

Management of *Pittaja Visarpa* (Herpes zoster ophthalmicus) with Ayurveda - Clinical Images

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Abstract:

No abstract is needed as these are clinical images.

Key Words: *Anantmula Lepa*, *Durva lepa*, Ayurveda, Herpes zoster ophthalmicus, *Visarpa*.

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Introduction:

A male patient of 68 years age visited OPD on 8/10/2017 Sunday morning with complaints of sudden onset of redness and mild oedema with mild oozing to left side of his face was visible (Fig-1). On the basis of complaints and local examinations the case was diagnosed as *Pittaja Visarpa*. Patient did not mention any history of bite or external injury and was not on any medication. The symptoms that are redness along with oedema was spreading spontaneously so *Durva* (*Bermuda grass*) an easily available herb is commonly used for *Pitta* dominant diseases was started. [1] Patient was advised to apply fine paste of *Durva* made with water all over the swollen area (Fig-2). After application of *Lepa*, further progression of *Visarpa* was stopped.

In the afternoon patient slept in day time for 2 hours which is an important causative factor according to Ayurveda for *Pitta* and *Kapha* dominant diseases. [2] Patient developed oedema near left eyelid (Fig-3). Also he had not applied *Lepa* (coat of

drugs made with water) near that region. Hence he was advised to apply fresh thin layer (0.5cm) of *Durva Lepa* in the evening. Next day on 9/10/2017 patient visited to clinic with moderate reduction in redness and oedema (Fig-4). He was again examined and following observations, treatment and diet advised.

Observations:

Nidana Panchaka: (Based on Examination done on 9/10/2017)

Primary diagnosis was *Visarpa* (Herpes zoster ophthalmicus) with predominance of *Pitta* and *Vata*. (Based on images received).

Hetu: *Sannikrushta*- Not found

Viprakraushta- Habitual to tobacco chewing (8-10 times a day), drinking tea (at least 4/5 times a day)

Dosha: *Pitta* (*Drava* and *Ushna Guna*), *Vata* (*Ruksha* and *Chala Guna*)

Dushya: *Twacha*, *Lasika*

Gandha: Patient presented with some foul smell from mouth as he couldn't wash his mouth due to pain. (09/10/2017)

Marg: *Bahya*

Sadhyasadyatwa: *Sukhasadya*

Mala: Had not passed stool since 1 day

Mutra: Yellowish, 4/5 times a day.

Vyadhi Vinishyaya: *Pittaja Visarpa*

Investigations: all the investigations were normal limit except TLC-1100/cumm and neutrophil 90.

Treatment given:

1. *Lepa* of *Anantamula* (roots of *Hemidesmus indicus*) powder made with water (0.5 cm thick) was applied two times a day
2. *Aaragwadha Ghana Vati* 500 mg at bed time with luke warm water
3. Mixture of powders of *Anantamuladi Yoga* 3 gm thrice a day with plain water. [*Anantamuladi Yoga*: Equal amount of powders of *Anantamula* (*Hemidesmus indicus*), *Ushira* (*Vetiveria zizanioides*), *Musta* (*Cyperus rotundus*), *Dhamasa* (*Fagonia arabica*), *Parpataka* (*Hedyotis corymbosa*) and *Guduchi* (*Tinospora cordifolia*)^[3]]

4. *Triphala*, *Khadir* (*Acacia catechu*), *Nimba* (*Azadirachta indica*), *Patha* (*Cissampelos parietal*) *Gandush* (Each powder 2 gms. Decoction prepared in 200 ml water for gargling) twice a day.

Pathya: (Started from day 1)

Aahara- The patient advised to consume only *Mudga Yusha*, *Dadima*, *Mrudwika* (black raisins) for 4 days as per his hunger.

Vihara- Avoid tobacco, day time sleep.

The above mentioned local and systemic treatment and diet was advised for 4 days and assessed daily for relief in symptoms and photographs were taken. It was observed that the symptoms of *Visarpa* were gradually reduced day by day after application of *Anantamuladi Yoga* (Fig- 5, 6, 7). After 4 days on 14/10/17 all the symptoms mainly redness, oedema with mild oozing was subsided (Fig-8). Patient was advised to start wholesome diet which mainly includes wheat, sorghum, legumes, vegetables, etc. Treatment was continued for further next 4 days and then completely stopped. The patient was advised to stop its consumption of tobacco chewing and explained its adverse effects.

Clinical images:



Fig-1: First visit on 8/10/2017



Fig-2: Applied Durva (Bermuda grass) Lepa



Fig-3: After Application of Durva Lepa



Fig-4: Status on second day on 9/10/2017



Fig-5: After Anantamula (*Hemidesmus indicus*) Lepa on 10/10/1/2017



Fig-6: Status on third day on 11/10/2017



Fig-7: Status on forth day on 12/10/2017



Fig-8: complete recovery on third day on 14/10/2017

References:

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 2. Acharya YT. Charaka Samhita, Sutra Sthana 21/44, Chaukhamba Sanskrit Sansthan, Varanasi, 2004, p.118.
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