

APPROACH TOWARDS THE MANEGMENT OF VIPADIKA KUSHTA WITH THE HELP OF VIPADIKAHAR LEPA – A CASE STUDY

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ABSTRACT

Skin provides protection to the whole body from external surrounding by covering and Skin problems affects all ages. *Kushta* represents the broad term under the Skin diseases and *vipadika* comes under this heading. In order to regain the texture of hand and cosmetically and gain relief from the symptoms foot of *Vipadika*, external applications have excellent results. By considering this fact, this case of *vipadika* was the successfully treated by local application of *Vipadikahar lepa*. *Lepa* contains *Sarjrasam*, *Saindhav lavan*, *Guda*, *Madhu*, *Guggulu*, *Gairik*, *Ghritha*, *Madhuchishta*, etc. By application of this *lepa*, *Snigdha*, *Kandughna*, *Krimighna*, *Kaphaghna*, *Vranashodhana*,

Rasayana, etc useful in treating the classical symptoms of *Vipadika*. So that, with the help of all above mentioned properties, *Vipadikahar lepa* is effective in the management of *Vipadika*.

KEYWORDS: - Vipadika, Kushtha, Vipadikahar Lepa, etc.

BACKGROUND

Skin is the largest sense organ in the human body which has the function of perceiving senses like pain, touch, temperature, pressure etc. It also provides protection to the whole body from external surrounding by covering. And Skin problems affects all ages from the neonates to the elderly in both sexes equally, they always face physical, emotional & social embarrassment in the social life. The skin diseases many times are not a cause for any mortality; they make the patient worried due to its external appearance. And severe itching or

burning or oozing disturbs his/her day to day life. Large community prevalence studies have demonstrated that between 20-30% of the population have various skin problems which require attention.^[1]

Ayurveda noted most of the skin diseases under *Kushta roga*. The actual meaning of “*Kushnati tad Vapuhu*” means the roga which causes the discoloration and disfiguration bringing dishonour upon the sufferer.^[2] The study of Indian medical classics discloses that all skin diseases are considered less than one of the broad headings of “*Kushta*”.

The signs and symptoms of *vipadika* as mentioned by *charaka* are *pani-pada sphutana* and *teevra vedana*^[3] by which in the present society it hinders personal and social status of a person by its severity, discomfort and pain. It also gives mental agony as a cosmetic problem. In chalking out a practical line of treatment, we need to understand that in between the hectic schedule of today's life, there is a need of simple and effective remedy in order to regain the texture of hand and foot cosmetically and gain relief from the symptoms, external applications have excellent results. By considering this fact, this case of *vipadika* was the successfully treated by local application of *Vipadikahar lepa*.^[4]

CASE REPORT

The present case study is successful Ayurvedic management of a case of *Vipadika*. A 47 year old male patient came to Shree Vishwadhya Ayurvedic Chikitsalay and Panchakarma centre, Malegaon who presented with the signs and symptoms of *Vipadika kushta* which were told in classics like, *Sphutana*, *Vedana*, *Kandu*, *Daha*, etc. for 5 years was selected for the study.

History of present illness

The patient was well before 4 year. But then patient was gradually got symptomatic appearance of *Vipadika* and diagnosed during routine check-up. Patient was also psychological upset since last few years for its physical appearance. For which she used many local as well as oral medication. But there was no any significant relief. Hence, she came to Shree Vishwadhya Ayurvedic Chikitsalay and Panchakarma centre, Malegaon for better management.

Past history: - Not significant

Personal history

Name-xyz Appetite-Poor
 Addiction- Not any Marital Status-Married
 Age- 47 years Sleep-Inadequate
 Bowel habit-Irregular Occupation- Worker
 Sex-Male
 Water Exposure- No

Ashtavidh pariksha

Nadi (Pulse) - 80/min Shabda (Speech) - Spasht
 Mala (Stool) - Niram Sparsha (Touch) - Anushnasheet
 Mutra (Urine) - Niram Drika (Eye) - Pallor+
 Jivha (Tongue) – Saam Akriti (Built) – Madhyam

Other

BP - 128/80 mmhg Height - 161 cm
 Bala - Uttam Weight - 56 kg
 Prakriti - Vata-Pittaj

MATERIALS AND METHOD**Table 1: Content of the trial drug (*Vipadikahar lepa*).^[4]**

Sr. No.	Sanskrit Name	Botanical Name
1	<i>Sarjrasam</i>	<i>Shorea robusta</i> Gaertn
2	<i>Saindhav lavan</i>	Salt
3	<i>Guda</i>	Jaggry
4	<i>Madhu</i>	Honey
5	<i>Guggulu</i>	<i>Commiphora mukul</i> Hookex Stocks
6	<i>Gairik</i>	Hematite
7	<i>Ghrita</i>	Ghee
8	<i>Madhuchishta</i>	Mom

Criteria for assessment

Subjective criteria for assessment of therapy:

- Vedana (Pain)**

0 - No Vedana

1- After pressing

2 - Only by touching

3 - Without touching

- **Kandu (Itching)**

0 - No itching

1 - 1 to 2 times in day

2 - Frequently itching

3 - Which disturbs the sleep and other

- **Ragam (Redness)**

Present / Absent

Objective criteria for assessment of therapy

Table 2: Sphutan (Cracks).

Grade	Length	Depth
Mild	≤ 1 cm	≤ 2 mm
Moderate	1 to 2 cm	2 to 5 mm
Severe	≥ 2 cm	≥ 5 mm

Table 3: Treatment plan- Patient was treated on OPD basis.

Drug and Dose	<i>Vipadikahar lepa</i> externally daily twice At night and morning.
Dose	Q.S.
Total Duration	30 days
Follow up	15 days

Before starting the treatment plan patient was routinely investigated by complete blood count and random blood sugar to exclude any systemic complication and after that assessed baseline condition of disease. Then patient was provided with a container of “*Vipadikahar lepa*” of 50 gms for 15 days and later again 50 gms for next 15 days, for total of 30 days. During the treatment, the patients were asked to wash their hand and foot with the lukewarm water and Put it dry. Then the *Vipadikahar lepa* was asked to apply on the affect area i.e., on hand and foot in sufficient quantity in morning and evening. After applying they were asked not to do any work or walk, as dust particles may adhere to the surface of skin and it may increase the infection. Patients were asked to maintain hygiene and asked to wear gloves and socks. The duration of the treatment was fixed for 30 days. Every 15th day patients were asked to come for follow up.

RESULTS

Table 4.

Assessment criteria		BT	AT
Vedana (Pain)		2	0
Kandu (Itching)		1	0
Ragam (Redness)		Yes	No
Sphutan (Cracks)	Length	Severe	Moderate
	Depth	Moderate	Mild

DISCUSSION

Samprapti vighatana of vipadika

When the topical preparation was applied locally in *Vipadika*, it acted on pacifying the local *doshas*. It did the *vata shamana* by its *snehana* property and also it has maintained the equilibrium of *pitta* and *kapha*. By the property of *taila* it penetrated into deeper *srotas* and dissolved the *sanga*. By *dhatu shaithilya* was removed and by the *sandhanakara* and *ropana* property it might have helped for building up the tissue of the broken skin and thus *Sphutana* was cured. Meanwhile it provided nourishment to *twacha* by its *snehana*, *rasayana* and *balya* properties. Hence in this way, it was possible to do the *samprapti vighatana* locally but *Vipadika* was not cured by its root. Due to the *sanubandha* of the *doshas* and *dushyas* may flare up again to cause the symptoms.

Probable action of drug

On Rukshata: The *snigdha guna* of *Guggulu*, *Madhu*, *Goghrita*, *Tila taila* and *Madhucchista* might have helped to control *vata* and for the prevention of *rukshata* and *kharasparsha* in *Vipadika*. This type of lubrication helps for moistening and softening of skin.

On Kandu: *Kandu* might have subsided by *Krimighna*, *Vishaghna*, *Kaphaghna* property of *Sarjarasa*.

On Sphutana: *Sphutana* of *pani* and *pada* might have reduced and cured by, *Vrana shodhana* and *Vranaropana* properties of *Guggulu*, *Madhu*, *Guda*, *Tila taila*, *Ghrita* and *Sarjarasa*. *Rasayana* property of *Go-ghrita*. *Snigdha guna* of *Guggulu*, *Madhu*, *Goghrita*, *Tila taila* and *Madhucchista*.

On Vedana: *Vedana* might have subsided by the *vedana sthapaka* action of *Guggulu*, *Madhu*, *Tila taila* and *Sarjarasa*.

On Srava and ragam: The *sthambaka* action of *sheeta veerya* of *Sarjarasa*, *Gairik*, *Saindhava lavana*. *Kashaya rasa* and *sandhaneeya* property of *Tila taila*. *Sheeta veerya* of *Jala*, *Go-grita* and *Madhu*.

On Daha: *Daha* might have subsided by the *pitta shamaka* properties of *Go-ghrita*, *Madhu*, *Gairika*.

Other than this, *Rakta* is one of the *dushyas*. The *rakta vaha sroto dusti* produces *Kushta*. Hence *rakta* need to be cleansed. This might have been done by the *rakta shodhaka* properties of *Madhucchista*, *Madhu*, *Gairika*.

In total, the *kustaghna* property of certain drugs like *Madhucchista*, *sarjarasam* formulated along with *sneha dravyas* might have given multiple benefits in curing *Vipadika*. Above all, the *twachya* property of the *Taila* might have helped to subside symptoms and help to maintain the normalcy of *twacha* in *pani* and *pada*.

CONCLUSION

Manifestation of *Vipadika* is irrespective of age, sex and *prakruti*, but predominantly seen in *madhyama vaya*, females and *vata kapha prakriti* persons respectively. *Kala*, *desha*, *vihara* plays an important role in manifestation of *vipadika*. Among *tridosha*, *vata* plays an important role in the manifestation of *Vipadika*. *Vipadikahar lepa* is effective in the management of *vipadika* with highly significant result.

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