



## A Case Report of Herpes Zoster

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### What is Herpes zoster (Modern view)

- Herpes zoster (shingles) is a sporadic disease that results from reactivation of latent VZV from dorsal root ganglia.
- Herpes zoster is characterized by a unilateral vesicular dermatomal eruption, often associated with severe pain. The dermatomes from T3 to L3 are most frequently involved.
- Herpes zoster occurs at all ages, but its incidence is highest (5–10 cases per 1000 persons) among individuals in the sixth decade of life and beyond.
- Recurrent Herpes zoster is exceedingly rare except in immune compromised hosts, especially those with AIDS.
- The onset of disease is heralded by pain within the dermatome, which may precede lesions by 48–72 hrs; an erythematous maculopapular rash evolves rapidly into vesicular lesions.
- In the normal host, these lesions may remain few in number and continue to form for only 3–5 days. The total duration of disease is generally 7–10 days; however, it may take as long as 2–4 weeks for the skin to return to normal.

### What is Kaksha (Ayurvedic view)-

Symptoms of Kaksha are quite similar as that of 'Herpes zoster', which is a 'Kshudrarog' and generally affects Rasavahastrotas, Raktavahastrotas, Mamsavahastrotas and Lasikagranthi. It mainly spreads in Kaksha region [Bahu, Parshva, Ansa and kaksha] with Daha (Burning sensation) as well as Vedana (Pain) and Rakta or Krushnavarni Pidika (Reddish and Blackish eruptions). It has described in classical text Madhavanidana in Kshudrarogaadhya under shloka no. 14.

### Description about the case-

50 year old female patient came in a OPD of M.A. Podar Hospital, Worli, Mumbai with diagnosis as 'Herpes zoster' by an Allopathic physician. She was suffering from severe Herpes zoster since 15 days.

### Investigations-

All routine investigations like Blood Sugar (Fasting & Post-Prandial), Lipid Profile, LFT, RFT and CBC were within normal limits, except Blood ESR raised (40 mm/hr).

X-ray (chest) PA view and ECG also showed no major abnormalities.

### Ayurvedic clinical exams-

#### A) Ashtavidha Parikshan-

- 1) Nadi-88/min
- 2) Mala- shows no abnormality
- 3) Mutra- shows few pus cells

- 4) Jivha- Sama(Coated)
- 5) Shabda- Shows noabnormality
- 6) Sparsha- Ruksha (withdryness)
- 7) Druk- shows no abnormality
- 8) Aakruti- Madhyama(Medium)

**B) VikrutaStrotasParikshan-**

- 1) **RasavahaStrotas-** Strava (Secretions), Kandu(Itching)
- 2) **RaktavahaStrotas-** Raktabh-KrushnavarniVaivarnya (Reddish and Blackish Discoloration), Daha(Burningsensation)
- 3) **MamsavahaStrotas-** Raktabh-KrushnavarniPidika (Reddish and Blackisheruptions)

**Treatment given-**

For Internal Use (2weeks)-

- i. Aarogyavardhinivati 250mg x3
- ii. Triphalaguggulu 250mg x3
- iii. Sarivadyasava 10ml + Khadirarishta 10ml + Koshnajala (Lukewarm water) 200ml x3

For External Use (2weeks)-

- i. Malahara (Ointment) made by mixture of  
ShatadhautaGhruta 200 gms + HaridraChurna 5 gms + RaktachandanChurna 5 gms + SarivaChurna  
5 gms

**Results-**

Follow-up taken twice a week for two weeks. Patient had shown remarkable results, which had shown below in clinical parameters changes-

Symptoms	After First week	After Second week
Vaivarnya(Discoloration)	3+	1+
Strava (Secretions)	3+	0
Kandu (Itching)	2+	0
Daha (Burning sensation)	3+	0
Vedana (Pain)	2+	0

**Clinical Parameters Gradations-**

**Vaivarnya (Discoloration) - Grade 0** - Absence of discoloration

**Grade 1** - Mild : Faint reddish discoloration **Grade 2** - Moderate : Reddish black discoloration **Grade 3** - Severe : Black discoloration

Strava (Secretions)-

**Grade 0** - Absence of secretions

**Grade 1** - Mild :Secretions occasionally

**Grade 2** - Moderate : Secretions more than once, but not throughout the day

**Grade 3** - Severe : Secretions throughout the day

Kandu (Itching)-

**Grade 0** - Absence of Itching

**Grade 1** - Mild : Itching bearable without medication also **Grade 2** - Moderate : Itching bearable after medication only **Grade 3** - Severe : Itching unbearable after medication also

Daha (Burning sensation)-

**Grade 0** - Absence of burning sensation

**Grade 1** - Mild : Burning sensation occasionally

**Grade 2** - Moderate : Burning sensation more than twice but not continuously

**Grade 3** - Severe : Burning sensation throughout the day

Vedana (Pain)-

**Grade 0** - Absence of Pain

**Grade 1** - Mild : Pain occasionally

**Grade 2** - Moderate : Pain more than twice but not continuously

**Grade 3** - Severe : Pain throughout the day



Beforetreatment

Aftertreatment



### Discussion with Probable mode of action-

Aarogyavardhini is famous Ayurvedic drug for eradication of skin diseases, as well as Haritaki and Pippali among TriphalaGuggulu are useful to root out skin eruptions. Sarivadyasava and Khadirarishta are also beneficial to pacify discoloration.

ShatadhautaGhruta used as a Malahara (Ointment) is effective in reducing the inflammation. It moisturizes the skin and acts as an Astringent. The combination of Haridra, RaktaChandan and Sariva are best to control the spreading of dermal disease.

### Conclusion-

Herpes zoster can be treated and relieved by Ayurvedic management

### References-

1. Harrison's Principles of Internal Medicine, 18<sup>th</sup> edition, Pages3059-3060.
2. Madhavanidana, Kshudrarogaadhyaya
3. Kayachikitsa, Vaidya Y.G. Joshi, 2010 edition, Published by Pune SahityaVitarana