

MANAGEMENT OF VISARPA THROUGH SHAMAN YOGA ALONG WITH RAKTAMOKSHAN-A CASE STUDY

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ABSTRACT

Skin is the first organ of the body interacting with environmental agents like chemical and biological agents. The disease Herpes Zoster closely resembles to a condition called as *Visarpa* which is described in our ancient classics of *Ayurveda*. *Visarpa* is one of the commonest skin disorder which is widely explained in *Ayurveda* and is one of the most common skin ailments suffered by large population worldwide. The clinical features contemplates with Herpes Zoster which is an active transmitting viral disease causing painful skin rashes with blisters in localized areas. This skin diseases is of a particular type and its spreads very fast like snake, hence it is called *Visarpa*. *Visarpa* is

characterized by clinical features such as, *Aashu - anunnatashopha, Daha, Jwara, Vedana* and *Sphotas/Pidikas* are so specific that it is described as *Agnidagdavat*. *Acharya Sushruta*, father of *Shalya Tantra* was well aware of importance of *Visarpa* and their management. The description of management of *Visarpa* with different treatment modalities is available. Among the different treatment options *Virechana* is one which is not only mentioned in the text books but also practiced out by *Ayurvedic* physicians through the ages. Among the different *Shaman Aushadhis* described for *Visarpa*, *Daha Prashamana Kashaya* is one which is cheaper. Hence it was considered to explore the utility of combined therapy consisting of a *Raktamokshan* sand a topical application, in the management of *Visarpa*.

KEYWORDS:- *Visarpa*, Herpes zoster, *Sphota*, *Raktamokshan*.

INTRODUCTION

Ayurveda is the back of healthy life, the recent advance researches in *Ayurveda* not only promoted its utility but also established its importance in medical field all over the world. *Visarpa* is the most important disease in the field of *Shalya-Tantra*, *Sushruta* has explained *Visarpa* as Vitiated *Dosha* beginning to spread in *Twacha*, *Rakta*, *Mansa* and *Meda Dhatu* produced an inflammatory swelling.^[1] Physical appearance is something that is related to psychological stress. Skin is major organ which remains as a presentable material in front of the world which also defines any individuality. Society prevalence studies have demonstrated that between 20-25% of the population have various skin problems requiring attention. Among all type of dermatological condition herpes zoster gains instant notice of a doctor due to its severity in localized spread, pain and burning sensation.^[2] Skin complaints affects all ages from then neonates to the elderly persons and cause harm in a number of ways, such as discomfort, disfigurement, etc. Besides this, they suffer from inferiority complex in the society, because skin lesions are noticeable. Current studies disclose an rise in the frequency of viral diseases in general as well as in dermatological conditions also. Along with many viral infections/ conditions of the skin, Herpes Zoster is one of them. The incidence rate of disease in India is 2-6% per 100 populations. Though there is wonderful progress in the modern organization of this disease under the group of the antiviral drugs such as acyclovir, famcyclovir etc but still there is some hidden harmful effects. The disease Herpes Zoster closely resembles to a condition called as *Visarpa* which is described in our ancient classics of *Ayurveda*. *Visarpa* is one of the major skin diseases which is explained in detail apart from “*Kushta*” *vyadhi* in all the classics by every *maharshi*.^[3] This gives us an idea about the seriousness and significance of this disease. The disease *Visarpa* is characterized by clinical features such as, *Aashu -anunnatashopha*, *Daha*, *Vedana*, *Jwara* and the nature of *Sphotas/ pidikas* are so specific that it is described as *Agnidagdhatvat*. Though the lesions of H.Z / *Visarpa* appears to be simple, the pain and burning sensation is agonizing. Therefore it is considered as one of the acute condition in skin diseases. The post herpetic neuralgia is a major complication of this disease which may stay from few months to years. Not many works have been done on the disease *Visarpa* as it is an *Aashukaari vyadhi* i.e. it has acute manifestations and needs urgent treatment. Keeping all these factors in mind, it made us to consider the situation and to explore possible *Ayurvedic* therapies in this important area of research to manage the disease Herpes Zoster/ *Visarpa*. The basic principles of *Visarpa*

management is to prevent onset of *Paka*. To achieve this principle of management, *Ayurveda* advocates two important treatment procedures, the first one is *Lepa Upakrama* and second is *Raktamokshana*.

MATERIAL AND METHODS

This Study was carried out in *Charma Rog Nivaran* unit of *Rachna Sharir* Department in Govt. Dhanwantari ayurved college and hospital Ujjain (M.P.).

Case report

Name: X

Age: 53 Year old

OPD No: 14575

Gender: Male

Residence: Ujjain (mp.)

History of present illness:- A male patient of 53 years old, coming from hindu community and presently living in ujjain, madhya pradesh, was complaining of *Sukshmapidika* associated with severe *Vedana*, *Daha Kandu*, *Toda*, since 4 days over right *Parshva* and *Prishtha* area. He visited the OPD of Charma Roga Nivaran unit of Govt. (Auto.) Dhanwantari Ayurveda College and hospital Ujjain (mp).

Past medical history:-No

Past surgical history:- No

Family history:- Not relevant

Personal history:- *Aahara* – Salty and spicy diet, oily, junk foods, curd

Vihar - Disturbed sleep

On examination

General- Patient was *Pitta-Vataj*

Vital signs- Pulse= 74/min, BP = 120/80 mm of Hg

Local examination

The lesions occurred in clusters, red rashes, looking like blisters

Area – Over right *prishtha* (back) to right *parshva* (Unilateral)

Color – Reddish

Odor – No specific odor

Pain – Severe pain

Investigation- No specific investigation advised

Ashtavidhapariksha

- ❖ *Nadi* (pulse) - 74/min
- ❖ *Mala* (stool) – *Prakruta*
- ❖ *Mutra* (Urine) – *Prakruta* 5-6 times/day
- ❖ *Jihva* (Tongue) – *Sama*
- ❖ *Shabda* - *Samyaka*
- ❖ *Sparsha* – *Ushna*
- ❖ *Druk*– *Samyaka*
- ❖ *Akruti* – *Samyaka*

Systemic examination

RS – NAD

CVS – No added sounds

CNS – Conscious & well oriented

GIT – Bowel movements regular, tongue coated, per abdomen – non tender.

Samprapti ghatak

- *Dosha* – *Pitta, Rakta, Kapha, Vata*
- *Dushya* – *Twak, Rakta, Mamsa,*
- *Agni* – *Mandya*
- *Srotasa*- *Rasavaha, Raktavaha, Mamsavaha*
- *Srotodushti* – *Sanga*
- *Ama* – *Sama*
- *Vyaktasthana* - *Pradesh and Pristha Pradesh*

Treatment regimen

Patient was very much irritated because burning and pain so immediately he came to Charma Rog Nivaran unit of Govt. (Auto) Dhanwantari Ayurveda college & hospital. After the diagnosis was made, making an allowance for the acute condition of the disease patient was advised for instant *Raktamokshana*. Each detail was explained to the patient and after taking apprehension from the patient, advised process was conducted.

Following treatment was given;

A. Shodhana chikitsa:- Two repeated cycles of *Siravedhana* was done at an interval of 2 days. *Raktmokshna* (*Siravedhan*) was done on 1st day and on 4th day. Right upper arm was selected as place of *Siravedhan*. On 1st sitting 30ml and on 2nd sitting 30 ml of blood was let down. 20 number Needle was used for *Siravedhana*.

B. Shaman chikitsa

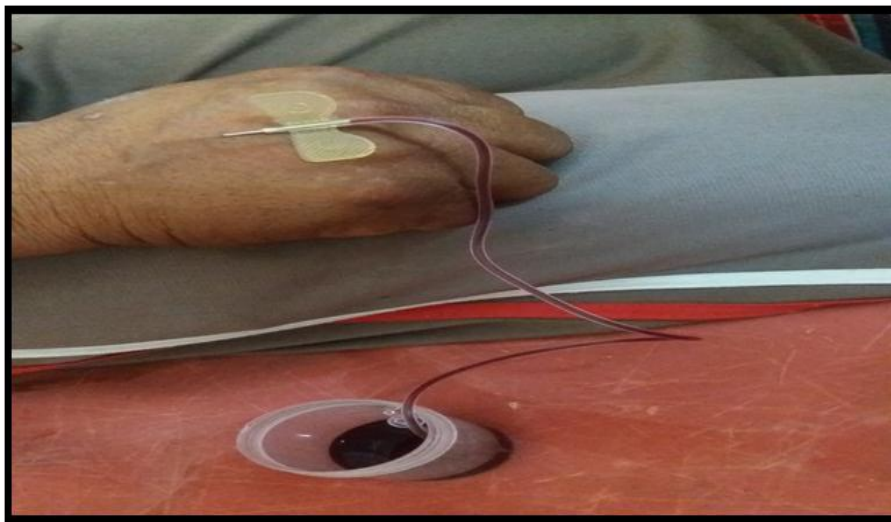
1. *Shatdhaut Ghrita* for Local application
2. *Chandrakala Vati* 250mg * 2BD
3. *3.Paripathadi khadha* 3tsf BD after meal
4. *Panchatikta Ghruta* 1tsf with milk at morning
5. *Sariva churna* 2gm +*Shankh bhasma* 1gm +*Mukta shukti* 500mg+*Kamdudha Rasa* 250gm+*Praval Pishti* 150 mg (single dose 2 time with honey)
6. *Avipattikar Churna* 5gm at bed time with Luke warm water

Table no. 1.

Date	Raktamokshana	Quantity of blood	Time
28/08/2020	1 st sitting on right arm	30ml	10: 30am
31/08/2020	2 nd sitting done on left arm	30ml	11: 45am

OBSERVATION AND RESULTS

From the first day, *Raktamokshana* was performed. Total 30 ml of vitiated blood was reserved. An instantaneous progress in pain and burning feeling was found just after *Siravedhana*. After 2nd sitting there was total relief in pain, and burning sensation. On supplementary analysis of *Dosha's*, it was observed that *Shyava aruna varna rakta*, solid, slow flowing & fast coagulation occurred. This signifies involvement of *Kapha* and *Vata dosha respectively* which lead to the occurrence of *Visarpa*. On management of *Shaman Aushadhi*, mild reduction of *Pidika's* over *Parshva & Pristha Pradesha* was distinguished. Thus relief from *Kandu, Daha* also occurred. *Shaman Aushadhi* was continued for 7 days.

Herpetic lesion**Figure no. 1(a) Lesion on prashtha.****Figure no. 1(b) Lesion on parshva.****Process of raktamokshan****Figure no. 2.****DISCUSSION**

Health has constantly been on main concern for human since the establishment of civilization. For the purpose of well life, environment has gifted various things or products to human. *Ayurveda* has shown to use these product and resources in medical treatment since long time in a designed way. Skin disorders vary in symptoms and severity. So they can be provisional or everlasting. They can be situational or genetic, minor or mortal. Thus, *Visarpa* is one which if mismanaged can lead to a life threatening situation. *Tvaka Roga* are *Chirakari* and so reversion occurs easily. It has been stated that, *Punah punah Shodhan* should be done in *Bahudoshajanya Tvak Roga*. *Visarpa* is a *Bahudoshaj Vyadhi* as by the side of three *Dosha*'s, *Rakta* is also concerned as main sustaining factor of vitiation. So, *Raktamokshana* is advised as it purifies the vitiated *Raktadosha*. *Raktamokshana* is a remedial bloodletting

procedure included under *Panchakarma* by *Acharya Sushruta*. It gives relief from acute conditions very quickly.^[4]

Shatadhaut ghruta:- The cooling properties of *Shatadhaut Ghruta* provide instant relief from burning sensation & burnt wounds. Its anti inflammation property helps in soothing the pain. It aids in the rebuilding of dermal tissue.

Chandrakala vati:- It acts upon *Pittaj vyadhi*. Hence Beneficial in all kind of *Daha*.^[5]

Paripathadi khadha:- It is known to balance the *pitta dosha* in the body by treating impurity of blood and also having anti-inflammatory property so it can be used for reduced pain.

Panchatikta ghruta:- Due to combination of *Tikta Rasa* and *Ghruta kalpana*, this makes it very potent as *Raktadosha Pachaka* and *Raktaprasadaka*. It acts on *Vatashonitaja vyadhi*. If *Vata* is aggravated in excess compared to *Pitta* then *Tiktagruta* is useful.^[6]

Sariva churna:- It acts as cooling agent as it balances *Pitta* and *Kapha*, due to *Tikta MadhurRasa* and *Sheeta Virya*. It is a natural detoxifying herb which help in cleaning the body inside out, it helps for elimination of *Dusta Pitta*.^[7]

Avipattikara churna:- It is containing *Trivrit, Triphala, Trikatu, Vidanga*.^[8] It also acts as *Mridu Virechaka*.^[9]

CONCLUSION

This case is a victorious presentation of managing of an severe condition like *Visarpa* through *Raktamokshana (Siravedhana)*. It has shown relief in the *Lakshanas* of *Visarpa* like *Daha, Pidika* and *Vedana*. Occurrence of *Pidika* and *Daha* implies to *Pittaja Vyadhi* with vitiation of *Rakta Dosha* as it is the *Ashraya* of *Pitta*. So due to removal of vitiated *Rakta Dosha*, these symptoms were relieved by *Siravedhan*. Use of *Kashaya - Tikta Rasa Pradhan Shaman Aushadhi* has relived *Kandu* and *Toda*. *Visarpa* has a tendency to relapse, so repeated *Shodhana Chikitsa* is prescribed after considering the *Agni, Deha, Bala* etc of the patient. *Virechan* has a major role in symptomatic managing of *Daha* and *Kandu*.

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