



Case Report

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Application of *Trisootra* Principles in the Management of Acute Food Allergy - A Case Report

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ABSTRACT

Food allergies are thought to affect up to 4% of adults and 8% of children under the age of five. Although there is no treatment, some kids outgrow their food allergies as they age. Foods can be contaminated by a wide range of disease-causing microbes, leading to a wide range of foodborne illnesses (also known as foodborne sickness or food poisoning) and food allergies. An immune system response called a food allergy happens quickly after consuming a certain meal. Even a small amount of the food that causes the allergy can result in signs and symptoms like skin issues, hives, or enlarged airways. Some people may experience severe symptoms from a food allergy, including the potentially fatal anaphylactic reaction. In Ayurveda, rules for intake of food, preparation and sign and symptoms of visha misritha anna and their treatments are well explained. Proper history taking is an essential method in all these cases. In present case a 19-year male patient with the chief complaints of, severe itching and appearance of rashes over the neck, back, arms and chest region of the body after ingesting food hence diagnosed as an acute food allergy have shown encouraging results when treated with Trisutra principles.

Keywords: Food Allergy, *Trisutra*, *Vishaghna*.

INTRODUCTION

Adverse health effects stemming from a specific immune response that occurs on exposure to a specified food," according to the definition of a food allergy. Approximately 5% of children and 3%–4% of adults are believed to have food allergies, which impact between 2% and 10% of the population. Children are more likely to develop food allergies than adults [1].

Some foods have a tendency for causing toxic reactions and harmful effects in some people. Adverse food reactions are characterized as unusual reactions to a consumed food [2]. The aberrant food reactions may be brought on by food intolerance, allergy, or hypersensitivity. About one third of cases of food reactions in hospital emergency rooms are caused by food allergies, which are the most frequent cause overall [3]. Several allergens specific- and nonspecific-therapies, aiming to acquire a persistent food tolerance, are under investigation as potential [4]. Food allergies are still a serious health concern since they are becoming more common and because anaphylaxis is still a real threat. Although advancements in diagnosis are more accurately identifying those who are affected, treatment options are still scarce. The cornerstone of treatment is rigorous avoidance of the offending allergens and instruction on how to manage allergic responses [5]. *Ayurveda* approach the acute manifestations on the basis of *Trisootra*, ie, *Hetu*, *Linga* and *Oushadha*. Until the proper etiology is ruled out, proper understanding of signs and symptoms and application of suitable treatment on the basis of this the *chikitsa* won't become complete. So, understanding the etiology and adopting treatment based on that is most necessary especially in the present-day scenario where most of the diseases are idiopathic. Here, we discuss, a case of acute food allergy which has been managed effectively with the application of *Trisootra Chikitsa*.

CASE DESCRIPTION

A 19-year Male patient came to our *Nirvisha* OPD with the chief complaints of severe itching and appearance of rashes over the neck, back, arms and chest region of the body.

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History of present illness

Patient was apparently well before 5 days, Suddenly one day he felt appearance of reddish colored rashes over his upper body parts along with severe itching and burning sensation. Which have started developing after ingesting food from outside restaurant. He had taken anti-histamine tablets but the condition didn't get reduced. On the next day morning he felt severe itching and developed rashes over his upper body parts for that which he approached our hospital.

Table 1: Examination of patient

Site	Over the ears and Neck, Shoulder and arms Front and back of the chest region
Distribution	Asymmetrical
Type of skin lesion	Erythema
Color	Reddish/Brown
Itching	Present +++
Discharge	Absent

Personal history

Appetite : Reduced.

Sleep : Disturbed due to itching.

Diet : Mixed.

Bowel : Clear.

Drugs : Not used any medicine in recent past for any diseases.

Allergy : Not known.

Family history : Not known skin disease & Asthma history.

Diagnosis

- *Shitapitta/Udarda/kota(Garajanyadooshi)visha.*
- Acute urticaria(Food allergy).

Treatment

- *Patolakaturohinyadi Kashayam* – 15 ml ---- 15 ml ----- 15 ml ----- 15 ml After food with warm water. For 4 days.
- *Dooshivishari agada* – 2 tab ----- 0 ----- 2 tab Powdered & mixed with honey after food. For 4 days.

DISCUSSION

Based on the clinical presentation and proper history, the case was diagnosed as acute food allergy. As the etiology being the toxins in the food which resulted in developing clinical signs and symptoms, the treatment advised was also to counteract the same.

Patolakaturohinyadi kashayam have ingredients such as *Patola, Katuki, Chandana, Madhusrava, Guduchi and Pata*. All the ingredients predominantly have *Tikta, Katu rasa, Laghu, ruksha guna, usha veerya*

and *katu Vipaka*. It is indicated in reducing the *Kapha pitta doshas, kushta hara, jvara, vishaghna, chardi, arochaka and kamala*. As in this condition as the clinical signs and symptoms started after the intake of food, the condition can be compared with *visha misritha anna*. Due to this the *agni* became deranged and the *ama visha* is produced. Here the *dosha* vitiated is *pitta* which resulted in developing the clinical signs and symptoms. As the *Patolakaturohinyadi kashaya* can act as *Kapha pitta shamana, Vishaghna and Pitta Rechana* it will help in eliminating the *dushta pitta* and can act as *rakta shodhana* thereby improving the *agni*.

Dooshivishai Agada was selected as the etiology was of *visha* origin and as it is *vishaghna*, it can compact against the pathology and can act as *rasayana*. The ingredients predominantly have *tiktha & kashaya rasa pradhana* and overall the formulation is *vishaghna* and as it is given as *lehana* by adding honey as classically recommended, honey can also promote phagocytosis, detoxification and proteolysis and is a known anti-oxidant which will help to bring a add on effect to the action.

CONCLUSION

In modern science there is vast treatment for Food allergy and other allergic skin disorders but reoccurrence of disease is common in many cases. *Sheetapitta* is commonly encountered *Twak vikara* in clinical Practice. *Ayurveda* has lot of potential in the treatment aspect of allergic skin reactions by using of many *Ayurvedic* formulations and by following *Pathya-Apathya*. But in all cases ruling out the *Hetu*, analysing the *lakshanas* based on *dosha* predominance and using appropriate *oushadhas* is most essential. As this case is an example among many which has yielded quick response to cost effective remedies this can be serve as a model for approaching similar pathologies.



Figure 1: Before Treatment



Figure 2: After Treatment (4 days later)

Conflict of Interest

None declared.

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