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Ayurvedic management of Herpes Zoster : A Case Report

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ABSTRACT

Background: Shingle's or herpes zoster is a viral disease caused by Varicella zoster virus. Unilateral vesicular eruption within the dermatome associated with severe pain is the main manifestation in herpes. On analyzing the symptoms of herpes zoster, there is the vitiation of *Vatapitta* predominant *Tridosha* and vitiating *Twak*, *Rakta* and *Mamsa Dhatu*. As both herpes zoster and *Lutavisha* are having similar *Dosha-Dushya* vitiation, the treatment modalities of *Lutavisha* can be adopted in herpes. **Materials and methods:** A case study of a 69 years old male patient with main complaint of skin lesion over left side of the abdomen and left lower back associated with pain, burning sensation and redness of skin. The patient was treated with *Lodramsevyadi Kashayam*, *Lasunadi Gutika* and *Kottammachadi Churna* which are commonly used in *Lutavisha* along with *Avipathy Churnam*. **Observation and Result:** By advising these *Yogas* gave good results in the management of Herpes zoster.

Key words: Herpes Zoster, *Lutavisha*, *Lodramsevyadi Kashayam*, *Lasunadi Gutika*, *Kottammachadi Churnam*

INTRODUCTION

Shingle's or herpes zoster is a viral disease caused by Varicella zoster virus. Decrease in immunity for varicella zoster virus due to immune suppression or aging causes reactivation of virus in dorsal root ganglia. Unilateral vesicular eruption within the dermatome associated with severe pain is the main manifestation in herpes. Pain management, healing of vesicles and preventing complications are the main aim in the management of it. After analyzing the symptoms of

herpes zoster, there is the vitiation of *Vatapitta* predominant *Tridosha* and vitiating *Twak*, *Rakta* and *Mamsa Dhatu*.

The symptoms of *Lutavisha* (spider poisoning) are round rashes of white, black, red, yellow or bluish color. It spread like *Visarpa* swollen with burning sensation, pain, fever, ulceration, exudation and sometimes destruction of muscle tissues. Thus, both herpes zoster and *Lutavisha* are having similar *Dosha-Dushya* vitiation. So, the treatment modalities of *Lutavisha* can be adopted in herpes.

MATERIAL AND METHODS

Case report

A 69 years old male patient who is a Poojari came to OPD of Pappinisseri Vishachiktsa Kendra under PG department of Agadatantra (OP Number: 5196/21) on 4th December 2021 with main complaint of skin lesion over left side of the abdomen and left lower back associated with pain, burning sensation and redness of skin for two days.

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History of presenting complaint

Patient was apparently normal two days ago. Then he had a mild burning sensation over the left side of abdomen. He noticed some lesions over left the side of abdomen with redness of the skin. He applied *Tulasi* and *Haridra* paste over the lesion. His wife noticed a similar lesion over left lower back also. He didn't give more care for this condition. On the fourth day the lesion became vesicles associated with severe pain, burning sensation. The symptoms aggravated on exposure to hot atmosphere and on sweating.

General examination

Built : Moderate

Nourishment : Good

Temperature : 98.6° F

Height : 165 cm

Weight : 60 kg

Pulse : 75/min

Respiratory rate: 19/min

Heart rate : 73/min

BP : 130/90 mmHg

Systemic examination

Cardiovascular system : S₁ and S₂ sounds heard, no abnormal sound detected.

Respiratory system : size and shape of chest found normal, chest clear.

Nervous system : higher mental functions normal, pain and burning sensation over left thoracic region

Gastrointestinal system : no abnormalities found

Locomotor system : no abnormalities found

Integumentary system : Vesicular lesion of varying size over left side of lower thoracic region which did not cross the midline and redness of skin over there. Oozing was absent. Tenderness and slight local raise in temperature was present.

Astastana Pareeksha

Nadi : *Vatapitta*

Mutra : 2-3 times/ day, 2 times/ night

Malam : *Prakrutham* (not constipated)

Jihwa : *Liptam* (coated)

Sabdham : *Spashtam* (clear voice)

Sparsham : *Ushna sparsha* at affected part

Drik : *Prakrutha* (normal)

Akriti : *Madhyama*

Dasavidha Pareeksha

Dushyam : *Dosha: Tridosha (Vatapitta pradana), Dushya: Rasa, Rakta, Mamsa*

Desham : *Bhumi : Anupa, Deha : Dakshina Bhaga of Udara, Madhyama Bhaga of Pristavamsa*

Balam : *Roga : Pravara, Rogi : Madhyama*

Kalam : *Kshanadi : Sisiram*

Vyadhyavasta : *Navam*

Analam : *Madhyama*

Prakruthi : *Vatapitta*

Vaya : *Vridha*

Satva : *Madhyama*

Satmya : *Katurasa Pradhana Sarvarasa*

Ahara : *Misram*

Treatment given and observations

Date	Condition of patient	Medicine given	Matra & Sevana Kala
4/12/21	Pain Burning sensation Redness Vesicles	<i>Lodramsevy adi Kashayam</i> ^[1]	15 ml <i>Kashaya</i> with 45 ml of lukewarm water, thrice daily, before food

		<i>Lasunadi Gutika</i> ^[2]	1-1-1 with <i>Kashaya</i>
		<i>Kottamramachadi Churnam</i> ^[3]	External: <i>Dhara</i> with milk
		<i>Avipathy churnam</i> ^[4]	2 tsp with lukewarm water, bed time
21/12/21	Pain reduced Burning sensation present Relief from Redness No new vesicles Healing vesicles	Repeat the medicines	For 1 week
28/12/21	Relief from symptoms	Advised to follow <i>Pathya</i> for next few weeks.	

Pathya- Apathya

Advised to avoid oily items, excess spicy and sour tastes, curd and non-vegetarian food items.

Before treatment**After treatment****DISCUSSION**

The ingredients of *Lodramseveyadi Kashayam* are *Lodram*, *Sevyam*, *Padmaka*, *Padmarenu*, *Kaleeyaka*, *Chandanam*, *Raktachandanam*, *Kanthapushpa*, *Dugdhinika* and *Mrunalam*. It is *Pittakaphasamaka Yoga* and *Raktasodhaka*, *Vranaropaka*, *Kaphasoshaka*, *Kledahara Yoga*. So, it can be given in skin manifestation due to *Pittapradhanadosha*. The ingredients of *Lasunadi Gutika* are *Lasuna*, *Haridra*, *Vacha*, *Hingu* and *Sundi*. It has the *Vatanulomana*, property which helps in relieving the pain. The ingredients of *Kottamramachadi Churnam* are *Kusta*, *Ushira*, *Neelini* and *Chandana*. *Kottamramachadi Churna Yoga* is *Tridoshasamaka*, *Visarpahara*, *Vranaropana* and *Dahanashaka*. *Avipathy Churnam* is good in all *Pitta* predominance conditions and also helping in *Vata Anulomata*. These reflect the *Tridosaharatva* of the used *Yogas*. By the third follow up the patient got complete relief from symptoms. After the relief all the symptoms, he was advised to continue *Pathya* for next few weeks.

CONCLUSION

Patient's recovery from a viral disease by traditional Ayurveda medicine is a very promising one. There was no adverse drug reaction occurred during the treatment period. This case study shows the *Yogas*

told in *Lutavisha* are also effective in the treatment of Herpes zoster as the *Dosha* predominance and *Lakshana* are similar to that of *Lutavisha*.

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