



Title: Agni Visarpa: A Case Study on Diagnosis and Treatment

AYURVEDIC MANAGEMENT OF VISARPA- A CASE REPORT

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Abstract:

Visarpa is *Tridoshaja vyadhi* predominantly involved dosha is *Pitta*, due to its *drava* and *Sara guna* which spreads easily all over the body, *Agni Visarpa* is one among 7 types of *visarpa* characterized by intense burning, redness, and inflammation, is a prevalent skin disorder. This case study aims to scrutinize the diagnostic process, treatment alternatives, and patient outcomes in a recent *Agni Visarpa* case. It underscores the significance of precise diagnosis and individualized treatment for effectively addressing this challenging condition.

Skin ailments rank among the most widespread health concerns globally. *Visarpa* stands out as a commonly encountered skin disorder, affecting a significant portion of the population. The case under consideration involves a 72-year-old male who presented with complaints of *pitika* over *uru*, *janu* and *janga pradesha*, coupled with severe *daha*, *toda* and mild fever persisting for 7 days. *Shamana aushdhi*, along with *shodhana* was administered and the treatment's efficacy was assessed based on the improvement of *visarpa* signs and symptoms.

Within a span of time, the lesions of *visarpa* exhibited complete crusting and healing. The comprehensive case of *visarpa* is thoroughly documented in this paper. The primary objective in managing *visarpa* involves *nidana parivarjana*, followed by *shamana chikitsa* and *shodhana chikitsa*.

Keywords: *Agni Visarpa*, inflammation, skin disorder, diagnosis, treatment.

Introduction:

The skin, being the body's largest sense organ, holds significant importance. Skin diseases in developing countries exert a considerable impact on individuals' quality of life, affecting their daily activities. Many patients resort to allopathic steroidal medications and antibiotics before seeking Ayurvedic consultation for skin disorders, often experiencing recurring infections. Ayurvedic treatment holds substantial efficacy in addressing skin disorders.

Agni Visarpa, also recognized as Herpes simplex virus 1 (Urticaria), manifests as a sudden and severe skin inflammation accompanied by intense burning and redness Ayurveda categorizes visarpa as a shonitaja vikara¹,

and one of the contributing factors to shonitaja vyadhi is chardi vega dharana². Therefore, the visarpa chikitsa adhyaya follows the chardi chikitsa in Charaka samhita. Visarpa is defined by characteristics such as aashu anunnata shopha, daha, jwara, vedana, and pidika, described as agnidagdhawat³. Visarpa is metaphorically compared to sarpa⁴ visha, emphasizing its severity, Effectively diagnosing and managing Agni Visarpa necessitates a comprehensive understanding of the patient's medical history, symptomatology, and personalized treatment approach.

MATERIALS AND METHODS

Case description

Type of study- case study (Interventional)

Study Details- A 72-year-old, Hindu male patient from kalyani nilya devi nagar Parkala, came to opd fo sdm udupi

Chief complains- Pidaka on right leg with severe kandu, Toda (pricking type of

pain), Daha (burning sensation) since 7 days. The pitika are increasing in nature along with mild fever.

Past history- Nothing contributory

Family history- Nothing contributory

Personal history- Intake of non veg food, oily, spicy food, also Pt has history of inducing

On examination

- Vital signs- Pulse-80
- Blood pressure-130/80 mm of hg

Local/ skin examination

- The lesions occurred in clusters, reddish black rashes over right leg
- Colour- Reddish back
- Odour- No specific odour
- Discharge -Present
- Distribution- asymmetrical
- Pain- Present, Toda (Pricking pain)
- Loss of sensation- No
- Tendency to bleed- No

Ashtavidha pariksha

1. Nadi- 78/min
2. Mala- Samyaka
3. Mutra- Samyaka
4. Jivha- Aama
5. Shabda- Samyaka
6. Sparsha- Samyaka
7. Druka- Samyaka
8. Akrti- Madhyama

Systemic examination

1. RS- AEBE Clear B/L
2. CVS- S1 S2 heard
3. CNS- Conscious, Well oriented
4. GIT- Bowel movement regular
5. Per abdomen -soft

Samprapti ghataka

1. Dosh- Pitta, Rakta, Kaph
2. Dushya- Twak, Rasa, Rakta, Mamsa
3. Agni- Manda
4. Strotas- Rasavaha, Raktavaha, Mansvaha
5. Rogmarga- Bahya rogmarga
6. Vyadhi vinishaya- Visarpa
7. Vyadhi avastha-Nava
8. Sadhyasadyatva- Kashtasadhya
9. Upadrava- No any updrava noted
10. Strotodushti- Sanga, Vimarga gamana
11. Vyaktasthana- Udar Pradesha and prushtha pradesha

Investigation-

1. ESR-26 mm /Hr
2. Hb -15.1 gm%
3. Monocytes- 15

Treatment given

After the diagnosis was made following treatment was given

Sr. No	Aushadhi Yoga	Matra Kaala	Anupana
1	Kamaduga with mauktika	1 tid	Usna jalapana
2	Pravala panchamrita	1tid	Usna jalapana
3	Kaishora guggulu ds	1tid	Usna jalapana
4	Parpatadi kada	20 ml tid	Equal amount of lukewarm water
5	Yashtimadhu churana	E/A	With water

Shodhana Chikitsa

- Nityavirechana - Triphala Qwatha 100ml+eranda taila 10 ml
- Avachoorana karma with Yashtimadhu churana

OBSERVATION AND RESULTS

On administration of shaman aushadhi, reduction of pitika over uru janu janga pradesha was noted. Thus, relief from kandu and daha occurred. Yastimadu churana was used for dusting on effected area help to reduce srava and boils Shamana aushadhi was continued for 20 days. Mala and mutrapravrutti became samyaka.was performed.

Table no. 2- Assessment of clinical parameters

DAYS	KANDU	DAHA	TODA	SRAVA	PIDIKA
Day 1	4	4	4	3	4
Day 4	3	3	2	4	3
Day 6	1	2	2	2	2
Day 15	0	0	0	0	0
Day 30	0	0	0	0	0



Fig 1: Before Treatment



Fig 2: On 4th day



F



Fig A



Fig B



Fig C

Fig A,B,C on 15th Day

Discussion

The discussion also addresses the role of dietary modifications, stress reduction techniques, and herbal formulations in alleviating the symptoms of Agni Visarpa..

Shodana karma plays major roll in all skin disease virechan karma is best line of treatment all pittadoshaja vyadi also skin is sthana for brajaka pitta do to patients age factor and health condition hence we advice nityavirechan karma in this case

Yastimadhu choorana is used for avachoorana procedure as yastimadhu is pitta shamaka and dahashamaka it has anti-bacterial anti- fungal anti

Kamaduga with mauktika effective in pittashamka raktashodaka dhashamaka it helps in reducing blisters

Pravala panchamrita rasa this formulation consists of five Bhasma do to its alkaline nature it it balances pittavata doshara rakta

Kaishora guggulu ds its helps in varnaropana and pain management vedhanasthapan

Paripatadi kada its content ingredients like paripata chandana gulab guduchi which gives the smoothing effect pittashamaka dahashamaka

The patient's compliance with lifestyle recommendations and follow-up assessments played a crucial part in evaluating the efficacy of the treatment regimen. Furthermore, the study underscores the significance of patient education and empowerment in managing chronic skin conditions such as Agni Visarpa

Conclusion:

The case study illustrates the multidimensional approach to diagnosing and managing Agni Visarpa, emphasizing the value of individualized care in Ayurveda. The successful outcome of this case underscores the significance of accurate diagnosis, personalized treatment, and patient engagement in optimizing health outcomes. Just by using the shamana ouashadi and bahirpamarjanachikitsa

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