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.³⁴ The present paper highlights the role of Ayurveda medicine in the management of Visarpa (Herpes zoster)

Keywords: Herpes zoster; Ayurveda.

Introduction

Visarpa is a pittja 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
- Sramana

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- Ulcer healing
- Laghu gunayukta
- Soothing to skin
- Nutritive
- Poshaka
- Kashaya rasayukt

**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 rasayukt:**
- Mudga yusha
- Shastika shali anna
- Godugdha
- Narikela jala
- Ikshu swarasa

**Anti-viral:**
- Karpura shila bhasma
- Mahatiktakam Kashaya
- Panchatiktaka 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 katrohinyadi 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
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

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 pathyapathy 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.

References: