

डॉ. सुनंदा व डॉ. सुभाष रानडे प्रतिष्ठान पुरस्कृत लेख

Role of Ayurveda in the Management of 'Pittaja Visarpa' w.s.r. to 'Herpes Zoster' – a case study



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Abstract - Skin is the first organ of the body interacting with external environment. It acts as a first line of defense against physical, chemical and biological agents. Herpes zoster is an acute viral infection of sensory ganglia and the corresponding cutaneous area of innervations characterized by fever and localized pain with vesicular eruption over single dermatomes. In our ancient classics of Ayurveda Herpes zoster is having similarity with 'Pittaja Visarpa'. Visarpa is one of the major skin diseases which are explained in detail apart from Kushtha vyadhi. This gives us an idea about the seriousness and significance of the disease. The management of Herpes zoster includes Antiviral drugs, Corticosteroids and Topical agents which have certain limitations. If this condition is not treated in early stages becomes a great challenge due to a higher rate of complications such as neurological sequel, Palsy etc. As Visarpa mentioned in Raktapradoshajanya Vikara the principle of management is Raktapitta shamaka Chikitsa.

This is a case of 35 years old male patient with sign and symptoms of Herpes zoster (Pittaja Visarpa) was visited to Kayachikitsa OPD of MAP hospital Mumbai. He was successfully managed with Ayurvedic internal medications with Jitsaya, Ashwagandha, Ushira, Gairik, Shweta Chandana and local application of Lepa with Jitsaya, Gairik, with Navaneet for 2 weeks. Improvement in symptoms and skin lesions is highly encouraging and will help us as a guideline to manage such patient in future.

Keywords - Herpes Zoster, Pittaja Visarpa, Raktapradoshajanya, Viral infection, Raktapitta shamaka.

Introduction - Herpes zoster commonly known

as Shingle's. It is a viral disease characterized by a painful skin rash with blisters in a localized area. Causative organism for shingles is the varicella zoster virus (VZV) a double stranded DNA virus. Due to aging or immunosuppression decrease in immunity to Varicella Zoster Virus causes reactivation of VZV in dorsal root ganglia. There is unilateral Vesicular eruption within dermatomes associated with severe pain.1 The worldwide incidence of Herpes Zoster is 5-10 cases per 1000 population and the Indian incidence is estimated to be around 2 to 6 per 1000 population.2 Initial symptoms are burning sensation and pain, which is followed by typical herpetic lesions. These are unilateral and distributed dermatomally. The lesions become pustular and then crusted in 2-3 weeks. It may leave depressed scars on healing.3 Postherpetic neuralgia, anesthesia, disseminated zoster, and recurrent zoster in immunocompromised persons are some of the complications of herpes zoster.

In Ayurveda Herpes Zoster closely resembles with Pittaja Visarpa. Visarpa is one among the major skin disorders explained in Ayurveda classics. Pittaja Visarpa is caused by the predominant vitiation of Pitta along with Vata and Kapha dosha and Rasa, Rakta, Mamsa & Lasika dushya are involved. It is characterized by Jwara, Visphota (vesicular skin eruption) usually on one side of the face, neck or on the trunk with extensive Daha and shoola, raga, kandu.4 Which is commonly seen in Herpes Zoster. As Visarpa is Raktapradoshaja vikara the main principle of treatment is Raktapitta shamana with internal raktapitta shamaka yoga, Raktamokshana, Virechana, Lepa etc.

Even though, the disease is considered as a self-

limiting disorder, an early management will reduce the agony of pain and subsequent complications. But currently the treatment options available in modern medicine are limited. Medications with NSAIDs and corticosteroids are considered to be the acceptable way of symptomatic management along with antiviral drugs such as Acyclovir famciclovir etc.⁵ However these drugs have some limitations as the antivirals are quite expensive and they are less sensitive to varicella Zoster virus.

So, the exploration of Ayurvedic therapy is an important area for research in the management of Visarpa w.s.r. to Herpes Zoster. With this perspective study is undertaken to observe the effect of Ayurvedic treatment.

Aim - To assess the efficacy of Ayurvedic management in the Pittaja Visarpa w. s. r. to Herpes zoster.

Case Report - A 35 years old male patient came to Kayachikitsa opd of our MAP hospital Mumbai with complaints of

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|--|--------------------|
| <ol style="list-style-type: none"> 1. Vesicular eruption over the right lateral side of chest and on the back region (Visphota) 2. Severe burning sensation with pain (Daha with Shoola) 3. Itching (Kandu) 4. Redness (Raga) 5. Body ache (Angamarda) 6. Fever (on & off) (Jwara) | since
5
days |
|--|--------------------|

History of Present Illness - The patient was apparently asymptomatic before 5 days. Then he developed small vesicular eruption over the right lateral side of chest and in the back region with pain, burning sensation with fever, body ache and generalised weakness in the last 5 days. Patient don't have any other past medical history.

Examination of Patient – General Physical Examination –

1. BP- 120/80 mmHg 2. PR- 78/min 3. Temp.- 36.00 C 4. SPO2 – 99%

Systemic Examination - 1. RS- AEBE, Clear 2. CVS – S1S2 normal 3. CNS – Conscious, oriented

Diagnosis - On local examination, the patient was found to have multiple clusters of blisters

and pustules of varying sizes on an erythematous base present over the right lateral side of the chest spreading to the back region. The rashes were started initially as a cluster of vesicles over an erythematous base with itching which precedes with burning sensation, which were increased gradually. Based on history, clinical symptoms, and examination findings, the diagnosis of Herpes Zoster was made. Similar clinical features have been mentioned in Ayurvedic texts in the context of Pittaja Visarpa.

Samprapti ghataka - 1. Dosha – Pitta Pradhan Tridosha (Vyana Vayu, Bhrajaka Pitta, Pachaka Pitta & Kledaka Kapha). 2. Dushya - Twaka (Rasa), Rakta, Mamsa, Lasika. 3. Agni – Jatharagni and Dhatwagni (Agnidushti – Mandagni) 4. Strotas – Rasavaha, Raktavaha, Mansavaha 5. Strotodushti – Sanga 6. Udbhavasthana – Amashaya 7. Adhisthana – Abhyantara and Bahya roga marga. 8. Vyaktisthana – Twaka

• **Management –**

Abhyantara Chikitsa -				
No.	Chikitsa	Matra & Kala	Anupana	Duration
1.	Jitsaya Ashwagandha Shuddha Gairik Chandana Ushir	Each choorna 3 gm at Morning 6.30am & evening 7.00 pm	Koshna jala	2 weeks
Sthanik Chikitsa -				
1.	Lepa with Jitsaya + Shuddha gairik choorna+ Navaneeta in the afternoon and night for 2 weeks			

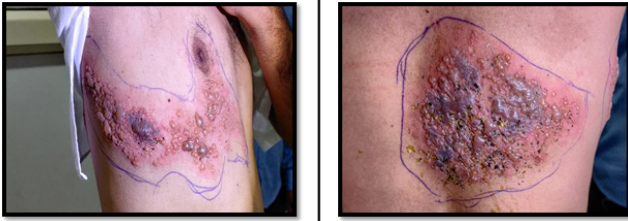
Result -

No.	Symptoms	Before Treat.	After 7 Days	After 14 Days
1.	Vesicular eruption over the right lateral side of chest and in the back region (Visphota)	++++	+	Absent

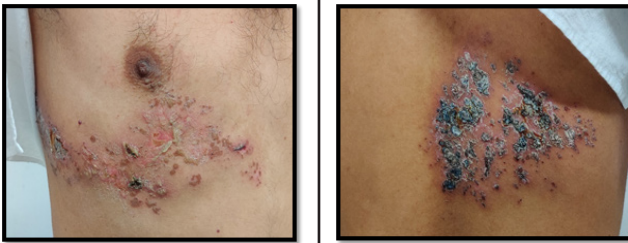
2.	Severe burning sensation with pain (Daha with shoola)	++++	++	Absent
3.	Itching (Kandu)	++	+	Absent
4.	Redness (Raga)	++++	++	Absent
5.	Body ache (Angamarda)	++	+	Absent
6.	Fever (Jwara)	on & off	Absent	Absent

The changes observed in photographs taken before and after treatment to exhibit the changes in the skin lesion. This shows a considerable improvement in the lesion following the therapy to the before-treatment status.

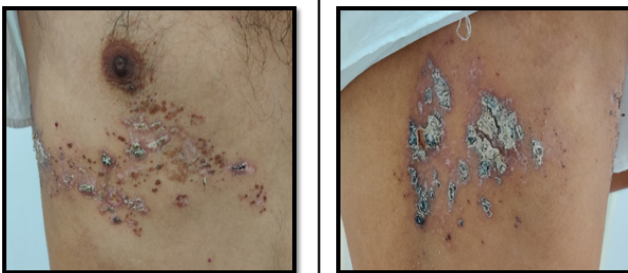
Before Treatment -



1st Follow up (after 7 days)



2nd Follow up (after 14 days) -



Discussion – Visarpa is one among the major skin disorders explained in Ayurveda classics. Pittaja Visarpa is caused by the predominant vitiation of Pitta along with Vata and Kapha dosha and Rasa,

Rakta, Mansa & Lasika dushya are involved. Pittaj Visarpa is correlated with ‘Herpes zoster’. This case study has been carried out to evaluate better line of treatment for Herpes Zoster (Pittaj Visarpa).

In this case patient is having symptoms like Vesicular eruption over the right lateral side of chest and in the back region (Visphota), Severe burning sensation with pain (Daha with shoola), Itching (Kandu), Redness (Raga), Bodyache (Angamarda), Fever (Jwara). Itching and pain are the features of Kapha and Vata dosha, whereas Raga (redness), Visphota, Daha and Jwara are due to vitiated Pitta dosha.

Considering the predominance of Dosha and Dhātu, the treatment principles applied for the management of this disease condition are Raktapitta shamaka, Tridosha shamaka and Vrana ropana (wound healing) medicines and pacifying treatment. The main aim of treatment is pain management, induce healing, reduction in viral spread and avoidance of complications. The probable mode of action of these for mentioned can be explain as follows:

No.	Drug	Properties	Mode of Action
1.	Shweta Chandana	Guna – Laghu, Ruksha Rasa – Tikta, Madhura Vipaka – Katu Virya - Sheeta	Kaphapitta-shamaka, Rakta-shodhana, Raktapitta-shamaka, Dahaprashamana, Twakado-shahara, Varnya.
2.	Ashwagandha	Guna – Laghu, Snigdha Rasa – Tikta, Katu, Madhura Vipaka - Madhura Virya – Ushna	Kaphavata-shamaka. Shothahara, Vedanas-thapana, Deepana, Krimighna, Rakta-shodhaka, Kushthaghna

3.	Ushira	Guna – Laghu, Ruksha Rasa – Tikta, Madhura Vipaka – Katu Virya - Sheeta	Kapha-Pitta- shamaka, Dahapra- shamana, Varnya, Twaka- doshahara
4.	Shuddha Gairik	Guna – Snigdha, Vishad Rasa – Madhura, Kashaya Vipaka-Madhura Virya - Sheeta	Pittashamaka, Kandughna, Udarka-Rakta- pitta-Visha- doshanashaka
5.	Navneet	Guna - Guru Rasa - Madhura Vipaka - Madhura Virya - Sheeta	Vata- Piittashamaka, Raktapitta shamaka, Varnaprasadana

The Jitsaya i.e., *Spermatidctyon suaveolens* Roxb, it is commonly known as 'Forest champa, Van-champa, Gidesa'. It is used by traditionally for curing the diseases related to bone, wound healing and diabetes etc. The presence of medicinal active constituents in the phytochemical screening of qualitative analysis revealed the presence of carbohydrates, Tannins, flavonoids & steroids. The GC-MS analysis of pet-ether, chloroform and ethyl acetate extracts revealed the presence of 30 bioactive phyto constituents, major constituents Azulene, Tetratetracontane, 9-Nonadecane, n-hexadecanoic acid, 2-methoxy-4 (1-propynyl), tritetraconatne, Ergost-5-en-3-ol, 22, 23-dimethyl-, acetate (3 β) and β sitosterol, stigmasterol, 1-(+)- Ascorbic acid 2,6-dihexadecanoate, Triphenyl phosphate etc.6 Out of these steriods helps in relieving pain, Azulene helps in calming a wide variety of skin irritations and conditions because of its anti-inflammatory and antibacterial as well as soothing properties. Tetratetracontane it has anti-inflammatory, antibacterial and antiulcerogenic properties. n-hexadecanoic acid (palmitic acid) has antibacterial properties. Other phytocopounds also plays important role in wound healing and other medicinal uses.

Shweta Chandan has Dahashamana (Bahya and abhyantara dahashamana) as well as Raktashodhana property. Also it has antiseptic property and helps in

triggering the immune system and support the body to heal. Ashwagandha has deepana, Shothahara, Vedanasthapana and Raktashodhaka properties. It also has antibacterial, antimicrobial and anti-inflammatory properties that fight against different skin infections. Ashwagandha has antiviral property and immunomodulatory potentials. It helps in preventing Viral replication by inhabiting Viral DNA and RNA. It also reduces production of pro-inflammatory cytokines and transcription factors. Ushira has Anti-oxidant, Anti- bacterial, Anti-inflammatory as well as wound healing property. It helps in the accelerating the healing and recovery of skin wounds as well as removes stains. It is particularly good in giving relief from inflammation in circulatory system and nervous system. Shuddha Gairik shows beneficial effects in skin diseases as it is having anti phlegmatic, cooling and antibilious properties. It helps in relieving daha by its Pitta shamaka property.

In this case study the lepa of Jitsaya and Gairik choorna was applied with Navneet in the afternoon and night. Navneet is a effective carrying agent which when combine with choorna of Jitsaya and Gairik, enable it to better penetration in the skins surface. Also it soothes the skin as it has snigdha and pichchila guna. It is vata pittashamaka and sheet viryatmaka so it helps in reducing daha.

Conclusion – Based on the conceptual analysis and observations made in this clinical study, the following conclusions are drawn. The disease herpes zoster in modern medicine and Visarpa has a lot of similarities, particularly Pittaja Visarpa can be correlated with Herpes zoster. According to observation, in the present study this can be concluded that Ayurvedic Chikitsa is significantly effective in the management of Pittaja Visarpa. In this case study marked improvement was found in all signs and symptoms like Vesicular eruption over the right lateral side of chest and in the back region (Visphota), Severe burning sensation with pain (Daha with shoola), Itching (Kandu), Redness (Raga), Body ache (Angamarda), Fever (Jwara).

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Advetorial

**GLOW AND Grow With MATRUJ JEEVAN Shatavarin****1) Can Ayurveda lead to safe and natural delivery**

Yes, Shatavari, Jeevanti, mudgaparni, maashparni, Durlabha from Matruj Jeevan Shatavarin no.9 help achieve intra uterine growth, provide proper nutrition of growing foetus. The herbs act as rich source of micronutrients proteins, vitamins, ca, fe, zn etc in natural form.

Hence Foetal weight is increased and healthy growth outcome achieved, with full term baby delivery and reducing chances of anaemia in pregnancy

2) Tones up mammary glands

Shatavari, Mudgaparni, Maashparni, Jeevanti from Matruj Jeevan Shatavarin no. 9 help tone up mammary glands preparing them for lactation ahead and also their size starts increasing. Also Sariva Durlabha herbs from Matruj Jeevan Shatavarin no.9 enhance blood circulation to the mammary glands for smooth functioning.

3) Progressive lung development and respiratory strengthening

Matruj jeevan shatavarin no.9 contains Yashtimadhu, Ksheerkakoli, Shatavari which help development of lungs of foetus impart strength for its first respiration in future post delivery.

Advetorial

**GLOW AND Grow With MATRUJ JEEVAN Shatavarin****4) Can Ayurveda Prevent infections and Preterm Rupture of membrane**

Herbs like Yashtimadhu, Sariva, Durlabha, Shatavari, from Matruj Jeevan Shatavarin no.9- Prevent infections in last month of pregnancy, increase immune power in pregnancy. Also there is reduce chance of pre term rupture of membrane due to reduce chance of infection of cervix or delivery pathway.

Research data available proves the Anti fungal Anti viral Anti bacterial Anti inflammatory, Anti allergic behaviour of the herbs mentioned.

5) Can Ayurveda help reduce chances of gestational diabetes

Yes, Matruj Jeevan Shatavarin no.9 contains yashtimadhu, Sariva, shatavari which help regularise pancreas and digestive system maintain balance of endocrine glands, of body in pregnancy, thus reducing chances of gestational diabetes.

6) Can Ayurveda help to reduce mental stress?

Yes Shatavari, Sariva, Yashtimadhu herbs are Rasayan as per Ayurveda, the best female tonic help reduce anxiety, mood swings, depression thereby reducing mental fatigue of would be mother preparing her for natural smooth delivery.

Jeevan Shatavarin no.9 act as BALYA, BRUHAN, RASAYAN, JEEVANEEYA.

SO THAT THE WOULD BE MOTHER CAN REALLY GLOW AND HER FOETUS GROW MAKING IT HAPPY PREGNANCY FOR 8 MONTH OF PREGNANCY!!!

By-

Ayurvedacharya Shri. V.S. Deshpande

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आयुर्वेद पत्रिकेचे विशेषांक विक्रीस उपलब्ध

संपर्क - संपादक, आयुर्वेद पत्रिका

ऑगस्ट व सप्टेंबर २०२२ मधील आयुर्वेद पत्रिकेचे नवीन व नूतनीकृत वर्गणीदार

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