

CRITICAL ANALYSIS ON '*VIPADIKAHARA GHRITA-TAILA*'-A CLASSICAL MEDICATION FOR *VIPADIKA* (PALMO-PLANTAR PSORIASIS)

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ABSTRACT

Any sicknesses of skin becomes a great dispute for an individual in the civilisation. 'Palmo-plantar psoriasis' is an important skin disorders diagnosed as '*Vipadika*' in Ayurveda. This dermatological disorder comes under eighteen subtypes of skin diseases in Ayurveda. This skin malady is commonly manifests with symptoms of fissures and cracks in the feet and hands with severe pain and often severely damaged the palms and feet of the person. '*Vipadikahara ghrita-taila*' is a medicated ointment which is mentioned in Caraka Samhita as a treatment for five types of skin diseases including *Vipadika*. Present review focus on critical analysis on this classical medication in view of its indication in *Vipadika* (Palmo-plantar psoriasis). Data were analysed based on the

literature survey converging the classics of Ayurveda as well as modern studies. The analysed data apices that all the ingredients of the medication *Vipadikahara ghrita-taila* having a great role to uproot the etiopathogenesis of the disease *Vipadika* (Palmo-plantar psoriasis). The review recommends the drug can be used externally as an effective medicated ointment to manage the *Vipadika* skin lesion. Also there is scope of further scientific study to explore this beautiful medication for the wellbeing of the society.

KEYWORDS: *Vipadikahara grita-taila*, Palmo-plantar psoriasis, Kustha, Skin disease.

INTRODUCTION

Skin plays a chief role in maintaining barrier between internal and external environment of human body. The healthy skin is the primary requirement for the beauty as well as an attractive personality. Palmo-plantar psoriasis produces significant functional and social disability. It is the second most common type of psoriasis followed by chronic plaque type psoriasis. According to conventional system of medicine Palmo-plantar psoriasis is a variant of psoriasis which is resistant to many forms of treatment.^[1,2] This malady often severely damages the palms and feet of the person. Therefore, patients habitually present with large fissures and cracks in their feet and palms (*Panipada sphuthana*) with severe pain (*Tivra vedana*). *Vipadikahara grita-taila* is a medicated ointment which is mentioned in Caraka Samhita in the context of *Kushtachikitsa*.^[3] Ayurveda has discussed all skin disease under the umbrella of *Kustha*, in other word it can be listed as ‘Ayurvedadermatology’. It is not a vis-à-vis correlation but one can cover up all dermatological manifestations under eighteen subtypes of *Kustha*.^[4-6] The disease is mentioned as a curable malady yet the relapsing nature of this disease makes it much harassment for patient and troublesome for physician too. This is not a life threatening, it makes worried the patient due to its appearance, severe pain and cracking of feet and palms, disturbing routine and its nature vulnerable to be chronic. The present review deals with the analysis of the drug *Vipadikahara ghrta-taila* mentioned for Palmo-plantar psoriasis which is diagnosed as ‘*Vipadika kustha*’ in classics.

INGREDIENTS OF VIPADIKAHARA GHRITA-TAILA^[7-10]

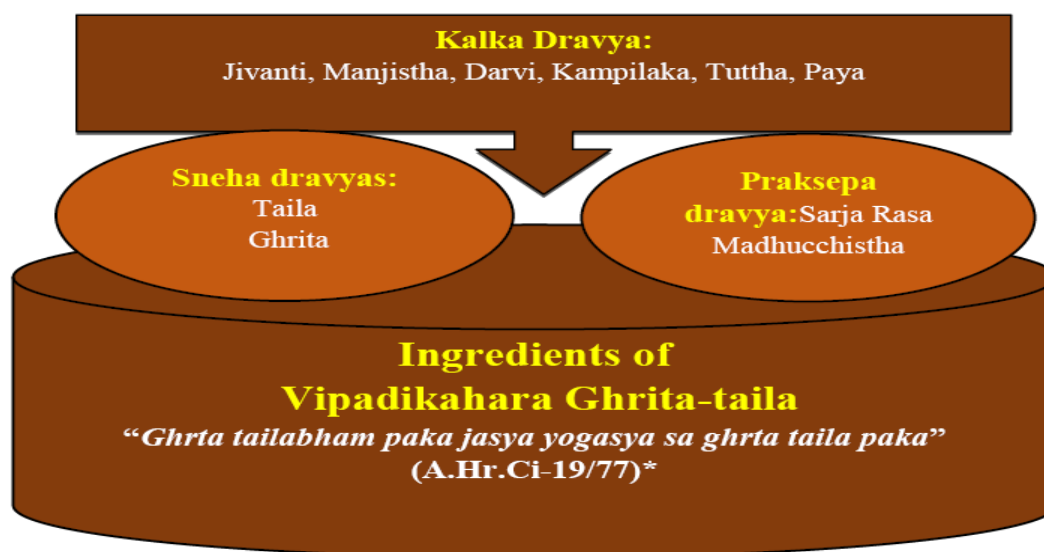


Fig. 1: Ingredients of Vipadikahara Ghrta-taila.

*Note: Here two types of *sneha*(~unctuous substances)are used for *sneha paka* i.e. *Ghrita* (ghee) and *Taila* (oil). So, this type of *sneha paka* (~preparation of unctuous medication) also known as *yamaka paka* (~two types of unctuous substances mixed together). The general rule of *sneha paka* the *sneha* should be four times of *kalka dravyas* (~the ingredients applied in paste form) and here *ghrita* and *taila* should be equal amount. After *yamakapaka prakshepa dravya* (~the ingredients used as additives) will be given as 1/8 part of *sneha*. Here the two ingredients i.e. *sarajrasa*and *madhucchistha* will be equal quantity (Ca.Ci.-7/120-121).

Table 1: Profile of the ingredients.

Sr.no.	Ayurveda name	English name	Botanical/ Scientific name	Useful part
1.	<i>Jivanti</i>	Cork Swallow-wort	<i>Leptadenia reticulata</i> (Retz.) Wight & Arn. [Family: Apocynaceae]	Root
2.	<i>Darvi</i>	Indian berberry	<i>Berberis aristata</i> DC. [Family:Berberidaceae]	Stem (Wood)
3.	<i>Manjistha</i>	Indian madder	<i>Rubia cordifolia</i> L. [Family: Rubiaceae]	Root
4.	<i>Kampillaka</i>	Kamala tree	<i>Mallotus philippensis</i> (Lam.) Müll.Arg. [Family: Euphorbiaceae]	Red dye of fruit covering
5.	<i>Sarjarasa</i>	White dammar	<i>Vateria indica</i> L. [Family:Dipterocarpaceae]	Resinous exudate
6.	<i>Tila</i>	Sesame Gingelly-oil Seeds	<i>Sesamum indicum</i> L.[Family: Pedaliaceae]	Seeds oil
7.	<i>Tutthak</i>	Blue vitriol	Copper(II) sulfate	-
8.	<i>Madhuchichst</i>	Bees wax	-	-
9.	<i>Paya</i>	Cow's milk	-	-
10.	<i>Ghrita</i>	Ghee	-	-

Table 2: Ayurveda properties of the ingredients.

Sr. no.	Drug name	Rasa (Taste)	Guna (Virtue)	Veerya (Active potency)	Vipaka (Metabolism)	Doshagnata (Pacifies dosha)
1.	<i>Jivanti</i>	<i>Madhura</i> (~Sweet)	<i>Laghu</i> (~Light), <i>Snigdha</i> (~Unctuous)	<i>Sheeta</i> (~Cold)	<i>Madhura</i> (~Sweet)	KVP
2.	<i>Darvi</i>	<i>Tikta</i> (~Bitter), <i>Kashaya</i> (~Astringent)	<i>Laghu</i> (~Light), <i>Ruksha</i> (~Rough)	<i>Ushna</i> (~Hot)	<i>Katu</i> (~Pungent)	KV
3.	<i>Manjistha</i>	<i>Tikta</i> (~Bitter), <i>Kashaya</i> (~Astringent), <i>Madhura</i> (~Sweet)	<i>Guru</i> (~Heavy), <i>Ruksha</i> (~Rough)	<i>Ushna</i> (~Hot)	<i>Katu</i> (~Pungent)	KP
4.	<i>Kampillaka</i>	<i>Katu</i> (~Pungent)	<i>Laghu</i> (~Light), <i>Tikshna</i> (~Sharp)	<i>Ushna</i> (~Hot)	<i>Katu</i> (~Pungent)	KV
5.	<i>Sarjarasa</i>	<i>Kashaya</i> (~Astringent) <i>Madhura</i> (~Sweet)	<i>Laghu</i> (~Light)	<i>Ushna</i> (~Hot)	<i>Katu</i> (~Pungent)	KP

6.	<i>Tila</i>	<i>Kashaya</i> (~Astringent) <i>Tikta</i> (Bitter)	<i>Ruksha</i> (~Rough)	<i>Sheeta</i> (~Cold)	<i>Katu</i> (~Pungent)	VP
7.	<i>Tutthak</i>	<i>Madhura</i> (~Sweet)	<i>Guru</i> (~Heavy), <i>Snigdha</i> (~Unctuous), <i>Sukshma</i> (~Tiny)	<i>Ushna</i> (~Hot)	<i>Madhura</i> (~Sweet)	KVP
8.	<i>Madhuchichst</i>	<i>Madhura</i> (~Sweet)	<i>Guru</i> (~Heavy), <i>Snigdha</i> (~Unctuous)	<i>Sheeta</i> (~Cold)	<i>Madhura</i> (~Sweet)	VP
9.	<i>Paya</i>	<i>Kashaya</i> (~Astringent) <i>Katu</i> (~Pungent)	<i>Snigdha</i> (~Unctuous)	<i>Ushna</i> (~Hot)	<i>Katu</i> (~Pungent)	KV
10.	<i>Ghrita</i>	<i>Madhura</i> (~Sweet)	<i>Guru</i> (~Heavy), <i>Snigdha</i> (~Unctuous)	<i>Sheeta</i> (~Cold)	<i>Madhura</i> (~Sweet)	VP

Note: K-Kapha, V-Vata, P- Pitta.

Table 3: Pharmacological Profile and uses related to Skin.

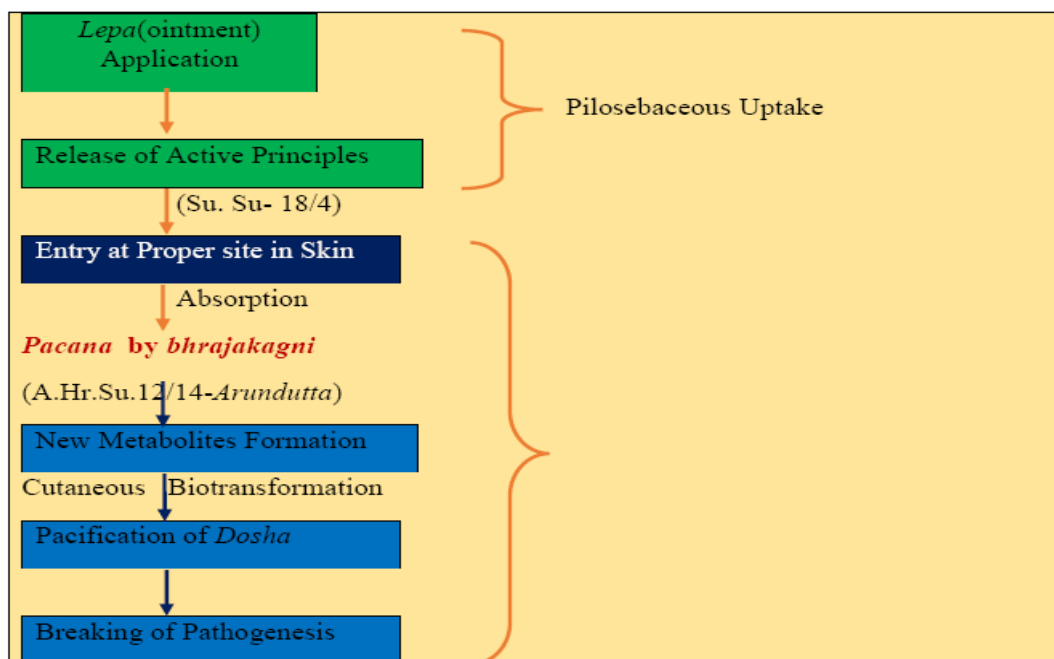
Sr.no.	Ayurveda name/ English name	Pharmacological actions as per Ayurveda classics
1.	<i>Jivanti</i> (Cork Swallow-wort)	<i>Balya</i> (~enhance physical strength), <i>Jivaniya</i> (~enhance longevity), <i>Vrisya</i> (~aphrodisiac), <i>Rasayana</i> (~adaptogenic), <i>Cakshuya</i> (~prevent eye disorders), <i>Tridoshaara</i> (~balance three basic humours).
2.	<i>Darvi</i> (Indian berberry)	<i>Dipana</i> (~carminative), <i>Grahi</i> (~absorb <i>drava</i> by enhance digestive fire), <i>Shothahara</i> (~prevent oedema), <i>Vedanasthapana</i> (~analgesic) <i>Vrana shodhana ropana</i> (~wound healing) <i>Kandughna</i> (~cure dermatitis), <i>Rakta shodhaka</i> (~blood purifier), <i>Rasayana</i> (~adaptogenic).
3.	<i>Manjistha</i> (Indian madder)	<i>Kusthaghna</i> (~cure skin disorders), <i>Krimighna</i> (~destroys microbes/helminthic), <i>Vishaghna</i> (~antitoxic), <i>Raktashodhaka</i> (~blood purifier), <i>Varnya</i> (~maintain complexion), <i>Vrana ropana</i> (~wound healing).
4.	<i>Kampillaka</i> (Kamala tree)	<i>Recaka</i> (~purgative), <i>Raktapittaghna</i> (~cure bleeding disorders), <i>Krimighna</i> (~destroys microbes/ helminthic), <i>Amapacaka</i> (~removes undigested food particles), <i>Udararogahara</i> (~cure gastrointestinal disorders), <i>Vrana ropana</i> (~wound healing), <i>Varnya</i> (~maintain complexion).
5.	<i>Sarjarasa</i> (White dammar)	<i>Kandughna</i> (~cure dermatitis), <i>Kusthaghna</i> (~cure skin disorders), <i>Vrana ropana</i> (~wound healing), <i>Sandhaniya</i> , <i>Jantughna</i> (~destroys microbes/ helminthic), <i>Vipadikahara</i> (~cure palmo-plantar psoriasis), <i>Varnya</i> (~maintain complexion).
6.	<i>Tila</i> (Sesame Gingelly-oil Seeds)	<i>Balya</i> (~enhance physical strength), <i>Keshya</i> (~protect hair), <i>Rasayana</i> (~adaptogenic) <i>Sangrahi</i> ((~absorb <i>drava</i> by enhance digestive fire), <i>Varnya</i> (~maintain complexion), <i>Vishaghna</i> (~antitoxic), <i>Snehana</i> , <i>snehopaga</i> (~maintain body lustres), <i>Kusthaghna</i> (~cure skin disorders), <i>Agnivardhaka</i> (~enhance digestive fire), <i>Vrana ropana</i> (~wound healing), <i>Bhagnaprasadhaka</i> (~heal fractures).
7.	<i>Tutthak</i> (Blue vitriol)	<i>Kusthaghna</i> (~cure skin disorders), <i>Tvakdosha hara</i> (~prevent dermatological pathogenesis), <i>Krimighna</i> (~destroys microbes/helminthic), <i>Vishaghna</i> (~antitoxic), <i>Kandughna</i> (~cure dermatitis), <i>Vrana ropana</i> (~wound healing).

8.	<i>Madhuchichst</i> (Bees wax)	<i>Vranasothahara</i> (~anti-inflammatory), <i>Jantughna</i> (~antiseptic), <i>Vrana ropana</i> (~wound healing), <i>Sandhaniya</i> (~heal fractures), <i>Kusthahara</i> , (~cure skin disorders), <i>Vipadika hara</i> (~cure palmo-plantar psoriasis), <i>Vataraktahara</i> (~cure arthritis).
9.	<i>Paya</i> (Cow's milk)	<i>Rasayana</i> (~adaptogenic), <i>Cakshuya</i> (~prevent eye disorders), Increases <i>Kanti</i> (~skin tone), <i>Ojasa</i> (~vitality), <i>Tejasa</i> (~willingness/power), <i>Medhya</i> (~intellect), <i>Svarya</i> (~voice).
10.	<i>Ghrita</i> (Ghee)	<i>Jivaniya</i> (~promotes longevity), <i>Swasthyakaraka</i> (~protects the body from various diseases), <i>Agnivardhak</i> (~increases the digestive fire), <i>Ojavardhaka</i> (~it nourishes ojas), <i>Dhatuposhaka</i> (~the subtle essence of all the body's tissues, <i>Medhavardhak</i> (~it improves memory and strengthens the brain and nervous system). Ghee pacifies <i>Vatadosha</i> and <i>Pittadosha</i> and is acceptable for <i>Kaphadosh</i> in moderation.

MODE OF ACTION: The probable mode of action of the drug can be explained in two steps as follows:

Step-1: Pilosebaceous Uptake: The drug is generally applied as form of ointment (*Lepa*) over the surface of skin opposite to the direction of hairs on it, through a proper base. Thus the active principles of the ingredients of the drug are released into that base. Gradually this combination enters the hair follicle (*Romakupa*) and further gets absorbed through the *svedavahi srotasa* and *siramukha*. However, it should be kept in mind that the pilosebaceous uptake i.e. absorption of the ointment (*Lepa*) differs as per the site variation, skin condition and more important is the base through which it is applied.

Flowchart: Shows Hypothesis Based On Textual References



Step-2: Cutaneous Biotransformation: Subsequently the absorbed medicine/ointment is subjected for *Pachana* by *bhrajakagni* viz. the viable epidermis starts off the catabolic degradation of the absorbed material with the help of essential enzymes. In due course of the above transformation, some new metabolites might be forming which pacifies the protonated *dosha* (pathology) locally and thus breaks the pathogenesis cycle leading to the alleviation in the symptoms.

DISCUSSION

The malady '*Vipadika*' is one of the *Kshudra kusta* mentioned by classics of Ayurveda. It is generally jaunting through a chronic sequence in body and is often considered difficult to cure and sometimes even after therapy, recurrence is one of the most important challenge. According to Ayurveda scholars, all types of *Kshudrakusta* have been considered as "*Rakta Pradoshaja Vikara*" i.e. manifests through the vitiation of blood. Moreover the disease *Vipadika* is dominance of *Vata-Kapha Dosha*. As per classics of Ayurveda the *Kusta* and its subtypes have been considered as a "*Saptadravya samgraha*" i.e. affects all the basic seven assets. *Raktadushti* (vitiation of blood) is one of the important causes of skin disorder and it can directly occur by use of *Viruddhaahara* (~compatible diet). Acharya *Sushruta* has explained if the *Kusta* is located in *Tvaka* (Rasa), *shodhana* and *lepa* (local application) should be used. Acharya *Caraka* has categorically mentioned the different categories of external '*KustaharaLepa*'. The Acharya has even given more priority to external application than internal (*Shamana*) therapy. Therefore local application is essential part in the management of *Kusta* i.e any kind of dermatological ailments. It provides highest drug concentration at the site of action. Also can be frequently used and does not interfering the gastric environment of the patients. Thus the drug *lepa* of *Vipadikahara ghrita-taila* for local application is certainly play a significant role.^[10] It contain many vital ingredients which plays an important role to destroy the disease *Vipadika* from its root (Figure-1, Table-1-3). Like as *Jivanti* (*L.reticulata*) is one of the ingredients which possess significant antibacterial and antifungal properties.^[11] The study indicates the potential usefulness of *Jivanti* aerial parts as antifungal activity *in-vitro* against *Aspergillus flavus*, *Aspergillus ruantti*, *Candida tropicalis*, *Candida albicans*, *Trichoderma viride* and *Trichoderma koninngii* respectively.^[12] Another active ingredient is *Darvi* (*B.aristata*) which possess properties like- local anaesthetic, anti protozoal, anti-bacterial, anti-inflammatory, anti-trachoma. Study has already been reported that berbarine was found to be free from any serious toxicity in human beings. The Rubimallin which is an active constituents of another ingredient of *Vipadikahara ghrita-*

taila showed antibacterial activity (Yaoxue Xuebao, 1990). Similarly the Sesamolol and sesaminol of Tila also showed antioxidant activity (ACS Symp. Ser. 1994). The plant, kampillaka (*M. philippensis*) showed antimicrobial activity against the fungi *A.flavus* and *C. Albicans*. The mineral ingredient, *Tutthaka* (Copper sulphate) has recently been touted as a “Fountain of Youth” for its ability to improve the elastic fibre in skin, increase skin flexibility, and as an anti-wrinkle treatment. More over the ingredient *Madhucchista* (bees wax) is reported as special super-disinfectant, despite advances in cancer research, which is an anti-bacterium called "Propolis" that is created by bees. Propolis resins also destroy viruses, bacteria and fungi. It is a natural antiseptic.^[13] Another important ingredient *Ghritha* (ghee) facilitates transportation of ingredients of formulation to a target organ and final delivery, inside the cell, up to the mitochondria, microsome and nuclear membrane, because cell membrane also contains lipid. Likewise all the ingredients of the analysed medication play important role to bring out the desired pharmacological action of the drug against the disease *vipadika*.

CONCLUSION

‘*Vipadikahara gritha-taila*’ is a medicated ointment which is mentioned in Caraka Samhita as a treatment for five types of skin diseases including *Vipadika*. The drug contain ten potent ingredients which are directly or indirectly effective in skin pathogenesis. Present review showed that the drug may act against Palmo-plantar psoriasis through Pilosebaceous Uptake and Cutaneous Biotransformation. The review highlights there is huge scope of multicentric trial to provide the evidence based provisions to this classical medication.

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