

**AYURVEDIC MANAGEMENT OF POST HERPATIC NEURALGIA – A  
CASE STUDY****<sup>1</sup>\*Vd. Jyotsna Bagul (Sawant Sawant) and <sup>2</sup>Vd. Raman Raman Ghungralekar**<sup>1</sup>MD Scholar Scholar Kaychikitsa Dept. Dept. R.A. Podar Ayurvedic Medical Collage.<sup>2</sup>HOD Kaychikitsa Dept. R.A. Podar Ayurvedic Medical Collage Collage, Worli Worli,  
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Post herpatic neuralgia (PHN) is nerve pain Which occurs due to a peripheral nerve caused by the reactivation of the varicella zoster virus (herpes zoster also known as shingles). Typically the nerve pain (neuralgia) is confined to the area of the skin interested by a single sensory nerve which is known as dermatome. PHN is defined as dermatome nerve pain that persist for more than 90 days after an outbreak of herpes zoster affecting the same dermatome. Multiple type of pain may occur with PHN include continuous burning pain, episodes of severe shooting or electric like pain, and heighten sensitivity to gentle touch which would not otherwise cause pain (mechanical allodynia) or to painful stimuli (hyperalgesia). Abnormal

sensations and itching may also occurs. Risk factor for herpes zoster include age, poor immune system and patient receiving biologic agent (tumour necrosis factor inhibitors). The administration of best antiviral drugs or steroids or NSAID does temporary suppression of pain without much relief in Burning sensation. Due to low immunity chances of further complication like post herpetic neuralgia are there. Signs and symptoms of herpes zoster are very much similar with Agni Visarpa. Acharya Charak has directly described Raktamokshan and Virechan karma in chikitsa of visarpa especially when pitta dosha is aggregated. Here a single case study of a 65 years old male is being presented, who came with complaints of blackish discoloration at left side of the chest to back region, itching, burning sensation, pricking sensation. There was no active lesions, blackish discoloration was there at the site of the previous herpes zoster lesion. On palpation lymph node of axillary region was normal. As an emergency treatment jalaoukavacharan was done and along with that shaman medicine

like chandrakala ras, paripathadi kashay, was given to the patient. Consecutively two sittings of jalaukavachan were done at an interval of 5 days. Assessment of the treatment was done by improvement in sign and symptoms. On first sitting two jaluakas were applied on the affected region and immediately improvement in pain and burning sensation was found. After second sitting there was complete relief in pain and burning sensation was found. Shaman medicine was continued till 15 days. The detailed description will be given in the full paper.

## INTRODUCTION

Post hepatic neuralgia is a painful condition that affects your nerves and skin. It is a complication of herpes zoster, commonly called shingles. Shingles is a painful, blistering skin rash caused by a reactivation of the virus called varicella zoster, which people usually get in childhood or adolescence as chicken pox. The virus can remain dormant in your body's nerve cells after childhood and can activate years later.

When the pain caused by shingles doesn't go away after the rash and blister clear up, the condition is called post hepatic neuralgia. Post hepatic neuralgia is the most common complication of shingles outbreak. The damaged nerve can't send messages from the skin to the brain and the messages become confused, resulting in chronic severe pain that can last for months or years.

According to a study by the American Academy of family physicians about 20% of people who get shingles also develop post hepatic neuralgia. Additionally this condition is more likely to occur in people over the age of 60 years.

Since the cause of the disease is clear the diagnosis is made on the basis of the signs and symptoms present in the patient.

Although the administration of best steroids or NSAIDs does temporary suppression of pain, not much relief in Burning sensation. In old age patient post hepatic neuralgia is common and patient has to take analgesics lifelong. Post hepatic neuralgia is a common condition and the goal of Ayurvedic treatment is to provide immediate relief to the patient in symptoms like burning sensation and pain in the lesions.

## CASE PRESENTATION

A male subject of 65 years old retired from chemical factory coming from hindu community and presently living in Dadar, Mumbai was suffering from herpes zoster since he visited the

hospital OPD of podar Ayurvedic Hospital Worli, Mumbai with present complaints of blakish discoloration at left side of the chest to back region along with severe burning sensation, itching, and pricking sensation.

As to give proper treatment patient was admitted to hospital and jalaukavachan was done along with that shaman medicine was given to the patient.

### PAST HISTORY

Patient suffered from herpes zoster 90 days back. Treatment taken at Private hospital.

N/k/c/o HTN/DM/PTB/BA/Epilepsy

N/H/O malaria/dengue/typhoid/jaundice/chicken guinea.

N/H/O BT/drug allergy

N/H/O PR bleeding

S/H/O operated for prostatomegaly in January 2018.

H/O fall 3 years back

H/O alcohol consumption 30 yrs. Occasionally.

H/O pan chewing since 30 yrs 4\_\_\_\_\_5 times /day

O/E patient's prakruti----- vata pittaj, weight 84 kg height 5 feet 2inch BP 130/90 mms of Hg

Pulse 74/min Appetite decreased, sleep—disturbed due to pain micturition 5----- 6 times/day

Bowel habit 1 time/day Axillary temperate 98.6 f burning sensation ++++ Itching +++ pricking sensation ++++ Axillary lymph nodes were not palpable.

### Treatment protocols

The treatment was carried for **30** days

Karma	Vidhi	Kala	Duration
Raktamokshan	Jalaukavachan	Afternoon	1 <sup>st</sup> day to 5 <sup>th</sup> day after admission to hospital.
	With 2 jalauka		
Virechan	Snehpan vardhaman matra	Morning	Virechan given with kashay of Triphala, aargvadh majja, trivrut mul. Also 2 abhayadi modak given.

Shaman drug	Dose	Kala	Duration
Chandrakala ras with yashtimadhu ghrit	1gm	Morning, evening Afternoon	Everyday
Paripathadi kashay	30 ml	Morning, evening	Everyday
Haritaki churna	3gm	At night	Everyday
Shatdhaut ghrit	As per requirements	Frequently	Everyday

**Pathya Apathya**

During this period, he was advised for laghu supachya aahar (mug khichdi, dal rice, yush etc)

Patient was advised to avoid Dadhi, kshir, guda, and diwaswapan, pittaprapokopk Aaharvihar.

**OBSERVATION**

**Table showing improvement in signs and symptoms of the patient.**

Signs and symptoms	Before treatment	After 1 <sup>st</sup> sitting of Jalauka	After 2 <sup>nd</sup> sitting of jalauka	After completion of entire treatment
Burning sansation	+++	+	--	---
Itching	+++	++	+	---
Pricking sansation	+++	+	---	---

Patient got immediate relief in Signs and symptoms like burning sensation after 1<sup>st</sup> sitting of jalauka, mild improvement in itching. After 2<sup>nd</sup> sitting of jalauka along with that shaman medicine complete relief in itching, pricking sansation, and burning was there.

**DISCUSSION**

Herpes zoster is very much similar with Agni Visarpa (Acharya Charak) and kaksha (Acharya Sushrut) severe pain and burning sensation are found in Agni Visarpa as well as in herpes zoster and the pattern of spreading of disease in the body is similar with kaksha. Acharya Shushrut has mentioned treatment of kaksha similar to that of visarpa (visarpavat). The line of treatment mentioned by Acharya Charak in visarpa is Raktamokshan and virechan especially when pitta dosha is aggregated. All treatments described under Visarpa chikitsa are on one side and Raktamokshan is on another side. Acharya Shushrut has recommended Raktamokshan by jalauka especially for king, rich people, children, old aged, coward, weak, female, and sukumar prakruti. So treatment was planned considering all these things especially Raktadushti and pittadushti, Raktamokshan was prefferd as first line of treatment. As patient was not come to our hospital as active disease, he came as a case of post herpatic neuralgia. The symptoms like pricking sensation, itching and burning sansation relieved by jalaukavachan. As local applications shatdhaut ghrut was given as mentioned by Acharya Charak. Besides this chandrakala ras with yashtimadhu ghrut, haritaki churns and paripathadi kashay were given to the patient to enhance immunity and pacify the remaining doshas. Also virechan karma also done as mentioned by Acharya Charak.

Leech can be applied on the skin easily. It sucks impure blood at superficial level mostly from veins. According to modern point of view Hirudin and calin enzymes present in it's saliva work as anticoagulant and helps in sucking of vitiated blood easily. Besides this the salivary glands of leech also produce other active substances which have antihistaminic, anaesthetic and antibiotic effect. Also it has counter irritant effect on the site of post herpatic neuralgia, which creat new cellular division, which takes place removing dead cell layer and results in reduction of local swelling and improvement of an endocellular exchange. Because of this effect of leech therapy in post herpatic neuralgia improvement in signs and symptoms like burning sansation, itching and pricking sensation was seen. Also virechan karma also done as apunarbhav chikitsa.

### CONCLUSION

As patient was old age, having low immunity from such a long time still no NSAIDS and antihistaminic were given. Jalaukavachan was done and marked improvement was found in all signs and symptoms.

So it is concluded that jalauka can be considered as a chief line of treatment for post herpatic neuralgia especially to get relief from burning sensation. Besides this shaman medicine should also be pacify remaining vitiated doshas. Also virechan karma is very important as a apunarbhav chikitsa.