

AYURVEDIC MANEGMENT OF VISARPA- A SINGLE CASE STUDY**Sushmita Gosavi^{1*} and Savita A. Kulkarni²**

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ABSTRACT

Ayurveda classics mentioned that the disease Visarpa spreads like a snake and thus it is considered as Pradhan Vyadhi. According to modern medical aspect disease Visarpa can co-related with symptoms of erysipelas and herpes zoster. the incidence rate of herpes zoster is higher. These problems vary from age, locality and season. Among all type of dermatological condition herpes zoster gains immediate notice of a doctor due to its severity in localized spread, pain and burning sensation. Herpes zoster closely resemble to a condition called Visarpa which is described in Ayurveda. A 68 year old female patient diagnosed with visarpa treated with ayurvedic shamana and shodhan chikitsa - Raktamokshana, virechan and Basti chikitsa.

KEYWORDS: Pittaj Visarpa, Herpes Zoster, Raktamokshana.**INTRODUCTION**

Visarpa is one of the commonest skin disorders which is widely explained in Ayurveda by all the Acharya said is one of the most common skin ailments suffered by large population worldwide. The clinical features contemplate Herpes viridae, which is a large family of DNA viruses that cause infections and certain diseases in animals, including humans. The members of this family are also known as herpes viruses.^[1] Around 20 -30% population suffer from skin ailments.^[2] These problems vary from age, locality and season.^[3] Among all type of dermatological condition herpes gains immediate notice of a doctor due to its severity in localized spread, pain and burning sensation.^[4] Herpes viral infection closely resemble to a condition called Visarpa which is described in Ayurveda tatvasandeeepika.

AIMS AND OBJECTIVES

- 1) To treat visarpa with ayurvedic Manegment.
- 2) to study and corelate visarpa with modern aspect.

MATERIAL AND METHODS

Ayurvedic texts, samhitas, research article.

CASE REPORT

68 year female pateint presenting with following Signs and Symptom on right lower limb anterior and medial region from knee to ankle joint.

- 1.Burning Sensation (Daha)
- 2.Pain (Shoola)
- 3.Itching (Kandu)
- 4.fever(Jwara)
- 5.Vesicle (Pidikas)
- 6.Rakatavarniya pitika
- 7.Antardaha

No H/O - DM/HTN

H/O - Tuberculosis in 1981

Ashtavidhpariksha

- 1)Nadi (Pulse) - 80/min,
- 2) Mala (Stool)- Niram,
- 3)Mutra (Urine)- Niram,
- 4)Jivha (Tongue) - Saam,
- 5)Shabda (Speech)- Spashth,
- 6)Sparsha (Touch) - Anushnasheet,
- 7)Drika (Eye)- Pallor+
- 8)Akriti (Built)- Madhyam

Local Examination

On Inspection Distribution of the lesion: There was a small area of erythema on the right lower limb anterior and medial region from knee to ankle joint. with a few tiny blisters. Lesions found consisting of grouped, tense, superficially seated vesicles distributed unilaterally along a dermatome on the right lower limb anterior and medial region. Otherwise

there was no herpetic rash over the rest of her body. On palpation: The area was tender to touch and there is rise of temperature. Pathological Investigation: CBC, RBS, HIV, HBSAg test are showing normal result.

Treatment given

Day 1- JALUAKAVACHARAN

Day 2- ABHYANTAR SNEHAPANA (TIKTA GHRIT)

VIRECHAN KALPA GIVEN FOR 3 DAYS-

Day 3- Trivrittavleha– 40-45 gm with koshnajalanupana

(7-8 veg-madhyam shuddhi)

Day 4- Erandsneha 50ml with Trivritta, Danti, Triphala Kwath 50ml

(1 veg)

Day 5- Trivrittavleha– 50 gm, Abhayadimodak 1tabwith koshnajalanupana

(3-4 veg)

Day 6- Siravedh (raktmokshan) (50 to 60 ml – right leg)

- shaman chikitsa given

Day 6 to onwards - chandannimbadarvipradeha

After 15 day BASTI CHIKITSA Given –for 7 days

Anuvasanbasti

Tikta Ghrit 50 ml

Niruha basti

स्थिरादिवर्गस्यबलापटोलत्रायन्तिकैरण्डयवैर्युतस्य॥३६॥

प्रस्थोरसाच्छागरसार्धयुक्तःसाध्यःपुनःप्रस्थसमस्तुयावत्

प्रियङ्गुकृष्णाघनकल्कयुक्तःसतैलसर्पिर्मधुसैन्धवश्च॥३७॥

स्यादीपनोमांसबलप्रदश्चक्षुर्बलंचापिददातिबस्तिः [१] | cha.si.3

OBSERVATIONS

Vedana (Pain)	Kandu (Itching)	Ragam (Redness)
0 - No Vedana	0 - No itching	Present / Absent
1- After pressing	1 - 1 to 2 times in day	.
2 - Only by touching	2 - Frequently itching	
3 - Without touching	3 - Which disturbs the sleep and other	

Before treatment (day 0)	After treatment (day10)
Pain- 3	Pain- 1
Itching -2	Itching - 0
Redness - present	Redness - absent

RESULTS



Before treatment.



After 6 day treatment.

After 15 days treatment



DISCUSSION

- 1) Raktamokshana is a therapeutic blood letting process included under Panchakarma by Acharya Shushruta. It gives relief from acute conditions very quickly.^[5]
- 2) Trivruthlehyam It contains Trivrit, Trijata, Honey, Sugar. It also acts as Mridu Virechaka.

CONCLUSION

This case is a successful presentation of management of Visarpa through Raktamokshana - Siravedhana, jalaukavcharana, Virechana, pradeha, basti chikitsa. It has shown relief in the symptoms of Visarpa like Daha and Pidika.

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