

AYURVEDIC MANAGEMENT OF POST HERPATIC NEURALGIA-A SINGLE CASE STUDY

*¹Dr. R. D. Deshmukh, ²Dr. Seema Bhojar and ³Dr. Shubhangi Bharankar

¹Associate Professor, GAC, Nagpur.

^{2,3}PG Scholar, GAC, Nagpur.

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*Corresponding Author

Dr. R. D. Deshmukh

Associate Professor, GAC,
Nagpur.

ABSTRACT

In Ayurveda anantavata is describe as one of the diseases under siroroga. Anantavata is a tridosaja vyadhi. The dosa affect the manya which is a sira marma and causes severe pain in the ghata that is the prusta bhaga of the griva, akshi, bhru, shankha pradesha. There is also spandan in the Ganda Parshva Pradesh, netraroga and hanugraha. The present case study regarding the ayurvedic apporoach to the postherpetic neuralgia as anantavata. In present case study 59 years female patient had herpes zoster before 1 month and now she is having complaints of Rt. earache, severe headache, and burning sensation. It

can be treated as per the principal of pittavata har chikitsa, pitta kushta har chikitsa, dhatugat lina pitta dosa chikitsa. The patient was treated with Dashmoolarishta, along with the Amritarishta with addition of Eranda Sneha, Pravaluyukta gulkanda, Panchatikta Ghruta, Kaishor Guggul. After 1month Dashmoolarishta along with the Amritarishta with addition of Eranda Sneha, Pravaluyukta gulkanda, Triphala Ghruta. At the end of 2month patient got significant result.

KEYWORDS: Anantavata, post herpatic neuralgia, herpes zoster.

INTRODUCTION

Post herpatic neuralgia [PNH] is the most common complication of chickenpox virus, herpes zoster or shingles.^[1] Most cases of shingles clear up within few weeks. But if the pain last long after the shingles rash and blisters have disappeared [for 3 month period] is called postherpetic neuralgia. It is estimated that about 1 in 5 patients with shingles will go on to have postherpetic neuralgia. Neuralgia is a neuropathic pain that occurs along the course of nerve. It tends to happen when an irritation or damage to a nerve alters its neurological

structure or function. the sensation may be of intense burning or stabbing, and it may feel as if it is shooting along the course of the affected nerve. neuropathic pain comes from inside the nervous system. It is not caused by an outside stimulus, such as an injury. People often refer to it as a pinched nerve, or trapped nerve. The nerve itself sends pain messages because it is irritated. Sign and symptoms of postherpetic neuralgia are generally limited to the area of skin where the shingles outbreak first occurred. Sign and symptoms include pain that lasts three months or longer after the shingles rash has healed. The associated pain has been described as burning, sharp and jabbing, or deep and aching, itching and headache. Treatment given in modern medicine are painkillers, anticonvulsant, steroid lidocaine skin patch and antidepressant etc. postherpetic neuralgia can be correlated with the anantavata in Ayurveda. In Ayurveda anantavata is describe as one of the diseases under siroroga. Anantavata is a tridosaja vyadhi. The dosa affect the manya which is a sira marma and causes severe pain in the ghata that is the prsta bhaga of the griva, akshi, bhru, shankha pradesha. There is also spandan in the Ganda Parshva Pradesh, netraroga and hanugraha. The present article deals with single case study regarding the ayurvedic apporoach to the postherpetic neuralgia as anantavata. In Ayurveda post herpetic neuralgia can be treated in the context of pitta vatahar chikitsa, pitta kushtha chikitsa, dhatugat lina pittadosha chikitsa, tikta Madhur rasa oushadhas.^[2]

MATERIALS AND METHODS

Case report:

Patient name-XYZ

Age/sex- 59/F

OPD No.-41211

Place- Nagpur

Occupation- house wife

Date of registration- 26-11-2020

Chief complaints- Severe earache rt. Ear
 Headache
 Burning sensation, } 26 days

H/O Present illness

Patient was apparently normal before 1 month, before one month she was suffering from herpes zoster. But after taking modern medicine she got relief but sine 26 days she is

suffering from above complaints she had taken medicine before but not got relief she came to OPD of shalakyatantra department of Govt. ayurved college Nagpur.

Past History: Herpes zoster before 1 month.

Family History: No relevant history found.

Medical History: As per the presentation of herpes zoster she was investigated for CBC, HIV and blood sugar levels with given consent. Her HIV report was reactive and other investigation was found within normal limit.

O/E

Scar of the vesicle around the lip of right side of the face seen.

- No vesicles were seen.
- Tenderness over right side of the face with pricking pain.
- Examination of the ear appeared normal.
- No localized lymphadenopathy found.

Treatment protocol

Post herpetic neuralgia can be treated as per the principal of pitta vata hara chikitsa, pitta kushtha chikitsa, dhatugat lina pittadosha chikitsa^[2] Dashmoolarishta 15 ml BD along with the Amritarishta 15 ml with addition of Eranda sneha 5 ml+ with hot water. Pravaluyukta gulkanda 1 tsf BD. Panchatikta Ghruta 1 tsf in the morning with hot water, Kaishor Guggul 2 BD. After 1month Dashmoolarishta 15 ml BD along with the Amritarishta 15 ml with addition of Eranda sneha 5 ml+ with hot water. Pravaluyukta gulkanda 1 tsf BD, Triphala Ghruta 10 ml in morning with hot water.

Drug (For 1 month)	Dose	Frequency	Anupan
Dashamularishta ^[5] +Amritarishta ^[6] +Eranda Sneha	15ml+15ml+5ml	BD	Warm Water
Pravaluyukta gulkanda ^[3]	12 Gm	BD	Warm Water
Panchatikta ghruta ^[4]	6Ml	OD	Warm Water
Kaishor guggul ^[7]	500mg	BD	Warm Water

Drug (for next 1 month)	Dose	Frequency	Anupan
Dashamularishta ^[5] +Amritarishta ^[6] +Eranda Sneha	15ml+15ml+5ml	BD	Warm Water
Pravaluyukta gulkanda ^[3]	12 Gm	BD	Warm Water
Triphala Ghruta ^[8]	6Ml	OD	Warm Water

OBSERVATION AND RESULT

Clinical Feature	Verbal scale		Before treatment	After treatment			% relief
				1month	2month	3month	
1.Rt. earache 2.headache	No pain	0	4	2	1	0	90%
	Mild pain	1					
	Moderate pain	2					
	Severe pain	3					
	Extreme pain	4					

After 30 days of treatment patient reported gradual improvement in the presenting complaints like headache, earache, and burning sensation. Headache and burning sensation get subsided within a duration of 15 days after the initiation of above mention ayurvedic treatment. patient got complete relief at the end of third month with above mentioned ayurvedic treatment further she has been adviced to continue with panchatikta ghruta(6g OD) along with kaishor guggul(500mg BD)for one month duration.

DISCUSSION

Triphala ghruta is used to manage pitta related problems. It also works by balancing the aggravated vata and pitta dosa. Triphala ghruta is known to have Rasayan (rejuvenating) properties which can help to improve immunity and promote longevity. Increased immunity helps to fight against infections in the body. Amritarishta help to cure the chronic fever. It is also a mild analgesic and it detoxifies body after strong fever. It also helps to boost immunity. Erand Sneha used for the pacification of vata dosa. It is useful in eliminating imbalance pitta and regularize the direction of vata dosa. Pravaluyukta gulkanda pacifies excess pitta in the body. It alleviates heat related symptoms like aches, pains and reduces burning sensation.

CONCLUSION

In the present case study Dashmoolarishta along with the Amritarishta with addition of eranda sneha with hot water. Pravaluyukta gulkanda, panchatikta gruta in the morning with hot water, kaishor guggul, triphala ghruta in morning with hot water shows significant result. The overall effect of therapies showed 90% improvement in symptoms. There are no any adverse reaction of the drugs these oral medication are effective in managing the symptom of anantavata (post herpatic neuralgia).

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