



JALOUKAVACHARAN IN THE MANAGEMENT OF HERPES ZOSTER – A CASE STUDY

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ABSTRACT

Background: Herpes zoster is an acute viral disease characterized by painful skin rashes along with blisters caused due to reactivation of varicella zoster virus (VZV) within patient's body. Risk factor for herpes zoster includes old age, poor immune system and patient receiving biological agent (tumor necrosis factors inhibiting). The administration of best antiviral drugs or steroids or NSAIDS does temporary suppression of pain without much relief in burning sensation. Due to low immunity further chance of complications like post herpetic neuralgia is there. Signs and symptoms of herpes zoster are very much similar to Kaksha. *Acharya sushruta* has directly defined *Raktamokshan* in *chikitsa* of *kaksha* especially when *pitta dosha* is aggravated. *Jaloukavcharan* is the method used for *pittaj*

vyadhi. Present endeavor was to provide an effective way of management of Herpes Zoster in adult age of 45 years old male by leech application. 45 years old patient came to OPD with acute vesicular eruption with complaint of pain and burning sensation since 2 days. After local examination it was diagnosed with herpes zoster and choice of treatment was leech therapy. Consecutively 2 sittings given. Leech application procedure was found very effective in herpes zoster without any side effects.

KEYWORDS: Herpes zoster, *kaksha*, *raktamokshan*, *jaloukavacharan*, leech.

INTRODUCTION

Herpes zoster is an acute viral disease caused by reactivation of varicella-zoster virus (VZV). Symptoms begin with painful skin rash followed by vesicular eruption and sometimes fever

may be present. The worldwide incidence of herpes zoster is 5-10% & in India there is 2-6%. Low immunity is given chances for further complication such as post herpetic neuralgia, secondary infection, motor nerve palsy, encephalitis.^[1] Diagnosis are based on basic sign & symptoms present in patients. The post herpetic neuralgia is a major complication of this disease. 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 to prevent further complications like secondary infections and post herpetic neuralgia. Herpes zoster is closely related with *Agni Visarpa*^[2] as mentioned by *Acharya Charak* and *Kaksha*^[3] by *Acharya Sushrut*, described in Ayurveda. *Kaksha* is one of the major skin diseases which is described in *Kshudraroga*. *Agnivisarp* is *Vatpitta doshaj* and *Kaksha* is *pitta doshaj* according to respected *Acharya*. Severe pain and burning sensation are found in *Agni visarpa* as well as in Herpes zoster and the pattern of spreading of disease in the body is similar with *Kaksha*. In *Sushrut Samhita Chikitsasthan*, treatment of *Kaksha vyadhi* is described which is similar to *Pittaj Visarpa*.^[4] Sometimes *Kaksha Vyadhi* may be *aashukari vyadhi* i.e. it has acute manifestation & it needs urgent treatment. The line of treatment mentioned by *Acharya Charak* in *Visarp* is *Raktamokshan*^[5] when *pitta dosha* is aggravated. Three main type of *Raktamokshan* according to *dosha* are described in *Sushrut Samhita*. One of that type is *Jaloukavacharana* i.e. leech therapy which is used in *pittaj vyadhi*, so we planned for leech therapy. Further study is made to evaluate effect of leech therapy in Herpes zoster.

CASE STUDY

A male subject of 45yrs old, a labourer by occupation of Amravati came to our hospital of our Shalyatantra Department(OPD No.1564) complaining of severe pain and burning sensation with blister like skin lesions from 2 days at left joint region diagnosed for Herpes Zoster. *Jalouka* were applied by site with *shaman* drugs and the got relief in 10 days. Lesions of Herpes zoster were found completely healed in 10 days.

General Examination

No any past history

O/E

Pulse: 82/min

RS: AEBE

BP: 130/80 mm Hg

CVS: S₁S₂ clearly heard, NAD

Temp: 99⁰F

CNS: Concious, well oriented, NAD

RR: 20/min

Built: Lean

Weight: 56 kg

Height: 5.6 feet

Investigations

Hb-11.2gm%, TLC-8,300/cmm, PLT-2,90,000/cmm

ESR-14 mm/hr, S.Urea-16mg/dl, S.creatinin-0.6mg/dl,

BT-3 min, CT-5 min, HBsAg-negative, HIV- negative

BSL- R-100 mg/dl

S.Electrolyte: S.Sodium-135.3 mEq/L,S.Potassium-4.1 mEq/L,S.Chloride-102.2 mEq

Urine Examination

Protein- +, Pus cells- 3-4/hpf

Epithelial cells- 5-6/hpf, RBC's-Nil

MATERIALS AND METHODS

Materials

- *Jalouka* used as an emergency treatment
- *Bhunimba churna* is used as *shaman chikitsa*
- *Shatadhaut ghrita* is used for a local application

Methods

45 years old male patient selected for present clinical study. Data was collected from patient by interview and study was done in Shalyatantra OPD.

Diagnosis

Diagnosis is done on entire signs & symptoms of herpes zoster.

Treatment plan

Patient was treated on OPD basis. When patient came with above complaints as an emergency treatment *Jalouka* i.e. leech is used then medicine (*shaman chikitsa*) as *bhunimba churna*, *shatdhaut ghrit* for local application is given and after that patient observed for follow up and next sitting of Jaloukavacharana.

<i>Karma</i>	<i>Vidhi</i>	Duration
<i>Raktmokshan</i>	<i>Jaloukavcharan</i> with 2 <i>Jalouka</i>	1 st day and 5 th day

Shaman Chikitsa

Shaman Drug	Dose	Kala	Duration
<i>Bhunimbadi Churna</i>	5gm	Morning and Evening	Everyday
<i>Shatdhouta Ghrit</i>	Upto lesions	Morning and Evening	Everyday

Pathya-Apathya**Pathya**

Moong, masoor, Turdal, Navneet, Ghee, Dadim, Karela, Amalaki, Tiktarasa Dravya, light kind of food and not pungent or hot kind of food, Bed rest.

Apathya

Vega vidharan, Virudhha bhojan, Dahi, Heavy kind of food and liquids, Garlik, Til, Salty and sour kind of food, *Atapsevan*, over exertation, stress.

OBSERVATION**Table 1: Observation in Signs and Symptoms of the patient.**

Sign & Symptoms	Before Treatment	After 1st sitting of leech(after 1st day)	After 2nd sitting of leech(after 5th day)	After complete treatment(within 10 days)
<i>Daha</i>(Burning Sensation)	+++	++	-	-
<i>Shool</i>(Pain)	+++	++	-	-
<i>Raktvarniya Pidika</i>(Blisters With Redness)	+++	++	+	-

Patient got immediate relief in signs and symptoms like burning sensation and pain after 1st sitting of *Jalouka*, after 2nd sitting of *jalouka*, complete relief in burning sensation and pain, Blisters of Herpes Zoster were completely crushed and healed within 2 weeks.

**Before Treatment****Leech Application****After Treatment**

DISCUSSION

In *Sushrut Samhita Nidansthan* there is description of *Kshudraroga*. *Kaksha vyadhi* is one of this which is described in *Kshudraroga*. There are formation of red color blisters with severe pain and burning sensation appear near *Kaksha* (axilla region) which is caused by *pittaprakopa* called as *Kaksha vyadhi*. According to *Sushruta*, *pitta dosha* is mentioned for *Kaksha* but *Acharya Charak* and *Vagbhat* mentioned *vataj & pittaj dosha* for *Kaksha vyadhi*. According to modern, *Kaksha vyadhi* is correlated with herpes zoster. Severe pain, burning sensation and spreads of *Kaksha vyadhi* which is similar to herpes zoster. In *Kaksha vyadhi* treatment is similar to *pittaj visarpa* which is mentioned in *Sushrut Samhita Chikitsasthan*. *Raktamokshan* treatment is described in *pittaj visarpa*. In *Kaksha vyadhi*, *raktamokshan* is first line of treatment. If *Raktamokashan* is not done in acute condition there is formation of *kleda* in *twaka*, *mansa*, *snayu*. *Jalouka* sucks impure blood at superficial level mostly & from deep portion also. According to modern point of view *Hirudin & Calin*, enzymes are present in *Jalouka*'s saliva which works as anticoagulant & helps in sucking of impure blood easily. Salivary glands of *Jalouka* also produce antihistaminic, anesthetic, antibiotic, & antiviral effect. When *Jalokavacharana* was done on herpes zoster to remove impure blood, immediately patients got relief of pain, and burning sensation also after that *bhunimba churna* given in quantity of 5gm for 2 times a day and *shatadhauta ghrita* is given for local application.

RESULT

Jaloukavacharana is very much effective in treatment of herpes zoster which gave immediate relief of pain as well as burning sensation. During follow up, no any complication seen in patients beside this *shaman chikitsa* were prescribed.

CONCLUSION

Leeches extract the blood of their victims in a painless manner. For this reason, leeches are very useful in removing the bad blood i.e. *dushit rakta* in layman's word to cure the disease. Leeches works as analgesia. It helps to reduce swelling and pain and found disappearance of skin lesions. Severity of rash and pain subsequently came down. Lesions found completely crushed and found healed in 10 days. No recurrence of the eruptions found. *Bhunimbadi churna* also found helpful in the alleviation of the *visarpa* and *shatdhout grit* in inflammation and swelling.

During follow up it is found that there is no post herpetic neuralgia. Pain totally subsided. Patient found with no any other complications.

It conclude that *Jalouka* is used as emergency treatment & it gives relief of pain in herpes zoster (*kaksha*).

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