

**AYURVED MANAGEMENT OF HERPES ZOSTER w.s.r. VISARPA: A CASE REPORT**Manisha bai<sup>1</sup>, Ravi sharma<sup>2</sup>, Ruhi Zahir<sup>3</sup>

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**ABSTRACT**

In the present era there is many diseases are dominating, skin disease is the one of them and most common worldwide due to changes in lifestyle, faulty dietary habits, excessive uses of junk foods, modernisation. *Visarpa* is one of them. The case presented here is 54-year-old female patient came with complaints of blisters over chest and back region with severe pain and burning and patient also consult a dermatologist and take allopathic medicine since last 2 weeks but no relief in symptoms then she came to at Rajkiya Ayurved Chikitsalaya, Motichoahatta Udaipur. Acc. to modern science visarpa correlates with herpes zoster with symptoms of Prodromal pain, itching, tingling, or burning feeling in an area of your skin. Assessment of the treatments was done based on improvement of signs and symptoms of *Visarpa*.

**Keywords:** *Visarpa*, *Nidanparivarjana*, *Shamana chikitsa Ayurveda*, Herpes zoster.**INTRODUCTION**

Skin is the largest sense organ of the body. Skin disease in developing countries has a serious impact on people's quality of life causing impact on daily work. But most patients come *Ayurveda* OPD after consul-

tation in allopathic medicine and after the steroid intake, but they suffer from recurrence of infection. *Ayurveda chikitsa* has a great strength in the field of skin. According to *Ayurved Visarpa* is *Shonitaja Vika-*

ra<sup>1</sup> and one of the reasons of *Shonitaja Vyadhi* is *Chhardi Vega dharana*<sup>2</sup> hence come after *Chhardi chikitsa* in *Charaksamhita*. As well as herpes zoster itching, tingling or burning feeling, redness on your skin in the affected area. raised rash, fluid-filled blisters that break open then scab over. Mild to severe pain. *Visarpa* is one of the major skin diseases mentioned apart from *kushtha*. *Visarpa* is characterized by *Aashu Anunnata Shopha, Daha, Jwara, Vedana* and *Pidika* and it is described as *Agnidagdhava*<sup>3</sup>. *Visarp* has given *Upma aashivishopam* means it's like *Sarpa Visha*<sup>4</sup>.

## MATERIALS AND METHODS

Patient name - XYZ

Age - 54 year

Sex - female

Chief complaint - blisters over chest and back region with severe pain and burning for 3 months.

Family history – no

Past medical history – no

Personal history - Intake of non-vegetable food, oily, spicy food.

Menstrual history – post menopausal.

## On examination

Vital signs-

Pulse-88/min.

Blood pressure-130/90 mm of hg

Temp. – 99.6\* F.

Resp. rate – 22/min.

## Ashtavidha pariksha

- *Nadi* - 88/min
- *Mala* – *Alp, vibandhit*
- *Mutra* – *Daha yukta*
- *Jivha* - *Sama*
- *Shabda* - *Samyaka*
- *Sparsha* - *ushna*
- *Druka* – *Pandu varna*
- *Akruti* - *Madhyama*

## Treatment given.

After the diagnosis was made following treatment was given-

**Table no. 1 Treatment given.**

S. No.	Aushadha	Matra	Kala	Anupan
1	<i>Maha tikta ghrita</i>	20 ml	Morning	Lukewarm water
2	<i>Amrita guggulu</i>	2 tab. Tds	After meal	Lukewarm water
3	<i>Suddha gairik bhasm</i>	For local application		Mix with water
4	<i>Sudarshan churn</i>	1gm	All mixtures in the form of powder before meal bd with honey.	
5	<i>Sanjeevani vati</i>	250 mg		
6	<i>Laghu malini vasant</i>	250 mg		
7	<i>Godanti bhasm</i>	250 mg		
8	<i>Sootshekhar ras –</i>	250 mg		

All the above medicine given for 15 days after this treatment *Suddha gairik bhasma* replace with *shatadhouta ghrita* and dose of *amrita guggulu* 2 tab. Bd for 15 days.

## OBSERVATION AND RESULTS

On administration of *Shaman Aushadhi*, reduction of blisters on back and chest, burning and itching also decreased was noted. *Shamana Aushadhi* continued for 30 days. *Mala* and *Mutrapravritti* became *Samyaka*.



Day 1<sup>st</sup>.



15 th Day



30th Day

**Table no. 2- Assessment of clinical parameters**

Day	Kandu	Daha	Pain	Blisters
1 <sup>st</sup>	+++	+++	+++	++++
15 <sup>th</sup>	+	++	+	+++
30 <sup>th</sup>	-	+	-	-

## DISCUSSION

1. *Maha tikta ghruta*<sup>5</sup> - - this drug indicated by *Bhaishjyarnavali* in *Kushtha vyadhi adhikara*. In this drug, due to combination of *tikta rasa* with *ghruta Kalpana*, it is very useful in *rakt dosha pachan*, *raktaprasadana* and *pittashamak* effect so it is very useful in *pittaj Visarp*.

2. *Amrita guggulu*<sup>6</sup> - this drug contains *haritaki*, *guduchi*, *guggulu*, *trikatu*, *danti*, *triphala*, *Vidang*, *trivrit*, all the contents are *rakt shodhak* and *vata pitta shamak* properties, so this is useful in skin disease as

well as *Visarp*. This drug is mentioned in *Bhavprakash madhyam khand Vatrakta Chikitsadhya*.

3. *Suddha gairik bhasm* - *Gairik* have *snigdha guna*, *Kashaya ras*, *sheet veerya*, *Madhur vipaka*, *kapha pitta shamak* and *raktsodhak* properties. It is also useful in *Visarp* and *Visphota*.

4. *Sudarshan churn*<sup>7</sup> - this drug is mentioned in *Bhashjya ratnavali* and all *dravyas* are *katu* and *tikta* in nature and this drug is indicated for *jwara*, *jwara* is *pitta Pradhan vyadhi* so it is useful in *Pitta Pradhan Visarp*.

5. *Sanjeevani vati*<sup>8</sup> - this medicine contains *triphala, trikatu, vidanga, guduchi, bhallatak, Vatsnabha* and mentioned in *sharandhar Samhita*.

6. *Laghmalini vasant*<sup>9</sup> - it is indicated in *jwar* and *jwar* is *Pitta Pradhan vyadhi*, so it is had *Pitta shamak* effect, so it is useful in *Paitika Visarp*.

7. *Sootshekhar ras*<sup>10</sup> - this medicine has *Pitta shamak* effect, so it is useful in *Paitika Visarp*.

## CONCLUSION

This case represents a successful management of *Visarp* through *Shaman Aushadhi*. All the symptoms are relieved with *katu tikta Kashaya ras Pradhan aushadhi* and *Pitta Shamak* effect and *Pathya Palan* is an important factor.

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