



**International Journal of Biology, Pharmacy  
and Allied Sciences (IJBPAS)**  
*'A Bridge Between Laboratory and Reader'*

[www.ijbpas.com](http://www.ijbpas.com)

---



---

**AYURVEDIC MANAGEMENT OF VISARPA VYADHI WITH SHAMAN  
AUSHADI: A CASE STUDY**

**RAMOLA P<sup>1\*</sup>, GAUTAM VL<sup>2</sup>, SRIVASTAVA VK<sup>3</sup> AND KUMAR N<sup>4</sup>**

- 1:** Junior Resident II, Dept. of Rachana Sharir, faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University, Varanasi 221005
- 2:** Professor, Dept. of Rachana Sharir, faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University, Varanasi 221005
- 3:** Assistant Professor, Dept. of Panchakarma, faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University, Varanasi 221005.
- 4:** Junior Resident II, Dept. of Rachana Sharir, faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University, Varanasi 221005

**\*Corresponding Author: Dr. Pratibha Ramola: E Mail: [ramolapratibhaa13@gmail.com](mailto:ramolapratibhaa13@gmail.com)**

Received 24<sup>th</sup> Oct. 2023; Revised 25<sup>th</sup> Nov. 2023; Accepted 5<sup>th</sup> April 2024; Available online 1<sup>st</sup> Jan. 2025

<https://doi.org/10.31032/IJBPAS/2025/14.1.8579>

**ABSTRACT**

*Visarpa* is one of the most common skin disorders apart from *kushtha vyadhi* which is widely explained in our ancient classics of *Ayurveda* and is one of the most common skin ailments suffered by large populations worldwide. *Visarpa* has its special feature of spreading to all parts of the body. Here is a single case study of a 7-year-old male child who came with complaints of *Sukshma Pidika* associated with severe *Kandu* (itching sensation), *Toda* (pricking type of pain), *Daha* (severe burning sensation) over the *hasta*, *pada*, *shankha Udara* and *mukha Pradesh* along with other associated complaints since 3 to 4 days. As a treatment, *Shamana Aushadhi* like *Gandhak Rasayan*, *Kaishor Guggulu*, *Avipattikar Churna Sariadhyasav*, etc. was given to the patient. Assessment of the treatment was done based on improvement in signs and symptoms of *Visarpa*. After the first follow-up, there was some relief in the symptoms but After 2nd follow-up, there was complete relief in *Toda*, *Kandu*, and *Daha*. *Shaman Aushadi* was continued for 15 days The detailed case is presented in the full paper.

**Keywords: *Visarpa*, *Suksham pidika*, *Kushtha vyadhi Shaman Aushadi*.**

## INTRODUCTION

There is an extensive description of skin disease in *Ayurveda*. In *Ayurvedic* text skin is an extremely compound structure. It is one among the five “*Gyanendriyas*”, different skin-related disorders have been explained in the *Ayurveda* system of medicine. This imparts the severity and significance of the disease. *Visarpa* is one of the major skin diseases which is explained in detail by every Acharya: According to *Ayurveda* *Visarpa* is *Shonitaja Vikara* and one of the reasons for *Shonitaja Vyadhi* is *Chhardi Vega Dharana* hence *Visarpa Chikitsa Adhyaya* come after *Chhardi Chikitsa* in *Charaka samhita* [1]. (According to *Acharya Charaka*) “*Vividham Sarpati Yato Visarpasten Sa Smritah*” means This disease travels in all the regions of the body with many types of motions, hence this disease has been named *Visarpa* [2]. Due to the nature of spreading rapidly, it is called *Visarpa*. It is said *Ashivishopamam* for *Visarpa* [3] means it is as deadly as poison. According to *Acharya Sushruta*. Wide and small bulges produce swelling quickly. *Visarpa* is characterized by *Aashu – Anunnatashopha* [4], *Daha*, *Kandu*, and *Tod*, and the nature of *Pidika* is described as *Agnidagdat* (looks like burnt by fire So, undertaking the severity of the disease, different treatment modality is explained by different *Acharya*.

## Classification of *Visarpa*

*Ayurvedic* scholars have classified *Visarpa* into the following categories [5]:

- *Vataja Visarpa*
- *Pittaja Visarpa*
- *Kaphaja Visarpa*
- *Agni Visarpa*
- *Kardama Visarpa*
- *Granthi Visarpa*
- *Sannipataja Visarpa*

## Hetu of *Visarpa* (etiology)

Dietary factors such as excessive intake of salty sour, bitter, and hot food items, excess intake of sour curd, alcohol, etc. [6]

Frequent and excessive consumption of *Shukta*, *Mandaka*, *Sura*, *Kilata*, *Kurchika*, *Asatmya*, and *Viruddha Ahara* along with vitiated *Doshas* affect the element of the body which results in *Vyadhi* like *Visarpa*.

Seven factors predominantly contribute to the pathogenesis of *Visarpa* [7]. These are *Rakta*, *Lasika*, *Twacha*, *Mamsa*, and *Vata*, *Pitta*, *Kapha*; the symptoms are expressed in *Twak* (skin) and *Mamsa* (subcutaneous tissue).

Diagnosis of *Visarpa* is made based on *Nidan Panchaka* i.e. *Hetu* (etiological factors), *Purvaroop* (Prodromal Symptoms), *Roopa* (Symptoms), *Upashaya* (alleviating factors) and *Samprapti* (pathogenesis) that is observed in the patient and the *Rugna Pariksha* i.e History,

Physical, systemic and local examination of a patient. The treatment principle of Visarpa includes *Langhana, Lekhana, Tikta rasa, Ruksha and Sheet Pralepa (Kaphaj), Rukshan, Virechan, Raktamokshan (Pittaj), Shaman, Rukshan* (no oleation is useful) Ayurvedic treatment is always based upon the common treatment principles and the treatment principles of that particular disease.

### Case presentation

**Name:** XYZ

**Age:** 7 years

**OPD:** 16 C

**Gender:** male

**Residence:** Varanasi, Uttar Pradesh.

**History of present illness:** A male patient of 7 years old, coming from a *Hindu* community and presently living in *Varanasi, Uttar Pradesh*, was complaining of *Sukshma Pidika* associated with severe *Kandu* (itching sensation), *Toda* (pricking type of pain), *Daha* (severe burning sensation) since 4days over *Hasta, Pada, Shankha Udara* and *Mukha Pradesh*. he visited the OPD of the department of Panchakarma Sir Sunder Lal hospital, Banaras Hindu University, Varanasi, Uttar Pradesh for the same.

**Past medical History:** No such history

**Past surgical history:** No relevant surgical history

**Family history:** Not relevant

### On examination

### Vital signs-

**Pulse=** 80/min

### Local examination –

The lesions occurred in clusters, red rashes.

**Area** – abdomen, hands, legs, and face, behind the ear

**Colour** – Reddish

**Odor** – No specific odor

**Secretion** – absent

**Pain** – present

**Tendency to bleed** – no

**Loss of sensation** - no

### Astavidhapariksha

• *Nadi*(pulse) - 80/min

• *Mala* (stool) – *Samyak*

• *Mutra* (Urine) – *Samyak*

• *Jihva* (Tongue) – *Saam*

• *Sparsha* - *Ushna*

• *Shabda* – *Samyaka*

• *Akruti* – *Samyaka*

• *Druk*– *Samyaka*

### Systemic examination

**RS** –AEBE clear B/L

**CVS** –S1 S2 heard, no added sounds

**CNS** – conscious oriented, superficial reflexes intact

**GIT** – Bowel movements irregular, tongue coated,

per abdomen – non-tender, hard

### Samprapti Ghatak

**Dosh-** Pitta, Rakta, Kaph

**Dushya-** Twak, Rasa, Rakta, Mansa

**Agni-** Mand

**Strotas-** Rasavaha, Raktavaha, Mansvaha  
**Rogmarga-** Bahya rogmarga  
**Vyadhi Vinishaya-** Visarpa Vyadhi  
**avastha-**Nava  
**Sadhyaadhyatva-** Kashtasadhya  
**Upadrava-** No any updrava noted  
**Strotodushti-** Sanga, Vimarga gamana  
**Vyaktasthana-** hasta, pada, sankha,a  
 mukha, Udar Pradesh and prushtha Pradesh

### Treatment Given

Ayurvedic treatment is always based upon the common treatment principles and the treatment principles of that particular disease.

After the diagnosis was made following treatment was given;

Table 1: Shaman Chikitsa

S. No.	Aushadhi yog	Matra	kaala	Frequency and Anupana
1.	Aarogyavardhanivati, Gandhak Rasayan Prawal pisthi, Amrita Satva	250 mg 500 mg 150 mg 1 gm	After meal	2 times a day with madhu
2.	Kaishor guggulu	1 Tab	After meal	3 times a day with Koshna Jal
3.	Sarivadiasav	2 TSF	After meal	2 times a day with Koshna Jal
4.	Avipattikar churna	½ TSF		2 times a day with koshna jal

### Pathya-Apathya

Ayurveda also includes appropriate Ahara in the treatment modality as it is the main balancing factor for the Doshas. Ayurvedic scholars have suggested Rukta and Pitta Prashamama diets for treating Visarpa. The patient is advised to consume old grains which do not aggravate the Kapha Dosha. .During this period, he was advised of Laghu Supachya Sheeta, Ruksha, and Snigdha qualities aahar. Visarpa is a very acute condition and is also fatal in nature. Thus physician should explain the prognosis of the disease properly to the patient's family and then only proceed with the treatment. The following food substances are unwholesome to Visarpa patients [8].

- Foods and drinks, which induce sour eructations, burning sensation, thirst and difficulty in digestion.
- Mutually antagonistic foods and drinks.
- Sleeping during day time, anger, physical exercise. Excessive exposure to sun, fire & wind.

### Follow up

#### Observation and result

On administration of Shaman Aushadhi, a mild reduction of Pidika's over hasta pada shankha mukha Udara & Prushtha Pradesh was noted. Thus relief from Kandu, Daha also occurred. Shaman Aushadhi was continued for 7 days

**Table 2: Improvement in signs and symptoms of the patients**

Sign and symptoms	Before treatment (11.7.2023)	First, follow up (18.7.2023)	Second, follow up (8.8.2023)
Daha (Burning sensation)	++++	++	-
Tod(pain)	++++	++	-
Pidika	++++	+++	-
Kandu(itching)	++	+	-

**Table 3: Overall observation**

	Medicine	Observation of lakshan
Before treatment (11.7.2023)	Mentioned above	Tod (pain), Daha (burning sensation), pidika, Kandu (itching)
First, follow up (18.7.2023)	Mentioned above	Tod(pain), Daha (burning sensation), pidika, Kandu (itching) reduced
Second, follow-up (8.8.2023)	Mentioned above	Tod (pain), Daha (burning sensation), Kandu (itching) was absent Pidika disappears.

The patient got immediate relief in signs and symptoms like Daha (burning sensation) and Tod (pain) after 1<sup>st</sup> follow-up, but after the second follow up there was complete relief

in Tod(pain), Kandu (itching), and Daha (burning sensation). pidika were found completely crusted and healed.

**Before treatment**



Figure 1



Figure 2

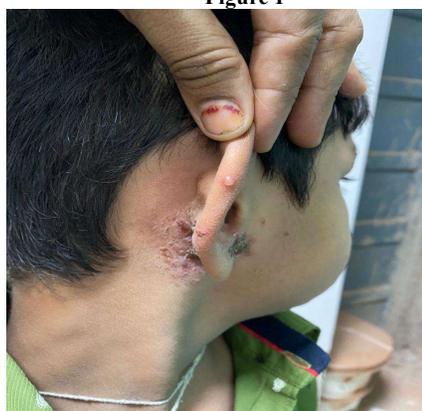


Figure 3



Figure 4

**After Treatment**

Figure 5



Figure 6



Figure 7



Figure 8

**DISCUSSION****Action of medicine**

**1. Aarogyavardhani vati [9]** – This herbal is widely mentioned in the ancient ayurvedic texts of Rasratnasamucchaya for the treatment of kushtha also prized as sarvarogaprashamni i.e, a remedy for all sorts of ailments. The formulation is a magical remedy for treating various skin infections. The abundance of triphala in this formulation is very effective in removing

toxins from the body. The anti-inflammatory and potent analgesic effect of this vati is extremely beneficial in treating acne and eczema. Being loaded with antioxidants, Arogyavardhani vati scavenges free radicals from the body

**2. Gandhak Rasayan [10]**– Gandhak rasayan is a medicine of choice in Ayurveda, it comes under ras aushadhi and it is a very potent drug. It acts like Rakta vikar nashak,

ras raktadi sapta dhatu shodhak it is also used in pitta Pradhan roga

**3. Prawal pisthi [11]** – Due to the property of sheet virya It acts as a cooling agent as it balances Pitta

**4. Amrita Satva [12]** - Amrita is tikta ras and sheet virya so It acts upon Pittaj vyadhi Hence Beneficial in all kind of Daha.

**5. Kaishor Guggulu [13]**– Kaishore Guggulu balances all tri dosha or calms aggravated vata, pitta, and Kapha. It works on the skin and circulatory system. The Ayurvedic action of the medicine is pitta pacifying, anti-inflammatory, and detoxifying This is a very potent drug indicated exclusively by sharangdhar Samhita for vaat shonitaj vyadhi.it is very potent as Rakta shodhak and Raktaprasadaka.

**6.Sarivadiasav [14]** –Sarivadiasav is an ayurvedic herbal preparation that is chiefly indicated for different skin conditions. Having potent sheeta virya (cold potency), tridosha shamak properties it is powerful raktashodhak dravya.

**7. Avipattikar churna [15]** - Avipattikara Churna is one of the most effective Ayurvedic formulations to manage health problems due to an imbalance of Pitta dosha Avipattikara Churna helps reduce excessive heat generated due to an imbalance of Pitta dosha and provides a cooling effect inside the body contains

Trivrit, Triphala (best anti-oxidant), Trikatu, Vidanga. It also acts as Mridu Virechaka.

## CONCLUSION

This case is the successful presentation of the management of visarpa through shaman aushadhi. Components such as Rakta, Mamsa, Lasika, and Twak are mainly involved in this condition which leads production of Vistruta, Anunnata Shopha that has Sarpana Prakruti associated with Daha and Vedan It has shown relief in all symptoms of Visarpa. The occurrence of pidika and daha implies to pittaja vyadhi with rakta dosha vitiation as it is ashrayi of pitta dosha. So due to the use of Kashaya tikka ras pradhan shaman chikitsa, all symptoms were relieved. This is a single case study. Further study is needed for more evaluation on a large scale.

## Financial support

nil

## Conflicts of interest

There are no conflicts of interest.

## REFERENCES

- [1] Pt.kashinath shastri, charak Samhita volume 2,reprint chaukhamba Bharti academy, Varanasi,ch.chi,2015;21
- [2] Pt.kashinath shastri,charak Samhita volume 2,reprint chaukhamba Bharti academy, Varanasi,ch.chi,2015;21
- [3] Pt.kashinath shastri,charak Samhita volume 2,reprint chaukhamba Bharti academy, Varanasi,ch.chi,2015;21

- 
- [4] Kaviraj ambikadatta shastri,sushruta Samhita volume 1,reprint chaukhamba Sanskrit sansthan Varanasi, su ni 2014;10/3
- [5] Agnivesha, charak samhita with ayurveda dipika commentary chikitsasthana,chapter 21,Dwivedi lakshmidhar editor 1<sup>st</sup> edn(reprint),varansi;chaukhamba krishnadas academy.
- [6] Pt.kashinath shastri,charak Samhita volume 2,reprint chaukhamba Bharti academy, Varanasi,ch.chi,2015;21/12-14
- [7] Pt ravidatta Tripathi,charak Samhita volume 2reprint chaukhamba Bharti academy,Varanasi,ch.chi,2015;21
- [8] Pt.kashinath shastri,charak Samhita volume 2,reprint chaukhamba Bharti academy, Varanasi,ch. chi,2015;21/108-114.
- [9] Shree Vaidhyanath, ayurveda saar sangrah, ayurveda bhawan limited, Allahabad,2022.
- [10] Shree Vaidhyanath, ayurveda saar sangrah, ayurveda bhawan limited, Allahabad,2022.
- [11] Shree Vaidhyanath, ayurveda saar sangrah, ayurveda bhawan limited, Allahabad,2022.
- [12] Shree Vaidhyanath, ayurveda saar sangrah, ayurveda bhawan limited, Allahabad,2022.
- [13] Shree Vaidhyanath, ayurveda saar sangrah, ayurveda bhawan limited, Allahabad,2022.
- [14] Shree Vaidhyanath, ayurveda saar sangrah, ayurveda bhawan limited, Allahabad,2022.
- [15] Shree Vaidhyanath, ayurveda saar sangrah, ayurveda bhawan limited, Allahabad,2022.
-