



Case Study

MANAGEMENT OF OROFACIAL HERPES (VISARPA) THROUGH AYURVEDIC APPROACH

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ABSTRACT

Herpes Simplex infection of mouth and face is known as 'Oro Facial Herpes Simplex (cold sores). The incident rate of herpes viral infection is found to be around 7-14% in adolescents in India. It is caused by herpes simplex virus type 1 (HSV1). Oro facial herpes simplex causes inflamed and localized blisters that pop, weep and form crusts. At initial stage it shows symptoms like redness, swelling, heat and itching along with pain. Over a period of time the blisters leak out and become sores. According to Ayurveda literature, this disease can be correlated with 'Pittaja Visarpa.' Here presenting a case report of 52-year-old male with sudden onset of painful blisters, redness and burning pain on the jaw region. The patient was managed with Sutashekhara rasa, Avipattikar churna as oral medication and Jatyadi oil (Sheath Veda) and Khas Anantmool Ayurvedic cream (Sheath Veda) for local application over the jaw region. The patient showed improvement within two weeks and got significant relief over a month.

INTRODUCTION

Oral herpes is a common infection of mouth area. Herpes is caused by Varicella zoster virus. It is characterized by closely grouped vesicles on an erythematous base which causes burning pain along the affected dermatome.<sup>[1]</sup> The incident rate of Oro-facial herpes is around 7-14%. About 7% of teenagers are infected but more than 21% of people over 40 years are more prone to the infection.<sup>[2]</sup> According to Ayurveda literature, the condition is termed as 'Visarpa' (which manifests and spreads in the body rapidly). Visarpa is Rakta pradoshaja disease and considered to be Pittaja Visarpa. Visarpa is sub classified into 8 types:

Vataja, Pittaja, Kaphaja, Sannipataja, Agneya, Kardama & Granthi. Reported case is diagnosed with Pittaja Visarpa. Acharya Charaka opines that Pitta Dosh is aggravated by hot regimens and intake salty and sour foods that effects the Dushyas<sup>[3]</sup> and shows the symptoms of fever, thirst, excessive sweating, heat, redness, burning sensation and discharge fluid.<sup>[4]</sup>

Pre disposing factors for the origin of oro-facial herpes are old age, underlying HIV infection, cancer especially leukemia, lymphoma and post herpetic neuralgia.<sup>[5]</sup>

Patient's Information

A male patient of 52 years' age came to Twacha Roga OPD with OPD no. 611 in Doon Institute of Medical Sciences (Faculty of Ayurveda), Hospital, Shankarpur, Sahaspur, Dehradun (UK). The patient had complaints of burning pain, redness and painful blisters on jaw region since 2 months. He was treated previously with modern medicines as Tab. Acyclovir, Tab. Azithromycin and Pregabalin etc. and did not get relief. So, he came to this hospital for Ayurvedic treatment.

Clinical Findings & Diagnostic Assessment

Asthavidha Pariksha

| Sthana          | Lakshana                        |
|-----------------|---------------------------------|
| Nadi (pulse)    | Guru, Teekshna (79/min)         |
| Mala (feces)    | Samyaka (normal)                |
| Mutra (urine)   | Samyaka (normal)                |
| Jihva (tongue)  | Sama (coated)                   |
| Shabda (speech) | Spashta (clear transitive verb) |
| Sparsha (touch) | Warm                            |
| Drika (eye)     | Samyaka (no pallor/ icterus)    |
| Akrti (shape)   | Visphota on Vama Hanu pradesha  |

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**Vital Data**

Pulse -78/min

Respiratory rate -18/min

Blood Pressure - 110/80mm Hg

Weight - 71kg

The patient's detailed history was noted and on general examination i.e., eight-fold examination and vitals were noted. While doing local examination there were appearance of painful blisters and redness, discharge occurring in the jaw region. This condition was diagnosed as oro-facial herpes. According to the

literature of Ayurveda, this disease was diagnosed as *Visarpa*.

**Therapeutic Intervention**

Based on clinical examination, the patient was diagnosed to be suffering from Oro-facial herpes vis-a-vis *Visarpa*. Patient was advised i.e., *Sutashekhar rasa* (twice a day) orally, *Jatyadi* oil (Sheath Veda pharmacy) at morning and *Khas Anantmool* Ayurvedic cream (Sheath Veda pharmacy) at night for local application over the jaw region. Further, the patient was advised mild *Sadyovirechana* with *Avipattikar churna*. Patient's condition improved within a week and got satisfactory relief within a month.

| S.No. | Medicine   | Dose  | Time        | Route             | Duration |
|-------|--|-------|-------------|-------------------|----------|
| 1.    | <i>Sutashekhar rasa</i>                                      | 500mg | Twice a day | Oral              | 21 days  |
| 2.    | <i>Jatyadi</i> oil   | q.s   | Morning     | Local application | 30 Days  |
| 3.    | <i>Khas Anantmool</i> Ayurvedic cream ( <i>Sheath Veda</i> ) | q.s   | Evening     | Local application | 30 Days  |
| 4.    | <i>Avipattikar churna</i>                                    | 30gm  | Morning     | Oral              | One time |

**Follow Up and Outcome**

The patient was followed up on the third and fifth day during the treatment. The previous complains of pain and discharge in the lesions, inflammation and burning sensation were reduced by 60%. Later on, the patient was advised to continue the medicines for a month. After a month, the patient got remarkable relief of all the complaints. The intensity of pain was assessed by Visual Analog Scale (VAS) which was initially 06 and after treatment it decreases to 0-1. During the Ayurvedic treatment, the patient never reported any adverse effects of the medication.

| S.no. | Symptoms          | Before treatment | After treatment |
|-------|-------------------|------------------|-----------------|
| 1.    | Redness           | Present          | Absent          |
| 2.    | Painful blister   | Present          | Absent          |
| 3.    | Burning sensation | Present          | Absent          |
| 4.    | Discharge         | Present          | Absent          |
| 5.    | VAS               | 06               | 0-1             |

Noteworthy improvement has been showed with the captured photographs.



**Image 1: Before treatment**



**Image 2: After Treatment**

**DISCUSSION**

Here oro-facial herpes is correlated with *Visarpa*. *Shodhana (Mridu virechana)* and *Shamana* line of treatment followed here. In this case study, the patient was firstly treated with *Sadyovirechana* for *Doshas Anulomana* (setting *Doshas* in their natural direction) and *Pitta Rechana* on the first day. *Sadyovirechana* is done by *Avipattikar Churna*<sup>[6]</sup> (30gm). This helps to pacify *Pttia Dosh*a by expelling out of the body, thus symptoms like redness, burning

sensation were reduced. *Avipattikar churna* acts as *Pitta Rechaka* (cholagogue).<sup>[7]</sup>

- In *Shamana Chikitsa* (conservative management) *Sutashekhar Rasa* is one of the most commonly prescribed medicine for *Pittaja* disorders.<sup>[8]</sup> *Sutashekhar Rasa* formulation helps to digest *Sama Pitta* in digestive tract which promotes good quality of *Rasa Dhatu Poshana*. For local application, *Jatyadi Oil*<sup>[9]</sup> and *Khas-Anantmool Ayurvedic cream* (Sheath

Veda) were given. The majority of *Jatyadi taila* ingredients are *Tikta* (bitter), *Kashya rasa pradhanya* and possess *Laghu, Ruksha gunas*, which are *Pitta-Kapha hara* and also have the properties of *Ropana, shodhana* and *Pootihara*. *Acharya Sushruta* also recommended *Ropana Karma* (promotion of wound healing) on *Pitta* and *Rakta* predominant lesions.<sup>[10]</sup> *Khas Anantmool* Ayurvedic cream (Sheath Veda) was also applied locally. This is very helpful in reducing the symptoms of *Visarpa* as this cream contains *Khas, Anantmool, Mulethi, Chandana, Neem, Kumari, Coconut oil* etc. *Khas (Vetiveria zizanioides)* has *Pitta* pacifying property, thus reduces burning sensation. It has *Kashaya, Tikta rasa, Laghu, Ruksha guna, Sheeta veerya* and *Katu vipaka*, which pacify vitiated *Pitta dosha*. *Anantmool (Hemidesmus indicus)* has strong property to pacify *Pitta Dosha* which relieves the symptoms of *Pitta Dosha* as *Daha* (burning sensation) and blisters occurring from skin lesions in *Visarpa*. *Anantmool* root extract has established Antiviral property against herpes virus.<sup>[11]</sup> *Mulethi, Chandana, Neem, Ghritkumari*, coconut oil helps in pacifying *Pitta Dosha*. After one month, there was a discoloration over the jaw region, so *Kumkumadi taila* (Sheath Veda) was advised for local application till next 30 days.

- **Virechana:** *Mridu Virechana* with *Avipatikar churna* was given which expels the *Pitta dosha*, thus, in turn reduces the symptoms. *Avipattikan churna* helps in *Dhosa anulomana* (setting *Doshas* in their natural direction) and *Mridu samshodhana* (bio-purification therapy).

## CONCLUSION

By using the unique principle of diagnosis and treatment of Herpes according to Ayurveda, the condition of the patient was improved noteworthy. To get desired results in such skin diseases, both *Shodhana* and *Shaman chikitsa* are important. *Sutashekhar rasa* and *Avipattikar Churna* can be used to support management of skin manifestations such as herpes zoster infection (*Visarpa*). *Jatyadi oil* and *Khas-Anatmoola* Ayurvedic cream works effectively in decreasing various *Pittaja lakshana*, speeding up healing processes and helps in fast recovery.

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