

**AYURVEDIC APPROACH TO MANAGEMENT OF MASURIKA / LAGU  
MASURIKA (CHICKEN POX)- CASE REPORT****Dr. Rani Rajoriya<sup>\*1</sup>, Dr. Prakash Joshi<sup>2</sup> and Dr. Yogesh Wane<sup>3</sup>**

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**1. ABSTRACT**

*Madhava Nidana* is an authentic and popular Ayurvedic text written by *Madhavakara* (700–800 AD). *Masurika* has been well correlated with smallpox, and *Madhavakara* was the first author to give an independent disease status along with a detailed description of *Masurika* in *Masurika Nidana* chapter of the *Madhava Nidana*. Published literature on *Masurika* is scarce, and the present review is focused on exploring the contents of *Masurika Nidana* chapter of *Madhava Nidana* and its similarity with smallpox. In *Ayurveda* according to *Madhav Nidana* chicken pox (*Masurika/LaghuMasurika*) is caused by *Grahadosha* as well as by vitiation of *Tridoshas* i.e. *Vata*, *Pitta*, *Kapha* & also by consuming excessive sour, salty, bitter food items & *Virudhaahara Sevan* (eg. Milk with fish etc.). *Ayurveda* also gives preventive & curative measures for this disease. According to modern literature Chicken pox

is an aerosol disease caused by virus called “Varicella zoster”™. It is highly contagious disease; it progressively spreads from ill ones to healthy, like cold & flu. It normally impacts youngsters elderly under 10 years but hardly ever takes place in adults. Chickenpox is specially characterized by the arrival of itchy blisters all over the body and ooze blister with watery discharge. Taking chickenpox vaccine once between 10 and 15 months and once among 4 and 6 years is the satisfactory preventive measure for this ailment. However, even vaccinated children might get recognized with a milder shape of chickenpox.

## 2. INTRODUCTION

### *Ayurvedic view of Masurika*

In *Ayurveda*, Chickenpox is called as "*laghu masurika*". It is a type of *tridoshaj Vikar*. The term *masurika* is given to the disease because in this disease multiple red-coloured boils appear on the body which look similar like "Masoor Daal".

- **IN SHUSHRUT SAMHITA** - According *shushrut Samhita* acharya *shushrut* described *masurika* under *kshudra rog nidan sthan*.
- **IN CHARAK SAMHITA** -According *acharya charak masurika* described under *shotha chikitsa adhyaya*
- **IN MADHAV NIDAN** – In *madhav nidan* we have found detail description of *masurika* under chapter 54 *masurika nidan sthana*. According *madhav nidan* the causes of *masurika* is

Five types of "*Laghu masurika*" in *Ayurveda*:-

- 1) *Vataj masurika*
- 2) *Pittaj masurika*
- 3) *Kaphaj masurika*
- 4) *Sannipataj masurika*
- 5) *Raktaj masurika*

*Jwara, kandu, arati, shotha, trishna, bhrama, vedna, arakta netrata, daha, angabhang & tvakvaivarnya* these are the *purvarupa* that occurs in this disease.

**Modern review of chicken pox** – Chickenpox, also known as varicella, is a highly contagious disease caused by the varicella-zoster virus (VZV), a member of the herpesvirus family. It's characterized by an itchy rash that forms small, fluid-filled blisters which eventually scab over. While usually mild, chickenpox can be serious in certain groups, like babies and pregnant individuals.

Symptoms and Stages:

- **Incubation:** The virus can take 10 to 21 days to incubate, meaning the time between exposure and the appearance of symptoms.

- Rash: A red, itchy rash typically appears first on the face, chest, or back, then spreads. The rash progresses from small red bumps to fluid-filled blisters.
- Blisters: The blisters are usually itchy and can be found on the trunk, face, scalp, under the armpits, on the upper arms and legs, and inside the mouth.
- Crusting: The blisters eventually become cloudy, dry out, and form crusts.
- Fever and Fatigue: A mild fever and feelings of tiredness are common.

In this disease mainly, Small or large-sized reddish yellow coloured blisters start appearing & after 3 to 7 days blisters get's burst and give out a pus-like discharge and after few days it become scaly & dry.

### 3. CASE REPORT

#### PATIENT INFORMATION

A female age 27 year old (Rani) come to outer patient department of of *Rachana sharir* (under charm rog nivaran ikai), date 10/05/2025.

#### CHIEF COMPLAIN WITH DURATION

Patient come to opd for small watery filled blister in trunk and hand with gradually increase in size and amount since 3 day ago, with itching and fever.

#### HISTORY OF PRESENT ILLNESS

Patient was asymptomatic since 3 days ago, and suddenly fever, cold with joint pain, cervical lymphadenopathy, sore throat occure in patient. And patient notice small water filled blister with itching occure in lower abdomen and day after increase blister amount at face, chest, legs, hand all aver body with gradually increase amount and size day to day.

#### HISTORY OF PAST ILLNESS

Patient has no history of any other illness or any systemic or metabolic disease like diabetes, hypertension, thyroidism etc.

#### CLINICAL FINDING

##### GENERAL EXAMINATION

1. Body built - Average
2. Weight -60kg
3. Blood pressure- 116/80 mmHg
4. BMI - 24.1

5. Height - 5feet 2inch
6. Pulse rate - 74 per minut
7. Icterus - No
8. Cynossis - No
9. Clubbing - No
10. Pllore - No

With watery blister on whole body, itching, headache, body pain and fever.

### TREATMENT PLAN

Diagnostic protocol : On the basis of symptoms like *tamra* and *pit varna*, *ati badh mala*, *mandagni*, *jwar*, *mukhvirasya*, *gouravta* and *ushnata daha*, this symptoms indicates *pita* and *kapha dosha* and *ras*, *rakta*, *mans*, *meda*, *dhatu dushty*, reflect though *dhatu dushty* which is clinically assessed by *ashtavidh pariksha*.

1.Nadi pariksha - *Pita Kapha Pradhan*

2.Mutra - *Prakrit*

3.Mala - *Snigdha vibandh*

4.Jihva - *Mala avrut*

5.Shabda - *Prakrit*

6.Sparsh - *Ushna*

7.Drishti - *Prakrit*

8.Akriti - *Aprakrit*

### THERAPEUTIC INTERVENTIONS

After complete screening of patient and consent taken on the basis of above finding patient was diagnosed with *masurika* (chicken pox). The patient was treated line of management of *masurika chikitsa*. Acharya *shushrut* and *charak* advice for *masurika kushtha nashak chikitsa* and lep, *pita kapha visarp shamak* treatment done. Advice patient to not to contact any person, for application shatdhout ghtit, dashang lep and orally taken haridra churna, nimba chuna, manjishtha churna, khadirarishtha and paripathadi kwath.

DATE	MEDICINE TAKEN	DOSE	FREQUENCY AND ANUPAN
10/5/25	1.shatdhot grita 2.nimb churna	For lep 1gm	Twice a day Bd with leukwarm water

	3.manjistha churna 4.haridra churna 5.dashang lep 6.khadirarishtha 7.paripathadi kwath	1gm 1gm For lep 2tsf 2tsf	Bd with leukwarm water Bd with leukwarm water Twice a day Bd with normal water Bd with normal water
16/5/25	Same medicine	Same dose	Same frequency and dose
23/5/25	Same medicine	Same dose	Same frequency and dose

### **PATHYA -APATHYA**

**PATHYA** laghu anna, saindhav lavan, snigdha bhojan, fruits, green vegetables, juice, vyayam, yoga, sadvrat palan, satvik ahar, healthy food habit.

**APATHYA**- ratrijagaran, diva shayan, amla ras, ushna, katu, Tikshna bhojan, vidahi, guru ati kaphvardhak bhojan, junk food, consuming extra sugar, excessive sleep, etc.

### **OBSERVATION**

After 14 days follow up patient have reduce symptoms like fever, joint pain, blister, headache, lymphadenopathy, cold, sore throat.

S.NO.	SYMPTOMS	AFTER 1 <sup>ST</sup> FOLLOW UP	AFTER 2 <sup>ND</sup> FOLLOW UP	AFTER 3 <sup>RD</sup> FOLLOW UP
1.	Fever	Reduce	Reduce	Reduce
2.	Blister	Growth reduce	become shrink	disappear
	Headache	Mild reduce	Reduce	
	Joint pain	Reduce	Reduce	

### **RESULT**

Before treatment







After treatment



### NIDAN OF MASURIKA

Katu, amla, lavan ras ka adhik seven, virudha ashan, dustha nishpav shak seven, dushta vayu and jal mahabhut se, graha dosha se. In modern the causative factor is varicella zoster virus, this is highly contagious virus spread through droplets, cough, or sneezing to infected person.

## DISSCUSION

*Madhava Nidana*, an Ayurvedic text written by *Madhavakara*, has described chapter, “*Masurika Nidana*” (54<sup>th</sup> chapter), devoted completely to *Masurika* which had, evolved into a deadly epidemic by the early 8<sup>th</sup> century that decimated large scale populations on the Indian subcontinent. And masurika symptoms resemble to small pox symptoms. Masurika widely described by acharya madhan in madhav nidan (rog vinishchay), they described hetu, types, of masurika. Acharya madhav have described hetu of masurika like virudha ashan, dushit shak katu, amla, ras more intake, grahadoshha, *Viruddha Ahara* or incompatible foods may have a bad impact on the immune system and their regular consumption leads to immunosenescence and inflammation at the molecular level. In this disease pita shamak yog and lep are more beneficial like dhashang lep, shatdhout ghrit, they are pita shamak and reduce heat of body and neem churna is anti inflammatory, wound healing properties, manjishtha churna are blood purifier and reduce acidity and heat, haridra churna act like antipruritic, anti histamin, anti inflammatory they reduce itching heal to blister wound, khadirarishtha also use in masurika, paripathadi kwatha reduce new eruption of blister, fever, burning sensation its help to cool down to body. Advice to patient take cool and without chili and spices food intake, take rest, and bath to neem leaves heated water.

## CONCLUSION

According to *Ayurveda Grahadosha* is a causative factor for *masurika* & Modern view says that virus causes this disease. In *ayurveda* vitiation of *tridoshas* are the factores of this disease. According *acharya charak* and *acharya shushrut* in this disease have described *kushtha nashak*, *visarp nashak chikitsa*. Specially in this disease *pita shamak chikitsa* and local apllycation treatment use they gets good result. . According to modern literature Chicken pox is caused by varicella virus and it is most efficiently prevented by vaccination and treated by modern medicines also.

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