



ISSN 2456-3110

Vol 9 · Issue 8

August 2024

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

**JAIMS**

An International Journal for Researches in Ayurveda and Allied Sciences



**Maharshi Charaka**  
Ayurveda

Indexed

# Ayurveda management of *Visarpa* (Herpes zoster) - A Case Study

Akarsha Krishna S<sup>1</sup>, Rakshith NN<sup>2</sup>, Ashwini Kumar S. Bharathi<sup>3</sup>

<sup>1</sup>Post Graduate Scholar, Department of Agada Tantra, Sri Dharmasthala Manjunateshwara College of Ayurveda and Hospital, Hassan, Karnataka, India.

<sup>2</sup>Assistant Professor, Department of Agada Tantra, Sri Dharmasthala Manjunateshwara College of Ayurveda and Hospital, Hassan, Karnataka, India.

<sup>3</sup>Professor, Department of Agada Tantra, Sri Dharmasthala Manjunateshwara College of Ayurveda and Hospital, Hassan, Karnataka, India.

## ABSTRACT

Skin is the largest organ of the body which acts as a first line of defence in providing resistance to the body. The aggravation of various *Dhatus* and *Doshas* result in skin diseases. *Visarpa* is an acute condition with a quick spreading involving mainly skin, blood, lymph and muscle tissue due to vitiation of all three *Doshas*. As the basic nature of the disease is *Rakta* and *Pitta* predominant, management is focused on *Shodhana*, *Rakthamokshana*, *Langhana*, *Shamana*, *Lepa Chikitsa*. This case study is an attempt to evaluate the role of *Ayurvedic* management in *Visarpa*. A 50 year-male presented with vesicular lesions on his chest, below the left axillary region and back associated with mild itching, burning sensation and pain. He was approached with *Shodhana* and *Shamana* therapies which showed significant improvement in the condition.

**Key words:** *Ayurveda*, *Shamana*, *Shodhana*, *Visarpa*.

## INTRODUCTION

Skin always plays a significant role in aesthetics. Healthy skin never fails to increase a person's confidence. Skin disorders not only diminish self-confidence but also lead to mental distress. According to study conducted in India, higher incidence of herpes zoster observed in young age group (20-50 years of age) estimated to be around 2 to 6 per 1000 population.<sup>[1]</sup> It is characterised by localised painful

spread skin rashes and blisters. Herpes is correlated in *Ayurveda* with *Visarpa* based on its symptomatology. It is an *Aashukari Vyadhi* (acute disease) characterized by *Aashu Anunnata Shopha*, *Daha*, *Jwara*, *Vedana* and *Pidika* and it is described as *Agnidagdhavat*.<sup>[2]</sup> *Visarpa* has given simile of *Aashivisha* or *Sarpa Visha* due to its rapid nature of spreading.<sup>[3]</sup>

## CASE REPORT

A 50 years old male patient visited *Agadatantra* OPD of SDM college of *Ayurveda* Hassan with the complaints of multiple vesicles on his chest, below the left axillary region and back associated with itching, burning sensation and pain since three days. There is no history of similar complaints or any prolonged illness. Patient has habits of cigarette smoking and alcohol consumption for twenty-five years.

## General Examination

On Examination

Temperature - 98.6°F

### Address for correspondence:

Dr. Akarsha Krishna S

Post Graduate Scholar, Department of Agada Tantra, Sri Dharmasthala Manjunateshwara College of Ayurveda and Hospital, Hassan, Karnataka, India.

E-mail: akarshakrishna13@gmail.com

Submission Date: 11/07/2024 Accepted Date: 24/08/2024

### Access this article online

#### Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

DOI: 10.21760/jaims.9.8.46

Pulse rate - 92/min

BP - 130/80 mmhg

RS - Chest clear

CVS - S1S2 heard

CNS - Conscious and oriented

P/A - Soft and nontender

#### Ashta Sthana Pareeksha

- *Nadi* - Kapha Vata
- *Mala* - 1 time per day with normal colour and consistency
- *Mutra* - 4 to 5 times per day with normal colour and consistency
- *Jihva* - *Lipta*
- *Shabda* - *Prakruta*
- *Sparsha* - *Mrudu*
- *Drik* - *Prakruta*
- *Akruti* - *Madhyama*

#### Dashavidha Pareeksha

- *Prakruti* - *Vata Kapha*
- *Vikruti* - *Pitta Kapha*
- *Sara* - *Mamsa Sara*
- *Samhana* - *Madhyama*
- *Satva* - *Madhyama*
- *Satmya* - *Madhyama*
- *Ahara Shakti* - *Madhyama*
- *Vyayama Shakti* - *Madhyama*
- *Vaya* - *Madhyama*

#### Management

Table 1: Day one to day five

SN	Drug	Dosage	Time	Duration
1.	<i>Patola Katurohinyadi Kashaya</i>	15ml-0-15ml	Before food	5 days

2.	<i>Laghu Suthashekara Vati</i>	1-0-1	Before food	5 days
3.	<i>Kamaduga Mukta</i>	1-0-1	Before food	5 days
4.	<i>Guduchi Capsule</i>	1-0-1	After food	5 days
5.	<i>Avipattikara Churna</i>	0-0-5 grams	After food	5 days
6.	<i>Shathadhoutha Gritha</i>	External application	-	5 days
7.	<i>Panchavalkala Kwatha Hima Parisheka</i>	External wash	-	5 days

#### Day Six:

*Sadyo Virechana* was given with *Avipattikara Churna* 50 grams along with 20 ml Honey and 50 ml *Triphala Kwatha*.

#### OBSERVATIONS AND RESULTS

Table 2: Observations on symptoms

Day	<i>Kandu</i>	<i>Daha</i>	<i>Toda</i>	<i>Jwara</i>
1 <sup>st</sup>	+++	+++	+++	-
3 <sup>rd</sup>	+++	++	+++	-
6 <sup>th</sup>	++	+	++	-
7 <sup>th</sup>	+	+	+	-

Figure 1 & 2: On the day of admission





Figure 3 &amp; 4: On the Day of discharge



## DISCUSSION

*Visarpa* is caused due to the involvement of all the three *Doshas* where *Pitta* is predominant.<sup>[4,5]</sup> The vitiation of the *Doshas* is due to both *Nija* and *Agantu Nidanas*. The *Nija Hetus* are intake of *Lavana, Amla, Katu, Ushna, Dadhi, Amla, Raga, Shadava, Shukla, Sura, Souveera* etc.<sup>[6]</sup> *Agantu Nidanas* including *Shastra, Prahara, Vyala, Nakha, Danta*. These etiological factors cause vitiation of *Pitta* and *Rakta* immediately leading to *Visarpa*.<sup>[7]</sup> *Shatadhouta Ghritha* (100 times washed ghee) which is *Madhura* (sweet) *Rasa* (taste), *Guru Guna, Sheeta Veerya, Madhura* (sweet) *Vipaka, Pitta Dahaasrajit* is an effective remedy for *Visarpa* (herpes), when applied repeatedly it subsides *Daha* (burning sensation), *Shoola* (pain) in *Vrana* (wound) and cures *Visarpa* like that of *Garuda* killing the *Sarpa*.<sup>[8]</sup> *Patola Katurohinyadi Kashaya*, which is *Vishaghna, Kapha Pitta Shamaka* in nature. *Laghu Suthashekara Vati* is *Pitta Shamaka* and helps in reducing *Kandu*. Recent studies show that *Guduchi* have antibacterial, antifungal, analgesic, anti-inflammatory activities.<sup>[9]</sup>

## CONCLUSION

*Visarpa Roga* needs to be approached with *Pitta Pradhana Tridosahara Chikitsa*. In spite of chronicity and severity of the disease, Ayurvedic *Shodhana* and *Shamana* measures showed significant symptomatic improvement in this case of *Visarpa* (herpes).

## REFERENCES

1. Praveen B, Haribhakti, Rita Maxwan. Text Book and Atlas of Dermatology, Bombay: Bhalani Publishing house; Vol 1, 1<sup>st</sup> ed, 1994; pp 226.
2. Yadavji Trikamji, Charak Samhita, Published by Choukhambha Orientalia, Varanasi, 2017 ed, chikitsasthana, Chapter 21, Shloka 30, Page no. 560.
3. Yadavji Trikamji, Charak Samhita, Published by Choukhambha Orientalia, Varanasi, 2017 ed, Chikitsasthana, Chapter 21, Shloka 6, Page no. 559.
4. Sushruta. Sushruta Samhita with Nibandha Sangraha commentary of Dalhana. Varanasi: Chaukhambha Orientalia; 6 th ed. 1997; pp 243.



5. Anonymous. Yogaratnakara edited by Vaidya Lakshmipathi Shastri. Varanasi: Choukhambha Sanskrit Series, 1999; pp 302.
6. Richard J. Whitely. Harrison's Principles and Practice of Medicine edited by Eugene Braunwald et. al. Vol 1, 5th ed. 2001; pp 1046.
7. Anonymous. Sahasrayoga edited by Bhat M.R. Mangalore: 8th ed, 1995; pp 162.
8. Yogaratnakara edited and Translated by Dr.M.S.Suresh Babu, Volume 2, Visarpa chikitsa, sloka 37, First edition 2008, Chowkambha Sanskrit series office, Varanasi, pp. 981.
9. Joy A, Mansukhbhai BM, Sojeetra NH, Acharya RN. Guduchi (*Tinospora Cordifolia* [Wild.] Miers) and its Therapeutic External Applications: A Comprehensive Review. *Journal Title*. [Jul-Dec 2021].

**How to cite this article:** Akarsha Krishna S, Rakshith NN, Ashwini Kumar S. Bharathi. Ayurveda management of Visarpa (Herpes zoster) - A Case Study. *J Ayurveda Integr Med Sci* 2024;8:300-303.

<http://dx.doi.org/10.21760/jaims.9.8.46>

**Source of Support:** Nil, **Conflict of Interest:** None declared.

\*\*\*\*\*