

**A CLINICAL STUDY ON THE ROLE OF AYURVEDIC SHAMAN YOGA AND BAHU PARIMARJANA CHIKITSA FOR THE MANAGEMENT OF LAGHU MASURIKAJANYA VAIIVARNATA (POST CHICKENPOX PIGMENTATION) -A CASE STUDY**

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**ABSTRACT**

**Background:** Skin is considered as a most important parts of the body.

It reflects our emotions and it is a link between internal and external environment. It provides individual identity in the society & maintains beauty and personality. The skin tone's image that people spend so much time and money to restore skin to a more normal or youthful appearance. Skin disorders are one of the burning problems of modern scientific era. In *Ayurveda*, all skin disorders have been described under the umbrella of *kushtha*. They are again classified into *Mahakushtha* and *Kshudra Kushtha*. *Laghu Masurika* classified under the *Kshudra Rogas* by *Acharya Sushruta*.<sup>[1]</sup> According to *Madhav Nidana*, *Laghu Masurika* is caused by *Grahadoshha* as well as by vitiation of *Tridoshas* i.e. *Vata*, *Pitta*, *Kapha* & also by excessive

consumption of sour, salty, bitter food items & *Virudhaahara Sevan* (eg. Milk with fish etc).<sup>[2]</sup> At the initial stage of this disease *Jvara*, mild to moderate in nature. Later on after a period of 3-7 days small & large size of blisters are appeared. They turns in yellowish red colour, immediately there is pus like discharge through it. Associate symptoms like *Daha*, *Ksandu*, *Vedana*, *Arati*, *Trushna* are also present. Within a week whole body is involved with multiple blisters, in second week they contain pus, & in third week they become dry & scaly. These *Laghu Masurika* left the dark-blackish pigmentation after recovery. In *Ayurveda* the *Charak Samhita* stated that a group of ten medicinal plants known as *varnyamahakashaya*.<sup>[3]</sup> that can be used to obtain original colour & glowing complexion.

These herbs can be used individually, combine and also externally or internally. So Initially patient was treated with *shaman* yoga along with *varnyamahakashya lepa*.

In modern literature Chicken pox is an aerosol disease caused by virus called ‘Varicella zoster’. It is highly transmissible disease, it progressively spreads from ill ones to healthy, like cold & flu. Age group under ten years is mostly affected by this disease & in adults it occurs rarely. For prevention Chicken Pox vaccine is must to be given two times in the age between 10 to 15 months & in 4 to 6 years.<sup>[4]</sup> It is most capably prevented by vaccination and treated by modern medicines also. Modern medicines give preventive as well as curative measures but treatment of any skin problem is high cost which is unaffordable for everyone. In other side *Ayurveda* is more affordable and give more significant result in low cost and in minimum time without any side effects. **Aim:** “To study the efficacy of *Shaman* yoga and *Charakotta varnyamahakashya* for enhancement of skin complexion”. **Material & Method-** Here is a case report of 27 year male patient attended Kayachikitsa OPD of Pt.KLS with complaint of hyperpigmented spots on all over face due to post-chickenpox. The patient had been treated with *Shaman* yoga along with *varnya lepa* for 30 days. The complaint of the patient was assessed weekly. (Duration of treatment 30 Days) **Observation-** After the treatment, he got a marked improvement in his conditions. **Conclusion-** On the basis of patient’s clinical pictures it can be conclude that the *Shaman* yoga and *Varnya lepa* (externally) can be used as a effective management of *Vaivarnata*.

**KEYWORDS:** *Laghu Masurikajanya vaivarnata*, Chickenpox, *Shaman* Yoga, *Varnyamahakashya Lepa*.

## INTRODUCTION

In *Madhav Nidana* definition of *Masurika* is given as-

“*masurikakrutisansthanaha pidakaha syurmasurikaha*”<sup>[5]</sup>

Multiple boils appear all over body is called as *Masurika*. Generally, people called it as ‘*DEVI*’, they believe it as a effect of *Shitala Mata’s Prakop*.

Causative factors are consuming excessive sour, salty, bitter food items & *Virudhaahara Sevan* (eg. Milk with fish etc.), *Grahadoshas* and all these factors make bad effect on *Tridoshas*. Then *Tridoshas* with *Dushitrakta* results in multiple boils or blisters like *Masoor* (Red lentil), all over body. After the appearance of multiple blisters associate symptoms are

seen “*Dahajvararujavantastaama sphotaha sapitakaha| Gatreshu vadane chantrvighyeyasta masurikaha*”<sup>[6]</sup> i.e. *Daha, jwara, ruja, Ksandu, Vedana, Arati, Trushna*.

These blisters dry up and form scabs in 4 or 5 days and left pigmented spots after recovery. Generally it is common and harmless but cosmetically, it is bother to those who have it. Any disease that involves skin hampers one or many of these functions and gives the person a hideous look. As the skin diseases are noticeable to others, they are more painful for the patient and troublesome for the physician. Several skin diseases which affect the person’s psychological status & disturb the social life, thus people have some kind of inferiority complex. Among those conditions, hyperpigmentation (*Vaivarnata*) is most common, because it affects face & psychological status of the person. Thus this condition requires serious attention.

*Vaivarnata* term also described under *kushtha Roga* as a symptom. The detailed *Samprapti* of disease is not mentioned in classical texts. According to *Acharya Sushruta* the disease “*Vaivarnayam prakrat varnata anya varnah*” (*sutra 12/16*).

*Vaivarnata* is mainly caused by *Pitta* and *Rakta vitiation*. Generally it is reduced after day by day recovery but in some cases it doesn’t go after recovery and create cosmetic disfigurement. There is mainly *Pitta* and *Rakta vitiation*. Thus the treatment of *vaivarnata* are specially based on *Pitta shamak* and *Rakta Prasadak Dravyas*. It acts as color & complexion promoters.

In above context various *Lepas* are mentioned in *Shushruta Samhita* i.e. *Karanjbijadi lepa, karviradi lepa, eladi lepa, manahshiladi lepa etc. lepa* are useful in all type of *kushta* & in various skin disorders, also these are useful in *masurika*.

*Acharya Charak* described ten herb combination *Lepa* which are *SwetaChandan, Nagkesar, Padmaka, Ushira, Madhuka, Manjistha, Sariva, Payasya, Sita, Lata*. It can be used individually, combine and also externally or internally. So initially, patient was treated with *shaman yoga* and *varnya lepa* for local application upto 30 days.

Chickenpox is an infectious disease caused by the varicella-zoster virus. The virus is responsible for chickenpox (usually primarily affected non-immune hosts) and herpes zoster or shingles (following reactivation of latent infection). It is characterized by skin rash that forms small, itchy blisters, which scabs over. It typically appears on the chest, back, and face

then spreads. It is accompanied by fever, lethargy, pharyngitis, and headaches which usually last five to seven days. In the form of droplets this virus spread from nasopharynx and then these droplets become the cause of spreading of (VZV) in the community. (Ghani E et al, 2016).<sup>[7]</sup> Treatment is symptomatic relief of symptoms. As a protective measure, those infected are usually instructed to stay at home while they are infectious. Keeping nails tiny and wearing gloves may prevent scratching and overcome the risk of secondary infections.<sup>[8,9]</sup> The importance of Beauty and Personality is increasing now a day as it is a competitive era. Everyone wants to stand at height and they require a distinct personality which differ them from a crowd. The more demand of beautification is evident by number of beauty contests, beauty centers, various cosmetic items like creams, lotions, powder etc now available in the society. cosmetic products may produce side effects, spoiling the natural Beauty. In the field of cosmetology, Ayurveda has been recognized due to its unique concept about Beauty and effective, cheaper and long lasting Beauty therapy without any side effects. So in this case report “Cosmetic approach in Ayurveda” has been selected to study the cosmetology in detail from Ayurveda perspective.

### AIM AND OBJECTIVES

1. To evaluate the efficacy of *Shaman yoga* and *Charakotta varnyamahakashya Lepa* for enhancement of skin complexion.

### MATERIAL AND METHOD

Case Report: A 27year male patient had a complaint of multiple hyper pigmented spots on all over face. These spots appeared as a complication of chicken pox. Patient had a chicken pox infection since 1year ago. After the recovery of the disease they left multiple spots on all over face. He taken modern medicines, laser treatment and various creams for spot correction & scar reduction. But he didn't get relief and due to some sensitivity issue & high cost treatment he stopped allopathic medication abruptly and he came to our hospital (OPD) for Ayurveda treatment.

C/O- dark black spots on face

No itching

No burning

H/O- constipation since 3 month

No H/o -B.P., Diabetes

P/H- No any addiction

O/E-Multiple pigmented spots on face

General Examination-

P/A- SOFT Tongue-Not coated

B.P-120/90mmHg Pulse=80/min Temp.=Afebrile

Laboratory investigation-No any specific investigation advised.

### Treatment regimen

#### a. *Abhayantar chikitsa*

##### *Shaman yoga*

1. Arogyavardhani Vati- 2 BD (after meal)
2. Mahamanjisthadi Kwath- 20ml with lukewarm water (after meal)
3. Hingawasthak Churna-5gm (at night)

#### b. *Bahi Parimarjana chikitsa*

1. Varnya lepa- for local application

(Varnya dravyas are Sweta chandana, ushir, yashtimadhu, Lodhra, Anantmool)

Duration of Treatment- 30 days.

**Advice:** - Avoid spicy, oily, sour and junk foods.

**Follow up:** - Follow-up was taken on day 15 and day 30 after completion of treatment.

### Clinical assessment

#### RESULT

Symptoms	Before treatment	After 15 days treatment	After 30 days treatment
Constipation	+++	++	No constipation
Pigmented spots on face	Dark	Moderate	Lightened spots

## Pictures



**Fig. 01: Before treatment**  
Dark spots



**Fig. 02: After 15days**  
moderate spots



**Fig. 03: After 30days**  
lightened spots

## DISCUSSION

Due to high demand for natural products and for fair as well as skin lightening herbal cosmetics are in big demand across the world. Hyperpigmentation is not only psychological & social issue but also related to general health issue that need to be addressed with some interventions.

In *Ayurveda* *Pitta* and *Rakta* vitiation are held responsible for impairment of skin health, lusture & skin complexion. so *Pitta*, *Shamak*, *Raktaprasadak*, *Varnya Dravyas* are selected in our treatment regimen.

The word '*Arogya*' means good health and another word '*Vardhini*' means improver. It means a formulation, which improves overall health, is known as '*Arogyavardhini*'. This is used in the imbalances of all the three *Dosha*. The drug has been mentioned in *Rasaratnasamucchaya* in the context of *Kustha* (skin disorder). It is indicated in various skin disease due to vitiated *Vata* and *Kapha*, and the main content is *kutaki* which causes *Bhedana*. It also act as *Grahanishodhak*, *Dipana*, *Pachana*, *Pakvashayadrushthinashak*. *Hingwansthak churna* also have a *Deepen*, *Pachan* and *Vatanulomak* properties which are combinely helpful in correction of constipation.

The properties of *Manjishtha* explained in *Ayurveda* as blood purifier, Vormicidal and wound healing properties. It helps to control itching and burning sensation of the skin. *Manjishtha* act as *Dipan*, *Pachan*, blood purifier and *Kushthgna* action on skin.<sup>[10]</sup>

It is also *Raktshodhak* (blood purifier) which increases *Raktdhatvagni* which facilitates pure blood formation and also acts on *Bhrajak Pitta* and *Ranjak Pitta*, via *Vyan Vayu* it *Rakta dhatu* circulates throughout the body. simultaneously It enhance the *Oja* which is reflect in *TWACHA*.<sup>[11,12]</sup> When we use *varnyamahakashya lepa* externally, it acts on *Bhrajak Pitta*. *Bhrajak pitta* is responsible for the manifestation of our colour in the *Avbhainitwacha*. The colour and complexion is governed by the *Bhrajak Pitta*. *Varnya Dravyas* are *Madhura*, *Kashaya Rasa* and *shitavirya*. so these *Dravyas* chiefly will correct the *Vitiated Pitta* and also enhance *Prasadak Guna* of *Rakta*, hence acts as colour & complexion promoters and faded the previous spots in safer way.

Treatment of modern science whose ultimate aim is to disrupt the pathogenesis and thus remove the disease, the goal of *Ayurveda* is to free the sufferer not only from physical illnesses but also from mental sickness.

## CONCLUSION

Post-inflammatory hyper pigmentation causes psychological distress and negatively impact in the quality of life of an individual. Thus people have some kind of inferiority complex. So it need more attention sincerely. Here in present case primarily patient was treated with *Shaman Yoga* and *Varnya Lepa* (external application) in *Laghu Masurika Vaivarnata*. From above discussion section we can conclude that those *Shaman Yoga* was helpful to bring back and establish the original colour & complexion and faded previous pigmented spots. This case showed encouraging results with the given treatment in affordable form and without any side effects.

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