

AYURVEDIC MANAGEMENT OF VIPADIKA KUSHTHA; A CASE STUDY**¹*Vd. Vivek Chandurkar and ²Dr. Jagruti Jain**¹MD Kayachikitsa, Professor and HOD, S.G.R. Ayurveda Mahavidyalaya, Solapur.²M.D. Scholar, Kayachikitsa, S.G.R. Ayurveda Mahavidyalaya, Solapur.Article Received on
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and HOD, S.G.R. Ayurveda**ABSTRACT**

Vipadika or Vaipadika is explained as one among *Eleven Kshudra Kushtas* (Minor skin ailments) which has the features of *Paani-paada sputana* (Cracking of palms and soles) associated with *Teevravedana* (Intense pain) as explained by *Acharya Charaka*. Though *Vipadika* sounds like a milder disease still it can be physically and emotionally stressful to the sufferer as in this present case. This is a case report of a 34yr female suffering with dryness & cracking of both palms associated with pain, bleeding, itching and burning sensation from past 6 months. The case was treated with Shodana, shamana (Pacification) line of treatment along with significant lifestyle modifications.

KEYWORDS: *Vipadika, Kushtha roga, Shaman, Shodhan.***INTRODUCTION**

Skin is the largest organ of the body which first exposed with the environment agents like physical, chemical and biological agents. The skin protects from microbes and the elements help to regulate body temperature, and permit the sensations of touch, heat and cold. Skin has layers. The epidermis, the outermost layer of skin, provides a water proof barrier and creates the skin tone. The dermis, beneath the epidermis, contains tough connective tissue, hair follicles and sweat glands. The deeper subcutaneous tissue (hypodermis) is made of fat and connective tissue. Skin diseases are not fatal but cosmetical issue affects the mental health of patient. In *Ayurveda* almost all the skin diseases are explained broadly under *Kushta* and classified as 7 *Mahakushta* and 11 *Kshudra kushta*. Apart from eighteen types of *kushta*, another type of *kushta* namely *Swithra* (leucoderma) and its types are explained in *Ayurveda*; on the contrary *Ayurveda* also considers skin diseases are innumerable. Out of which 11 are

Kshudra Kushta. *Vipadika* is one of them. Different *Acharyas* have given the different presentations of signs and symptoms of *Vipadika*. According to *Ashtang hridaya*, *Panipadspatana* (Cracks over palms and soles), *Tivra Vedana* (Intense pain), *Manda Kandu* (Mild itching), and *Sarag Pidika* (Red-colored macules) are the symptoms of *Vipadika*.^[1] According to *Acharya Charak* crack and severe pain are the symptoms of *Vipadika*.^[2] According to *Sushrutacharya*, Itching, Burning sensation, Pain present especially on *pada* (sole) are the symptoms of *Vipadika*.^[3]

Nidanas of *kushta* aggravates the *Doshas*, causes *Agnimandya* (indigestion) and on the other hand produces *Dhatu Shaithilyata* (cause weakness of the muscles, etc.). Among all the *Doshas*, *Vata* and *Kapha* get aggravated predominantly and causes the *Shithilyata* of *Dushyas* like *Twak* (skin), *Rakta* (blood), *Mamsa* (muscles), *Lasika* (channels) and obstruct the *Lomakupa* (sweat glands) to vitiation of *Sweda Vaha Srotas* (channels of sweat glands). This *Prakupita* (vitiating) *Doshas* enters into *Rasa Raktadi Dhatus* especially *Sanchara* (movement) in *Tiryaka Siras* (vein) and lodges in *Twak* resulting in *kushta*. In *Vipadika* there is *vata-kaphaja dosha* involvement. So the treatment given in *Ayurveda* text helps to break the pathogenesis.

CASE REPORT

A 34 year old female patient visited *kayachikitsa* OPD of SSNJ *Ayurveda Rugnalaya* presented with C/O Dryness & cracking of both palms associated with pain, bleeding, itching and burning sensation since last 6 months.

History of present illness: Patient came to OPD with all the above symptoms. She did not have any systemic disease.

Personal History

Appetite: Regular, Once/day

Bowel : Constipation

Micturation: Regular

Sleep: Sound

Food: Mixed diet and junk food

Vital Data

Pulse: 78/min

BP: 130/80 mmhg

Respiratory Rate: 18/min

Weight: 72kg

Skin Examination

Site: Fingers of palms

Dryness, cracking and bleeding from cracked region.

Cracked skin around fingers.

Margin: Irregular

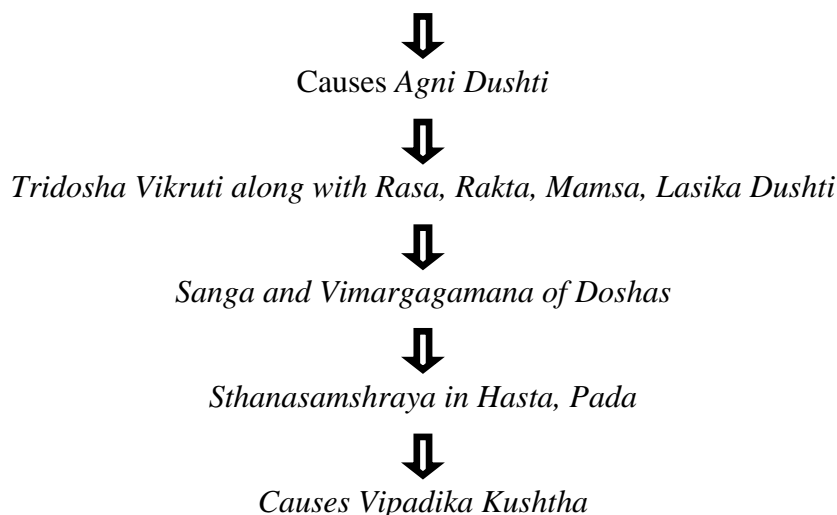
Nidana Panchak

Nidana: Katu, Snigdha, Guru, Abhishyandi Aahar, Vatakara Aahar.

Poorva-Roopa: Kandu

Roopa: Cracking of palms, Dryness, itching, Bleeding and painful lesions

Samprapti: Nidana Sevana (Aaharaja, Viharaja, Manasika)



Upashaya: Application with Mahatiktaka ghrita

MATERIAL AND METHODS

Treatment given

External application: Application of Mahatiktaka ghrita for 8 days

Aamapachana: Ativisha, Musta, Shunthi, Haritaki Churna for 8 days

Shodhana: Virechana with Trivrittavaleha 20 gm once a week

Shaman Aushadhi

1. Aarogyavardhini Vati 1BD after food with lukewarm

2. *Shaman Snehapana* with *Mahatiktaka Ghrita* 10 ml BD Before food with lukewarm water
3. *Gandharva Haritaki churna* 1.5 gm at night with lukewarm

RESULT

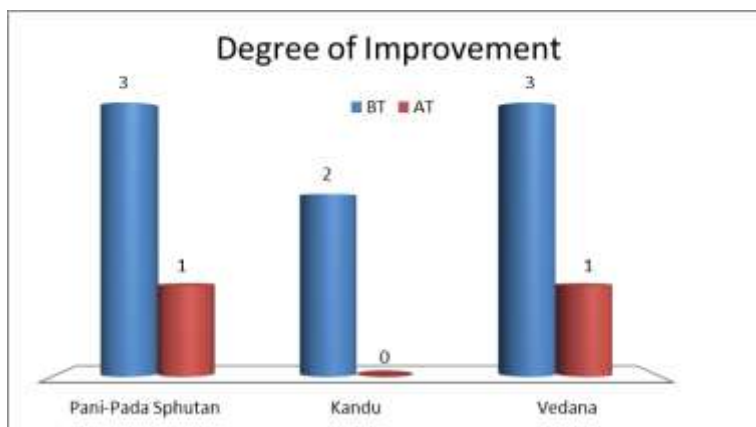
Assessment Criteria^[4]

Table no. 1.

Symptoms	Grade 0	Grade 1	Grade 2	Grade 3
<i>Pani-pada sphutana</i>	Absent	Mild	Moderate	Severe
<i>Kandu</i>	Absent	Mild	Moderate	Severe
<i>Vedana</i>	Absent	Mild	Moderate	Severe

Table no. 2

<i>Pani-pada sphutana</i>		<i>Kandu</i>		<i>Vedana</i>	
BT	AT	BT	AT	BT	AT
3	1	2	0	3	1





Before Treatment



After Treatment

After the treatment symptoms reduced. The Patient was advised for follow up medicine and for avoiding fried and junk food, curd, Non-vegetarian food and milk items.

DISCUSSION

As above mentioned case, patient was diagnosed as a case of *Vipadika*. Treatment was planned as per classical principles of *Kushtha Chikitsa*. *Vipadika* is mentioned under the *Kshudra Kushtha*. It is *Vata* and *Kapha Dosha* dominant disease. In this case patient had difficulty in doing daily household work due to pain, excessive dryness of palms and also sometimes bleeding occurs from cracks. Patient was treated with *Shaman Snehapana*, *Aampachan* & *Agnideepan*, *Virechana*, *Shamanaushadhi*, *Nidan Parivarjan*.

Probable action of Aam pachan- *Ativisha*, *Musta*, *Shunthi*, *Haritaki* are all ingredients in *Ativishadi yoga*^[5]. The majority of the medications contain *Ushna Virya* and *Laghu Ruksha* properties, which means that they all have *Katu rasa*. As a result, they work on the *Kapha Vata dosha*, break down *Ama* and stimulate appetite. Therefore, all of the formulation's content is *Deepan paachan*. It is an *Ayurvedic* formula used for its cleansing and digestive properties. It increases hunger and digestive fire while eliminating *Ama*. It is a digestive stimulant that promotes bile secretion from the liver and stomach acid production. Therefore *Ativishadi yoga* causes *Ama pachan* and intensifies the digestive fire (*Agni*). *Mandagni* can also cause *Kustha*, hence *Ativishadi yoga* restores the *Agni* to normal.

Probable action of Shodhana - Virechana by *Trivrittavaleha*^{[6][7]}

Shodhana is one of the important treatment in *ayurveda*. *Virechana* was prescribed Once in a

weak to eliminate accumulated *doshas*. *Trivrittavaleha* in morning with lukewarm water given. *Trivrutaleha* contains ingredients like *Trivrut*, *Khanda Sharkara*, *Ghruta*. *Trivrut* is mainly having *Tikta*, *katu Rasa*, *Usna Veerya*, having *kushthghna* property. *Trivrut* is *Sukha Virechaka*. It removes *doshas* from *Koshtha* by *Rechana* property. By its *Srotoshodhana* property it acts on minute channels and does the *Twaka Prasadana*. Due to its *Ushna veerya* it liquefy the *doshas* located in channels of entire body. Having properties like *Ushna*, *Tikshna*, *sukshma*, *Vyavayi*, *Vikasi* it breaks the *Dosha sanghata* and circulates throughout the *strotas*. *Shodhana* also reduces the risk of relapse of disease.

Probable action of *Shamana Aushadhi*: *Aarogyavardhini Vati*^[8]

Aarogyavardhini Vati is a herbomineral formulation mainly indicated in *Kushtha roga*. The main ingredient of *Aarogyavardhini vati* is *Kutaki* (*Picrorrhiza kurroa*). It also contains *Haritaki* (*Terminalia chebula*), *Bibhitaka* (*Terminalia bellerica*), *Amalaki* (*Emblica officinalis*), *Shilajatu Shuddha* (*Asphaltum*), *Guggulu Shuddha* (*Commiphora wightii*) *Eranda* (*Ricinus communis*), and minerals like *Shuddha Parada* (purified mercury), *Shuddha Gandhaka* (purified sulfur), *Lauha Bhasma* (iron compound in ash form), *Abhraka Bhasma* (mica in ash form), and *Tamra Bhasma* (copper compounds in ash form) with *bhavana* of *nimba* (*Azadirachta indica*) *patra swarasa*. Due to all these ingredients it possesses *pitta virechan*, *tridosha shamak*, *deepan*, *pachan*, *kushthaghna*, and *kandughna* properties. Due to these properties it helps in balancing *tridosha*, causes *agnivardhana*, *bhedana*, *malashodhana* and *vatanulomana*. *Kushtaghna* and *Kandughna* properties help in relieving symptoms and breaking *samprapti* of disease.

Probable action of *Shaman Shnehapan* – *Mahatiktak ghrita*^[9]

Snehapana pacifies *vata*, brings softness in body parts. *Mahatiktak ghrita* which is mentioned in *kushtha chikitsa* by *Acharya charak* administered internally for *Shaman Snehapana*. In the case of *Kushtha* (skin diseases), *doshas* exist in *dhatu*s such as *Rasa*, *Rakta*, *Mamsa*. *Ghee* has *sukshmastrotogamitva* action and it can reach and also nourish the *dhatu*. Moreover, in *Kushtha* the medicated *ghee* fortified with *Tikta* and *Kashaya rasa* has been recommended for internal and external use. It contains drug like *Saptaparna* which detoxifies and cleanses the blood, *Aragvadha* used for skin disease and is a mild laxative, *Patha* used for skin infections, *Nimba* is a good anti-inflammatory, *Patola* works as *Varnya* and relieves itching, *Ushira* and *shweta achandan* as *Pitta shamaka*. Various active phytoconstituents extracted in the *Mahatiktaka ghrita* work synergistically to cure *Kushtha*, possibly through the liposomal

drug delivery system.

CONCLUSION

Vipadika is Vata-kaphaja kshudra kushtha roga. Ruksha guna of vata causes severe pain and dryness leads to the formation of cracks. Daha is caused due to Pitta dosha. Kandu is due to Kapha dosha. Nidana Parivarjana and Shodhana plays important role in Kushtha. This case study demonstrated that Ayurvedic management as Shodhana and Shamana is very effective for the treatment of Vipadika like skin diseases.

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