

MANAGEMENT OF VISARPA BY AYURVEDA**Vd. Shaha Rashmi A.*¹ and Vd. Medidar Asharani R.²**

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ABSTRACT

Skin is that organ of the body which is in continuous interaction with environmental agents like physical, chemical and biological, Herpes zoster affects skin. The incidence rate being 2-6% of population. It can be compared to Visarpa. It is that disease which takes less time to occur but more time to treat due to involvement of Sapta Dhatus. It manifests with Daha, Shoola, Raagyukta Pidika. In modern science antiviral drug, steroids and pain killers are treatment of choice, inspite relapsing chances are more. So, eradicating the entity from route is need of hour. A 59 yrs old female approached S.S.N.J. Hospital with OPD No. 23800 with Dakshina Hasta, Uraha and Prushtha Pradeshhi Saraga Pidika associated with Daha and Shoola since 7 days. Subject examined thoroughly and treated on Ayurvedic treatment protocol

which gave promising result within stipulated time.

KEYWORDS: Visarpa, Saptadhatu.

INTRODUCTION

Skin disorders vary greatly in symptoms and severity. They can be temporary or permanent, and may be painful or painless. The study shows that 20-30% of the population have various skin problems requiring treatment.^[1] Ayurveda considers Raktadushti as one of the prime cause of skin diseases^[2], and on same account Raktamokshana is considered as a best line of treatment for Raktadushti. Skin disease cause harm in a number of ways, such as discomfort, disfigurement, disability. Besides this, they suffer from inferiority complex in the society, because skin lesions are visible.

The incidence of Herpes Zoster is 2-6% of population^[3]. Herpes Zoster closely resembles like Visarpa which is described in Ayurveda classics. Visarpa is one of the major skin disease which is explained in detail apart from Kusthavyadhi by every Acharya.^[4] It is one of the disease which takes less time to occur but more time to treat due to involvement of Sapta Dhatus i.e. Tridoshas (Vata, Pitta, Kapha) and four Dushyas^[5] (Twaka, Rakta, Lasika, Mamsa). It is characterised by clinical features like Aashu(Spreading), Daha(burning sensation), Jwara(fever), Shoola(pain) and the Sphotas(vesicles).^[6]

In modern science antiviral drug, steroids, pain killers are used. By long term of use of these medications they produce ill effects such as inflammation at the site of injection, acute renal failure, Haematuria, skin reactions etc. Hence it is need of the hour to search for treatment modalities which are effective, long lasting i.e. which prevents re-occurrence and safe on long term usage. Keeping these points in mind treatment modalities were framed which including Raktamokshana and minimal Shaman Aushadhis.

CASE REPORT

A female subject of age 59 years came to S.S.N.J Hospital (OPD No. 23800/2019) complaints started with Dakshin Hasta, Urah and Prushthapradeshi Saraga Pitika, since 7 days. Also she was complaining of Daha and Shoola at that site.

Ashtavidha Pariksha

1. *Nadi* : 80/min.
2. *Mala* : 1 vega/dina
3. *Mutra* : 4-5 vegas/dina
4. *Jivha* : *Lipta*
5. *Shabda* : *Spashta*
6. *Sparsha* : *Anushna Sheeta*
7. *Druka* : *Eshata Tamra*
8. *Aakruti* : *Madhyam*

Srotas Parikshan

1. *Raktavaha Srotas* : *Hasta, Urah, Prushtha pradeshi Saraga Pidika associated with Daha*
2. *Mansavaha Srotas*: *Shoola*

Nidan Panchaka

Hetu:- Vidahi Aahar (Dahi, Pickle, Ground nut Chatani), Ati jagaran, Vidahi ahar, Non veg

Purvarupa:- Dakshin Hasta, Urah, Prushthapradeshi Saraga pidika, Daha, Shoola

Rupa:-Dakshin Hasta, Urah, Prushthapradeshi Saraga pidika, Daha, Shoola

Samprapti Ghatak

Dosha :- Tridoshaja(mainly Vata-pittaja)

Dushya:- Twak, Rakta, Mamsa, Lasika

Srotas Dushti:- Raktavaha, Mamsavaha

Udbhavasthana:- Aamashaya and Pakvashaya

Vyaktasthana:- Twak

Sadhyasadhyatva:- Kruchasadhya

Centre of Study: S.S.N.J. Ayurveda Hospital, Solapur

Treatment Protocol**Panchakarma**

On 1st, 10th, 13th day Jalaukavacaharan was done.

Shaman Aushadhi

Sr.No.	Duration	Chikitsa	Matra	Kala	Anupana
1.	1 st to 24 th day	Arogyavardhini Daruharidra Guduchi Yashtimadhu Manjishtha	500mg	Vyanaudana	Koshna Jal
2.	1 st to 24 th	Gandharva Haritaki	1gm	Nishakala	Koshna Jal
3.	1 st to 8 th	Syp. Shodhak	10 ml BD	Vyanaudana	Koshna Jal
4.	1 st to 24 th	Cap. G.T.G.	500mgBD	Vyanaudana	Koshna Jal
5.	9 th to 24 th	Patolmooladi Kashaya	10ml BD	Vyanaudana	Koshna Jal

With above treatment protocol there were marked improvement in symptoms within stipulated time period.

Clinical assessment was done before and after treatment by grading chart given below.

RESULT

Sr. No.	Clinical Features	Before Treatment	After Treatment
1.	Sarag Pidika	+++	-
2.	Daha	+++	+
3.	Shoola	+++	-

**Picture 1 (Before Treatment)****Picture 2 (After Treatment)****DISCUSSION****Jalaukavacharan**

Jalauka mainly used in Rakta and Pitta Dushti. In Visarp, these Doshas are mainly vitiated. Subject had severe pain and Daha on 1st day of visit So Jalaukavacharan was done. Around 30 ml of vitiated blood was sucked which was Shyava varni, Daha was relieved immediately. Repeated Shodhan was expected therefore on 10th and 13th day again same procedure was done.

Shaman Aushadhis

Yashtimadhu have Guru, Snigdha property and Madhur –Sheeta Rasa so it decreases Vata and Pitta respectively. It is Dahashamak, Vedanasthapak also used in Vatapaikk Vikaras.

Daruharidra is Tikta, Kashaya Rasatamak. Mainly Kashaya Rasa acts as Vranaropak. It is Vedanasthapak, Pittanissarak due to its Ushna Virya.

Guduchi is Tridoshashamaka. It is Tikta, Kashaya in Rasa, Ushana Virya and Madhur Vipak. Snigdha Guna and Ushna Virya acts as Vatashamak and Tikta – Kashaya Rasa as a Pittashamak.

Due to Tikta, Kashaya and Madhur Rasa of **Manjishtha** it acts as Vranaropak and Pittashamak.

Arogyavardhini is mainly used in Twak Vikar. Sarvarogaprashamani is the property. Mainly it contains Kutaki which helps for elimination of Dushta Pitta. Also acts as Aampachak. By consideration of all points, above Churnas combination was given with Koshna Jala by intensification of Pittavataashamak and Vranaropak.

Gandharv Haritaki was given as subject was having Asamya Malapravartan Virechaka.

Cap. GTG is Tikta Rasatmak which mainly calms Vata, Pitta and acts as Raktshudhdikar.

Patolmooladi Kashaya has Virechak property and acts as Kledad Doshashodak.

By consideration above all points treatment framed.

CONCLUSION

This is the case of successful management of Vatapittaja Visarpa through simple Raktamokshana and minimum Shamana Aushadhis. It has shown relief from symptoms of Vatapittaja Visarpa. Occurrence of Pitika and Daha comes under the Pittaja Dushti with vitiation of Rakta Dosha as it is the Ashreya of Pitta. So due to removal of vitiated Rakta Dosha, these symptoms were relieved by Jalaukavacharana. Use of Kashaya-Tikta Rasa Pradhan Shaman Aushadhis has got relief from Daha and Shoola.

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