

# Chickenpox Management through Ayurveda

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## ABSTRACT

Chickenpox is caused due to varicella-zoster virus. This virus spreads via air or by direct contact with the infected person. It generally affects children aged below 10 years but rarely occurs in adults. In Chickenpox there is appearance of itchy blisters all over the body area. Taking chickenpox vaccine once between 10 & 15 months and then in between 4 & 6 years is the best preventive measure for this disease. However, even vaccinated children might get diagnosed with a milder form of chickenpox.

In Ayurveda, Chickenpox is called as "laghu masurika". It is a type of tridoshaj Vikar. For this in Ayurveda, Panchakarma therapies like vamana & external applications of various lepa's by using herbs like nimba are useful. In Ayurveda, herbs like Yashtimadhu, Guduchi, Haridra & Manjishtha are used as blood-purifying agents which is useful to clear the infection from the body. Isolate affected individual in a clean environment & use sterile clothes & objects in daily routine improves recovery of patient & prevents spread of chickenpox.

**Key Words** *Chicken Pox, Laghu Masurika, Tridosha, Children*

Received 21<sup>st</sup> December 22 Accepted 04<sup>th</sup> March 23<sup>rd</sup> Published 10<sup>th</sup> March 2023

## INTRODUCTION

### Ayurvedic view of chickenpox

In Ayurveda, Chickenpox is called as "laghu masurika". It is a type of tridoshaj Vikar. The term masurika is given to the disease because in this disease multiple red-coloured boils appear on the body which look similar like "Masoor Daal". Eating excessively salty, bitter & sour foods, eating contaminated vegetables, use of incompatible foods like fish with milk, excessive eating habits are considered as the causative factors for chickenpox.

*Jwara, kandu, arati, shotha, trishna, bhrama, vedna, arakta netrata, daha, angabhang & tvakvaivarnya* these are the purvarupa that occurs in this disease. In this disease mainly, Small or

large-sized reddish yellow coloured blisters start appearing & after 3 to 7 days blisters get's burst and give out a pus-like discharge and after few days it become scaly & dry.

**Five types of "Laghu masurika" in Ayurveda:-**

- 1) Vataj masurika
- 2) Pittaj masurika
- 3) Kaphaj masurika
- 4) Sannipataj masurika
- 5) Raktaj masurika

**Ayurvedic treatment for chickenpox**

### Vamana

Vamana therapy aims at eliminating excess pitta and kapha from the body by inducing vomiting. But before this Oleation and Sudation therapy are

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performed as a purvakarma for vamana. Vamana therapy is useful for all types of Masurika except "Pittaja Masurika". Vasa, Yashtimadhu, Nimba, Patol are useful herbs are used for vamana therapy in Chickenpox.

### **Lepas**

Lepas are medicinal plasters that are applied on skin to get relief from inflammatory swellings. These Lepas are applied in the opposite direction to hair and are removed after they get dried. A lepa is prepared by mixing herbs with water or any another medium to get semi-solid paste-like appearance. Manahshiladi lepa, Karanjbijadi lepa, Eladi lepa and Karviradi lepa are useful in the treatment of "Laghu Masurika" in Ayurveda.

### **Ayurvedic herbs and medicines for chickenpox**

#### **Haridra**

Haridra has antibacterial as well as antibiotic properties which is useful for the treatment of different skin conditions like psoriasis & chickenpox. Haridra helps to improve the digestion & metabolism, reduce itching and also useful in treating inflammatory conditions.

#### **Yashtimadhu**

Yashtimadhu has blood-purifying properties that make it useful for people with chickenpox. It acts on various systems like nervous, digestive, excretory and respiratory systems & also useful in the treatment of vata disorders, inflammatory conditions, ulcers, sore throat & pain.

#### **Guduchi**

Guduchi is a bitter tasting herb & has blood-purifying properties. Guduchi improves

immunity & overall health of chickenpox patient. It is also useful in the treatment of piles, dysentery, fevers, indigestion, gout & pitta related disorder.

#### **Manjishtha**

Manjishtha acts on circulatory system & helps in blood purification. Manjishtha cleanses body & improves blood circulation so, it is useful in Chickenpox. It is also useful in treatment of diseases like hepatitis, diarrhoea, paralysis, rheumatoid arthritis, joint pain and dysmenorrhoea.

#### **Nimba**

Nimba is a bitter-tasting herb acts on various systems like urinary, digestive and circulatory systems. Nimba has antiviral, disinfectant, detoxifying & blood-purifying properties which is useful for treating skin conditions like chickenpox. Nimba is also useful in healing of ulcers, nausea & joint inflammation.

### **Ayurvedic medicines for Chikenpox**

#### **Paripathadi kadha**

**Contents:-** This Kwatha contains yashtimadhu, haritaki, gulab kalika, parpata, musta & other medicinal herbs.

This Kwath is mainly useful in the treatment of Masurika & helps to relieve the tikshna, ushna qualities of "Pittaja Masurika". It is also useful in the treatment of Romantika & Sheetala Vyadhi.

#### **Shatadhauta ghrita**

**Contents :-** This is useful for topical application on skin which is prepared from cow's ghee.

It is useful to reduce daha, redness & itching & helps to give soothing effect to skin. It is useful

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to treat kushtha, vatarakta, kaksha, gudapak, burns and wounds.

### **Chandrakala rasa**

**Contents :-** Shuddha parad, tamra bhasma , gandhak and abhrak bhasma. This mixture is then infused with musta kwatha, shatavari or Kumari swarsa, parpat kwatha or other herbal fluids before use. It is also useful in the treatment of Masurika, raktapitta, visarpa, kaksha, kamala & jwara.

### **Tiktpanchak kwatha**

**Contents :-** Guduchi, nimba , patola, kantakari and vasa. This Kwatha is useful in reducing fever in romantika, masurika and sheetala vyadhi.

### **Sutashekara rasa**

**Contents :-** It contains gandhak , shunthi , tankan , karchura , ela , pippali , dalchini and other medicinal herbs. It helps to reduce symptoms like fever, pain, headache & nausea which occurs in Chickenpox. It is also useful to treat breathing conditions, heartburn & pain.

### **Preventive Measures For Masurika Vyadhi In Ayurveda**

#### **Do's**

- 1) Use sterile clothes and objects for daily purpose.
- 2) Cut your nails to prevent damage of skin from scratching.

#### **Don'ts**

- 1) Avoid contact with persons who already affected due to Chickenpox, because it is a type of contagious disease which spreads through air and also coming in direct contact with the blisters of any person.

### **Discussion**

Chickenpox is a type of contagious skin disease that affects almost everyone once in their lifetime. Chickenpox is called as laghu masurika or masurika in Ayurveda. The term masurika is given to the disease because, multiple red-coloured boils appear on the body which looks similar like "Masoor daal". It is characterized by itchy, pus-filled boils appears on skin. Prevention is better than cure so, getting vaccinated is the best preventive measure for chickenpox.

Ayurvedic treatment of chickenpox includes use of herbs, topical formulations, as well as oral formulations to reduce itching, boil formation & fevers. These formulations have blood purifying, immunity-enhancing properties so, it is helpful to achieve a speedy recovery of Chickenpox patient.

However, It is essential to include healthy foods in diet, avoid meat and maintain good hygiene along with Ayurvedic treatment to achieve complete recovery at the earliest.

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