



A Single Case Study on the Role of Some Ayurvedic Medicine in the Management of *Pittaja Visarpa* w.s.r to Herpes Zoster

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ABSTRACT:

The name Herpes Zoster is derived from Herpein, meaning to creep; zoster, meaning gridle. While varicella is typically a disease of childhood, herpes zoster is an infectious disease,. It is the reactivation of chicken pox virus. It is commonly an episode of unilateral maculopapular painful rash and it appears recurrently in human due to suppressed immunity of an individual and the recurrence rate can be high as 13.26 % and Zoster mortality is presently elevated in country Severity effects with HIV/AIDS pandemic. The features of Zoster are more or less similar to the features of *Pittaja Visarpa* of *Ayurveda*. The initial Modern /Allopathic management is not satisfactory. As *Visarpa* is a skin disease having the features like and there is an indisposition characterization with rapidly spreading inflammation of skin. The main signs and symptoms of *Visarpa* include with a throbbing or prickly or stabbing pain, lassitude, horripilation, appearance of deep pink – colored and waxy patches on the skin with itching. The therapeutic regiments of Modern medicine are mostly immunosuppressive as well as having lots of adverse effects so considering those views a safe and effective *Ayurvedic* modalities have been introduce here. In present study orally Laxmivilash Rasa 500 mg, Gandhak Rasayan 500 mg, Sudarshan Ghana Vati 500 mg, and Brihat Haridra Khanda 3 gm have been given twice daily along with local application of Marichadi Taila. After 15 days of therapy satisfactory curative effect have been observed

Key Words : *Pittaja Visarpa, Visarpa, Herpes Zoster, Gandhak Rasayan, Sudarshan Ghana Vati, Brihat Haridra Khanda,*

INTRODUCTION

Ayurveda has a great role in prevention as well as cure of disease. *This system* based on three doshas which are *Vata, Pitta* and *Kapha* among them some are *Dandaja*

(Combine) disease. The therapeutic regiment of Herpes Zoster are mostly immunosuppressive and having others adverse effects so through this present study an effective and safe *Ayurvedic* management present have been introduced. *Laxmivilash Rasa* 500 mg , *Gandhak Rasayan* 500 mg,



Sudarshan Ghana Vati 500 mg, *Brihat Haridra Khanda* 3 grm twice daily along with and local application of *Marichadi Taila* twice daily for 21 days which showed satisfactory curative effect with no such adverse effects. Skin is the largest organ which is spreaded and contains Blood Veselles, Nerve, Hair follicale, Sweat glands etc. *Twak Roga* are produced to due to vitiation of *Rakta Dhatu*. Healthy skin is very important for all individuals. According to a study conducted¹ where *Pittaja Visarpa* is occurred due to Viral Involvement. It is characterized by unilateral rash with pain and blister. *Pittaja Visarpa* (Herpes Zoster) is a disease which is occurred due to reactivation of chicken pox virus (Varicella Zoster) Virus. It could be stated that in *Pittaja Visarpa pitta pradhan 3 doshas* are involve and *dushya* are *Twak, Rakta, Mamsa, Lasika*. The strength of *agni* become diminished and formation of unhealthy substances which takes entry into the *Rasa, Rakta, mamsa vaha sroto* and causes obstruction or (*srotooborodh*) which leads to provocation of *Vata* and forms an inflammatory condition. As per this *Ayurvedic* pathogenesis *Pitta* and *Vata* are the main *doshas* and the actions should be taken to break the pathogenesis by specifying *Vata* and *Kapha*. Simultaneously *Srotosodhan* (clearing channel) is needed for proper circulation of *Rakta* as well as nutrition to the effected part for healing of *Brono* (Ulceration) blisters. *Laxmivilash Rasa* is a drug of *Ayurveda* which is composed with the ingredients like *Abhrak – 8 tola, Parada, Gandhaka, Karpura, Jaitri, Jayaphala – 4 tola, Bridhadarak Seed, Dhatura Seed, Sidhhi Seed, Bhukushmanda Root, Satamuli, Gorokshachakule Root, Berela Root, Gokhur Seed – 2 tola* is a potent *prodaha nasak* (anti inflammatory), *Vedana nasak* (*Analgesic*), which pacifies *Vata* and *sleshma* by its *Rasayan* as well as *ama pachan* action. *Brihat Haridra Khanda* contain *Haridra Khanda ½ Ser, Tewari Churna – 4 Pola, Haritaki Churna – 4 Pola, Sugar – 5 Sera, Daruharidra, Mustak, Yamani, Bonayamani, Chitrak, Katuki, Krishna Jeerak, Pippali, Shunthi, Gudatwak, Elachi, Tejapatra, Bidanga, Gulancha, Bark of Vasak, Kushtha, Haritaki, Bibhitaki, Amlaki, Chai, Dhania, Louha, Abhrak all are 1 tola* usually pacifies *Pitta doshas* and *Vata Dosha* so it nourishes *Twak* (Skin) by *poshan* (nutrition) as well as *Pitta soman* (soothing) effect. *Sudrashan Ghana Vati* contain *Sudarshan Churna* 1 part (AFI), water for decoction 16 part, reduced to 4 part (*Baisajya sar sangraha Vati prakaran*) also a potent *vata, Pitta samak* reduces *Prodaha* (Inflammation) another classical medicine for local application is *Marichadi Taila* is a *Prodaha Nasak* (Anti – inflammatory) and *poshak*

(Nourisher). Those medicine have been used in present study to evaluate their action over *Pittaja Visarpa* or H. Zoster as *Ayurveda* gives important to the soil (Bodily structure) than the seed (Germs) so all those medicine have been chosen as a remedy to enhance the strength of patients (*Rogi Bala*). After 21 days therapy assessment had been done to evaluate their action.

MATERIALS & METHODS

OPD Patient & Recopies'

A) **Place of study:** IPGAE&R at SVSP

B) **Case Report:**

- 1) Age – 52 Years
- 2) Religion – Hindu
- 3) Socio economic Status – Middle class
- 4) Occupation – Businessman
- 5) Diet – Non- Vegetarian

Chief Complain: Painful Ulceration with unilateral Rash in the left side of face.

History of Present illness:

1. Unilateral Maculopappular Rash over the left side of face
2. Low grade Fever

Predisposing Factor: Nothing Significant

Precipitating Factor: Pain increase after intake of *Katu* (Sour), *Vidahi* (Hot) Food

Nature of Pain: Throbbing & Burning type of pain

Aggravating Factor: Pain increase after intake of Hot and sour substances

Relieving Factor: Pain subside after cold compression

History of Past illness: History of *Musurika* (Chicken Pox) in the childhood

On Examination:

General Condition – Good

Vitals –

Blood Pressure – 130/ 80 mm of Hg

Pulse – 88 / min

Temperature – 101° F

Spo2 – 98 %

Respiration – 24 / min

Diagonosis:

On the basis of clinical findings the case was diagonosed as *Pittaja Visarpa* W.S.R to Herpes Zoster

Treatment Protocol: Table 1

Pathya : Old barley, Wheat, *Kanguni, Sasthi, Mudga, Masura*, Soup of Wild Animal and Birds, *Amlaki, Khadira, Nagkeshara, Mustak*.

Apathya : Hot, Sour, Pungent, Incompatible Diet.

Follow up : Weekly follow up of the patient on the clinical findings as stated below.

RESULT & OBSERVATION:

The gradation as per severity Absent of symptom , Mild, Moderate, Severe symptoms have been graded as -, +, ++,& +++ Table 2

DISCUSSION

Herpes Zoster is a viral disease. It is occurred due to reactivation of Chicken pox virus. In this disease unilateral maculopappular rash present with blister associated with pain. This disease features similar with the features of *Pittaja Visarpa*. Vata and Pitta play an important role to produce this disease. It is found in children and also found in young adults. It is mainly found in female but males are also affected Male: Female (1: 2). Though in this disease red coloured rash with blister and burning sensation present so it can be correlate with *Pittaja Visarpa* . Patient of this study presented with radish painful rashes over left side of the face at the under of left eye over Zygomatic bone and his face was horrible and was suffering from burning sensation itching and mild discharge . After 21days of opd treatment in our hospital by some *saman ousadhi* namely *Laxmi Vilash Rasa*², *Gandhak Rasayan*³, *Haridra Khanda*⁴, *Sudarshan Ghana Vati*⁵and local application by *Marichadi Taila*⁶ patient become totally cured. And during the therapy weakly follow-up has been done and found gradual clinical improvement. In this total treatment procedure patient maintain some pathyas⁷ these are *Mudga*, *Musur*, *Amalaki* etc and *Apathyas*⁷hot sour, pungent foods. These all drugs having *Pitta Samak* properties. So the burning sensation been reduced very successfully and inflammatory process become restricted. *Haridra* is very potent anti viral drugs. As in all the sign & symptom could be Herpes Nerves become inflamed and neuritis formed so application of oil like *Marichadi Taila* has nourished and provided soothing effects to those Nerves. As Herpes Zoster is an immune-compromised problem and the medicine like *Haridra Khanda* , *Laxmivilash Rasa*, are the immune-modulator so they become able to enhance the immunity of the local structures skin, muscles, Nerves. During this therapy the strength of patients not impaired rather patient become free from stress this incidence proved that the anti –oxidant and immune-modulative action of these drug has help patient to be cured quick with the remission of all troublesome features. Considering all those incidents and successful

story of remission of this patient it could be conclude that the Medicine namely *Laxmivilash Rasa*, *Sudarshan Ghana Vati*, *Brihat Haridra Khanda* , *Brihat Marichadi Taila* are the good combination for treating *Pittaja Visarpa* or Herpes like Noxious ailments.

CONCLUSION

From the above discussion it can be conclude that it can be co – relate with *Pittaja Visarpa*. *Ayurvedic saman ousadhi* can easily cure this disease without any adverse effect.

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Table 1 Shows Recopies (Medicine as Introduced)

Sl. No.	Name of the medicine	Root of Administration	Dose	Anupana	Duration
1	<i>Laxmivilash Rasa</i>	Oral	500 mg BD	Luke warm water	21 days
2	<i>Brihat Haridra Khanda</i>	Oral	3 grm BD	Luke warm water	21 days
3	<i>Sudarshan Ghana Vati</i>	Oral	500 mg BD	Luke warm Water	21 days
4	<i>Marichadi Taila</i>	External	--	--	21 days

Table 2 Shows The gradation as per severity Absent of symptom , Mild, Moderate, Severe symptoms have been graded as -, +, ++,& +++

Sl. No.	Symptoms	1 st Day	7 th Day	14 th Day	21 st Day
1	<i>Jwara (Fever)</i>	103°F	101° F	99° F	98.6° F
2	<i>Visarpa (Erythema)</i>	+++	++	+	Nil
3	<i>Vedana (Pain)</i>	++	+	+	Nil
4	<i>Pradaha (Inflammation)</i>	+++	+	+	Nil
5	<i>Sotha (Swelling)</i>	+++	++	+	Nil
6	<i>Sirosula (Headache)</i>	+++	++	+	Nil
7	<i>Akhisula (Pain in eye)</i>	+++	++	+	Nil

Pictures showing day to day improvement of the patient:



1st Day



7th Day



14th day



21th day