A CASE STUDY OF EFFECT OF SHITBHANJI RASA ALONG WITH SNEHAN-SWEDAN IN SHITPITTA.

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ABSTRACT

Shitapitta though skin disease is not mentioned under Kushtha due to its typical and distinct pathogenesis (samprapti). As per modern science Shitapitta can be considered as allergic skin disorder. Shitapitta arises because of exposure to Asatmya ahara-vihara. Asatmya ahara-vihara hampers immunity of body which allows allergens to come in contact with the body causing allergic conditions like Shitapitta. To treat Shitapitta is a challenge for Ayurveda physicians also as it takes long duration to get relief from Kandu, Daha etc. and patients are not ready to wait and rush to other physician in quest of relief. Vitiated Kapha and/or Vitiated Vata due to Sheet Marutadi hetu (cold weather and exposure to cold wind) get mixed with Pitta. Further Kapha and/or Vata along with Pitta spreads all over the body and results in diseases like Shitapitta, Udarda and Utkotha. In present case study a chronic case of Shitapitta was treated by Shitabhanji Rasa along with Snehana (Sarshap tail) and Swedana (Nadisweda). Katu tail snehan and Nadisweda with Tikta-Katu dravya kwatha is helpful to reduce Kandu, Toda, Vidaha and Utkotha in Shitpittapita.

Keywords: Shitapitta, Shitbhanji Rasa, Snehan-Swedana, Sarshap tail.

1. INTRODUCTION

Ayurveda, the ancient medical science in the world is supposed to be a branch of holy Indian literature Atharva Veda as per stated by Acharya vagbhata.1 There are many skin diseases mentioned in Ayurveda texts under chapter Kushtha. But Shitapitta though skin disease is not mentioned under it due to its typical and distinct pathogenesis (samprapti). As per modern science Shitapitta can be considered as allergic skin disorder. Allergic conditions should be considered under Satmya-asatmya concept2 found in Ayurveda. Hence it can be said that, condition like Shitapitta arises because of exposure to Asatmya ahara-vihara. Asatmya ahara-vihara hampers immunity of body which allows allergens to come in contact with the body causing allergic conditions like Shitapitta. It is commonly found in cold environments specially in winter or in monsoon. Varati damsha sansthana shotha (urticaria), Kandu, Toda, Vidaha are common symptoms associated with Jwara and Chardi in few patients.

Shitapitta is a trouble-some condition and difficult to treat. It totally disturbs the patients due to Kandu (severe itching) and Daha (burning). Antihistamines are vastly used for its treatment which is having temporary effect. To treat Shitapitta is a challenge for Ayurveda physicians also as it takes long duration to get relief from Kandu, Daha etc. and patients are not ready to wait and rush to other physician in quest of relief. But past few studies has suggested that though allergic diseases like Shitapitta are challenging, Ayurveda has potential in the aspect of such diseases and Ayurvedic medicines can give much better relief for long term to a patient.3 In Chakradatta, a text by Chakrapani; it is mentioned that both Shodhana (Panchakarma) and Shamana (Oral drugs) are executed properly then Shitapitta can be treated well.4 Shita guna of either Kapha or Vata is vi-

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tiated due to hetu sevan and Pitta is anubandhi to it. Symptoms like Kandu, Gaurava are due to Kapha dominance, symptoms like Kandu, Shula are due to Vata dominance and Symptoms like Daha, Lalima are due to Pitta dominance. Shodhan and/or Shamana chikitsa must be carried out as per Dosha dominance for better results.

The term Shitapitta is not mentioned by Charaka, Sushruta and Vagbhat. But the terms Udarda, Kotha and Utkotha are found mentioned which resemble with Shitapitta. Madhavakara gave details regarding Nidana-panchaka of Shitapitta. He stated that, Vitiated Kapha and/or Vitiated Vata due to Sheet Marutadi hetu (cold weather and exposure to cold wind) get mixed with Pitta. Further Kapha and/or Vata along with Pitta spreads all over the body and results in diseases like Shitapitta, Udarda and Utkotha. Modern pathology suggests that almost one third of Urticaria are cholinergic. It occurs either due to exercise, warming, anxiety or sweating. Elevated body temperature plays key role in pathogenesis. In present case study a chronic case of Shitapitta was treated by Shitabhanji Rasa along with Snehana (Sarshap tail) and Swedana (Nadisweda). Charaka has advised to use Katu tail in the context of Shitapitta, hence Sharshapa tail was used for Snehana (bahiya). At the end of one-month we observed good relief in symptoms. This was typical case of Shitapitta and hence decided to publish so that to increase the affection of new learners towards Ayurveda and to increase their faith towards it.

2. METHODOLOGY

2.1. Objectives

- To study Samprapti and Samprapti ghataka of Shitapitta.
- To study literature regarding Chikitsa upakrama in Shitapitta.
- To study effect of Shitabhaji Rasa and Snehana-Swedana in patient of Shitapitta.

2.2. Case history

2.2.1. History of present illness

38 years male patient, teacher by occupation, came to OPD of Institutional hospital. After detailed history taking, clinical and physical examination, he was diagnosed as Shitapitta patient. He was suffering from it since last four years. He took treatment at many places but Antihistaminic drugs were prescribed to him a lot. He has not consulted any Ayurveda physician before this. Due to Shitapitta he had to face lot of disturbance in his official and home environment. After suggestion of his friend he decided to take Ayurveda treatment and arrived to our Institutional hospital.

2.2.2. Clinical features

- Varati damsha sansthana shotha (urticaria): +++
- Kandu: +++
- Toda: +++
- Vidaha: +++
- Jwara: ++ (Occasional)
- Chardi: ++ (Occasional)

2.2.3. History of Past illness: Nil

2.2.4. Family history: Nil

2.2.5. Personal history

Hobby of travelling, Liking of Junk food, Taking bath with cold water most of times.

2.3. Examination

2.3.1. Asthavidha pariksha


2.3.2. General examination


2.3.3 Laboratory investigations

WBC: 7600, Hb: 12.8, RBC: 4.5, Platelets: 2,83000, ESR: 26, Urine: NAD.

2.4. Nidan panchaka
2.4.1. Hetu

2. Samprapti
Vitiated Kapha due to Sheet Marutadi hetu (cold weather and exposure to cold wind) got mixed with Pitta. Further Kapha along with Pitta spread all over the body and resulted in Shitapitta.

2.4.3. Samprapti Ghataka

2.4.4. Vyadhi Nidana: Shitapitta: Sama avastha, Darun avastha, Dosha tiryak gati (Shakha gati).

2.5. Chikitsa vivarana
Chikitsa details (plan of treatment) is elaborated in Table No. 1.

2.5.3. Pathyapathyaa: Pathyapathyaa were advised as per Yogaratnakara.

2.6. Drug Review
The details of ingredients, indications and mechanism of action are illustrated in Table No.2.

2.7. Assessment criteria
Varati Damsha Samsthana Shotha (Urticaria)
- 0: Absent
- 1: Mild (Locally scattered)
- 2: Moderate (Scattered on some parts)
- 3: Severe (Scattered almost all over body)
Kandu (Itching)
- 0: Absent
- 1: Mild (Occasional)

2.8. Method of Snehan and Swedana
2.8.1. Snehana
Sarshapa taila in required quantity is make Luke-warm. Sarshapa taila is applied over the affected part (part of the body where Urticaria is present). Gentle massage is done over that region for 10 to 15 minutes so that all applied Sarshapa taila gets absorbed. Snehana was done in Hospital for first 5 days and then patient was asked to do at home for next 25 days.

2.8.2. Nadisweda
A steam tap of pressure cooker was removed and rubber tube was attached over its nozzle. Powder of Vata-Kapha hara, Katu-Tikta drugs (Dashamoola bharada churna and Panchatikta
bharada churna) was added in cooker along with 500 ml of water. After boiling when the steam starts coming out of rubber tube, the part where Snehana is done, Nadisweda is given with the help of steam. Nadisweda was performed for another 10 to 15 minutes. Nadisweda was done in Hospital for first 5 days and then patient was asked to do at home for next 25 days.

3. RESULTS AND DISCUSSION

Patient was called for follow up every 5 days. Follow up wise decrease in symptom score is shown in Table No. 3. At last follow up all symptoms i.e. Varati damsha sansthana shotha (urticaria), Kandu (Itching), Toda (Pain), Vidaha (Burning), Jwara (Fever) and Chardi (Vomiting) were present in very mild state. Symptoms were not as frequent as they were on day 1. Symptoms were on and off; and were present only occasionally. It showed that only single drug (Shitabhanji Rasa) along with Snehana and Swedana helped to relieve symptoms well. Previous studies have also shown that Shitapitta can be cured well by means of Ayurvedic treatment. Diagnosis of Vyadhi avastha and proper judgement of Samprapti ghatakas was the key element behind good relief.

In Shitaapitta patient there was vitiation of Kapha 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 and Katu taila in the treatment of Udarda and Utkotha. 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 and in this Shitabhanji Rasa was helpful to give relief in symptoms. Table No. 2 shows details of ingredients and properties of Shitabhanji Rasa.

Sarshapa taila is Katu, Tikta, Ushna, Kapha nashaka, Shothaghna, Swedajanana and

Kanduhara. It helps remove strotavarodha when applied externally. It helps to reduce Shotha, Kandu and Toda in Shitapitta, also it helps to open the body pores (lom-randhra) so that allergens in the skin are easily carried out of pores by Swedana. Nadiweda is Ushna-Tikshna, Vata-Kapha hara, Shothaghna, Stambha hara, Avarodha nashaka and Mardavkar. Dashamoola is Vata-Kaphahara, Shothaghna, Avarodhanashaka and Panchatikta is Pachana, Avarodhanashaka, Vata-Pittaghna, Varnya. Hence Nadiweda carried out with the help of Dashamoola and Panchatikta bharada kwatha is helpful in allergic skin conditions like Shitapitta in which allergens are removed via Sweda (sweat) out of body. Same line of treatment can be useful in each and every patient of Shitapitta. Vaidyas should think according to vyadhi avastha and samprapti

4. CONCLUSION

♦ If in Shitapitta, there is Kpha and Pitta dominance; Ushna-Tikshna gunatmak kalpa like Shitabhanji Rasa can be useful.
♦ Katu tail snehan and Nadisweda with Tikta-Katu dravya kwatha is helpful to reduce Kandu, Toda, Vidaha and Utkotha in Shitapitta.
♦ If disease is treated by considering Samprapti ghatakas and Vyadhi avastha, definitely we can get good results.

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12. G. S. Pandey Editor(s), (Reprint ed.). Hindi Commentary of Krishnachandra Chunekar, on Bhavaprakasha Nighantu of Bhavamishra, Dhanya Varga; Rajika; Verse 71-73. Varanasi: Chaukhamba Bharati Academy, 2006; p. 655-56.

6. TABLES

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Chikitsa</th>
<th>Matra</th>
<th>Kala</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td>Snehana (Sarshapa taila)</td>
<td>10 to 15 min.</td>
<td>Morning &amp; Evening</td>
</tr>
<tr>
<td>2</td>
<td>Nadiseda (Dashamoola, Panchatikta bharada kwatha)</td>
<td>10 to 15 min.</td>
<td>Morning &amp; Evening</td>
</tr>
<tr>
<td>3</td>
<td>Shitabhanji Rasa</td>
<td>200 mg x BD</td>
<td>Bhojanottara</td>
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</table>

Table No 1. Treatment details

Cite this article as:
Table No 2. Drug Review (Shitabhanji Rasa)

<table>
<thead>
<tr>
<th>Content</th>
<th>Latin / English Name</th>
<th>Rasa</th>
<th>Virya</th>
<th>Vipaka</th>
<th>Guna</th>
<th>Karma &amp; Rogaghnata</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parada</td>
<td>Mercury</td>
<td>Shadrasa</td>
<td>Ushna</td>
<td>--</td>
<td>--</td>
<td>Vrushya, Tridoshahara, Rasayana, Yogavahi, Medhya. <strong>Indication:</strong> Sarva roga</td>
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<tr>
<td>Gandhaka</td>
<td>Sulphur</td>
<td>Madhura</td>
<td>Ushna</td>
<td>Katu</td>
<td>Ushna</td>
<td>Dipana, Pachana, Amanashaka, Kushtahara, Yogavahi, Rasayana. <strong>Indication:</strong> Kshaya, Kasa, Shwasa, Pandu etc.</td>
</tr>
<tr>
<td>Hingula</td>
<td>Cinnabar</td>
<td>Shadrasa</td>
<td>Ushna</td>
<td>Katu</td>
<td>Ushna</td>
<td>Vrushya, Tridoshahara, Rasayana, Yogavahi, Dipana, Pachana, Amanashaka, Kushtahara <strong>Indication:</strong> Sarva roga, Kshaya, Kasa, Shwasa, Pandu etc.</td>
</tr>
<tr>
<td>Jayapal</td>
<td>Croton Tinglium Linn.</td>
<td>Katu</td>
<td>Ushna</td>
<td>Katu</td>
<td>Guru, Snigdha, Tikshna, Ushna</td>
<td>Kapha-pittaghna, Dipana, Rechaka, Sara, <strong>Indication:</strong> Arsha, Ashmari, Shula, Kandu, Kushtha, Vidaha, Raktapitta, Shotha, Krimi, Udara</td>
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Table No 3. Observation table

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Symptoms</th>
<th>Follow up wise grades of symptoms</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>Day 1</td>
</tr>
<tr>
<td>1</td>
<td>Urticaria</td>
<td>3</td>
</tr>
<tr>
<td>2</td>
<td>Itching</td>
<td>3</td>
</tr>
<tr>
<td>3</td>
<td>Pain</td>
<td>3</td>
</tr>
<tr>
<td>4</td>
<td>Burning</td>
<td>3</td>
</tr>
<tr>
<td>5</td>
<td>Fever</td>
<td>2</td>
</tr>
<tr>
<td>6</td>
<td>Vomiting</td>
<td>2</td>
</tr>
</tbody>
</table>

(*symptoms were present at last follow up, they were present occasionally and very mild)

**Source of Support:** Nil; **Conflict of Interest:** None declared.