



## ROLE OF JALAUKAVACHARANA AS EMERGENCY TREATMENT OF HERPES ZOSTER (AGNI VISARAP) – A CASE REPORT

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**Abstract:** Herpes zoster is an acute viral disease characterized by a painful skin rashes along with blisters involving a limited area, which remain for 10 to 12 days. It is caused due to reactivation of Varicella zoster virus (VZV) within patient's body. Risk factors for Herpes zoster include old age, poor immune system, and patients receiving biologic agents (tumour necrosis factor inhibitors.) The administration of conventional drugs does temporary suppression of pain, not much relief in burning sensation. And as a result of very low immunity chances of further complications like post hepatic neuralgia are there. Signs and symptoms of herpes zoster are very much similar with *Agni Visarap*, as it spreads in very fast manner, hence defined as *Visarp*. *Acharya Charak* has directly defined *Raktmokshan* in the treatment of *Visarp* especially when *Pitta dosha* is aggravated. In this case report, a patient of Herpes zoster who opted for Ayurvedic treatment is discussed. As an emergency treatment, patient was immediately advised to undergo the procedure of *Jalaukavacharana* as patient agreed for the procedure. *Jalaukavacharana* was done in two sittings and along with that, *Shaman* treatment was given to the patient for complete cure of the disease.

**Key Words:** *Agni Visarp*, Herpes zoster, *Jalokavacharana*, *Raktmokshan*, *Shaman*.

### 1. INTRODUCTION:

Herpes zoster is an acute viral disease, which results from the reactivation of latent Varicella zoster virus (VZV) lying dormant in sensory nerve ganglion after an early attack of Chicken pox. It is characterised by painful skin rashes followed by eruptions of unilateral closely grouped vesicles on erythematous base in dermatomal distribution(1). Vesicles become purulent, crusts which remain for 2 to 3 weeks. Fever may be present along with increased ESR due to increased virus load in the body.

Risk factors for Herpes zoster include old age, poor immune system, and patients receiving biologic agents like (tumour necrosis factor inhibitors). As a result of very low immunity chances of further complications like post herpetic neuralgia are there. Other complications include secondary infection, motor nerve palsy, encephalitis and dissemination in immune-compromised patients.

Since the cause of disease is clear the diagnosis is made on the basis of signs and symptoms present in the patient. The Signs and symptoms of Herpes zoster are similar to *Agni Visarp* in *Ayurveda*. Its symptoms include *Urah Pradesh sphot uttapati* (eruptions on chest area), *Twak Daha* (severe burning sensation), *Twak Vedna* (pain), *Jwar anubhuti* (fever), and *Nidranash* (sleeplessness). *Sphotas* (eruptions) are associated with *Angarprakash Twaka Daha* (severe burning sensation) and *Vedna* (severe pain). The management of *Visarp* includes *Raktmokshan* by *Acharya Charak* especially when *Pitta dosha* is vitiated.

Even best antiviral drugs, steroids and NSAIDS only does temporary suppression of pain and there is not much relief in burning sensation. Herpes is an acute 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 and also to prevent further complications like secondary infections and post herpetic neuralgia. So here, while treating *Agni Visarp*, *Raktmokshan* was attempted by means of *Jalaukavacharana* along with internal medication as *Shaman Chikitsa*.

### 2. CASE REPORT:



A 53 years old female patient visited the Government *Ayurvedic* Dispensary Basolhi Town of District Kathua, J&K with chief complaints of eruptions on right side of chest area with severe burning sensation associated with pain, mild fever and sleeplessness since one day. She also complained of decreased appetite and increased thirst since one day. Patient was physically examined. There was no significant past history. Patient had not taken any medication for this disease

As an emergency treatment, immediately patient was advised to undergo the procedure of *Jalaukavacharana* as patient agreed for the procedure. *Jalaukavacharana* was done in consecutively two sittings and along with that *Shaman* medicine was given to avail complete cure in the patient. First follow up was taken on eighth day and after completion of the *Shaman* medicines after three weeks.

### 3. PERSONAL HISTORY :

- ✧ Occupation : Teacher
- ✧ Appetite: Reduced
- ✧ Bowel Habit: Regular
- ✧ Sleep :disturbed due to pain and burning sensation
- ✧ Addiction: none
- ✧ Height: 65 kg
- ✧ Temperature : 100°F
- ✧ Pulse:90/min
- ✧ BP:110/70 mm of Hg

**Table 1: Ashta vidha Pariksha of the patient**

<i>Nadi</i> = <i>Vatapittaj</i>	<i>Shabda</i> (speech) = Normal.
<i>Mala</i> = <i>parkrut</i>	<i>Sparsha</i> (skin) = <i>Ushnasparsha</i>
<i>Mutra</i> = <i>parkrut</i>	<i>Druka</i> (eyes) = Normal.
<i>Jeeva</i> = <i>Niram</i> .	<i>Akriti</i> = <i>Madhayam</i>

### 4. EXAMINATION OF VESICLES:

Local examination- Size: 0.5mm

On palpation: Axillary lymph nodes were found tender and swollen.

Local temperature : increased

### 5. TREATMENT PROTOCOL :

**Table 2: Shodhana Chikitsa protocol for the patient**

<i>Karma</i>	<i>Vidhi</i>	<i>Kala</i>	<i>Duration</i>
<i>Rakthmokshan</i> (2)	<i>Jalokavcharan</i> with 2 <i>Jalokas</i> .	Afternoon	1 <sup>st</sup> day and 8 <sup>th</sup> day on OPD level at GAD Basolhi Town

**Table 3: Shaman Chikitsa protocol for the patient**

<i>Shaman Drug</i>	<i>Dose</i>	<i>Kala</i>	<i>Duration</i>
<i>Avipattikar Churna</i> (3)	5 gms	Morning empty stomach and evening 6pm with <i>Ushanodak</i> .	Everyday for three weeks
Tab. Neuroplus	2 tabs of 500mg	Evening 7 pm with <i>Ushanodak</i>	Everyday for three weeks
<i>Hanspadi kalk</i> (4) for local application	As per req.	2 times	Every day for two week

Table 4: *Pathya-Apathya:*

<u><i>Pathya Ahahar</i></u>	<u><i>Apathya Ahahar</i></u>
<i>Jal-Dhanyak sidha Jal (reduce upto 1/4<sup>th</sup>)</i>	<i>Avoid Pisht anna</i>
<i>Mudag yush, Masoor yush, Shali Chaval.</i>	<i>Excessive lavan and katu ras</i>
<i>Dudhi, Karvelak, Patol, Kushmand</i>	<i>Dairy products.</i>
<i>Mamara</i>	<i>Junk food</i>
<u><i>Pathya Vihar</i></u>	<u><i>Apathya Vihar</i></u>
<i>Sheet graha shayanarth</i>	<i>Divaswapan, Ratrijagran</i>
	<i>Aatapsevan, Chinta adhikya.</i>
	<i>Vyayam, Vidhai annapan</i>

During the course of the treatment the patient was advised to strictly follow the *Pathya* and avoid *Apathya* as mentioned in the table above.

Table 5: Observation Showing improvement in signs and symptoms of the patient

Signs and Symptoms	Before treatment	After 1 <sup>st</sup> sitting of <i>Jaloka</i> 1 <sup>st</sup> day	After 2 <sup>nd</sup> sitting of <i>Jaloka</i> 8 <sup>th</sup> day	After completion of Shaman treatment (3 weeks)
<i>Urah Pradesh sphot uttapati</i> (eruptions on chest area)	++++	++	+	-
<i>Twak Vedna</i> (Pain)	++++	+	-	-
<i>Twak Daha</i> (severe burning sensation)	++++	+	-	-
<i>Jwar</i> (Fever)	100°F	99°F	98.4°F	98.4°F
<i>Nidra</i> (Sleep)	Completely disturbed due to pain	Mild improvement	Moderate improvement	Normal

Patient got immediate relief in signs and symptoms like burning sensation and pain after 1<sup>st</sup> sitting of *Jalauka*. After second sitting of *Jalauka* complete relief in burning sensation and pain was there. Moderate improvement was found in eruptions and sleep. Lesions of Herpes Zoster were found completely healed within 2 weeks. The associate complaint of *Arochak* and *Trishanadhikya* subsided after 1<sup>st</sup> sitting of *Jaloka*.

## 6. DISCUSSION:

Herpes Zoster is very much similar with *Agni Visarp*(5) (*Acharya Charak*). Severe pain and burning sensation are found in *Agni Visarp* as well as in Herpes Zoster and the pattern of spreading of disease in the body is similar with *Kaksha*(6). *Acharya Sushrut* has mentioned treatment of *Kaksha* similar to that of *Visarp*(7) (*Visarpyat*). The line of treatment mentioned by *Acharya Charak* in *Visarp* is *Raktmokshan* and *Virechan*(8) especially when *Pitta dosha* is aggravated. All treatments described under *Visarp chikitsa* are on one side *Raktmokshan*(9) on one side. *Acharya Sushruta* has recommended *Raktamokshana* by *Jalauka* especially for king, rich people, children, old aged, coward, weak, females and *Sukumar Prakriti*. So treatment was planned considering all these things, especially *Rakta dushti* and *Pitta dushti*, *Rakthmokshan* was preferred as first Line of Treatment. If *Rakthmokshan* is not done in acute condition of *Visarp* it leads to the formation of *Kleda*(10) in *Twak*, *Mansa* and *Snayu*. As patient came to our dispensary considering the emergency of disease *Raktmokshana* (*sanshodhan*) with *Jaloka* was done to remove the vitiated blood, immediately after that patient had relief in pain and burning sensation.

*Jaloka* (Leeches) can be applied on the skin easily, it sucks impure blood at superficial level mostly from the veins. According to modern(11) point of view *Hirudin* and *Calin*, enzymes present in its 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 lesions, which create 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 leach therapy in Herpes zoster improvement in signs and symptoms like pain, burning sensation, redness and vesicles was seen.

*Aviapatikar churana* main content is *Trivritta*(12). As given by *Acharya Charka* in *Agrya*(13) *dravaya Trivritta* is *Sukh virechak* drug and the entire combination of drugs of in *Avipattikar Churna* causes *rechana* of remaining *pitta dosha* that ultimately led to the *Shaman* of *Daha*. Tablet *Neroplus* mainly contains drugs like *Shankhpushpi* (*Convolvulus pluricaulis Choisy*), *Brahmi* (*bacopa monnieri* Linn.), *Jatamansi* (*Nordostachys jatamansi* DC.) *Mulethi*, *Ashwagandha* (*Withania somnifera* Dunal.), *Ustukhudus* (*Lavandula stoechas*) and *Twak* (*Cinnamomum zeylanicum* Blume.) all these drugs have sedative effect and also have *Rasayan*(14) properties as mentioned by *Acharya Charka*. It was given for the improvement of sleep. As mentioned by *Acharya Bhavamishra* local application of *Hanspadi kalka*(15) (*Adiantum lunulatum* Buurm.) helps in pacifying the burning sensation caused by vitiated *Pitta Dosha*.

## 7. CONCLUSION:

Patient was of middle age and she came for treatment without taking any painkiller antibiotic. So as an emergency treatment *Jalaukavcharan* was done and marked improvement was found in all signs and symptoms. Lesions of Herpes Zoster were found completely healed within 2 weeks. During follow up no post herpetic neuralgia was reported by the patient. So it is concluded that *Jalauka* can be considered as an emergency treatment in the management of Herpes Zoster, especially to get relief from pain and burning sensation. Besides this, *Shaman* medicine should also be prescribed to pacify remaining vitiated *doshas*.

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