

Ayurvedic Management of Angioedema - A Case Study

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Abstract: *Today's life is very fast and with urbanization daily life style changes very drastically. Polluted environment, work in shift duties, stress etc. are the main trigger factor for the vitiation of vata and manifestation of disease in today's era. There are very few people who are aware of dinacharya and ritucharya. Dietary habits are also changed; and use of chemicals for fertilization and preparation of food, more use of junk food, packed fortified food with this more adulteration of food is found. All these condition leads to vitiation of dosha and dhatu which can cause Shitpitta.*

Keywords: Shitpitta, Urticaria, Angioedema, Dinacharya, Ritucharya, Antihistaminic drug

1. Introduction

Shitpitta is a condition where all three dosha gets vitiated but vata vitiation is more. Shitpitta is formed with two words which are exactly opposite to each other by their meaning. Here shita denotes kapha and vata and their combination with pitta dosha. Hence Dhatu involved in this are mainly rasa and rakta. In ayurvedic text only in Madhava Nidana shitpitta was explained in details. In samhita causes⁽¹⁾ given for shitpitta are as follows –

- Lavana katu rasa, shukta, arnal, sarshapa atisevana
- Exposure to cold environment, wind, water
- diwaswap, asamyaka vama
- keeta dansha, krumi sansarga

When person comes in contact with above causes or similar to these causes dosha gets vitiated. Prakupita Vata and Kapha due to 'Sheeta Marutadi Nidana' when mixed with 'Pitta' spreads internally and externally and results in to 'Sheetapitta - Urdarda - Kotha'⁽²⁾.

Mostly rasa and rakta dhatu gets affected first. Rasa is related to kapha dosha and skin also rakta dhatu related to pitta dosha. By this dosha dushya anubandha manifestation occurs in skin and gives rise to unique features of shitpitta i. e. rash with severe burning and itching⁽³⁾.

As per modern aspect shitpitta is co - related with the urticaria and angioedema and described as primary cutaneous disorder consist of a recurrent, transient, cutaneous swelling with erythema which resolves within 24 - 48 hours without leaving any residual cutaneous signs⁽⁴⁾. An episode of it may start with itching followed by red elevated patches at site of itching. Scratching, beverages, emotional conditions and exercise are provocative factors for the symptoms. Episodes of urticaria and angioedema may continue to relapse for days, weeks, months or year if not treated properly. Frequent attacks may hamper patient's mental condition.

Urticaria or angioedema is counted as allergic reaction due to some food and have only symptomatic treatment and anti allergic drug. Commonly antihistaminic drugs were used for

urticaria and long term use causes many side effects. Treatment for shitpitta according to Ayurveda includes both shodhana and shamana chikitsa⁽⁵⁾. Acharya have suggested that treatment can be done as of kushtha, amlapitta⁽⁶⁾. Various aushadhi yoga are mentioned for urdarda, kotha which also can be used for shitpitta. Main advantage for ayurvedic treatment is that it helps to stop the recurrence of shitpitta with correct use of shodhana, shamana chikitsa and pathyapathya palana⁽⁷⁾.

Prevalence: Urticaria involves dilation of vascular structures in the superficial dermis, while Angioedema originates from the deeper dermis and subcutaneous tissues. Not prisingly they often appear together, with roughly 40% of patients reporting both, and affect >20% of the population at sometime during their lifespan.⁽⁸⁾

Case report: A 23 years old male patient came in opd with c/o Swollen lower lips & mild itching on affected swollen lips Since 3 days With no h/o any insect bite and allergy. All Vitals of pt were normal. The patient was diagnosed as angioedema in opd of M. A. Podar hospital and it can be correlated with advanced stage of urticaria.

2. Material and Methods

Shodhana treatment

Siravedha Karma: - According to the course of disease, involvement of Dosha Dhatu, Agni Bala, Sharira and Manasa Bala of patient, Siravedha Karma (bloodletting) was planned Mahatiktak Ghritam Snehapana was given in vardhaman matra 30, 40 and 50 ml for three days. Then Siravedha Karma was done from median cubital vein of patient. Siravedha Karma (bloodletting) was done two times with interval of every 7 day and each time 40 ml blood was removed.

Shamana treatment: - Certain combination of drugs used as follows and changed according to response of disease.

- Aarogyavardhini vati 250mg Bd
- Bhringrajghan vati 250mg Bd
- Shankhjirak lep with madhu for local application

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Anupan: ushnodak

Pathya: Jeerna Shali, Mudga Yusha, Shigru Shaka, Patola Shaka, Triphala, Ushnodaka, Jangala Mamsa, Kulatha Yusha, Karvellaka Shaka, Dadima Phala, Madhu, Katu, Tikta, Kashaya Rasa.

Apathya: Matsaya, Shit Pavana, Naveena Madya, Chhardi Nigraha, Divasvapan, Virudhaahara, Aatap Sevana, Vyavaaya, Snigdha, Amla, Madhura Dravya, Guru Annapana.

Duration of treatment: - 15 days

3. Results

Symptoms	At Initial stage	Follow up 7 days	Follow up 14 days
Swelling	++	+	-
Erythma	+	+	-
Itching	+	-	-



Before treatment



After treatment



F/u after 3 months no recurrence in between

4. Discussion

Probable mode of action:

Siravedha Karma: Siravedha is predominantly indicated in Pitta, Rakta and Kaphaja Vyadhies or when Pitta or Kapha is in Anubandha to Vata Dosha. In such conditions of Vata Prakopa due to Kapha and Pitta Avarana, Siravedha can help to remove the Avarana of Pitta and Kapha Dosha giving way for Anuloma Gati of vitiated Vata that indirectly cures the Vatika symptoms along with symptoms produced by Kapha dosha.

Aarogyavardhini vati: The abundance of triphala in this formulation is very effective in removing the AMA toxins from the body. The anti-inflammatory and potent analgesic properties of this vati is extremely beneficial in treating Psoriasis. Being loaded with antioxidants, Arogyavardhini vati scavenges free radicals from the body and its antipruritic nature alleviates itching sensation.⁽⁹⁾

Bhringrajghan vati: According to Ayurveda, Bhringraj rejuvenates the skin and thereby helps reduce the signs of aging such as fine lines, wrinkles and patchy skin due to its anti-aging property. It can also be used to manage skin infections and allergies due to its antimicrobial property.⁽¹⁰⁾

Shankhjikirak: It is used internally as well as externally here we use it for external application. It is madhur rasatmak, shitvirya, vranaropak and grahi used as pitta shamak in pittaj vikar twakdah raktatisar and pittajshul.⁽¹¹⁾

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