



Ayurvedic management of Genital Herpes - A Clinical Case Study

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Diseases that spread through unprotected sexual activity are known as STDs. There is rising trend of STDs throughout the globe. One among which is genital herpes caused by herpes simplex virus type 1 or type 2 and can manifest as primary or recurrent infection. Globally it is estimated that 846.1 million people aged 15 – 49 are having genital herpes infections. Representing over 1 in 5 of this age group with 42.4 million new infections annually. In Ayurveda it can be taken as Upadamsha, a type of Kshudra Roga where Pitta Kapha Pradhana Raktha Dusti is noted. Vitiation of Pitta and Raktha leads to the inflammatory ulcerations. While Kapha contributes to itching and fluid filled vesicles. In case of genital herpes antiviral therapy found to be the drug of choice. Which is effective in reducing symptoms, duration of viral shedding and helps in rapid healing. On the other hand, long term usage can lead to nausea, vomiting, dizziness, neuro, and hepatotoxicity. Through Ayurveda we can able to successfully manage the condition by following Shodana, Shamana and Sthanika Chikitsa like Yoni Prakshalana and Yoni Pichu along with Shamanaushadhis. This paper is intended to describe Chikitsa of various methods of infection prevention described in Ayurveda texts and discusses their relevance in current scenario.

Keywords: Genital herpes, Upadamsha, Yoni Prakshalana, Yoni Pichu, HSV

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Introduction

In *Ayurveda*, Acharya Yograthnakara says that “*Strinam Pumsam Cha Jayante Upadamsha Daruna*” which means that *Upadamsha* condition can be present in both male and female.[1] *Upastha* means genitals and *Damsha* means more painful and difficult to manage.[2] It is caused by *Athi Maithuna*, *Aprakshaliya Yoniyadi Nidanas*. [3] Mainly in this case *Pitta-Kapha Pradhana Raktha Dusti* is noted. It further leads to *Jwara*, *Shwayathu*, *Daha*, *Kandu*, *Pakvaudumbara Sadrusha* like features.[4] The treatment principles explained by *Astanga Sangraha* as “*Vata Doshamcha Alepa Sekadinavistam Vidyath, Evam Sadya Eva Rukthodashopharagasamramba Nivartanthe*”.[5] Which clearly declares that in case of acute condition the *Sthanika Chikitsa* work so effectively than any other *Shodana Chikitsa*. So, for this reason the genital herpes condition treated with *Yoni Prakshalana*, *Yoni Pichu* and few *Shamanaushadis*.

Case Report

A 27-year-old female married patient presented with a itching and rashes in vagina since 20 days. Associated with white discharge in last 4 days. She consulted a local doctor and was treated for same but no improvement noticed. There was no history of diabetes mellitus, hypertension, and any other major disorder. History of constipation in last 4 months. Her husband also had a similar condition 2 months prior of spreading and it was cured. She had a history of genital herpes during her 1st pregnancy. Now again it reoccurred so came to our hospital for further management.

Rajo Vruthanta

Age of Menarche - 14 Years
No of days Bleeding - 4 to 5 Days
Length of cycles = 28 - 30 Days

Garbhini Vruthanta: P1 A0 L1 D0

L1 = 2.5 years female LSCS (Due to non-progression of labour)

Vaivahika Vrittanta: Married life - 4 Years (Non consanguineous marriage)

Vyavaya Vrittantha:

Coitus - 1-2 times / week
Dyspareunia - Absent

H/O Contraception - Condoms (1 month)

General Examination

Built: Moderate
Weight: 50 Kg
Height: 164 cm
BMI: 18.6 kg/m²
Pulse: 76 bpm
BP: 110/70 mm hg
RR: 18CPM HR: 76bpm
Temperature: 97°F
Tongue: Uncoated
Pallor: Absent
Icterus: Absent
Clubbing: Absent
Cyanosis: Absent
Lymphadenopathy: Absent
Edema: Absent
Appetite: Good
Bowel: Constipation (2-3 days)
Micturition: 5-6 times / day
Sleep: Sound
Nourishment: Moderate

Gynecological Examination

A) Examination of vulva: Inspection: Pubic hair = Normal

- Clitoris = Normal
- Labia = Vesicles present
- Discharge = Thick white discharge
- Redness = Present
- Swelling = Present
- Shape = Normal
- Lesions = Present over labia majora and minora.

B) Per speculum examination:

Inspection of vagina:

- Redness = Present
- Tenderness = Present
- Local lesions = Present
- Discharge = Thick whitish discharge present

Inspection of cervix: Posterior

- Thick white discharge present

C) Per vaginal examination:

Cervix:

- Texture = Normal

- Mobility = Normal
- Movement = Normal
- Bleed on touch = Absent
- Lateral fornices = Free
- Posterior fornix = Free

Investigations

VDRL: Negative
HIV 1&2: Negative
Urine Routine: Pus cells: 4-5 /hpf
Epithelial cells: 5-6 /hpf
Bacteria: Absent

Samprapti[6]

अतिमैथुनादि निदान सेवन
↓
पित्त कफ प्रधान रक्त दृष्टि
↓
स्थान संशय in जननाङ्ग त्वचा
↓
Leads to क्षते अक्षते श्वयथुमुपजनयन्ति
↓
उपदंश

Samprapti Ghataka

दोष : पित्त कफ प्रधान रक्त दृष्टि
दूष्य : रक्त, लसिक
अधिष्ठान : जननेन्द्रिय
स्रोतस् : मूत्रवह, आर्तववह स्रोतस
स्रोतो दृष्टि प्रकार : अतिप्रवृत्ति
अग्नि : मन्दाग्नि
साध्य / असाध्यता : सुखसाध्या

Treatment

Sthanika Chikitsa	Date	Duration
Yoni Prakshalana and Yoni Pichu	20/02/2025 To 24/02/2025	Thrice A Day
Yoni Prakshalana and Yoni Pichu	25/02/2025 To 27/02/2025	Twice A Day

Result



Image 1 & 2: Before treatment

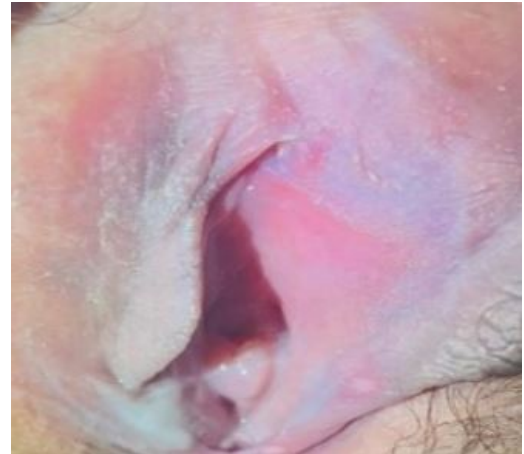


Image 3 & 4: During treatment



Image 5: After treatment

Shamanaushadhis

Content	Dose	Duration
1. Syp. Ural Sf	2tsp-0-2tsp (A/F)	5 Days
2. Tab Chandraprabha Vati	1-1-1 (A/F)	5 Days
3. Tab Arogyavardhini Vati	1-1-1 (A/F)	3 Days
4. Tab Vasulax	0-0-1 (A/F)	3 Days

Discussion

The genital herpes is the condition which can be considered as *Kshudra Roga i.e., Upadamsha*. In ayurveda, the concept of *Sthanika Chikitsa* has been well researched.[7] The results shows that it was not just a topical application, but a method of medications that clear and restore the vaginal flora. Among them *Prakshalana* can prove to be effective and easy mode of treatment.[8] The *Prakshalana* using the *Kwatha* of *Haridra*, *Guduchi* and *Manjista* was found to be much effective. *Haridra* (*Curcuma longa*) as a action like *Raksthashodana*, *Shothahara*, *Vranapaha*, *Twakdosahara*, *Kaphapittaghna*. [9] *Guduchi* (*Tinospora cordifolia*) it is *Tridoshagna*, *Daha Prashamana*, *Jwarahara*, *Krimighna*, *Kandughna*, *Yoni Shodhana*, *Shothahara*, *Vrana Shodhana* and *Ropana*. [10] *Manjista* (*Rubia cordifolia*) has action like *Shothahara*, *Kushtaghna*, best in case of *Yoni Vikaras* and *Vrana*. [11] Thus the target specific action was achieved by using these drugs *Kwatha*. *Yoni Pichu* is also one among the *Sthanika chikitsa*. According to *Sushruta*, *Pichu* helps in *Lekhana Karma* and thus removes slough. *Pichu* done using *Jatyadi Taila* which is *Tiktha* and *Kashaya Rasa Pradhana*. Both of which are *Pitta Kaphahara* and have properties of *Vrana Shodhana*, *Ropana*, *Poothihara* and *Vedanasthapana*. *Jati* contains salicylic acid which is anti-inflammatory in action. [12] *Pichu* helps the medicine to remain at that site for a longer period for better action. It improves the musculature tone of vaginal canal. [13] *Arogyavardini Vati* which is *Malashuddhikara*, *Sarvaroga Prashamani*, *Kushtaghna*. [14] *Chandraprabha Vati* is *Tridoshaghna*, indicated in *Yoni Rogas*, *Vrana*, *Muthravaha Sroto Vikaras* and having anti-inflammatory action. [15] *Syp. Ural SF* which contains *Gokshura*, *Pashanabheda* and other *Mutra Virechaneeya Gana Dravyas*. They further help in clearing the urinary track. [16] *Tab Vasulax* where it does *Vibandahara*.

Thus, all drugs used for *Prakshalana* are having *Tiktha*, *Kashaya Rasa*, *Laghu Rooksha Guna*. so their action are *Vrana Shodhana*, *Ropana*, *Shothahara*, *Vedanasthapana*, *Kandughna*, *Krimighna*.

It is clear that the main action of *Prakshalana* using these above said drugs is bacteriocidal and anti-inflammatory. They remove debris and unhealthy tissue and promote new tissue growth. So they heal unhealthy vaginal mucosa, maintain normal vaginal flora, remove harmful growth, maintain normal vaginal Ph. [17]

Conclusion

All the above said signs and symptoms were symptomatically cured by these treatments. *Haridra*, *Manjista* and *Guduchi* having *Pitta Kapha Hara*, *Vrana Shodana* and *Ropana*, *Yonishodhana*, *Shothahara*, *Krimighna* properties. *Jatyadi Taila* does *Vedhanasthapana*, *Vrana Shodana* and *Ropana*.

Sthanika Chikitsa along with it the *Shamanaushadhis* will play a greater role in these conditions and helps in the better prognosis of the disease it directly acted on the vaginal mucosa and enabled easier target specific action. Which also does inhibitory action against human simplex virus and had great role in pacifying the symptoms.

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