

Ayurveda Management of Visarpa (*Herpes zoster*)

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Abstract

Visarpa (*Herpes zoster*) is a skin disease which is occurring due to a virus. This is contagious and is spreading among people. According to Ayurveda, Visarpa is caused due to Pittakara ahara and vihara. It is a pittja nanatmaja vyadhi.¹ Reddish small eruptions start in erythematous skin lesions followed by pustule formation with severe burning sensation of skin, pain and itching in that region.² Ayurveda medicines have a better role in the management of Herpes. Sheeta veerya, Tikta rasayukta, Pittahara and Rakta Shuddhikara aushadhis play a better role in the alleviation of signs and symptoms of this disease.^{3,4} The present paper highlights the role of Ayurveda medicine in the management of Visarpa (*Herpes zoster*)

Keywords: Herpes zoster; Ayurveda.

How to cite this article:

Rajeshwari S Acharya, Shripathi Acharya. Ayurveda Management of Visarpa (*Herpes zoster*). Indian J Ancien Med Yog. 2020;13(2):95-98

Introduction

Visarpa is a pittaja nanatmaja vyadhi. It is cause due ti pittakara ahara vihara. Herpes zoster is a skin infection which persists usually for 3 weeks. Ayurveda medicine has a positive role in the management of Visarpa (*Herpes zoster* infection, Agnisarpa).⁵

Following drug actions are seen in formulations used in management of Visarpa:

- ❖ Pittahara
- ❖ Sheeta Veerya yukta
- ❖ Madhura rasayukta
- ❖ Anti-viral
- ❖ Anti-bacterial
- ❖ Rasayana

- ❖ Immunity-booster
- ❖ Immuno-modulator
- ❖ Anti-stress
- ❖ Adaptogenic
- ❖ Jeevaniya
- ❖ Ojaskara
- ❖ Anti-inflammatory
- ❖ Tikta rasayukta
- ❖ Sheeta gunayukta
- ❖ Rakta shodhaka
- ❖ Snigdha pradhana
- ❖ Rakta prasadaka
- ❖ Virechana
- ❖ Sramsana



- ❖ Ulcer healing
- ❖ Laghu gunayukta
- ❖ Soothing to skin
- ❖ Nutritive
- ❖ Poshaka
- ❖ Kashaya rasayukta

Pittahara:

- ✓ Shuddha gairika lepa
- ✓ Sarivadyasava
- ✓ Usheeradi peya
- ✓ Usheerasava
- ✓ Godugdha

Sheetaveerya yukta:

- ✓ Chandanasava
- ✓ Kamadugha rasa
- ✓ Kamadugha rasa with mouktika
- ✓ Usheerasava
- ✓ Pravala pisti
- ✓ Mukta pisti
- ✓ Pravala bhasma
- ✓ Mukta bhasma
- ✓ Pravala panchamrita rasa

Madhura rasayukta:

- ✓ Mudga yusha
- ✓ Shastika shali anna
- ✓ Godugdha
- ✓ Narikela jala
- ✓ Ikshu swarasa

Anti-viral:

- ✓ Karpura shila bhasma
- ✓ Mahatiktakam Kashaya
- ✓ Panchatikta Kashaya
- ✓ Guduchi Kashaya

Anti-bacterial:

- ✓ Mahatiktakam Kashaya
- ✓ Mahamanjistadi Kashaya
- ✓ Chandanasava
- ✓ Sarivadyasava

- ✓ Panchatikta Kashaya

Rasayana:

- ✓ Triphala tablet
- ✓ Godugdha
- ✓ Astaksheera
- ✓ Guduchi Kashaya
- ✓ Amritottara Kashaya

Immunity booster:

- ✓ Guduchi Kashaya
- ✓ Swarna bhasma
- ✓ Pravala panchamrita rasa
- ✓ Mukta panchamrita rasa

Immuno-modulator:

- ✓ Kiratatikta Kashaya
- ✓ Patola katurohinyadi Kashaya
- ✓ Katuki kwatha
- ✓ Guduchi Ghana vati
- ✓ Guduchi Kashaya

Anti-stress:

- ✓ Shankhapushpi syrup
- ✓ Guduchi Kashaya
- ✓ Yastimadhu choorna
- ✓ Mandookaparni Kashaya
- ✓ Medhya vati

Adaptogenic: -Do-***Jeevaniya:***

- ✓ Shatavari swarasa
- ✓ Ashwagandha choorna
- ✓ Vidari kanda choorna
- ✓ Varahi kanda
- ✓ Ashwagandharista
- ✓ Shatavari guda
- ✓ Godugdha

Ojaskara: -Do-***Anti-inflammatory:***

- ✓ Godugdha
- ✓ Kamadugha rasa

- ✓ Karpura shila bhasma
- ✓ Godanti bhasma
- ✓ Guduchi Kashaya
- ✓ Usheerasava

Tikta rasayukta:

- ✓ Mahatiktakam Kashaya
- ✓ Panchatikta Kashaya
- ✓ Kiratatikta Kashaya
- ✓ Guduchi Kashaya
- ✓ Patola katurohinyadi Kashaya
- ✓ Katuki Kashaya
- ✓ Arogyavardhini vati

Sheeta gunayukta:

- ✓ Shatavari Ksheera
- ✓ Ikshu swarasa
- ✓ Pravala panchamrita rasa
- ✓ Mukta panchamrita rasa
- ✓ Narikela jala
- ✓ Gulab sharabat

Rakta shodhaka:

- ✓ Manjistadi Kashaya
- ✓ Mahamanjistadi Kashaya
- ✓ Sarivadyasava
- ✓ Chandanasava
- ✓ Usheeradi peya
- ✓ Mahatikta Kashaya
- ✓ Arogyavardhini vati
- ✓ Pravala pisti
- ✓ Mukta pist
- ✓ Pravala bhasma
- ✓ Mukta bhasma
- ✓ Kamadugha rasa
- ✓ Pravala panchamrita rasa
- ✓ Mukta panchamrita rasa

Rakta prasadaka:

- ✓ Manjistadi Kashaya
- ✓ Gulabi arka
- ✓ Sarivadyasava
- ✓ Chandanasava

- ✓ Chopachini choorna

Virechana:

- ✓ Triphala tablet
- ✓ Trivrit choorna
- ✓ Trivrit leha
- ✓ Abhayarista
- ✓ Haritaki tablet

Sramsana: -Do-**Ulcer healing:**

- ✓ Shuddha swarna gairika for lepana

Laghu gunayukta:

- ✓ Yava manda
- ✓ Shastika shali anna
- ✓ Laja manda

Soothing effect on skin:

- ✓ Shuddha swarna gairika lepa

Nutritive:

- ✓ Kharjuradi mantha
- ✓ Shatavari guda
- ✓ Madiphala rasayana
- ✓ Godugdha
- ✓ Goghrita

Poshaka: - Do-**Kashaya rasayukta:**

- ✓ Panchavalkala Kashaya
- ✓ Triphala tablet
- ✓ Triphala Kashaya
- ✓ Haritaki choorna

Discussion

Herpes zoster infection is a viral infection which spreads quickly in the body. There will be reddish eruptions with basal erythema in the skin. It occurs along the course of spinal nerves. Sometimes in face and around the eyes, lesions are seen. These lesions become pustules followed by crust formation. There will be pain, burning sensation and itching in the site of lesions. Strict pathya has to be followed during the treatment. Pittahara ahara vihara has to

be followed. Travelling, working and sun exposure, use of pungent and spicy food should be avoided. Adequate rest is to be advised. Use of Rakta shodhaka, Virechana, Anti-stress and nutritive formulations will pacify the vata and pitta dosha and there will be relief from signs and symptoms usually after 10 days of treatment. Ayurveda medicine has a better role in the management of Herpes zoster infection.

Conclusion

- 1) Ayurveda medicine has a positive role in the management of visarpa
- 2) There are least side effects during the course of treatment.
- 3) If proper treatment and strict pathyapathya is not followed, lesions get gangrened and there will be permanent and prolongation

of symptoms like severe pain in the course of nerves affected. Post herpetic neuralgia is a common complication of Herpes zoster infection.

- 4) There are least complications during the treatment by Ayurveda.

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