

An Ayurvedic Approach of *Sheetapitta* (Urticaria) through *Shamana Chikitsa* - A Case Study

Dr. Vinay V. Sevlikar¹, Dr. Atul L. Chaudhari²

¹HOD & Associate Professor, Department of Rasashastra Evam Bhaishajya Kalpana, Shree Goraksha Ayurvedic College, Hospital & Research center, Khamgaon, Maharashtra, India

²Assistant Professor, Department of Kayachikitsa, KDMGS Ayurvedic Medical College, Chalisgaon, Maharashtra, India

ABSTRACT

Sheetapitta is one of the allergic skin diseases seen in medical practice. *Sheetapitta* can be compared with Urticaria. It is mainly caused by *Asatmaya Sevana* which results in the vitiation of *kapha* and *vata*. The symptoms involve *Varati Damstavat Sotha* and *Kandu* caused by *Kapha* vitiation, *Daha* caused by *Pitta* vitiation, and *Shula* caused by *Vata*. Urticaria is one of the dermatological diseases characterized by sudden eruptions of itchy wheals which may appear on part of the mucous and skin membranes. The present case study is on a 27 years old woman who is having complaints of frequent eruptions of smooth, slightly elevated wheals on her thighs, and back for 15 days which gradually increased. It is associated with itching and a burning sensation. This case was treated successfully with *Shamana Aushadi*.

KEYWORDS: *Sheetapitta*, *Shamana chikitsa*, *Urticaria*.

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INTRODUCTION

Sheetapitta is one of the allergic skin diseases seen in medical practice. *Sheetapitta* can be compared with Urticaria. Urticaria most known as hives is a prevalent disorder that affects between 15 to 25 % of the population at some time during their lifetime.¹ The condition tends to be more common in adults than in children and in women than in men with peak occurrence in the third and fifth decade of life.² This disorder is characterized by the emergence of pruritic 'wheels' which are well-defined regions of non-pitting edema with a blanched center and elevated border and only superficial layers of the dermis. These wheels are accompanied by surrounding skin erythema. Smaller than a few millimeters in diameter, lesions have the potential to consolidate into larger than a few centimeters wide wheels. Within 24 hours of the time beginning, they frequently self-remit. Urticaria is either classed as acute or chronic.³

It is possible for urticarial lesions to coexist with angioedema (swelling episodes).⁴ An infection may serve as a potential catalyst for urticaria and angioedema.⁵ This ailment closely resembles *Sheetapitta* in Ayurveda.⁶ The pathogenesis in the *twaka* and *raktadi dhatus* is caused by the vitiated *Kapha* and *Vata*, which undergo *swakarana prakrupitta*, mix with *pitta dosha*, and circulate throughout the *srotas*. The aggravated doshas emerge from the surface during pathogenesis or assume the form of *abhyantara raktadi dhatus* and *mandalopatthi*.⁷ The ayurvedic classics list the following clinical symptoms of *Sheetapitta*: *Varatidantavata Shotha* (wheel formation), *Kandu* (itching), *Todha* (pain), *Jwara* (fever), and *Daha* (burning sensation).⁸

Classical Causative Factors for *Sheetapita: Nidan*

Kapha and *Vata doshas* get vitiated by exposure to cold wind combined with *Pitta* resulting in impurities in the blood causing skin disorders.

- **Aharaja nidana** – *Ati Lavan, Amla, katu, Kshara, Tikshna sevan, viruddha ahara sevan, adhyasana, guru dravya sevan, snigdha bhojana, dadhi sevan, visha-yukta annapana.*
- **Viharaja nidana** – *sheeta vayu sparsha, vishayuktajala snana, bahya krimi, chardi nigraha, Atidiwaswapa, shishir ritu-varshakala-diwaswapna, insect bite.*
- **Nidanarthakara Roga** – *sannipataja, pittaja and kaphaja jwara, adhog amlapitta.*
- **Chikitsa mithaya yoga** – *vamana-virechana ayoga.*

POORVAROOPA:^{4,9}

Pipasa (Thirst), *Aruchi* (loss of appetite), *Hrillas* (Nausea), *Dehasaad* (Feeling of tiredness), *Anga gauravata* (Feeling of heaviness), *Raktalochanata* (Redness of eyes).

CLINICAL FINDINGS

General examinations revealed normal parameters and the person was of medium build without any pathological presentation.

General Examination:	Systemic Examination:
BP- 118/80 mmHg	RS – B/L air entry clear
Pulse- 78/min	CVS- S1 & S2 heard, Normal
RR- 18/min	CNS- Conscious, Oriented
Temp- Afebrile	P/A- NAD

Table no 1: Asta sthana pareeksha (Eight types of examination)

Nadi- 78/min	78/min
<i>Mala</i>	<i>Nirama</i>
<i>Mutra</i>	4 to 5 times per day
<i>Jhiva</i>	<i>Alipta</i>
<i>Shabdha</i>	<i>Prakrutha</i>
<i>Sparsha</i>	<i>Mrudhu</i>
<i>Drik</i>	<i>Prakrutha</i>
<i>Akarathi</i>	<i>Madhyama</i>

Table no 2: Local Examination of Lessons

Color	Slight reddish
Nature	Maculo-papular
Shape	Irregular
Size	1 cm to 8 cm
Distribution	Asymmetrical
Margin	irregular
Discharge	No discharge
Area involved	Thighs and back

SAMPRAPTI OF SHEETAPITTA: Pathogenesis⁶

Due to *causative factors vata*, and *kapha doshas* get vitiated in the body and being mixed with *Pitta Dosha* spreads all over the body lodging in the outer layer of the skin and producing a sort of reddish rashes with a pricking sensation and intense itching. As per *Madhukosha* commentary on *Madhavanidana* said *Sheetapitta* as *Tridoshajanyavyadhi*.

CASE PRESENTATION

A 27-year-old female patient of moderate build reported complaints of frequent eruptions of smooth, slightly elevated wheels on her thighs, and back for 15 days which gradually increased. It is associated with itching and a burning sensation. The complaints got aggravated during the evening and night-time. The patient took allopathic medications -Tab- Allegra M 1 tab BD for 7 days and get relief. But the condition relapsed on discontinuing the medications. Then the patient was consulted at OPD and the case was diagnosed as *Sheetapitta* on the basis of clinical presentation.

TREATMENT PLAN:

Ayurveda is a natural healthcare system to treat diseases. The treatment aim for *Sheetapitta* is *Nidana Parivarjana* and *Samprapti Vighatana*. The treatment principle should be *Deepana- Pachana, Kosthashodhana, Tridosahara*, and *Srotoshodhaka chikitsa*. Finding out the causative factor and try avoiding will be the first line of treatment. The causative factor can be Lifestyle modification as a preventive aspect is followed. Treatment was given for 15 days with 7 days intervals.

Table no 3. Treatment for the first 7 days (1st visit)

Sr no.	Medications	Dose	Duration
1	<i>Virechana churna</i>	5 gm OD	for 7 days - empty stomach
2	<i>Dooshi vishari gulika</i>	2 Tab TID	for 7 days
3	<i>Nimbadi kshaya</i>	15 ml BD	for 7 days
4	<i>Haridra khanad</i>	5 gm BD	for 7 days
5	<i>Marichadi taila</i>	-	for external application

Table no 4. Treatment for next 7 days (2nd visit)

Sr no.	Medications	Dose	Duration
1	<i>Dooshi vishari gulika</i>	1 Tab TID	for 7 days
2	<i>Nimbadi kshaya</i>	10 ml BD	for 7 days
3	<i>Haridra khanad</i>	5 gm BD	for 7 days

PATHYA-APATHYA**Table no 5. Patient was advised *Pathya* and *Apathya*.**

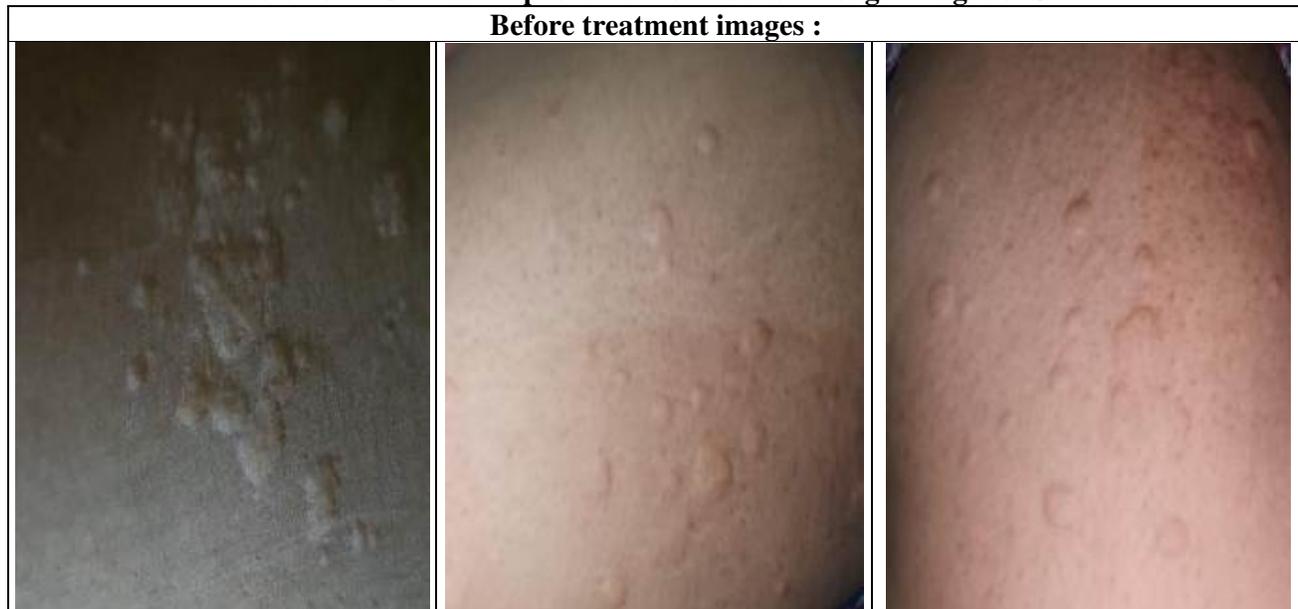
Pathya	Apathya
<i>Mudga yusha, Takra, shunthi jala.</i>	<i>Dugdha, Dadhi, Mamsahara, Diwaswapna.</i>

RESULTS:

The proper assessment was done on each follow-up of the patient. A significant result is observed in the symptoms of the patients.

Showing Improvement in symptoms**Table no 6. Showing Improvement in symptoms**

Symptoms	Before treatment	AT on 7 th day	AT on 15 th day
Elevated wheals on both thighs	Severe (++++)	Nil	Nil
Elevated wheals on back	Severe (++++)	Nil	Nil
Itching	Moderate (++)	Mild (+)	Nil
Burning sensation	Moderate (++)	Nil	Nil

Clinical Improvement of results through images of Skin**Table no. 7. Clinical Improvement of results through images of Skin**



DISCUSSION: 4, 10

Ayurveda is a natural healthcare system to treat diseases. As per Ayurvedic classics, any disease's humoral body's first line of treatment is *Nidana parivarjana*. Hence *Nidana parivarjana* also has prime importance in the management of *Sheetapitta*. The patient is encouraged to identify any potential causes and make every effort to prevent them.

Dooshivishari gulika- Contains substances that lessen free radical activity, avoiding oxidative stress and damage. Possess substances that are effective in preventing microbial development and activity having the ability to lessen edema brought on by injuries. Possess substances that affect the immune system and influence how it functions. **Nimbadi kashaya-** This recipe, which effectively enhances blood and liver functions, is represented by *Nimbadi Kashaya*- neem bark, which is recognized for its *tikta rasa* or bitter flavor. Drugs commonly found in *tikta rasa* operate upon and digest *pitta* that is out of control. this could be interpreted as the resolution of inflammatory abnormalities in the skin, bones, and intestines. It functions as a balanced blend of *pitta shamana* substances in an aqueous base. It has antioxidant, Blood purifier, and antimicrobial activity and enhances the humoral antibody response to the antigen and hence boosts the immune system.

Haridrakhand- is a traditional formulation mentioned in *Sheetapitta* and other Ayurvedic writings because curcumin has anti-inflammatory and antioxidant properties. **Marichyadi taila-** *Marichyadi tail* has ingredients like *Maricha*, *Hartala*, *Raktachandana*, *Haridra*, *Jatamamsi*, etc. which possess *KaphaVatahara* Properties and *Twachya Karma*. It's useful in many types of skin disorders. In this case, the formulation **Virechana Churna** was used for

Kosthashodhana as well as *pitta dosha shamanartha*. Most of the formulations have an ingredient like; *vata-kaphahara*, *Tridosahara*, *pittahara*, and *doshaghna karma*, and *karma* exhibited includes *Rasayana*, *kushtagna*, *varanya* and *kandughana*. These *Rasa*, *Guna*, and *karma* help in the *Samaprapiti vighatana* and thus prove to be effective in the management of *Sheetapitta*.

CONCLUSION

Sheetapitta is a commonly encountered disease in today's daily life. In this case study, the patient was diagnosed as a case *Sheetapitta* and was treated with *samana chikitsa*. The patient has shown significant results. Because the formulations which are used in the treatment were *Vata*, *Kaphahara*, and *Pittashamala*. Antiallergic, Antihistaminic properties. So, it can be concluded as *Shamana Chikitsa* is successfully effective in the management of *Sheetapitta* (Urticaria).

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