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Role of *Jalaukavacharana* as emergency treatment of *Visarap* w.s.r to Herpes Zoster - A Case Study

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ABSTRACT

Herpes zoster is an acute viral disease characterised by a painful skin rash along with blisters involving a limited area, which remain for 10 to 12 days. It is caused due to reactivation of Varicella zoster virus (VZV) within patient's body. Risk factors for Herpes zoster include old age, poor immune system, and patients receiving biologic agents (tumour necrosis factor inhibitors.) The administration of best antiviral drugs or steroids or NSAIDS does temporary suppression of pain, not much relief in burning sensation. And as a result of very low immunity chances of further complications like post hepatic neuralgia are there. Signs and symptoms of herpes zoster are very much similar with *Agni Visarap*, as it spreads in very fast manner, hence defined as *Visarp*. *Acharya Charak* has directly defined *Raktmokshan* in *Chikitsa* of *Visarp* especially when *Pitta Dosha* is aggravated. Here, a single case study of a 39 years old male is being presented, who came with complaints of acute vesicular eruptions along with severe burning sensation, pain and mild fever. Previously, patient had taken treatment for *Vicharchika* from our hospital and had great relief in it, so instead of going for allopathic treatment, he directly came to our hospital for treatment. The lesions consist of grouped, tense vesicles distributed along dermatome on chest area, shoulder and scapular region on the right side, along with pus formation in them. On palpation lymph nodes of axillary region were found tender and swollen. As an emergency treatment immediately, *Jalaukavacharan* was done and along with that *Shaman* medicine was given to the patient. Consecutively 2 sittings of *Jalaukavacharan* were done at an interval of 5 days. Assessment of the treatment was done by improvement in signs and symptoms. On 1st sitting 4 *Jalokas* were applied on the affected region and immediately improvement in pain and burning sensation was found. After 2nd sitting there was complete relief in pain, and burning sensation. *Shaman* medicine was continued for 15 days. Lesions of Herpes Zoster were found completely crusted and healed within 2 weeks. Although patient had low immunity from such a long time but during follow up no post herpetic neuralgia was found. The detailed description is given in the full paper.

Key words: *Herpes zoster, Agni Visarp, Raktmokshan, Jalokavacharana.*

INTRODUCTION

Herpes zoster is an acute viral disease, which results from the reactivation of latent Varicella zoster virus (VZV) lying dormant in sensory nerve ganglion after an early attack of Chicken pox. It is characterised by

painful skin rashes followed by eruptions of unilateral closely grouped vesicles on erythematous base in dermatomal distribution.^[1] Vesicles become purulent, crusts which remain for 2 to 3 weeks. Fever may be present along with increased ESR.

Risk factors for Herpes zoster include old age, poor immune system, and patients receiving biologic agents (tumour necrosis factor inhibitors). As a result of very low immunity chances of further complications like post herpetic neuralgia are there. Other complications include secondary infection, motor nerve palsy, encephalitis and dissemination in immuno-compromised patients.^[2]

Since the cause of disease is clear the diagnosis is made on the basis of signs and symptoms present in the patient.

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Although the administration of best antiviral drugs or steroids or NSAID'S does temporary suppression of pain, not much relief in burning sensation. In old age patient post herpetic neuralgia is common and patient has to take analgesics lifelong. Herpes is an acute condition and the goal of *Ayurvedic* treatment is to provide immediate relief to the patient in symptoms like burning sensation and pain in the lesions and to prevent further complications like secondary infections and post herpetic neuralgia.

CASE PRESENTATION

A male subject of 39 years retired accountant, coming from Hindu community and presently living in Mahika Village, Gujarat, was suffering from Herpes zoster since 3 days. He visited the OPD of Shree BG Garaiya Ayurved College *Panchkarma* Department, with chief complains of eruptions on chest area, shoulder and scapular region on the right side along with severe burning sensation, pain and mild fever. As an emergency treatment, immediately patient was treated with *Jalaukavacharana* was done along with that *Shaman* medicine was given to the patient.

Past history

Patient was suffering from *Vicharchika* since last 1.5 years and was taking medication from our hospital and got very good improvement in it. Patient also gave history of Stomatitis. Patient did not remember about past history of chicken pox.

On Examination

Patient's *Prakruti* - *Vata-Pittaj*, Wt. 65kg, Ht. 5ft 3inches, B.P- 140/90 mm of Hg Pulse- 96 per minute. Appetite- decreased, Sleep- Disturbed, Micturation 5-6time/day and 1-2 time/night, Bowel Habit 1time/day. Temperature- 99°F Lesion examination- Pain +++++, Burning sensation +++++, Pus++++, Warmness +++++. On palpation lymph nodes of axillary region were found tender and swollen. As patient came in emergency no investigations were done.

Treatment Protocol

The treatment was carried for 15 days.

Table 1: *Shodhana Chikitsa*

<i>Karma</i>	<i>Vidhi</i>	<i>Kala</i>	Duration
<i>Rakthmokshan</i> ^[3]	<i>Jalokavcharan</i> with 4 <i>Jalokas</i> .	Afternoon	1 st day and 8 th day after came to hospital.

Table 2: *Shamana Chikitsa*

<i>Shaman Drug</i>	Dose	<i>Kala</i>	Duration
<i>Sanshamni Vati</i>	500 mg	Morning, afternoon and evening.	Everyday
<i>Tab. Antivir</i>	2 tabs	Morning & evening	Everyday
<i>Panchvalkal</i> ^[4] <i>Kwath</i> for <i>Prakshalanarth</i>	250 ml approx.	Morning & evening	Everyday
<i>Shatdhaut</i> ^[5] <i>Ghritha</i> for L.A	As per requirement	Frequently	Every day

Pathya-Apathya

During this period, he was advised for *Laghu Supachya Ahar* (Only on boiled *Mudg*, *Mudg Yusha*, Rice, *Khakhara*, *Shyamak*, etc. Patient was advised to avoid *Dadhi*, *Kshira*, *Guda* and *Divaswapn*, *Pitta Vardhak Ahara Vihara*.

OBSERVATION

Table 3: Showing improvement in signs and symptoms of the patient

Signs and Symptoms	Before treatment	After 1 st sitting of <i>Jaloka</i>	After 2 nd sitting of <i>Jaloka</i>	After completion of entire treatment
Pain	++++	+	-	-
Burning sensation	++++	+	-	-

Redness	++++	++	+	-
Eruptions (pustules)	++++	+++	++	-
Warmness	++++	++	+	-
Sleep	Disturbed due to pain	Mild improvement	Moderate improvement	Normal

Also, there was secondary infection, as a result, pus formation in the vesicles was present still no antibiotic was given to the patient. Patient got immediate relief in signs and symptoms like burning sensation and pain after 1st sitting of *Jalauka*, mild improvement in warmness and reduction in pus was there. After second sitting of *Jalauka* complete relief in warmness, burning sensation and pain was there. Moderate improvement was found in eruptions and sleep. Lesions of Herpes Zoster were found completely crusted and healed within 2 weeks.

DISCUSSION

Herpes Zoster is very much similar with *Agni Visarp*^[6] (*Acharya Charak*) and *Kaksha*^[7] (*Acharya Sushrut*). Severe pain and burning sensation are found in *Agni Visarp* as well as in Herpes Zoster and the pattern of spreading of disease in the body is similar with *Kaksha*. *Acharya Sushrut* has mentioned treatment of *Kaksha* similar to that of *Visarp*^[8] (*Visarpvat*). The line of treatment mentioned by *Acharya Charak* in *Visarp* is *Raktmokshan*^[9] and *Virechan*^[10] especially when *Pitta dosha* is aggravated. All treatments described under *Visarp* chikitsa are on one side *Raktmokshan* on one side. *Acharya Sushruta* has recommended *Raktmokshana* by *Jalauka* especially for king, rich people, children, old aged, coward, weak, females and *Sukumar Prakriti*. So, treatment was planned considering all these things, especially *Rakta Dushti* and *Pitta Dushti*, *Raktmokshan* was preferred as first Line of Treatment. If *Raktmokshan* is not done in acute condition of *Visarp* it leads to the formation of *Kleda* in *Twak*, *Mansa* and *Snayu*. As patient came to our hospital considering the emergency of disease

Raktmokshana (*Sanshodhan*) with *Jaloka* was done to remove the vitiated blood, immediately after that patient had relief in pain and burning sensation. After that *Panchvalkal Kwath* for *Prakshalana* were was given to pacify the remaining burning sensation and healing as it is *Vranapaha* and especially indicated in *Visarp Roga* by *Acharya Bhavmishra*. As a local application *Shatdhaut ghrith* was given as mentioned by *Acharya Charak*. Besides this, *Tab. Antivir* (*Dr. Vashisht's Pharma*) and *Sanshamni Vati* were given to the patient to enhance immunity and pacify the remaining *Doshas*.

Leeches can be applied on the skin easily, it sucks impure blood at superficial level mostly from the veins. According to modern point^[11] of view *Hirudin* and *Calin*, enzymes present in its saliva work as anticoagulant and helps in sucking of vitiated blood easily. Besides this the salivary glands of leech also produce other active substances which have antihistaminic, anaesthetic and antibiotic effect. Also, it has counter irritant effect on the lesions, which create new cellular division, which takes place removing dead cell layer and results in reduction of local swelling and improvement of an endo-cellular exchange. Because of this effect of leech therapy in Herpes zoster improvement in signs and symptoms like pain, burning sensation, redness and vesicles was seen.

CONCLUSION

No Allopathy medicines were given to patient and as an emergency treatment *Jalaukavacharan* was done and marked improvement was found in all signs and symptoms. Lesions of Herpes Zoster were found completely crusted and healed within 2 weeks. During follow up no post herpatic neuralgia was found. So, it is concluded that *Jalauka* can be considered as an emergency treatment in the management of Herpes Zoster, especially to get relief from pain and burning sensation. Besides this other *Shaman* medicine is prescribed to pacify remaining vitiated *Doshas*.

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