

MANAGEMENT OF VIPADIKA KUSHTA THROUGH AYURVEDA: A CASE REPORT

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ABSTRACT

Skin disorders in *Ayurveda* have been mentioned under the broad heading of *Kushta*. There are 2 types of *Kusta* namely *Maha kushta* and *kshudra kushta*. *Vipadika* is a type of *kshudra kusta*. Which is characterised by *Sphutanam* (fissures) in palms or soles with *Theevra Vedana* (severe pain). Based on the symptoms *Vipadika* can be compared with palmo-plantar psoriasis. In present case report a patient complaints of dryness and cracking of both soles associated with bleeding and pain since 2 years was treated with *Shodhana (virechana)* and *Shamana aoushadhi*, shown a significant results.

KEYWORDS: *Kushta*, *Vipadika*, palmar and plantar psoriasis, *Shodhana*, *Shamana*.

INTRODUCTION

Skin is considered as the largest organ in the body, which reflects the health of the individual. Skin also work as a protective barrier against physical, chemical and biological agents.

Skin disorders not only affect the patient physically, it also disturbs social and psychological health of the patient. All of the skin disorders are mentioned under the broad heading of *Kushta*. *Kushta* is of 18 types 7 among them are *Maha Kushta* and 11 are *Kshudra Kushta*.^[1] *Ayurveda* also considers *Kushta Rogas* as innumerable.^[2]

Vipadika is one of the *Kshudra Kushta*, which is caused due to aggravated *Vata Kapha Dosha*. The disease is characterised by *Pani Pada Sphutana* (fissure in palms and sole) and *Teevra Vedana*.^[3] *Vipadika* can be correlated with palmo plantar psoriasis which is a long

lasting autoimmune disease characterised by multiple fissures in palms and soles along with pain and bleeding. The prevalence rate of palmo plantar psoriasis in India is about 0.44 to 2.8%.

CASE REPORT

Chief complaints

The present case study is of *Vipadika*, where patient is treated with *Ayurveda* line of management.

A 54 years old female patient visited OPD of KVGAMC Sullia on 24.9.2022 with complaints of dryness and cracking of both soles associated with bleeding, pain and itching in the affected area, since 2 years.

History of present illness

Patient was apparently asymptomatic before 2 years. Gradually she developed dryness and cracking of the both soles and palms which is associated with pain and itching. The condition worsens during winter season. Patient took medicines from the contemporary and other allied medical science but recurrence was seen after stopping the medicines. She visited our hospital for further management of the condition.

Personal history

1. Appetite - Moderate
2. Bowel - Regular
3. Micturition - Regular, 3 to 4 times a day
4. Sleep – Good
5. Food - Vegetarian

General examination

- Appearance – Normal
- Built - Moderate
- Nourishment – Moderate
- Pallor – Absent
- Icterus – Absent
- Oedema – Absent
- Cyanosis – Absent

Vital data

- Pulse – 70bpm
- BP – 120/80 mmHg
- Respiratory rate -18/ min

Skin examination

- Site – Dorsum of foot and palms
- Distribution – Symmetrical (both soles)
- Surface – Rough and dry
- Margin – Irregular
- Discharge – Absent
- Pain – Present
- Itching – Present

Table 1: Nidana Panchaka

| <i>Nidana</i> | <i>Poorva Rupa</i> | <i>Rupa</i> | <i>Samprapti</i> | <i>Upashaya</i> |
|---|--------------------|--|---|---|
| <i>Katu ruksha ahara</i> Intake of more oily foods | Nothing specific | Cracking of both soles (<i>Pada sphutana</i>). Pain and itching in the soles. Often bleeding from the affected site. | <i>Nidana sevana</i> <i>Vata kapha prakopa</i> <i>Rasa rakta dhatu dooshana</i> <i>Rukshata and sphutana of pada and hasta, teevra vedana and srava Vipadika</i> | After following proper <i>pathya</i> , in summer season |

Table 2: Vyavachedaka nidana.

| <i>Vipadika</i> ^[4] | <i>Padadari</i> ^[5] |
|--|--------------------------------|
| <i>Vata kaphaja</i> | <i>Vata</i> |
| Seen in both hands and foot | Seen only in foot |
| <i>Manda Kandū, Saraga pitika, Teevra Vedana</i> | <i>Saruja</i> |

Vyadhi vinischaya: Vipadika



Picture 1: Pictures showing progress of the treatment.

TREATMENT GIVEN: Table 3: 1st course of treatment.

| | | |
|---|---|--|
| <i>Deepana pachana</i> | Medicine | Dose |
| | <i>Chitrakadi vati</i> | 2 tablets TID |
| <i>Snehapana</i> | <i>Guggulu tiktaka ghrita</i> | |
| | 1 st day | 30ml |
| | 2 nd day | 60ml |
| | 3 rd day | 90ml |
| | 4 th day | 120ml |
| | 5 th day | 120ml |
| | 6 th day | 150ml |
| | 7 th day | 150ml |
| Panchakarma procedures | | |
| Procedures | Medicine | Days |
| <i>Sarvanga Abhyanga</i> <i>Bashpa sweda</i> | <i>Ksheera bala taila</i> | 8 th , 9 th , 10 th day |
| <i>Virechana karma</i> | <i>Trivrut leha</i> 35gms No of vegas- 4 | On 10 th day |
| <i>Samsarjana</i> | <i>Peyadi samsarjana</i> <i>karma</i> for 3 days | |
| Follow up medication | | |
| Medicine | Dose | Duration |
| <i>Patola katu rohinyadi</i> <i>kashaya</i> | 15ml of kashaya+ 15 ml of water twice daily B/F | For 1 month |
| <i>Tab. Vilwadi gulika</i> | 2-0-2 A/F | For 15 days |
| <i>Guggulu tiktaka ghrita</i> | 1tsp-0-1tsp A/F | For 1 month |
| <i>Vipadikahara malaham</i> | Local application | |

After 1st course of treatment the symptoms like bleeding and itching slightly reduced. After 1 month of follow up medicine, again *virechana karma* was conducted.

Table 4: 2nd course of treatment.

| | | |
|---|--|---|
| <i>Deepana pachana</i> | Medicine | Dose |
| | <i>Chitrakadi vati</i> | 0-0-2 A/F |
| <i>Snehapana</i> | <i>Guggulu tiktaka ghrita</i> | |
| | 1 st day | 30ml |
| | 2 nd day | 60ml |
| | 3 rd day | 120ml |
| | 4 th day | 150ml |
| | 5 th day | 150ml |
| Panchakarma procedures | | |
| Procedure | Medicine | Days |
| <i>Sarvanga Abhyanga</i> <i>Bashpa sweda</i> | <i>Ksheera bala taila</i> | 6 th , 7 th , 8 th day |
| <i>Virechana karma</i> | <i>Iccha bhedi rasa 1 tablet</i> <i>Virechana vega-10</i> | 8 th day |
| <i>Samsarjana</i> | <i>Peyadai samsarjana karma</i> for 3 days | |
| Follow up medicines | | |
| Medicine | Dose | Duration |
| <i>Patola katu rohinyadi kashaya</i> | 15ml kashaya+ 15 ml ushna jala twice daily B/F | 4 months |
| <i>Arogyavardhini vati</i> | 2-0-2 A/F | 3 months |
| <i>Guggulu tiktaka ghrita</i> | 1tsp-0-1tsp A/F | 4 months |
| <i>Vipadikahara Malham</i> | Local application | 4 months |

RESULTS AND DISCUSSION

After 1st course of treatment the symptoms like bleeding and itching slightly reduced. Patient was advised for follow up medicine. After 1 month of follow up medicine, again *virechana karma* was conducted. The symptoms like dryness and cracking of soles, bleeding, itching is reduced. Patient was advised for follow up medicine with *pathyapathya*.

Deepana pachana

Chitrakadi vati

This medicine contains *Chitraka* (*Plumbago zeylanica*- roots), *Pippalimoola* (*piper longum*), *Yava kshara* (*hordeum vulgare*), *Swarjika kshara*, *Sauvarchala lavana* (sochal salt), *Saindhava lavana* (rock salt) *Vida lavana* (vida salt), *Samudra lavana* (common salt), *Audbhida lavana*, *Shunti* (rhizome- *zingiber officinalis*), *Maricha* (*piper nigrum*), *Pippali* (*piper longum*), *Hingu* (*asa foetida*), *Ajamoda* (fruit- *trachyspermum roxburghianum*), *Chavya* (*piper chaba*), *Matulunga swarasa* (lemon juice). This combination corrects agni dushti, it is an appetizer, carminative and digestive. It is given for Ama pachana as well as Agni Deepana before *Panchakarma*.

Snehana**Guggulu tiktaka ghrita**

This ghrita contains

Kwatha - Nimba(azadiracta indica), patola(trichosanthes dioica), vyaghri (solanum xanthocarpum), guduchi(tinospora cardifolia), vasa (adathoda vasica), Ghrita, Kalka – patha(cyclea peltata/ cissampelos pariera), vidanga(embelia ribes), suradaru (cedrus deodaru), chavya(piper chaba), yavakshara (hordeum vulgare), sarjikshara, nagar (zingiber officinalis),nisha (curcuma longa),mishreya (anethum sowa),kushta(saussurea lappa), tejovati(zanthoxylum alatum),maricha (piper nigrum),vatsaka(holarrhena antidysenterica), deepyaka (trachyspermum ammi), chitraka (plumbago zeylanica), rohini (picrorrhiza kurroa), arushkara (semicarpus anacardium), vacha (acorus calamus), kanamoola(piper longum), yukta (pluchea lanceolata), manjishta(rubia cardifolia), ativisha(aconitum heterophyllum), vishani(aconitum species), yavani(trachyspermum ammi), shuddha guggulu(purified cammiphora mukul). This ghrita is having tridoshahara property,in present case this combination is used for the ghritapana as a poorvakarma before the virechana in arohana karma also the same ghrita is prescribed for samana purpose. This ghrita is helpful in sandhi asthimajjagata vata, kushta,nadivruna, arbuda, bhagandara, gandamala,gulma and meha.

Ksheera bala taila

This taila contains *Ksheera* (cow milk), *Bala* (sida cordifolia), *Taila* (sesame oil) having *Vata Pitta Shamaka* property. This *Taila* is used for *Abhyanga* as a *Purvakarma*.

Virechana dravya**Trivrut leha**

Trivrit(operculina turpethum), sugar, Trijathaka(twak, ela, patra). This combination works as a *Mridu Virechaka* which especially targets skin disorders .

Icchabhedhi rasa

Shunti(zingiber officinale), maricha(piper nigrum), shuddha parada, shuddha gandhaka, tankana bhasma, shuddha jayapala. It is used as the *virechana dravya* .

Shamanoushadhi***Patola katu rohinyadi kashaya***

Patola(*trichosanthes dioica*), *katurohini*(*picrorhiza kurroa*), *chandana*(*santalum album*), *madhusrava*(*marsdenia tenacissima*), *guduchi*(*tinospora cardifolia*), *patha*(*cissampelos pariera*). This *kashaya* is useful in *kapha pittaja kushta, jwara, arochaka and vamatu*.

Vilwadi gulika

Bilwa (*aegle marmelos*), *surasa* (*ocimum sanctum*), *karanja*(*pongia pinnata*), *nata*(*valeriana wallichii*), *surahva* (*cedrus deodara*), *triphala*, *trikatu*, *nisha*(*curcuma longa*), *daru haridra* (*berberis aristata*), *basta mutr*. This combination helps In *visha chikitsa* especially in *Dooshi* and *Gara visha* where some of the skin conditions falls under.

Vipadikahara malham

Vipadikahara malaham gives high occlusive effect and creates layer on the skin which give smooth and supple skin, helps removal of hard layer of skin, assists repair of cracked tissue local antiseptic prevents secondary infection.

Arogyavardhini vati

Shuddha parade, *shuddha gandhaka*, *loha bhasma*, *abhraka bhasma*, *tamra bhasma*, *haritaki* (*terminalia chebula*), *vibhitaki*(*terminalia bellirica*), *amalaki*(*emblica officinalis*), *shilajatu*, *guggulu*(*commiphora mukul*), *eranda* (*ricinus communis*), *katuki* (*picrorhiza kurroa*), *nimba* (*azadiracta indica*). This *vati* improves the digestion power, clears the *ama* and removes the waste products from the body.

Effect of Virechana Karma in skin disorders

virechana karma is one of the bio-purification method. This procedure has *purvakarmas* like *pachana deepana*, *snehana* and *swedana*. *Pachana Deepana* helps in digesting the *ama* and normalises the *agni*. *Snehapana* helps in the *utkleshana* of the *doshas*. *Sarvanga abhyanga* and *swedana* is performed to bring out the morbid *doshas* from *shakha* to *koshta*. *Virechana karma* cleanses the *koshta* by removing the adhered vitiated *doshas* in body, also helps to maintain the *dosha* and *dhatu samya*. This leads to refurbishes and rejuvenation of the body. *Virechana karma* also helps in improving the immunity. In *Kushta roga*, *Pitta* is the *Pradhana dosha* which gets vitiated along with the other *Dosha* and *virechana karma* is considered as the best treatment protocol to remove the vitiated *pitta* along with other vitiated

doshas. *Vipadika kushta* is a type of *kshudra kushta* So in the present case *Virechana Karma* is adopted.

CONCLUSION

In the present case *Roga Bala* was more and *Rogi Bala* was less, also the patient was *krisha* in such a scenario *alpa alpa and punah punah dosha* should be expelled out from the body⁶. So in the present case repeated *Shodhana* was planned to remove the adhered vitiated *Doshas* from body. This condition *vipadika kushta* is managed successfully with help of *Ayurveda*. The treatments like *shodhana (virechana)* and *shamana chikitsa* was adopted to treat the condition.

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