

**Review Article**

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**"AYURVEDIC MANAGEMENT OF UDARDA (URTICARIA) – A CASE REPORT"**

**Dr. Dhairyashil Shrirang Patil<sup>1\*</sup>, Dr. Sudeeksha Verma<sup>2</sup>, Tabassum Parveen<sup>3</sup>, Dr. Shreya Ramakant Satkar<sup>4</sup>**

**AFFILIATIONS:**

1. BAMS, MD (Ayu Rachana sharir), Practitioner, Shree Vishwayash Ayurved Chikitsalaya, karad - 415110
2. PG Sclar Department of Roga Nidana Evum Vikriti Vigyana National Institute of Ayurveda Jaipur
3. Assistant Professor, Department of Roga Nidana Evum Vikriti Vigyana, Vasant Parikh Ayurvedic college vadnagar Gujarat
4. Assistant professor, Samhita Siddhant Department, Dr. Bhanudas Dhare Ayurved college and Hospital, Karhe, Sangamner

**CORRESPONDENCE:**

Dr. Dhairyashil Shrirang Patil

**EMAILID:**[dhairyashilpatil111@gmail.com](mailto:dhairyashilpatil111@gmail.com)**FUNDING INFORMATION:**

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**ABSTRACT:**

Urticaria is a dermatological condition which is characterized by itchy wheals which suddenly appear on any skin region or mucous membrane. These lesions usually last few minutes to few hours and then go away without leaving any trace. These symptoms can be linked with Udard. This study reports a single case involving a 26-year-old female one day suddenly she started noticing red raised irregular patches appearing first in both legs and hands spreading on whole body associated with itching and burning sensation. Substantial improvement was noted, totally relief in both chief and associated complaints. The patient reported a marked reduction in all symptoms. No adverse effects were observed during the therapeutic period. This study aim to assess the efficacy of Ayurvedic management in udard based on Ayurvedic Shaman and Shodhan Chikista.

**Key words:** Viruddha aahar , Udard, Shaman. Shodhan, Urticaria.

## INTRODUCTION

In Ayurveda allergic manifestation is mentioned under concept of virudha aahar.<sup>1</sup> It manifests due to exposure to asatmya aahar & vihar and contact with different poisonous materials (Allergens). In Ayurveda udarda described as skin disorder characterised by inflamed lesions on external parts of body creating pain that matches the one produced by a wasp bite like of Varti dansha.<sup>2</sup> These swelling generate itching sensation and feeling of pricking of pins and needles. We can differentiate with shitapitta. However; it may note that the shitapitta has a predominance of Vata, whereas udarda has a predominance of kapha it is characterised by the raised, reddish, itching and circular patches. In it, there is excess of kandu (itching) that is produced by the kapha dosha. Due to vata dosha there is also pain in it and pain is similar to that produced by piercing of needles.<sup>3</sup> Due to pitta dosha there is vomiting, fever and burning sensation in this disease. In this way it has been considered as a tridoshaja type of ailment. In Ayurveda Skin disease is tridoshaj which dosha disorder predominant of Vata, pitta and Kapha and Twak (Rasa), Rakta Mamsa and Lasika are main dushya. Vitiating of doshas are mainly due to cause by diseased environment, junk food habits, stressful conditions, anxiety. In people having lack of knowledge about Dinchraya and Ritucharya. Due to this their gastrointestinal system first get affected and further symptoms come subsequently. As the skin is largest organ of our body, it reflect first on skin. In above mentioned case of Udarda is vata and

kapha are primarily disturbed and in combination of pitta they cause redness, swelling and burning sensation of skin.

According to contemporary medical definitions, urticaria is a hypersensitivity reaction marked by temporary erythematous wheals and excruciating itching. The condition is caused by the degranulation of mast cells and the release of histamine, which increases vascular permeability. Antihistamines and corticosteroids are the vital component of conventional treatment these medications relieve symptoms but are frequently linked to recurrence and negative side effects after extended usage.<sup>4</sup>

Ayurveda offers a comprehensive and holistic approach to the management of Udarda through Nidana Parivarjana, Shodhana, and Shamana Chikitsa, aiming at correcting Agni, eliminating Ama, and pacifying vitiated Doshas.<sup>5</sup> This case study is undertaken to evaluate the efficacy of Ayurvedic treatment modalities in the successful management of udarda (urticaria) with reference to classical principle.

## AIMS AND OBJECTIVES

The primary aim of this clinical study was to evaluate the therapeutic efficacy of shaman chikitsa in management of udarda, with specific reference to its correlation with urticaria in contemporary medical science

The objective was to assess the extent of symptomatic relief and overall enhancement in patient's quality of life following administration of selected ayurvedic internal medications.

**MATERIALS AND METHOD****Patient Information:**

This study was designed as a single-case observational clinical analysis conducted on 26 year old female work as a medical student presenting with classical symptoms of urticaria. Prior to commencement of treatment, informed consent was obtained from the patient in his native language to ensure complete understanding of the therapeutic plan and study purpose. A detailed clinical history was recorded, including dietary habits, hydration status, occupation, family history of urinary disorders, and prior medical conditions. Physical examination and symptom evaluation were conducted along with routine investigations relevant to Urdar /urticaria, CBC and Urticaria Activity score (UAS). The therapeutic intervention consisted of Shaman Aushadhi formulated on Ayurvedic principles, emphasizing Vata, pitta kapha. The selected medications were administered orally in prescribed doses over 45 days. Follow-up examinations were conducted at regular intervals to document symptomatic cha

**Clinical Examination****Table No. 1: Demographic details**

Sr. No.	Demographic details	
1	Name	Xyz
2	Sex	Female
3	Address	Jaipur district, Rajasthan
4	Occupation	Medical Student
5	Marital status	Unmarried
6	Economic status	Good living condition

**Table No. 2: Chief Complains:**

Sr. No.	Complains	Duration
1	Red raised irregular patches on legs and hands	12 month
2	Pruritus, itching and Burning sensation	5 month

**History of Present illness**

According to patient she was apparently healthy 1 year ago, one day suddenly she started noticing red raised irregular patches appearing first in both legs and hands spreading on whole body associated with itching and burning sensation. The patient reported significant anxiety and psychological stress due to persistent severe pruritus and discomfort, which adversely affected her confidence and academic performance. For these complaints, she had previously consulted an allopathic physician and was diagnosed with urticaria.

**History of Past illness**

The patient had a history of the same complaint,

**Medication History**

She was prescribed tablet levocetirizine 10 mg once daily for five days, with advice to repeat the same medication during subsequent episodes as required.

**Personal History**

- 1. Appetite** – Reduced
- 2. Bowel** - Regular (twice daily)
- 3. Micturition** – Increased during night (4-5 times)
- 4. Sleep** – disturbed and reduced during night due to itching
- 5. Diet** - Veg

**6. Addiction** – No

**7. Occupation** –Medical student.

**8. Socio economic status** - Middle class

**9. Treatment history** – Was under allopathic medication

**Family history:**

Negative apart from consanguinity.

**Table No.: 3 General Examination**

SR. No.	Headings	Observations
1.	General appearance	Looking anxious, conscious, afebrile
2.	Height	5.1 inch
3.	Weight	49 kg
4.	Blood pressure	110/70 mm of hg
5.	Pulse	71per minute
6.	Icterus	Not present
7.	Cyanosis	Not present
8.	Oedema	Not present
9.	Lymphadenopathy	Not present
10.	Clubbing	Not Present

**Systemic examination:**

**Respiratory system:** Normal vesicular breath sounds heard

**Cardiovascular system:** S1, S2 heard, no murmur

**Gastrointestinal system:** Soft, non-tender, no-organomegaly

**Central nervous system:** No neurological deficit

**Integumentary system:** According to patient she was apparently healthy 1 year ago, one day suddenly she started noticing red raised irregular patches

appearing first in both legs and hands spreading on whole body associated with itching and burning sensation.

**Appearance:** Pink to red raised irregular maculopapular lesions.

**Size:** > 1cm

**Shape:** Irregular

**Distribution:** Asymmetrical

**Duration:** >24 hr

**Itching:** Intense (worse at night)

**Frequency of Attack:** > 4-5 episodes per week

Associated symptoms: Burning sensation, headache, nausea, mild fever.

Episodes were aggravated by perfume use and seasonal changes.

**Table No.4: Urticaria activity score (UAS7)**

**used to examine urticaria**

Urticaria Activity score (UAS) assessed periodically.

Patient score was 3

Wheals	Pruritus	Score
None	None	0
Mild < 20 wheals over 24 hours	Mild: present but not annoying	1
Moderate 20 to 50 wheals over 24 hours	Moderate: troublesome but doesn't interfere with normal daily activity or sleep	2
Intense >50 wheals over 24 hours or a large area of wheal that blend into one	Intense: severe itching which is sufficiently troublesome to interfere with normal daily activities or sleep	3



## Therapeutic Intervention

**Table No. 5: Schedule of *Shodhan Chikitsa***

SN	Procedure	Drug Used	Duration
1.	<i>Trivruit Aveleha</i>	6 gm at bed time with luke warm water	<i>Nitya virechan</i>

**Table No. 6: Schedule of *Shaman Chikitsa***

S N	Medicine	Dose and frequency	Time of administration	Anup an	Durati on
1	<i>Kaishore Guggulu</i>	500 mg	Twice daily after food	Luke warm water	1 month
2	<i>Mahamanjis htadi kwath</i>	20 ml	Twice daily after food	Luke warm water	2 month
3	<i>Tribhuvankri ti ras+ Shankha vati</i>	250 mg	Twice daily after food	Luke warm water	1 month
4	<i>Vatagajanku sha rasa</i>	250 mg	Twice daily before food	Luke warm water	1 month
5	<i>Lagusutshek har Rasa</i>	250 mg	Twice daily after food	Luke warm water	1 month
6	<i>Haridra Khanda</i>	10 gm	Twice daily after food	Luke warm water	2 month
7.	<i>Kokum sharbat</i>	10 ml	Once daily	Luke warm water	2 month

### Dietary and lifestyle advice

1. Light easily digestible
2. Avoidance of spicy, fermented. Incompatible food
3. Daily 15 minutes guided breath awareness meditation

## OBSERVATION AND RESULT

**Table No.7: Symptoms before and after treatment**

SN	Symptoms	Before Treatment	After Treatment
1	Varati Damsha Samsthana Shotha	2	0
2	Kandu (itching)	3	0
3	Vidaha (burning sensation)	Present	Absent
4	Pruritic	1	0

The above table shows the result obtained before and after treatment. In this condition mainly four symptoms are observed like rashes, itching, burning sensation and pruritis, these four symptoms are marked with the help of Urticaria activity scale, as shown in table no 7. The result and observation obtained after treatment i.e., at the 60<sup>th</sup> day assessed by using subjective and objective criteria, all the symptoms reduced completely.

### Laboratory Investigation:

**Baseline total Eosinophil Count:** 2540 cells / cu.mm. (moderate eosinophilia)

**During treatment:** 720 cells/ cu.mm

**After treatment:**  $0.53 \times 10^3 / \mu\text{L}$  (530 cells/ cu.mm)



**Central Laboratory**  
केन्द्रीय प्रयोगशाला  
Ground Floor, NIA Hospital Wing, Laboratory Building  
**NATIONAL INSTITUTE OF AYURVEDA**  
Deemed to be University (De-Novo)  
(Ministry of AYUSH, Govt. of India)  
Jorawar Singh Gate, Ajmer Road Jaipur - 302002  
Ph. No. : 0141-2635816, Email Id : [centrallabnia@gmail.com](mailto:centrallabnia@gmail.com)

**DISCUSSION**

Udarda involves kapha predominance tridoshaja vyadhi with rakta dushti and Ama accumulation. The treatment aimed at :

1. Ama pachana
2. Rakta shodhana
3. Pitta -kapha shamana
4. Vata stabilization
5. Detoxification

According to Nidaan Sevana (Etiological factor) there is a vitiation of Kapha and Vata, which spreads throughout the body, both externally and internally, by mixing with Pitta. The tridoshas spreading internally cause Dushti (pathogenesis) of Rasa and Rakta Dhatus and their Dushti appear causing symptoms such as Varati Damstavat Sotha (rash), Kandu (itching), Shul (pain) and Daha (burning sensation), respectively caused by Vata, Pitta and Kapha, which reached to Twaka. This all symptoms can be correlated to urticaria i.e., hives which are red, raised, itchy spots and rash caused by allergens.

Nitya Virechan removes toxins from the body by working on gross level where the various organs and system of the body, as well as Gastrointestinal tract which cleansed thoroughly and also by acting on the cellular level where body is cleansed and purified at the level of cell membrane and molecules. Absorption in the intestine is greatly improved and metabolism is also improved.<sup>5</sup> Trivruit eliminate Kleda and Doshas from Rasa, Rakta and Meda. It improved complexion by purifying blood and by absorbing Kleda from Rakta. Nitya Virechana for

<b>DR. SUDEEKSHA VERMA</b>	Age/Sex : 26 Year / F	Order Date : 15/01/2025 10:11 AM	Sample Collection at : 15/01/2025 10:13 AM
Mob. : 8949643931	Order Id : 78082	Sample Accepted Date & Time : 15/01/2025 10:35 AM	Authenticated Date & Time : 15/01/2025 12:20 PM
Patient Address : JAIPUR	Ref By : Dr. Reetu Sharma Associate Professor		
OPD/IPD/Research/Project No. : 03516			



Sample Type: EDTA Whole Blood **Complete Blood Count** Instrument: Sysmex XN-550

Test	Method	Result	Unit	Bio.ref.Interval
Total Red Blood Cell	H.F.I	4.00	$\times 10^6/\mu\text{L}$	3.8 - 4.8
Haemoglobin	SLS	13.0	g/dL	12 - 15
Haematocrit	P.H.D.	39.5	%	36 - 46
MCV	Calculated	98.8	fL	83 - 101
MCH	Calculated	32.5	pg	27 - 32
MCHC	Calculated	32.9	g/dL	31.5 - 34.5
RDW-CV	Calculated	14.4	%	11.6 - 14.0
RDW-SD	Calculated	52.5	%	39 - 46
WBC Total	F.F.C.	7.66	$\times 10^3/\mu\text{L}$	4.0 - 10.0
<b>Differential Leucocyte Count</b>				
Neutrophils	F.F.C. / Microscopy	49.4	%	42-80
Lymphocytes	F.F.C. / Microscopy	38.1	%	20-40
Eosinophils	F.F.C. / Microscopy	6.9	%	1-6
Monocytes	F.F.C. / Microscopy	5.2	%	2-10
Basophils	F.F.C. / Microscopy	0.4	%	0 - 1
Absolute Neutrophils Count	Calculated	3.78	$\times 10^3/\mu\text{L}$	2.0 - 7.0
Absolute Lymphocytes Count	Calculated	2.92	$\times 10^3/\mu\text{L}$	1.0 - 3.0
Absolute Eosinophils Count	Calculated	0.53	$\times 10^3/\mu\text{L}$	0.02 - 0.5
Absolute Monocytes Count	Calculated	0.40	$\times 10^3/\mu\text{L}$	0.2 - 1.0
Absolute Basophils Count	Calculated	0.03	$\times 10^3/\mu\text{L}$	0.02 - 0.1
PLT	H.F.I.	296	$\times 10^9/\text{L}$	150 - 410



**Central Laboratory**  
केन्द्रीय प्रयोगशाला  
Ground Floor, NIA Hospital Wing, Laboratory Building  
**NATIONAL INSTITUTE OF AYURVEDA**  
Deemed to be University (De-Novo)  
(Ministry of AYUSH, Govt. of India)  
Jorawar Singh Gate, Ajmer Road Jaipur - 302002  
Ph. No. : 0141-2635816, Email Id : [centrallabnia@gmail.com](mailto:centrallabnia@gmail.com)



<b>MISS SUDEEKSHA VERMA</b>	Age/Sex : 26 Year / F	Order Date : 29/05/2024 11:06 AM	Sample Collection at : 29/05/2024 11:09 AM
Mob. : 8949643931	Order Id : 52564	Sample Accepted Date & Time : 29/05/2024 11:28 AM	Authenticated Date & Time : 29/05/2024 01:26 PM
Patient Address : -	Ref By : Dr. Prashant Deshmukh Assistant Professor		
OPD/IPD/Research/Project No. : 03516			



Sample Type: EDTA Whole Blood **Complete Blood Count** Instrument: Sysmex XN-550

Test	Method	Result	Unit	Bio.ref.Interval
Total Red Blood Cell	H.F.I	3.79	$\times 10^6/\mu\text{L}$	3.8 - 4.8
Haemoglobin	SLS	11.8	g/dL	12 - 15
Haematocrit	P.H.D.	35.0	%	36 - 46
MCV	Calculated	92.3	fL	83 - 101
MCH	Calculated	31.1	pg	27 - 32
MCHC	Calculated	33.7	g/dL	31.5 - 34.5
RDW-CV	Calculated	15.8	%	11.6 - 14.0
RDW-SD	Calculated	51.9	%	39 - 46
WBC Total	F.F.C.	7.60	$\times 10^3/\mu\text{L}$	4.0 - 10.0
<b>Differential Leucocyte Count</b>				
Neutrophils	F.F.C. / Microscopy	42.3	%	40 - 80
Lymphocytes	F.F.C. / Microscopy	31.3	%	20 - 40
Eosinophils	F.F.C. / Microscopy	21.2	%	0 - 6
Monocytes	F.F.C. / Microscopy	4.9	%	2 - 10
Basophils	F.F.C. / Microscopy	0.3	%	0 - 2
Absolute Neutrophils Count	Calculated	3.22	$\times 10^3/\mu\text{L}$	2.0 - 7.0
Absolute Lymphocytes Count	Calculated	2.38	$\times 10^3/\mu\text{L}$	1.0 - 3.0
Absolute Eosinophils Count	Calculated	1.61	$\times 10^3/\mu\text{L}$	0.02 - 0.5
Absolute Monocytes Count	Calculated	0.37	$\times 10^3/\mu\text{L}$	0.2 - 1.0
Absolute Basophils Count	Calculated	0.02	$\times 10^3/\mu\text{L}$	0.02 - 0.1
PLT	H.F.I.	268	$\times 10^9/\text{L}$	150 - 410

short period with Trivruit helps in Vimargamana of Vyan Vayu by Srotoshodhana and also reduce vitiated Pitta.<sup>6</sup>

Role of kokum (*Garcinol indica*): Kokum rind contains Garcinol, Hydroxycitric acid, and Anthocyanins. Hydroxycitric acid has properties like antioxidant, metabolic correction Anthocyanins work as Capillary stabilization. Kokum possesses Amla rasa, Laghu – Ruksha guna, Sheeta virya and pitta kapha shaman properties, making it beneficial in heat predominant allergic disorder.<sup>7</sup>

Kaishore guggulu plays significant role in the management of skin disease by acting as potent blood purifier and anti-inflammatory agent. It primarily used to balance the vitiated tridoshas involved in the allergic skin reaction.<sup>8</sup>

Mahamanjishthadi kwath is deep blood purifying and detoxifying properties. Herbs like manjishtha renowned for blood cleansing and skin healing. Neem provides powerful antibacterial and antifungal properties. Guduchi works as immunomodulator that pacifies all three doshas and helps treat the root causes of infection. Daruharidra have anti-inflammatory benefits and helps clear pigmentation.<sup>9</sup> Tribhuvan kriti ras helps to digest Ama (metabolic toxins). In Ayurveda skin diseases often stem from these toxins circulating in the blood. By clearing them, it helps treat the root cause of chronic skin issues. this formulation induces perspiration, which helps flush out toxins through the skin pores, potentially aiding in the management of infectious or inflammatory skin conditions.<sup>10</sup>

Shankha Vati has a cooling action that pacifies Pitta dosha. High pitta is directly linked to heat related skin eruptions, such as minor acne, rashes and burning sensation.<sup>11</sup>



**Figure 1: Photos before and after Treatment**

Vatagajankusha rasa have a key ingredient purified mercury (Shuddha parada). It is traditionally used as a rasayan that aids in blood cleansing and management of various skin condition. It helps eliminate ama from the body and also supports the healing of skin.<sup>12</sup>

Laghusutshekar ras have a key ingredient Gairika, it has a strong cooling effect that helps reduce skin irritation, burning sensation and redness associated with inflammatory skin lesions. Shunthi helps digest metabolic toxins that circulate in the blood.<sup>13</sup>

Haridra khand have properties like antiallergic, anti-histaminic, rakta-shodhak and kandughan.<sup>14</sup> Its anti-pruritic properties provide significant relief from intense itching associated with eczema. The combination of turmeric and ghee helps improve skin texture, complexion and healing of blemishes.

### CONCLUSION

As Udara is mainly due to Kapha and Vata Doshas aggravation and combining with Pitta Doshas So Nitya Virechan pacify Pitta, Kapha and Vata Pitta Dosha respectively. Hence in this study shows significant result.

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### CONFLICTS OF INTEREST

There are no conflicts of interest.

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