



MANAGEMENT OF LAGHU MASOORIKA WITH AYURVEDA

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ABSTRACT

Background: *Massorika/ Laghu Masoorika/ Romantika roga* are very less described in *Ayurveda*. *Sushruta*^[1] under *Kshudra roga* described *Masoorika*, where as, *Charaka*^[2] and *Madhava*^[3] has described *Masoorika*, *Romantika* and *Bhavaprakasha* has mentioned *Masoorika* too. But there is no description related to *Laghu Masoorika* in *grantha*, may be there was no such disease was present at that time. *Madhava* has elaborated these *Roga* in his text *Madhava Nidana*. He has stated that, this *roga* (disease) caused by the vitiation of *Tridosha* (*Kapha-Pitta* dominantly), excessive consumption of *Amla-Lavana-Katu Rasa pradhana Aahara*, *Viruddha aahara* and *Grahadosha*. The causative factor according to Modern science for diseases (Small Pox, Chicken Pox, Measles) are virus- Variola, Varicella, Measles Morbillivirus respectively. **Aim:** The aim of the present study was to evaluate the efficacy of *Ayurvedic* management in the *Sankramaka roga* (acute infectious disease) like *Masoorika*. **Materials and Methods:** *Shamana Aushadha* selected for the management of *Masoorika*, in 17 years old male patient. **Results:** The *Aushadha* started showing results in the first week and by the end of two more weeks the *Pradhana Lakshana* subsided. Complete recovery was observed in 45 days. **Conclusion:** *Shamana Aushadha* showed good results in such acute infectious conditions too.

KEYWORDS: *Masoorika, Laghu Masoorika, Romantika, Chicken Pox.*

INTRODUCTION

In *Ayurveda*, *Masoorika/ Laghu masoorika* is caused by *Grahadosha*, by *Tridosha* vitiation as well as by the consumption of *Kshara*, *viruddha-katu-amlalavana aahara atisevana*, as stated in *Madhava Nidana*. Vitiating *tridosha* reacts with *dushita rakta*, resulting in multiple small blisters like *masoor daal* all over the body. On the other hand, *Varicella zoster virus* produces primary infection in childhood (modern concept). This virus is neurotropic and demographic, that spread by aerosol and direct contact. It is considered to be highly contagious, infectious disease to non-immune individuals, which may reactivate in later life after the first attack. Involvement of *Grahadosha* and virus can be related, being the external factor.

CASE REPORT

Aim of case study: The aim of the present study was to evaluate the efficacy of *Ayurvedic* management in the *Sankramaka roga* (acute infectious disease) like *Masoorika*.

Type of study: A case report (Interventional study)

Study centre: *Ayurvedic* Clinic, *Trikuta Nagar*, *Jammu*, (J&K)- *India*.

Study details: A 17 years old male patient (student), came to *Ayurvedic* Clinic, in November 2020.

Chief complaint: Patient's chief complaint was mild fever with body ache and weakness, since 2 days and sudden skin eruptions with pustules over arms, neck, trunk region, since yesterday.

Brief history of present illness: A 17 years male patient was apparently normal a day before, gradually he developed eruptions on the skin with pustules over arms, neck, trunk region, since yesterday and spreading all over slowly. He also complains of *Kandu* (itching) associated with *Jwara* (fever), body ache and *Arati* (loss of interest), since 2 days.

Past history: Vomiting 4-5 days ago.

Family history: Nothing contributory

Treatment history: *Tab. Nirocil*, 1-1-1; *Tab. Acivir* (800mg) 1-0-1; *Tab. Dolo* (500mg) 1 sos., *Solution Lactocalamine* for local application over the eruptions.

Personal history: Appetite – Reduced; Bowel – Regular (twice a day);

Micturation – 6-7 times/day (normal); Sleep – Disturbed;

Diet – Mixed;

Addiction – nil

General examination: Temperature- 99.8°F, Pulse & Heart Rate- 80 bpm, RR- 17/min, BP- 120/74 mmHg,

Lean built, Pustular eruption all over the body, discolouration of the skin, Coated tongue.

Inspection: Skin → Site- pustules all over the body started from trunk,

Colour- reddish yellow, Discharge- absent, Type- pustules.

Ashtasthana pareeksha: Nadi – 80 bpm, Mala – nirama, Mootra – prakruta,

Jihva – lipta, Shabda – spashta, Sparsha – ushna, Drika – prakruta (daha yukta netrata), Akrti – prakruta

Dashavidha pareeksha: Pakruti – vatakaphaja, Vikruti – masoorika, Sara – madhyama,

Samhanana – madhyama, Satwa – pravara, Pramana – madhyama,

Aahara Shakti – avara, Vyayama Shakti – avara, Vaya – bala,

Satmaya – madhyama

Nidana panchaka: Hetu – katu, amla, lavana rasa aahara adhika sevana,

Poorvaroop – manda jwara, vivarna, kandu

Roopa – jwara, tamra pidaka

Samprapti – nidana sevana → pitta prakupita → sthana sanshraya →

Twaka gata adhishtana → jwara, vivarnata, pidaka

Samprapti ghataka – Dosha (Pitta), Dushya (Rasa-Rakta-Twaka), Agni

(Mandagni), Ama (Sama), Srotas (Rasavaha-Raktavaha),

Srotodushti (Vimargagamana), Udbhava-Sanchar-Vyakta sthana (Pakvashaya- Sarvashareera-Twaka), Rogamarga (Bahya).

Vyavachedaka nidana: *Masoorika, Romantika*

Diagnosis: *Masoorika*

Intervention

Internally – *Laghu Sootashekhara Vati*, 1-1-1- - *Kamadugha Rasa (moutika)*, 1-1-1

--*Parpatakarishtha*, 15ml-0-15ml

Duration – 4 weeks

Externally – *Nimba Jala snana* twice for *Puyayukta pidaka shanti* and any sort of infections [tikta kashaya rasa, sheeta laghu guna, sheeta virya, truthara, jwara aruchi hara, anti inflammatory-antioxidant (properties helps fight oxidative stress due to free radicals), anti microbial due to its fatty acids, improves skin elasticity and its health], application of *Chandana lepa* over *pidaka* for subsiding *daha*, over again as it dries up [sheeta virya, tikta madhura rasa, laghu rooksha guna, balances kaphapitta, relives burning sensation, improves complexion, stops secretions, pain reliever].

Aahara – *Akruta Krushra-Mugda yusha, Saindhva Lavana, Dugdha*, properly cooked *Shaaka* in little *taila/ghruta* added over it, coconut water, was recommended, excluding all the *Apathya* (as per classics). Hygiene and isolation was recommended for avoiding its spread.

Assessment: Patient was assessed before and after treatment with clinical symptoms.

OBSERVATION AND RESULTS

After the completion of 3 weeks of treatment the symptoms like *daha*, *kandu*, *pidika* (became scaly and

dry finally) were completely subsided and improvement in the general and mental health condition, stated by the patient. But mild fever (99°F) was recorded by attendants occasionally. After 30 days of treatment patient felt energetic, his appetite was increased and digestion improved. By the end of 45 days scars of *pidika* also started getting lighter, with the local application of *Narikela taila* (coconut oil).

DISCUSSION

Laghu Masoorika is referred as highly contagious/*Sankramaka Vyadhi*, spreads via air or direct contact with affected person, for which the isolation and hygiene is a must recommendation. It generally affects children aged below 10 years and rarely seen in adults. It's diagnosis while identifying is bit confusing, as it can easily be confused by insect bite, herpis or other hand-foot-mouth disease, till the onset of rash by 3-4 days. It's mainly characterised by the appearance of itchy blisters all over the body. Taking it's vaccination (10-15 months of age and once between 4-6 years of age) is the only prevention.

Laghu sootashekhara, an Ayurvedic medicine balances *Vata* and *Pitta dosha* in body, composed of *Swarna Gairika* (purified red ochre), *Shunthi* (dried ginger), *Nagavalli* (Piper betle). [16:53 rasatantrasara-siddhayogasangraha; kharaliya rasayana-330 The Ayurvedic Formulary of India-II].^[4] **Swarna gairika** is madhura-kashaya rasa, snigdha guna yukta, having sheeta virya, madhura vipaka, pitta nashaka, balya, kaphahara. Effective in skin disorders (udarda), kandu and jwara.^[5] **Shunthi** laghu, snigdha guna, katu rasa, madhura vipaka, kaphavata shamaka, shotha hara, vedana sthapaka, deepaka pachaka, rochaka, samanya daurbalata, ama pachaka, rakta shodhaka, jwaraghna, sroto rodhahara.^[6] **Nagavalli** having katu-tikta rasa, kaphavata shamaka guna, useful in aruchi-agnimandya-vibandha, jantughana-putihara-shothahara-vedana sthapana-kaphaghna-jwaraghna-deepana pachana karma.^[7]

Kamadugha rasa (moutika), [ayu sara sangraha] consists of *giloya satva, swarna gairika, abrika bhasma, mukta-praval pishti, mukta shukti pishti, kapardika-shankha bhasma*, recommended in *Pitta Vikara, Daha, Raktapitta*^[8] (rasatantra saar evam siddhayoga sangraha, khalaviya rasayana-80).

Parpatakarishtha, composed of *parpata, yashtimadhu, haritaki, musta, trikatu, dhatki aadi dravya*. *Parpata* act as *Kapha-Pitta shamaka* due to its *tikta-sheeta guna*. It helps relieving *tikshna, daha guna*. It also possess *mootral, deepniya, krimighna* properties, act as *rakta shodhaka*, useful in *rakta-pitta janya vikara* and *jwara*.^[9] Other ingredients too acts as *vyadhi vighatana karaka*.

CONCLUSION

This is a *Sankramaka roga* according to both *Ayurveda* and Modern sciences, and one of the *Nidana* for

Masoorika/ Laghu Masoorika roga is vitiated *Tridosha* and *Grahadosha*, the same goes for Modern sciences, that states the causative factor for the Chicken pox disease is Varicella virus, shows the similarity in the concept. Vaccination for Chicken pox is today's era's effective preventive measure that can provide immunity against it.

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