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Effect of Shodhana and Shamana Chikitsa in the Management of Sheetpitta or Chronic Urticaria: A Single Case Study

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Abstract

Urticaria is defined as a skin lesion consisting of a wheal-and-flare reaction where the localized intracutaneous edema is surrounded by erythema that is typically pruritic. *Sheetpitta* mentioned in *Ayurvedic* treatise has a very close resemblance to that of urticaria. Chronic urticaria is a very troublesome disease due to its long duration, its frequent recurrences, the severe subjective symptoms and the impossibility to discover the etiology in many cases. To combat the same, modern medicine comes with varieties of treatment options but none of them fully cure neither give very promising results to improve quality of life. Management of skin disease has always been a stronghold of *Ayurveda*. A diagnosed case of Chronic Urticaria is presented here which was intervened successfully by combined *Ayurvedic* regimen following the principles of *Shodhana* (Purification) and *Shamana* (Palliative) treatment. Purpose of review and goal of this paper is to outline a treatment approach to Chronic Urticaria.

Keywords

Sheetpitta, Chronic Urticaria, Shodhana, Shamana

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