mast cells; they don't pose a threat. Recurrent episodes of urticaria/ angioedema of less than 6 weeks duration are considered Acute while attacks Persisting beyond this period are Chronic. In Ayurveda Sheetapitta is caused due to vitiation of all three doshas with predominant of Kapha dosha. Dhatus (body tissues) involved are rasa (serum) and rakta (blood) and it bears similar symptoms like that of urticaria. There is no specific and no satisfactory treatment in modern science for the condition of urticaria. But it can be effectively managed through Ayurveda system of medicine. Sheetpitta is formed with two words which are exactly opposite to each other by their meaning [3]. Here Sheet denotes Kapha and Vata and their combination with Pitta Dosha. In Ayurveda, Sheetpitta is mentioned as Tridoshaj Vyadhi, but Vata and Pitta Doshas are predominant and Ras and Rakta are main Dushya. Symptoms of allergic skin reaction described as Kotha in Brihatrayi, are later on Madhavkara developed as separate disease under the title Sheetapitta Udarda-Kotha. Sheetpitta manifests due to exposure to contact with various poisonous materials (allergens) and intake of Asatmya-Ahar-vihar. Though it is not a life-threatening condition but it cosmetically and extremely affects the quality of life. In Samhita causes given for Sheetpitta are Lavana Katu Rasa, Shukta, Arnal, Sarshapa Atisevana, Exposure to cold environment, wind, water, Diwaswap, Asamyaka Vamana, Keeta Dansha, Krumi Sansarga. When person comes in contact with above causes or similar to these causes Dosha gets vitiated. Further vitiated Dosha, leads to Ras and Rakta-dhatu Strotodusti, then it spreads towards the extremities and manifests as wheal/maculopapular rash [4, 5].

Case Report: A 53-year-old male patient visited OPD & came to Shree Sanidhya Panchakarma and Ayurvediya Chikitsalaya, Vadodara, Gujarat with the complaints of,

- Severe Itching All over the Body,
- Red Patches on Skin,
- Gas,Acidity,
- Nausea,
- Constipation

History

Patient was completely healthy before 3 months, after that he started complaining of Severe Itching All over the Body, Red Patches on Skin, gas, acidity, constipation. After that he underwent to allopathy medicines and tried all antihistamines and corticosteroids but couldn't find any relief. No any family history was present regarding urticaria or any skin disorders.

Personal history: No history of HTN / DM / Thyroid dysfunction / any other allergic illness.

Family history: Not any significant

Physical Examination

Blood Pressure-158/92 mmhg.

Pulse rate-82 beats/min

Respiratory rate-17/min

Temperature-98.6°C

Bowel- Irregular (Once in two days)

Appetite-Decreased (Less intake of food)

Micturition-2-3 times day

Sleep-altered

Ashtasthana Pariksha

Nadi(Pulse) - *kapha Pradhana pitta*

Mala(Stool) - *Asamyak*

Mutra(Urine) - *Alpa pravritti*

Jihva(Tongue) - *Lipta*

shabda(Speech) -

Prakrita Sparsha(Tactilation) - *Ushna*

Druk(Eyes) -

Prakruta Akriti(Anthropometry) - *Madhyama*

MATERIAL AND METHODS

Medications

- 1- Khadirarista - 3Tsp thrice a day
- 2- Panchatikta Ghrita Guggulu Tab 2-2-2
- 3- Bruhat Daruhaaridra Khanda Churna - 2Tsp Thrice a day
- 4- Erandbhrista Haritaki Tab – 2 Tab at Night with warm water
- 5- Divsora Oil – 2 times in a day For External Application

Panchakarma procedure

- 1- Raktamokshana Procedure (60ml) on Median Cubital Vein on the right hand

Treatment Underwent:

Table 1: Effect of Internal Medicines on Clinical Symptoms:

Sr.No	Name of Medicine	Dose	Time	Anupana	No of Days
1	Panchatikta Ghrita Guggulu	2 Tab	3 Times After Food	Ushnodak	15
2	Bruhat Daruhaaridra Khanda Churna	2 Tsp	3 Times After Food	Ushnodak	15
3	Khadirarista	3Tsp	3 Times After Food	-	15
4	Erandbhrista Haritaki	2 Tab	At Night	Ushnodak	15
5	Divsora Oil	For LA (Local Application)	2 times in a day	-	15

Table 2: Showing details of panchakarma procedures given to patient

Sr.No	Procedure	Date	No of Days
1	Raktamokshana Procedure (60ml) on Median Cubital Vein on the Right hand	30-07-2023	1

RESULT

The clinical assessment before treatment revealed that the patient experienced severe symptoms, with maximum intensity scores (4) for itching all over the body, red patches on the skin, nausea, constipation, and gas with acidity. Following the treatment, there was a marked reduction in the severity of all symptoms. Severe itching, red patches, nausea, and constipation significantly improved, with scores reducing from 4 to 1, indicating substantial relief. Gas and acidity also showed improvement, though comparatively less, reducing from a score of 4 to 2. Overall, the treatment was effective in alleviating the major symptoms, demonstrating considerable symptomatic relief and improvement in the patient's condition.

Table 3: Showing Overall Result of Treatment

Symptoms	Before Treatment	After Treatment
Severe Itching All over the Body	4	1
Red Patches on Skin	4	1
Nausea	4	1
Constipation	4	1
Gas, Acidity	4	2

*Note-Gradation According to Dr.MS Baghel Developing guidelines for clinical research.

DISCUSSION

In Sheetpitta there was vitiation of Kapha and Vaat due to Shita-Amla Ahara and Shita vihara. Kapha was dominant and Pitta was Anubandhi. In such condition Strotavarodha created by vitiated Kapha should be broken first. Charaka has advised drugs belonging to Udarda Prashamana Mahakashya. Ushna-Tikshna-Laghu Guna, Katu-Tikta Rasa helped to normalize vitiated Kapha and helped to remove the Strotavarodha, also at the same time Pitta achieved normal state after removal of Avarodha. Clinically effects of urticaria are due to local vasodilatation causes redness, increase blood flow causes warmth, enhanced vascular permeability leads to swelling/edema, these are the feature of lewi's triple response. The main content of Haridrakhand is Haridra, which is a potent anti-allergic drug, recommended in various allergic conditions like Urticaria. Bhavaprakasha has described Shodhana, Shamana and Bahi

Parimarjana Chikitsa in Sheetapitta [10]. Bhashajya Ratnavali has mentioned that patient suffering from Kotha should, in brief, adopt line of treatment prescribed for Kustha, Amlapitta, Udarda. [11]

Samprapti Ghatak:

Dosha- Kapha, Pitta

Dushya- Rasa, Rakta

Type- Sang

Adhishtan- Twak

Srotas- Rasavaha, Raktavaha

Agni- Jathargnimandya

Marga- Abhyantar

Action of Medicine:

Khadirarista- According to Ayurveda, Khadirarishta is considered an excellent blood purifier. It helps to purify the blood and control the symptoms of skin problems associated with impure blood due to its Shodhan (detoxification) property. Some ingredients of Khadirarishta provide a hypoglycemic activity which can help in diabetes management. However, it is important to know that Khadirarishta also contains jaggery which can cause fluctuations in blood sugar levels. Therefore, it would be advisable to consult the doctor if you have diabetes and are on medication before taking Khadirarishta. [1][2]

Panchatikta Ghrita Guggulu - Panchatikta Ghrita Guggulu is an age-old Ayurvedic medicine used to treat skin conditions, especially ones like psoriasis. It helps rectify all three vitiated doshas involved in psoriasis. [3][4] It has Shothahara (anti-inflammatory) property which helps in providing relief from the common symptoms of psoriasis, like itching and irritation.

Bruhat Daruharidra Kanda Churna- Daruharidra is mainly beneficial for skin problems like inflammation and psoriasis as it has anti-inflammatory and anti-psoriatic activity. It helps in managing acne by preventing the growth of acne causing bacteria and reducing inflammation due to its antibacterial and anti-inflammatory properties. It also lowers the bad cholesterol levels in the body and helps in weight management by inhibiting the formation of fat cells in the body. This is mainly due to the active constituent berberine present in Daruharidra which has potent antioxidant and anti-inflammatory properties. [5][6][7][8][9]

Erandbhrista Haritaki Tab- It Basically helps in the skin condition by clearing the bowel movements properly so that constipation (kosthabaddha) doesn't occur and kostha shuddhi is done so that blood is further not vitiated.





Fig 1: Before and after medication

CONCLUSION

Tridoshas and Pancha Mahabhoottas are the two main tenets of Ayurveda, and any imbalance brought on by internal or external sources results in disease. The continuous metabolic process causes quantified formation of toxic bi-products in the body. Even while the body's excretory system eliminates the majority of toxins naturally, some will still be present in different body tissues. The retained toxins cause vitiation of Doshas and Dhatus resulting in the impairment of systems and causes different diseases. But Ayurveda has solutions for all these types of vitiations of doshas, dhatus and malas. So according to this case report we can say that with the help of the raktamokshana panchakarma procedure and along with the shaman chikitsa we can definitely see the miraculous results of panchakarma(shodhana) therapy along with the shaman therapy. If Ayurvedic management is popularised for skin disorders, will minimizes the chances of recurrence of the diseases and promotes positive health.

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