

## A CASE REPORT ON AYURVEDIC MANAGEMENT OF BALAVISARPA

<sup>1</sup>\*Bibin K. B., <sup>2</sup>Remesh Chandran T. S. and <sup>3</sup>Sreelakshmi A.

<sup>1</sup>Associate Professor, Department of RSBK, G.J Patel Institute of Ayurvedic Studies and Research, Gujarat.

<sup>2</sup>Assistant Professor, Department of Kayachikitsa, G.J Patel Institute of Ayurvedic Studies and Research, Gujarat.

<sup>3</sup>Chief Consultant, Amma Ayurveda Clinic, Kerala.

Article Received: 05 January 2025 || Article Revised: 26 January 2025 || Article Accepted: 17 February 2025

**\*Corresponding Author: Bibin K. B.**

Associate Professor, Department of RSBK, G.J Patel Institute of Ayurvedic Studies and Research, Gujarat.

DOI: <https://doi.org/10.5281/zenodo.14939593>

**How to cite this Article:** Bibin K. B., Remesh Chandran T. S. and Sreelakshmi A. (2025). A CASE REPORT ON AYURVEDIC MANAGEMENT OF BALAVISARPA. World Journal of Pharmaceutical Science and Research, 4(1), 723-728. <https://doi.org/10.5281/zenodo.14939593>



Copyright © 2025 Bibin K. B. | World Journal of Pharmaceutical Science and Research.

This work is licensed under creative Commons Attribution-NonCommercial 4.0 International license (CC BY-NC 4.0)

### ABSTRACT

**Balavisarpa** is a term found in classical Ayurvedic texts and is typically understood as a variant of Visarpa, a condition characterized by the rapid spread of skin inflammation and lesions, somewhat analogous to modern conditions like herpes, erysipelas, or severe skin infections. **Bala** refers to children or infants. **Visarpa** describes a disease condition marked by the spreading of inflammation, redness, and eruptions on the skin. Balavisarpa is often characterized by symptoms such as redness, inflammation, and spreading lesions on the skin. Skin is the largest organ of the body which acts as a first line of defence in providing resistance to the body. The aggravation of various *Dhatus* and *Doshas* result in skin diseases. A 7 year-Female presented with lesions on her both legs and back associated with mild itching, oozing, pain and fever. Her parents brought her by carrying, since she could not walk, due to pain and was approached with *various shamana aushadhi* which showed significant improvement in one week itself.

**KEYWORDS:** Ayurveda, Shamana chikitsa, Bala Visarpam.

### INTRODUCTION

Balavisarpa is a term rooted in classical Ayurvedic texts, derived from two Sanskrit words: *Bala*, meaning children or infants, and *Visarpa*, referring to a disease characterized by rapidly spreading skin inflammation and lesions. It is considered a pediatric variant of Visarpa and can be loosely compared to modern dermatological conditions like herpes, Atopic dermatitis, erysipelas, or other severe skin infections.

In Ayurveda, the skin (*Twak*) holds significant importance as the largest organ of the body, serving as the first line of defense against external pathogens. Balavisarpa is marked by symptoms such as redness, inflammation, and the rapid

spread of skin lesions, which can cause distress in children due to their relatively delicate immune systems. The condition arises from the aggravation of bodily elements, specifically the *Dhatus* (body tissues) and *Doshas* (biological energies: Vata, Pitta, and Kapha), which play a crucial role in maintaining skin health. Imbalances in these components disrupt normal skin function, leading to skin ailments like Balavisarpa.

Arogyakalpadrumam, an Ayurvedic classic emphasizes holistic management for Balavisarpa through dietary regulations, herbal formulations, and therapies aimed at pacifying the aggravated Doshas and restoring Dhatu balance. By addressing both internal and external factors, Ayurvedic interventions aim not only to alleviate the visible symptoms but also to strengthen the body's natural defenses. Understanding Balavisarpa offers a comprehensive approach to pediatric skin health, rooted in ancient wisdom yet relevant to modern dermatological care.

### CASE STUDY

A 7-year-old female patient presented to the Outpatient Department (OPD) with complaints of multiple vesicles on both her legs and back. The lesions were associated with mild itching, oozing of fluid, pain, and a low-grade fever. The patient reported experiencing a persistent burning sensation along with itching and pain for the past 14 days. Despite prior treatment under another system of medicine, no significant relief was achieved, prompting the parents to seek Ayurvedic intervention.

On clinical evaluation, the skin lesions were observed to be inflamed, reddish, and distributed across both legs and the back, indicative of a spreading nature typical of conditions described as *Bala Visarpa* in classical Ayurvedic texts. The absence of a prior history of similar complaints or any prolonged illness was noted, suggesting an acute manifestation rather than a chronic or recurrent skin disorder.

The aggravation of *Doshas*, particularly *Pitta* and *Kapha*, likely played a significant role in the manifestation of symptoms such as redness, burning sensation, itching, and fluid discharge. Furthermore, the involvement of *Rakta Dhatu* (blood tissue) is commonly implicated in skin conditions exhibiting inflammatory and spreading tendencies.

### General examination

On Examination Temperature - 99.6°F Pulse rate - 80/min

BP - 110/80 mmHg RS - Chest clear CVS - S1S2 heard

CNS - Conscious and oriented P/A - Soft and nontender

### Ashtasthana Pareeksha

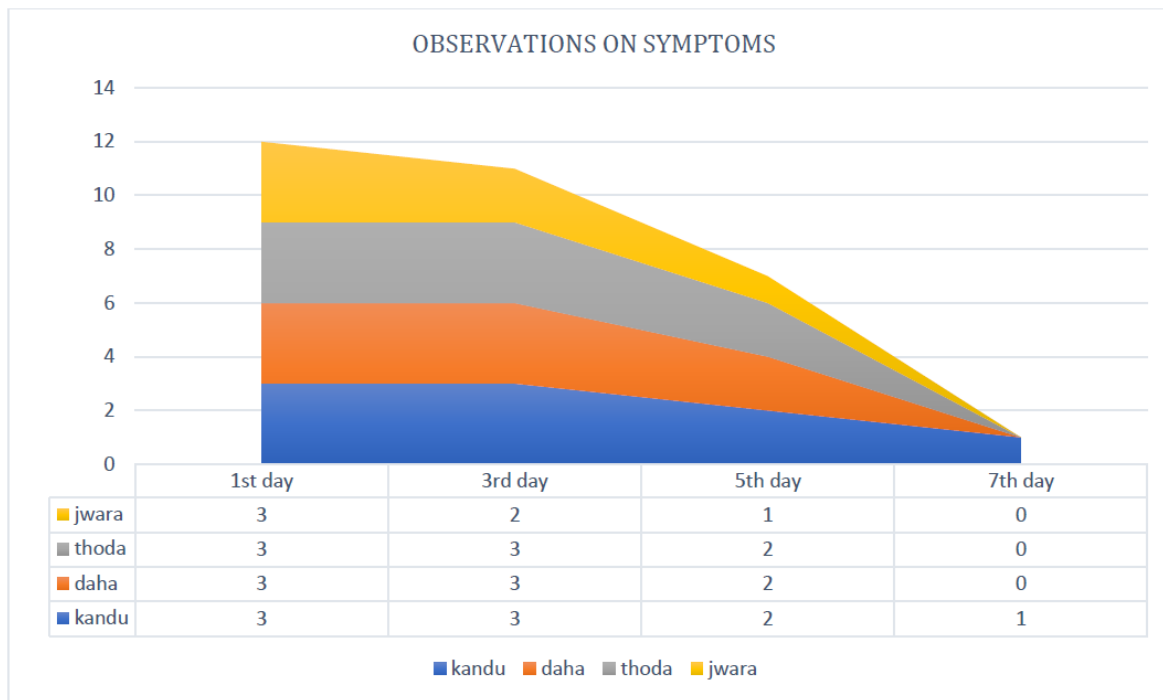
- Nadi - Kapha pitta
- Mala - 1 time per day with normal colour and consistency
- Mutra - 5 to 6 times per day with normal colour and consistency
- Jihva - Lipta
- Shabda - Prakruta
- Sparsha - Ushna saprsha
- Drik - Prakruta
- Akrti - Madhyama

**Shanana Chikitsa**

SL. No.	Medicine	Dose	Duration
1	Amruthadi kashayam <sup>[1]</sup>	-(20ml-0-20ml before food	7 days
2	Vettumaran Gulika <sup>[2]</sup>	1-1 after food	5 days
3	Vilvadi gutika <sup>[3]</sup>	1—1-1 after food	5 days
4	Aragwadaistam <sup>[4]</sup>	10ml-0-10ml	7 days
5	Metascab ointment		External application
6	Nalpamaradi thaila <sup>[5]</sup>		External application
7	Gulgulumarichadi thaila <sup>[6]</sup>		External application

**OBSERVATIONS AND RESULTS**

**Observations on symptoms**



This graph illustrates the symptom progression of a condition over a seven-day period, focusing on four primary symptoms: Kandu (itching), Daha (burning sensation), Thoda (pain), and Jwara (fever). The stacked chart visually represents the cumulative severity of these symptoms across different days.

**Observations**

- 1st Day: All four symptoms (Kandu, Daha, Thoda, and Jwara) have a maximum score of 3, indicating severe intensity.
- 3rd Day: There is a slight reduction in the scores for Jwara (2) and other symptoms maintaining scores of 3.
- 5th Day: A noticeable decline in symptom severity is observed. Jwara decreases to 1, while other symptoms reduce to a score of 2.
- 7th Day: Symptoms almost completely resolve. Jwara disappears (score 0), and Kandu is mild (score 1). Daha and Thoda also show complete resolution (score 0).

**Before Treatment****After Treatment****Observations on Before Treatment**

- Visible multiple skin lesions on the feet and lower legs.
- Lesions appear inflamed with dark pigmentation, crusting, and oozing at some sites.
- The skin shows signs indicative of *Balavisarpa*.
- Presence of swelling and irregular skin surface, suggesting tissue involvement and inflammation.

**Observation after 7 Days of Ayurvedic Management**

- Significant improvement in the condition of the feet and lower legs.
- Reduction in the number and size of lesions.
- Lesions appear healed or in the healing phase, with the formation of darker scabs and reduction in oozing.
- Skin appears smoother with reduced swelling and inflammation.
- No visible signs of acute infection or severe tissue damage.

## DISCUSSION

*Balavisarpa*<sup>[7]</sup> is a pathological condition described in Ayurvedic texts under the broader category of *Visarpa*, which refers to diseases characterized by the rapid spreading of skin lesions. The term *Bala* highlights the specific involvement of infants and young children, who are particularly vulnerable due to their immature immune systems. The condition manifests with rapidly spreading skin lesions, inflammation, burning sensations, itching, and systemic symptoms like fever.

### 1. Discussion on Shamana Chikitsa

- ❖ **Amruthadi Kashayam:** This formation has been taken from Sahasrayogam contains major ingredients like Guduchi (*Tinospora cordifolia*), Neem (*Azadirachta indica*), Musta (*Cyperus rotundus*). It has Anti-inflammatory, antioxidant, and immune-boosting properties that help detoxify the blood, reduce inflammation, and strengthen the body's defence mechanism.
- ❖ **Vettumaran Gulika:** This formation has been taken from Sahasrayogam contains major ingredients like vatsanabha (*Aconitum ferox*), Tankana (Borax Anhydrous), Maricha (*Piper nigrum*) etc. It Pacifies *Kapha* and *Vata* Doshas, offering relief from pain, itching, and skin inflammation. It acts as a potent antimicrobial agent.
- ❖ **Vilwadi Gulika:** This formation has been taken from Sahasrayogam contains major ingredients like Vilwa (*Aegle marmelos*), Tulasi (*Ocimum sanctum*) etc. Traditionally used for skin disorders with systemic infections. It helps in reducing fever, inflammation, and purifying the blood.
- ❖ **Aragwadharishtam:** This formation contains major ingredients like Aragwadha (*Cassia fistula*) It Acts as a blood purifier and Pitta pacifier. It detoxifies the body, reduces itching, and supports liver function, thereby enhancing metabolic clearance.
- ❖ **Metascab Ointment:** This formulation contain major ingredients like Shuddha Gandhaka, Karanja oil etc. In Scabicidal and antimicrobial properties help reduce itching, bacterial colonization, and secondary infections.
- ❖ **Gulgularichadi Thaila:** This formation contains major ingredients like Guggulu (*Commiphora mukul*), Maricha (*Piper nigrum*) etc. It has Anti-inflammatory, detoxifying, and wound-healing effects aid in reducing skin lesions and inflammation.
- ❖ **Nalpamaradi Thaila:** This formation has been taken from Sahasrayogam contains major ingredients like Bark extracts of four Ficus species (*Nalpamara group*). It Soothes inflamed skin, promotes tissue repair, and reduces pigmentation. Its moisturizing and cooling effects help restore skin integrity.

### 2. Dietary & Lifestyle Recommendations

- Avoidance of hot, spicy, and fermented foods to prevent aggravation of *Pitta dosha*.
- Emphasis on light, cooling, and easily digestible foods such as boiled rice, vegetable soups, and coconut water.
- Inclusion of antioxidant-rich fruits and green leafy vegetables for skin repair.
- Maintain proper hygiene to prevent secondary infections.
- Avoid exposure to excessive heat and direct sunlight, which could aggravate the skin condition.
- Ensure adequate hydration and rest for effective recovery.

## CONCLUSION

The management of *Bala Visarpa* in this case demonstrated the effectiveness of Ayurvedic therapies in treating complex skin conditions. The combination of internal medications, external applications, dietary modifications, and

symptom-specific interventions contributed to significant clinical improvement within seven days. Ayurvedic management offers a holistic approach by not only addressing the symptoms but also balancing the underlying *Dosha* imbalances, supporting immune function, and promoting long-term skin health.

#### REFERENCES

1. Sahasrayogam, Sujanapriya vyakhyanam by K.V.Krishnan Vaidyan and S. Gopalapilla, Vidhyarambham publishers, 25<sup>th</sup> edition, Visarpavisoda, Page no-134.
2. Sahasrayogam, Sujanapriya vyakhyanam by K.V.Krishnan Vaidyan and S.Gopalapilla, Vidhyarambham publishers, 25<sup>th</sup> edition, Page no: 172.
3. Sahasrayogam, sujanapriya vyakhyanam by K.V.Krishnan Vaidyan and S.Gopalapilla, Vidhyarambham publishers, 25<sup>th</sup> edition, Page no: 171.
4. Vagbhata, Ashtangahridayam, Sutrastanastana, translated by Kanjiv Lochan, Chaukhamba Publication 15/17-18.
5. Vagbhata, Ashtangahridayam, chikitsastana, translated by Kanjiv Lochan, Chaukhamba Publication 19/71-74.
6. Sahasrayogam, Sujanapriya vyakhyanam by K.V.Krishnan Vaidyan and S.Gopalapilla, Vidhyarambham publishers, 25<sup>th</sup> edition, thailayogam-26.
7. Arogyakalpadrumam, shararthabhodini vyakhyana, Anakalil S. Gopalapilla, Sreeramavilasam press, Kollam, 1973, Page-128.