A Single Case Study on the Role of Some Ayurvedic Medicine in the Management of Pittaja Visarpa w.s.r to Herpes Zoster

Bodhisattwa Bakuli¹, P. B. Kar Mahapatra²

¹-Ex-Lecturer, Belly Shankarpur Rajib Gandhi Memorial Ayurvedic Medical College & Hospital, Department of Kayachikitsa.
²-Reader, Department of Kayachikitsa, Institute of Post Graduate Ayurvedic Education & Research at S.V.S.P. Hospital, Kolkata – 700009, Govt. of West Bengal, Department of Health & Family Welfare.

Article Info

Article history:
Received on: 16-04-2022
Accepted on: 22-05-2022
Available online: 31-05-2022

Corresponding author-
Bodhisattwa Bakuli, Ex-Lecturer, Belly Shankarpur Rajib Gandhi Memorial Ayurvedic Medical College & Hospital, Department of Kayachikitsa.
Email: bodhisattwajbr@gmail.com

ABSTRACT:
The name Herpes Zoster is derived from Herpein, meaning to creep; zoster, meaning gridle. While varicella is typically a disease of childhood, herpes zoster is an infectious disease. It is the reactivation of chicken pox virus. It is commonly an episode of unilateral maculopapular painful rash and it appears recurrently in human due to suppressed immunity of an individual and the recurrence rate can be high as 13.26 % and Zoster mortality is presently elevated in country Severity effects with HIV/AIDS pandemic. The features of Zoster are more or less similar to the features of Pittaja Visarpa of Ayurveda. The initial Modern /Allopathic management is not satisfactory. As Visarpa is a skin disease having the features like and there is an indisposition characterization with rapidly spreading inflammation of skin. The main signs and symptoms of Visarpa include with a throbbing or prickly or stabbing pain, lassitude, horripilation, appearance of deep pink – colored and waxy patches on the skin with itching. The therapeutic regiments of Modern medicine are mostly immunosuppressive as well as having lots of adverse effects so considering those views a safe and effective Ayurvedic modalities have been introduce here. In present study orally Laxmivilash Rasa 500 mg, Gandhak Rasayan 500 mg, Sudarshan Ghana Vati 500 mg, and Brihat Haridra Khanda 3 grm have been given twice daily along with local application of Marichadi Taila. After 15 days of therapy satisfactory curative effect have been observed

Key Words : Pittaja Visarpa, Visarpa, Herpes Zoster, Gandhak Rasayan, Sudarshan Ghana Vati, Brihat Haridra Khanda.

INTRODUCTION
Ayurveda has a great role in prevention as well as cure of disease. This system based on three doshas which are Vata, Pitta and Kapha among them some are Dandaja (Combine) disease. The therapeutic regimen of Herpes Zoster are mostly immunosuppressive and having others adverse effects so through this present study an effective and safe Ayurvedic management have been introduced. Laxmivilash Rasa 500 mg, Gandhak Rasayan 500 mg,
Sudarshan Ghana Vati 500 mg, Brihat Haridra Khanda 3 grn twice daily along with and local application of Marichadi Taila twice daily for 21 days which showed satisfactory curative effect with no such adverse effects. Skin is the largest organ which is spreaded and contains Blood Veselles,Nerve, Hair follicale, Sweat glands etc. Twak Roga are produced to due to vitiation of Rakta Dhatu. Healthy skin is very important for all individuals. According to a study conducted1 where Pittaja Visarpa is occurred due to Viral Involvement. It is characterized by unilateral rash with pain and blister. Pittaja Visarpa (Herpes Zoster) is a disease which is occurred due to reactivation of chicken pox virus (Varicella Zoster) Virus. It could be stated that in Pittaja Visarpa pitta pradhan 3 doshas are involve and dushya are Twak, Rakta, Mamsa, Lasika. The strength of agni become diminished and formation of unhealthy substances which takes entry into the Rasa, Rakta, mamsa vaha sroto and causes obstruction or (srotoborodh) which leads to provocation of Vata and forms an inflammatory condition. As per this Ayurvedic pathogenesis Pitta and Vata are the main doshas and the actions should be taken to break the pathogenesis by specifying Vata and Kapha. Simultaneously Srotosodhan (clearing channel) is needed for proper circulation of Rakta as well as nutrition to the effected part for healing of Brongo (Ulceration) blisters. Laxmivilash Rasa is a drug of Ayurveda which is composed with the ingredients like Abhrak – 8 tola, Parada, Gandhaka, Karpura, Jaitri, Jayaphala – 4 tola, Bridhadarak Seed, Dhatura Seed, Sidhhi Seed, Bhuikushmanda Root, Satamuli, Gorokshachakule Root, Berela Root, Gokhur Seed – 2 tola is a potent prodaha nasak (anti inflammatory), Vedana nasak (Analgesic), which pacifies Vata and sleshma by its Rasayan as well as aman pachan action. Brihat Haridra Khanda contain Haridra Khanda ½ Ser, Tewari Churna – 4 Pola, Haritaki Churna – 4 Pola, Sugar – 5 Ser, Daruwaridra, Mustak, Yamani, Bonayamani, Chittrak, Katuki, Krishna Jeerak, Pippali, Shunthi, Gudatwak, Elachi, Tejapatra, Bidanga, Gulancha, Bark of Vasak, Kushtha, Haritaki, Bibhitaki, Amlaki, Chai, Dhania, Louha, Abhrak all are 1 tola usually pacifies Pitta doshas and Vata Dosha so it nourishes Twak (Skin) by poshan (nutrition) as well as Pitta soman (soothing) effect. Sudrashan Ghana Vati contain Sudarshan Churna 1 part (AFI), water for decoction 16 part, reduced to 4 part (Baisajya sar sangraha Vati prakaran) also a potent vata, Pitta samak reduces Pradaha (Inflammation) another classical medicine for local application is Marichadi Taila is a Pradaha Nasak (Anti – inflammatory) and poshak (Nourisher). Those medicine have been used in present study to evaluate their action over Pittaja Visarpa or H. Zoster as Ayurveda gives important to the soil (Bodily structure) than the seed (Germs) so all those medicine have been chosen as a remedy to enhance the strength of patients(Rogi Bala). After 21 days therapy assessment had been done to evaluate their action.

**MATERIALS & METHODS**

**OPD Patient & Recopies’**

A) Place of study: IPGAE&R at SVSP
B) Case Report:
   1. Age – 52 Years
   2. Religion – Hindu
   3. Socio economic Status – Middle class
   4. Occupation – Businessman
   5. Diet – Non- Vegetarian

**Chief Complain:** Painful Ulceration with unilateral Rash in the left side of face.

**History of Present illness:**

1. Unilateral Maculopappular Rash over the left side of face
2. Low grade Fever

**Predisposing Factor:** Nothing Significant

**Precipitating Factor:** Pain increase after intake of Katu (Sour), Vidahi (Hot) Food

**Nature of Pain:** Throbbing & Burning type of pain

**Aggravating Factor:** Pain increase after intake of Hot and sour substances

**Relieving Factor:** Pain subside after cold compression

**History of Past illness:** History of Musurika (Chicken Pox) in the childhood

**On Examination:**

- General Condition – Good
- Vitals –
  - Blood Pressure – 130/ 80 mm of Hg
  - Pulse – 88 / min
  - Temperature – 101° F
  - Sp02 – 98 %
  - Respiration – 24 / min

**Diagnosis:**

On the basis of clinical findings the case was diagnosed as Pittaja Visarpa W.S.R to Herpes Zoster

**Treatment Protocol:** Table 1

- **Pathya**: Old barley, Wheat, Kanguni, Sashi, Mudga, Masura, Soup of Wild Animal and Birds, Amlaki, Khadira, Nagkeshara, Mustak.
- **Apathya**: Hot, Sour, Pungent, Incompatible Diet.
Follow up: Weekly follow up of the patient on the clinical findings as stated below.

RESULT & OBSERVATION:
The gradation as per severity Absent of symptom, Mild, Moderate, Severe symptoms have been graded as -, +, ++, & +++ Table 2

DISCUSSION
Herpes Zoster is a viral disease. It is occurred due to reactivation of Chicken pox virus. In this disease unilateral maculopapular rash present with blister associated with pain. This disease features similar with the features of Pittaja Visarpa. Vata and Pitta play an important role to produce this disease. It is found in children and also found in young adults. It is mainly found in female but males are also affected Male: Female (1: 2). Though in this disease red coloured rash with blister and burning sensation present so it can be correlate with Pittaja Visarpa. Patient of this study presented with radish painful rashes over left side of the face at the under of left eye over Zygomatic bone and his face was horrible and was suffering from burning sensation itching and mild discharge. After 21 days of opd treatment in our hospital by some saman ousadhi namely Laxmi Vilash Rasa, Gandhak Rasayan, Haridra Khanda, Sudarshan Ghana Vati and local application by Marichadi Taila patient become totally cured. And during the therapy weakly follow-up has been done and found gradual clinical improvement. In this total treatment procedure patient maintain some pathyas these are Mudga, Musur, Amalaki etc and Apathyas hot sour, pungent foods. These all drugs having Pitta Samak properties. So the burning sensation been reduced very successfully and inflammatory process become restricted. Haridra is very potent anti viral drugs. As in all the sign & symptom could be Herpes Nerves become inflamed and neuritis formed so application of oil like Marichadi Taila has nourished and provided soothing effects to those Nerves. As Herpes Zoster is an immune-compromised problem and the medicine like Haridra Khanda, Laxmivilash Rasa, are the immune-modulator so they become able to enhance the immunity of the local structures skin, muscles, Nerves. During this therapy the strength of patients not impaired rather patient become free from stress this incidence proved that the anti-oxidant and immune-modulative action of these drug has help patient to be cured quick with the remission of all troublesome features. Considering all those incidents and successful story of remission of this patient it could be conclude that the Medicine namely Laxmivilash Rasa, Sudarshan Ghana Vati, Brihat Haridra Khanda, Brihat Marichadi Taila are the good combination for treating Pittaja Visarpa or Herpes like Noxious ailments.

CONCLUSION
From the above discussion it can be conclude that it can be co– relate with Pittaja Visarpa. Ayurvedic saman ousadhi can easily cure this disease without any adverse effect.

Acknowledgement: We would like to acknowledge the librarian and library staff of IPGAE & R at SVSP for supplying the literature related to Visarpa (Herpes Zoster). Thanks and appreciate to the apothecary Department of said Hospital for supplying the medicine to the patient for trial.

Conflict of Interest – None
Source of Finance & Support - Nil

ORCID
Bodhisattwa Bakuli, https://orcid.org/0000-0003-1748-7153

REFERENCE:
5. The Ayurvedic Formulary of India, Edition 1st, Part- III, Govt. of India, Ministry of Health and family welfare, Page No- 255

How to cite this article: Bakuli B , P. B. Kar Mahapatra PB,”A Single Case Study On The Role Of Some Ayurvedic Medicine In The Management Of Pittaja Visarpa w.s.r to Herpes Zoster” IRJAY.[online]2022;5(5);30-34. Available from: https://irjay.com
DOI link- https://doi.org/10.47223/IRJAY.2022.5505
**Table 1 Shows Recopies (Medicine as Introduced)**

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Name of the medicine</th>
<th>Root of Administration</th>
<th>Dose</th>
<th>Anupana</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Laxmivilash Rasa</td>
<td>Oral</td>
<td>500 mg BD</td>
<td>Luke warm water</td>
<td>21 days</td>
</tr>
<tr>
<td>2</td>
<td>Brihat Haridra Khanda</td>
<td>Oral</td>
<td>3 grm BD</td>
<td>Luke warm water</td>
<td>21 days</td>
</tr>
<tr>
<td>3</td>
<td>Sudarshan Ghana Vati</td>
<td>Oral</td>
<td>500 mg BD</td>
<td>Luke warm Water</td>
<td>21 days</td>
</tr>
<tr>
<td>4</td>
<td>Marichadi Taila</td>
<td>External</td>
<td>--</td>
<td>--</td>
<td>21 days</td>
</tr>
</tbody>
</table>

**Table 2 Shows The gradation as per severity Absent of symptom , Mild, Moderate, Severe symptoms have been graded as - , +, ++,& +++

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Symptoms</th>
<th>1st Day</th>
<th>7th Day</th>
<th>14th Day</th>
<th>21st Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Jwara (Fever)</td>
<td>103°F</td>
<td>101°F</td>
<td>99°F</td>
<td>98.6°F</td>
</tr>
<tr>
<td>2</td>
<td>Visarpa (Erythema)</td>
<td>++</td>
<td>++</td>
<td>+</td>
<td>Nil</td>
</tr>
<tr>
<td>3</td>
<td>Vedana (Pain)</td>
<td>++</td>
<td>+</td>
<td>+</td>
<td>Nil</td>
</tr>
<tr>
<td>4</td>
<td>Pradaha (Inflammation)</td>
<td>+++</td>
<td>+</td>
<td>+</td>
<td>Nil</td>
</tr>
<tr>
<td>5</td>
<td>Sotha (Swelling)</td>
<td>+++</td>
<td>++</td>
<td>+</td>
<td>Nil</td>
</tr>
<tr>
<td>6</td>
<td>Sirosula (Headache)</td>
<td>+++</td>
<td>++</td>
<td>+</td>
<td>Nil</td>
</tr>
<tr>
<td>7</td>
<td>Akhisula (Pain in eye)</td>
<td>+++</td>
<td>++</td>
<td>+</td>
<td>Nil</td>
</tr>
</tbody>
</table>
Pictures showing day to day improvement of the patient:

1st Day

7th Day

14th day

21st day