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CASE REPORT

AYURVEDIC MANAGEMENT OF UTKOTHA (URTICARIA) – A CASE STUDY

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ABSTRACT

In ancient texts most of skin diseases are mentioned under the title of 'Kustha Roga' but The Utkotha is one of the skin diseases mentioned in Raktapradoshaja Vikara by Charakacharya & Kshudra Roga as per Vagbhata Acharya. As separately disease mentioned in Madhav Nidana. In Utkotha the Pitta & Kapha Doshas are vitiated and They further vitiates the Rasa & Rakta Dhatus. The signs & symptoms of Utkotha are Kandu, Rakta Varna Mandalottpati and Utsedha on the skin frequently happen. A 30-year-old female patient presented with following complaints itching all over body (more at night) & rashes with elevated margin in the last 3 years. She was clinically diagnosed as a case of Utkotha (Urticaria). The patient was treated on classical Ayurvedic management of Kshudra Kustha. After 15 days of follow up patient had significant relief in symptoms. & Complete relief in symptoms end of two months of treatment.

KEYWORDS -Utkotha, Kustha Roga, Raktapradoshaja Vikara, Ayurvedic management

INTRODUCTION

In Ayurveda classical text, skin diseases are considered as a 'Twaka vikaras' or 'Kustha'. In Ayurveda all skin diseases are explained under the Kustha Roga. But some allergic condition like Sheetpitta, Udarda, Kotha explain separately. Utkotha means recurrence of

Kotha again and again. It described in Madhav Nidana.

Due to similar symptomatology of Utkotha, it is correlate with Urticaria. Urticaria is also known as Hives or Nettle rashes are caused by allergic reaction. Hives appear on the body as red, raised, and itchy skin rash.



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MATERIALS & METHODS

Literary review

Madhav Nidana has described *Utkotha* as one of the clinical entity under the heading of ‘*Sheetpitta- Udard- Kotha*’.ⁱ It is also considered as a *Rakta Pradoshaja Vikara* as per *Charakacharya*ⁱⁱ. *Acharya Vagbhata* mentioned *Utkotha* as a one of the *Kshudraroga*.ⁱⁱⁱ *Sheetapitta-Udard- Kotha* these three have clinical similarity but having few different characteristics. In *Sheetapitta Vata dosha* dominancy is seen. And the symptoms are rashes like *Varati Damsha* (wasp sting), itching, pricking pain, vomiting, burning sensation & fever. In *Udard Kapha Dosha* dominancy is there with elevated, reddish& highly irritating circular rashes with itching & the condition is mainly found in the cold season. Where in *Kotha Kapha Pitta Dosha* dominancy is seen. *Utkotha* is occurs due to *Nidana sevana* like *Vamana Ayoga*, suppression of the urges like *Chhardi*.^{iv}

In Modern science this clinical entity is mentioned as *Urticaria*. It is characterized by presence of transient, recurrent, pruritic wheals or erythema. Which occurs for short time then resolves spontaneously. In this condition vascular reaction of skin is noted & the main cause is exposure to allergen substances. In Modern science anti-allergic

medicines are given as treatment which give only symptomatic relief and also have numerous adverse effects like drowsiness, dry mouth, dizziness and headache, constipation etc..^v

CASE STUDY

A 30-year-old female patient consulted in Outpatient Department of *Kayachikitsa* Government Akhandanand Ayurved Hospital, Bhadra, Ahmedabad on dated 11 oct, 2019 O.P.D. Registration no. 31439. She was complain of the severe itching in whole body followed by red patches in whole body skin since last 3 years.

Present illness

Onset was gradual starting with itching and rashes (More at night time). But no relief, some temporary relief was there with OTC anti-histamine drug (*Cetirizine*). Rashes aggravate with the intake of sour food items. She had appearance of these symptoms 2 to 3 days in a week. Rashes remains whole night and severe itching occurred at night time. So, she took some allopathy medicines at nearer hospital. But she didn't get complete relief. So, patient comes at *Kayachikitsa* OPD, GAAH, Ahmedabad.

Past history

Past history was Negative.

Treatment history

Patient on medication Cetirizine (10mg) SOS for 1 year.

Family history

Not significant

Menstrual and obstetric history

Married, Nulliparous and Menarche started at the age of 14 years.

Menstrual cycle is Regular (4-5 days/28 days)

Personal history

Patient was vegetarian, appetite was good, having addiction of tea (3-4 times in day). Patient was having H/O excess intake of pickle & sour food items in diet. H/O disturbed sleep was there due to excessive itching at night. Bowel habit was normal (once in morning), Micturition was normal with frequency of 4 to 5 times in day & 1-2 times at night.

On examination

Patient had the circular, elevated rashes (wheal) with well-defined margin with reddish discoloration; local temperature was high and Size of patches was approx. 0.5 cm × 2 cm central portion of rashes was pale yellow & margin was reddish in color.

Patient was found to be irritable due to excessive itching, had a *Madhayam Kostha*. Patient had *Vata Pittaja prakriti* with *Madhyam Sara, Madhyama Samhanana* (Moderate built). *Pramana* was having *Madhyama, Madhyama Vyayama Shakti, Aahara Shakti* was *Madhyama*.

Rogi pareeksha

Nadi: 80/min, Regular, *Manduk Gati Nadi*

Mala: Once in morning

Mutra: 4-5 times in day & 1-2 times in night

Jihva: Sama

Drik: *Prakrit*

Sabda: *Prakrita*

Sparsh: *Ushna*

Aakruti: *Udvigna*

Reviewing her condition following *samprapti ghatak* were observed

Dosha: *Pitta Kapha* dominant

Dushya: *Rasa, Rakta*

Adhistan: *Twaka*

Srotas: *Rasavaha, Raktavaha*

Srotodushti Prakar: *Sanga, Vimargagaman*

Agni: *Manda/ Vishamagni*

Udbhavsthana: *Amashaya-samutattha*

Rogamarga: *Bahya*

Vyadhi Swabhav: *Chirkari*

Sadhyasadyatva: *Kashtasadhya*

Management**Table 1. Mode of action of Medicine**

Sr. No.	Aushadha(Shaman Chikitsa)	AushadhaKarma(Mode of Action)
1.	Sudarshana Ghanvati 2-2-2	Tiktarasatmaka, Pittashaman, Dipan, pachan, Raktasodhaka, Srotosodhaka, Aampachana
	Kanyalohadi vati ^{vi} 2-2-2	Pittavirechaka, Deepaniya
	Samsamani vati ^{vii} 2-2-2	Tridoshashamak, Aruchihara, Aampachak
2.	Pathyadi Kwatha ^{viii} 25 gm with Prakshepa Dravya Gududchi Churna 3 gm Kalmegha Churna 3 gm Punarnava Churna 3 gm Vasa Churna 3 gm (BD)	Raktadoshhara, Rasayana, Balance Vatadosha, Pittashaman due to Tiktarasa , Aruchihara, Aampachan
3.	Haritaki Tablet ^{ix} 0-0-3	Kosthsodhaka
4.	Goghrira ^x (20ml) on empty stomach	Tridosha Shamaka

RESULT

The above treatment was continued for 2 months. In first 15 days of treatment patient got significant relief in symptoms of itching

& rashes. And after that 2 month of treatment patient got complete relief in symptoms.

Table 2. Therapeutic Effect of treatment

Symptoms	7 th day	15 th day	30 th day	45 th day	2 months
Sarvang Sarire Kandubahul	++++	+++	++	+	-
Kandu f/b twaka-utsedha	+++	++	++	+	-

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Image 01

Image 03



Before treatment



After treatment

Image 02

Image 04



Before treatment



After treatment

DISCUSSION

As above-mentioned case, patient was diagnosed as a case of *Utkoṭha*. Treatment was planned as per classical principles of *Kuṣṭha & Rakṭapradoshaja vikara chikitsa*.

Here, In the *Chikitsa*, *Sudarshana Ghanvati*, *Shamshamani Vati*, *Kanyalohadi Vati* each of these medicines 2 tablet given 3 times with *Ushnodaka* which are *Tikṭa Rasatmaka* acts as *Pitta Shamaka*, *Deepan Pachan*, *Rakṭa sodhaka* and *Aampachaka*. Which reduced itching. *Pathyadi Kwatha* 25 gm mixed with the 3gm of each *Prakṣhep Dravyas Guduchi*, *Kalamegha*, *Punarnava*, *Vasa Churna* which combinely acts on *Rakṭadushti*, *Aam*, *Kandu* and *Vaivarnyata* and also acts as *Rasayan*. *Haritaki Churna* is given for *Koṣṭha-sodhana & Vatanuloman*. *Goghrita*

pana daily in early morning which act as *Tridoṣh Shamaka* & relieves burning in skin and the quality of skin is improved.

CONCLUSION

In above case study the *ayurveda* management provides the complete relief in two months of treatment. It can be concluded that with applying classical *Ayurvedic* principles & following properly *Pathya-apathya* by patient, the case of *Utkoṭha*(*Urticaria*) shows excellent improvement and no any side effects were seen.

In today's scenario when people having totally faulty dietary habit and also life style, this type of work is necessary and also acceptable.

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^{viii} Rasatantra sara Va Siddha prayoga sangraha -Dwitiya Khanda, Thakur Nathusinh Ji, Krushna Gopal Ayurved Bhavan Publication, Pg. 261

^{ix} Rasatantra sara Va Siddha prayoga sangraha -Dwitiya Khanda, Thakur Nathusinh Ji, Krushna Gopal Ayurved Bhavan Publication, Pg. 18

^xCharaka Samhita of Agnivesha along with charaka Chandrika Hindi commentary By Dr. Brahmanand Tripathi, Chaukhambha Surbharati Prakashana, Chapter 27/231-232 Pg. 528