

A case of Acute Urticaria - A diagnostic and therapeutic approach

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Abstract—We present a case of 2-year-old female child who developed acute urticaria after first time administration of antibiotics through IV for Upper respiratory tract infection. The patient presented with widespread itchy and discolored area over lower abdomen. This resolved after taking Corticosteroid. After this around 3-6 months interval regular onset of urticaria occurs. Higher molecule is used for the treatment but this developed anxiety and depression. The case highlights the importance of considering possible different causes of acute urticaria and integrated approach toward it. *Dosha Dhatu* and *Mala* Vitiating, Lifestyle changes, *Prakriti* of patient may develop the *Shitapitta* (Urticaria). Ayurveda and modern medicinal principal's integration will be helpful to cure and prevent this condition in present era.

Index Terms—Urticaria, Corticosteroid, anxiety, *Shitapitta*, *Dosh-Dhatu-Mala*.

I. INTRODUCTION

Urticaria is skin problem which is also called as hives characterized by itchy, discolored (reddish) areas over body. It divided into two acute (less than six weeks) and chronic (more than six weeks) according to the duration how long it persists.[2]

In Ayurveda it is called *Shitapitta* which is a Tridoshaja Vyadhi having Pitta and Vata predominant Dosha and Rasa Rakta are Dushya. It may develop due to some allergen or intake of Asatmya Aahar and Vihara.[1]

AIM AND OBJECTIVE: To study the causative factors, understand the clinical profile and evaluate the effectiveness of various treatments integrated approach toward its preventive and curative aspect.

(Ayurvedic management Shaman Chikitsa, Modern medicine and remedies in managing the urticaria)

MATERIAL AND METHOD:

Selection and source of patient was taken from the OPD of Kamal Ayurved Hospital Nanded Maharashtra for this study.

Consent from patient and parents are obtained for the case publishing.

CASE STUDY:

Name of Patient: ABC

Age and Gender: 2 years/Female

Fathers Name- Mr.XYZ

Religion-Hindu

Socio-economic status-Middle class

Informant –Mother and father

Address- Taroda budaruk Nanded

PATIENT HISTORY- No past history of HTN/DM/Thyroid dysfunction/any other allergic reactions

FAMILY HISTORY: Not significant

PAST TREATMENT HISTORY:

On 1. Syrup Prednisolone-5ml BD.

2. Syrup Atarax 3ml TDS

3. Syrup Fexigra ml BD

PERSONAL HISTORY: Appetite- Moderate

Diet- Vegetarian

Qualitative-Rice,Dala,Chapati,vegetables,Milk,Fruits, junk-, processed food

Quantitative-Breakfast- Milk and Biscuites,toast,

Lunch-Dala –rice around 1 Bowl

Dinner-1 chapati and 1 bowl curry or dal

Bowel- irregular with hard stool, stool passed alternate days.

Micturation- Normal

Sleep – Disturbed

PHYSICAL EXAMINATION:

Pulse- 82/ minutes

Respiratory rate- 18/minutes
Temperature- 98.2 F
Spo₂-99%

ANTHROPOMETRY:

Weight-10 kg
Height-80 cm
Expected Weight-11.5kg
Expected-Height-86.4 cm
BMI-15.6Kg/m²

LOCAL EXAMINATION:

Site of lesion- All over the body
Distribution-Asymmetrical
Character of lesion –red and violate
Itching – Present
Discharge – Absent
Temperature- Slightly elevated over lesions
Edema-mild.

LABORATORY INVESTIGATION:

Hb%-10.8gm/dl
RBC-4.2millions/cumm
TLC-10,600 thousand/cumm
DLC- Neutrophils-47%
Lymphocyte-45%
Eosinophils-5%
Monocytes-3%
Basophils-0%
Platelet count-2,57000/cumm

Ayurvedic Samprapti-

Dosha-Kapha and Vata;Dushya-Rasa and Rakta;Shrotas-Rasavaha and Raktavaha;Udbhava sthana-Amashya; Agni-Manda;Marga-Bahya roga marga and Vyakta sthana –Twaka.

II. TREATMENT

The 2-year-old child first in 23th January 2020 acute onset of urticaria occurred cure by corticosteroids like syp kidpred 5ml BD and Syp.Atarax 3ml TDS.after 5 days of dose all erythematous lesionand itching subsides. After this 2nd episode developed on 1st jan 2021 till date food diary maintained for the tracking of allergens.all junk and processed food avoided by patient. According to the new research the syp flexigra is used 3ml BD and Syp rantac 4ml BD for 5 days. Patient gets well. But then on 12th July 2021 again acute onset occurred now syp Fexigra3ml Bd

,Syp.Kidpred 6ml Bd for 3 days and then 6ml OD for 3 days taken .Allegens noticed as Meftal Ds ,In diet Almonds and processed milk is avoided.[3] Fourth episode is developed on 2nd August 2022 in this episode the noticed that this urticarial is associated with the upper respiratory tract infection.again same treatment of line .Next recurrence occurs so early that fifth episode occurs on 29th Sepetember 2022which is so early.Every time corticosterioed and antihistamines condition may worse with the day by day. Then integrated approach and Ayurveda treatment started as a preventive aspect towards the urticaria.

1. *Haridra Khanda and Madhuyashti churana* started at dose of 50 mg BD [4]
2. Bath with *Nimba* leaves water.
3. *Vidangarishta* 5ml BD for 1 month
- 4.*Kosth suddhi* used ghee plus leuk warm water at night
- 5.*Mental health-* used sujee with ghee in diet and shiroabhyanga.
- 6.Lifestyle changes. No to all junk and processed food and all-natural seasonal food is given according to *Dincharya* and *Ritucharya*.

III. OBSERVATIONS

While through all this we get that prevention is better than cure.

Till date No episodes of Urticaria.

IV. DISCUSSION AND CONCLUSION

While giving any medication to the children's or any patient first focus on their own *Bala* and then the *Vyadhi Bala* [5] follow the good clinical practice. In present era unnecessary administration of higher molecule and high dose produced the severe side effects. which may develop weak generation on the earth.

Here the case having unknown causative factor while ruling out we don't get single allergen but we will call it like integration of allergen to vitiate the *Dosha* and produced the pathogenesis and recurrence nature of the Urticaria. The Domestic animal Goat is the first allergen to develop the upper respiratory tract infection in the 2-year-old girl child then first-time administration of injectable Iv may produce the imbalance in the Humors. After that immunity get

weaken and any small component may behave as allergen to develop allergic reaction.

For all this we may conclude like first improve our immunity then preventive approach and finally battle with the other causative factors which deviate homeostasis. She is now 7-year-old healthy and good in academic performance girl.

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