



Case Report

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Case Report: Aquagenic Urticaria Elimination through Siddha Management.

**Kavitha. S¹, Manjula. V², Aravinda Senbagaraman. R³, Pushpajothi.R⁴,
Subaraj. S⁵, Karthi.S⁶, Dineshraman. G⁷, Suguna. M⁸, Priyadharshini. S⁹**

¹Resident Medical Officer, National Institute of Siddha ,Chennai.

²Assistant Professor, Nandha Siddha college, Erode

³Medical officer, National Institute of Siddha, Chennai.

⁴Siddha Consultant, Vishnu Siddha and Ayurveda Clinic, Puducherry.

⁵Emergency Medical officer, National Institute of Siddha, Chennai

⁶Resident Medical Officer, National Institute of Siddha ,Chennai.

⁷Assistant Professor, JSA Siddha Medical College, Kallakurichi

⁸Assistant Professor, National Institute of Siddha, Chennai

⁹Ph.D., Scholar, 1st Year, National Institute of Siddha, Chennai

Corresponding Author: Dr.S.Kavitha

Mail id: ezhilmano93@gmail.com

Abstract

Aquagenic urticaria is a rare form of urticaria, in which the condition elicited by water or seawater at any temperature. Pruritis develops immediately or within minutes at the site of contact of the skin with water and clear within 30 to 60 minutes(1). A48 -year-old man complained of recurrent episodes of urticaria. Urticaria appeared while taking a bath or a shower.Pruritis provoked by contact with water on the body regardless of its temperature or source. Results from a physical examination it was normal and a baseline laboratory evaluation were changes in normal limits. Treatment with Siddha medicine Seeraga Thylam oil bath was successful to prevent the pruritis. Treatment with Purgation therapy(using Agasthiyar kuzhambu)od per day resulted in improvement of symptoms in the patient.

Keywords: Aquagenic urticaria, Siddha,Seeraga Thylam, Purgation Therapy(using Agasthiyar kuzhambu)

Introduction

Siddha system is mainly based on the three humoral theory. Any derangements in the three humours causes disease. The present study was conducted to know the siddha management of oil bath and purgation therapy for treatment of the

disease Aquagenic urticaria. This aquagenic urticaria is elicited by water at any temperature. Pruritis develops immediately or within the sites of contact of the skin with water, irrespective of temperature or source, and clear within 30 to 60 mins.Aquagenic urticaria may be familial in some cases or associated with atopy or cholinergic

urticaria. Systemic symptoms have been reported also. The pathogenesis is unknown but may be associated with water-soluble antigens that diffuse into the dermis and cause histamine release from sensitized mast cells.(1)

Case Description:

A 48 years old male patient came to siddha hospital with the complaints of itching all over the body after taking bath for last 1 year. Patient was unable to do his regular activities after taking bath due to severe itching. The condition was worsening day by day. No family history of having urticaria or any other relevant diseases. The condition was progressive, recurrent and creating anxiety to the patients.

AEC(Absolute Eosinophil Count) was elevated 511 cells/cu.mm. All the other hematological and biochemical investigation were within the normal.

Diagnosis, Assessment and treatment :

Patient was diagnosed as having aquagenic urticaria and according to Siddha, diagnosis of 'Ovvamai' is made. To measure the efficacy of treatment, patient's symptoms and AEC were used. Total two assessments were carried out before starting Siddha treatment and after completion of Siddha treatment.

The main objectives of treatment were to withdraw the allopathic medicines and maintain the patient on Siddha medicines to prevent recurrences. Oil bath and Purgation therapy is done followed by Siddha treatment.

Intervention

Days	Drug Name	Ingredients	Procedure
First 3 days	Seeraga Thylam (oil bath)	1.Seeragam (Cuminum cyminum, Linn.) 2. Gingelly oil (Sesame oil)	- First gently apply the oil from head to toe without emission of heat, and three drops of oil into the each ear and two drops into each nostril - After applying the oil, the body may be allowed to be soaked for a short time of 20-30 minutes, then take a bath in lukewarm water with suitable herbal bath powder.
4 th day	Agasthiyar kuzhambu (for purgation)	Its ingredients are Trachyspermum ammi (Omam), Nigella sativa (Karunjseeragam), Ferula asafoetida (Perungayam), Croton tiglium (Nervaalam), Brassica nigra (Kaduggu), Aconitum ferox (Naabi), Sodium chloride impura {Inthuppu}, Sodium baborate (Venkaaram), Trisulphate of arsenic {(yellow orpiment) Aritharam}, Mercury quick silver (Rasam), Arsenic disulphidum bisulphuret or arsenic realgar {[Red orpiment] Manosilai}. Adjuvant: Inji Surasam.	130mg with inji surasam was administrated at early morning .The purgation starts after 1 and half hours later. Use hot water intermittently during purgation therapy.

Report before treatment:

RESULTS	UNITS	REFERENCE VALUE
HAEMATOLOGY		
	Cells/cumm	(40 - 440)

210

*** End Of Report ***

G. Pradeep Kumar
MAR, BSc, ECG, DMIT..

1252 26/1/24

Haematology

Lab No. _____

Sample Taken Date: _____

Name: _____

HB: 14.4g/dl

Total WBC: 7800Cells/Cumm

DC: P 56% L 34% E 07% M 03%

Total RBC: 5.4Million Cells/Cumm

PCV/HCT: 52.8%

MCV: 78.8fl

MCH: 26.6pg

MCHC: 22.8g/dl

Platelet: 2.610³/uL

ESR: 06mm/hr

AEC: 5.1 ↑Cells/Cumm

Sweat Study: —

Impression: _____

Sign & Date: _____

Urea → 19 }
Creat → 0.7 } mg/dl
HBAIC → 8.0 ✓
CRP → Negative

05 FEB 2024

Advise

do opening @ all over
after bathing hygiene ca

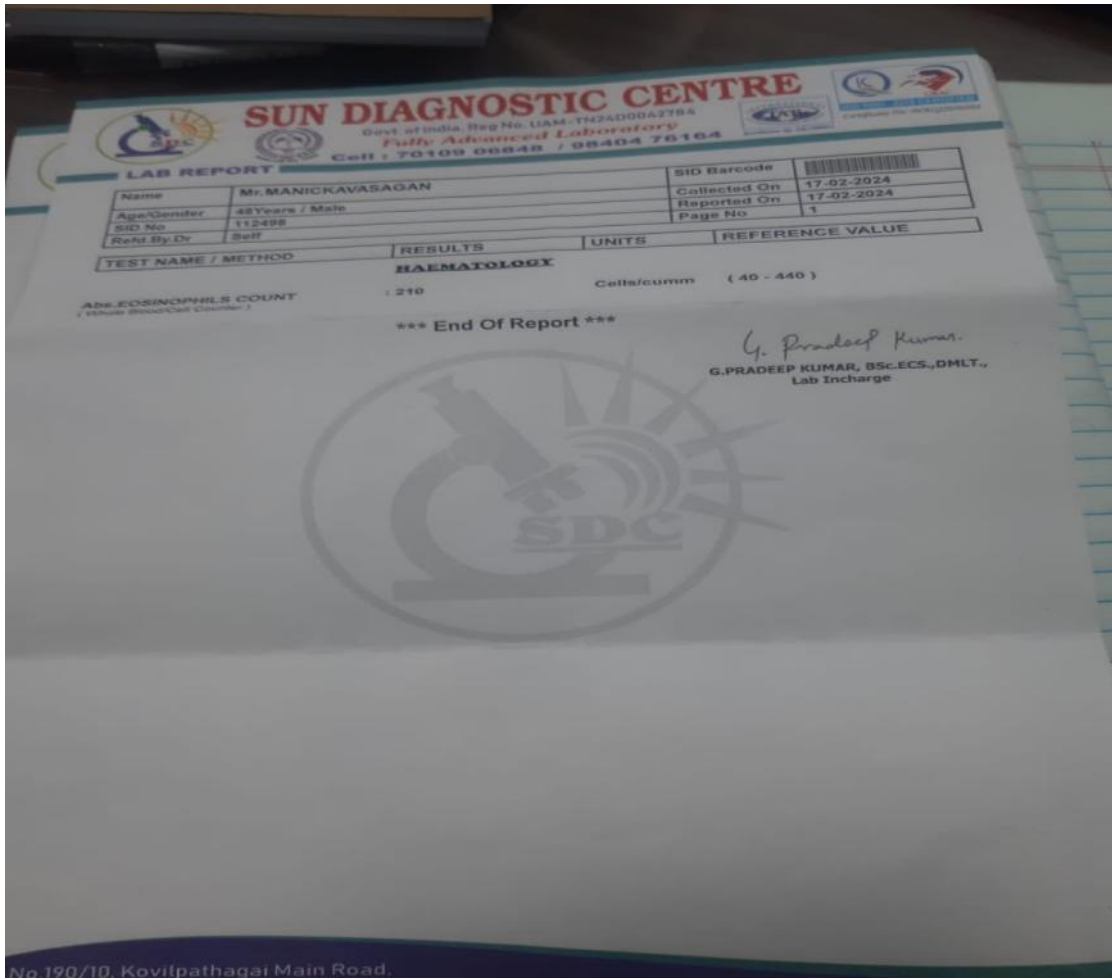
B₀ - (D) A - (D)
B₂ - (B) S - (D)

Rx

1. T. DALAQARAT - (2) bid
2. T. PARANDA (MATHA) - (2) bid

athagai Main Road.
600 062.
92@gmail.com

Get Well Soon



Observation And Result:

The Patient was instructed for follow up every 15 days. All the sign and symptoms before treatment are decreased after oil bath and purgation therapy.

At last, follow up all symptoms itching all over the body after taking oil bath and purgation therapy the symptoms were absent. Symptoms were not regular like before.

	Before Treatment	After Treatment
1. Itching	Itching present all over the body immediately after taking bath	No specific symptoms.
2. Absolute Eosinophil Count	511cells/cu.mm	210 cells/cu.mm(within the normal limits).

Discussion :

In Siddha System of medicine disease occurs due to derangements of three humours. The Aquagenic urticaria occurs due to derangements of pitha humour and vatha humour. To pacify the pitha humour, seeraga thylam oil bath was given

to the patient for 3 days. Diet and restrictions were followed on those days. Next fourth day purgation with Agasthiyar Kuzhambu was prescribed to pacify the vatha humour. The symptoms of itching after taking bath were greatly reduced after the treatment.

As Shitapittais mainly due to Kapha and Vata Doshas aggravating and combining with Pitta Doshas. So Vaman and Virechana pacify Kapha and Vata Pitta Dosha, respectively. Hence in this study, Vaman and Virechana Karma have shown significant results. The pruritis grading and scoring of a patient were reduced significantly after the treatment. Also, the clinical features seen in the patient were reduced drastically. Therefore, it is concluded that Panchakarma procedures adopted in this study can be helpful in the effective management of Shitapitta.

Conclusion

The urticaria occurs mainly due to derangements of pitha and vatha humour. So, oil bath and purgation therapy pacify the pitha and vatha humour respectively. Hence in this study, purgation therapy and oil bath shows significant

results. Pruritis symptoms and Absolute Eosinophil counts were reduced greatly. Therefore it is concluded that oil bath and purgation therapy procedures adopted in this study were helpful in effective management of Aquagenic urticaria.

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