

## MANAGEMENT OF VIPADIKA THROUGH SHODHANA AND SHAMANA: A CASE STUDY

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### ABSTRACT

Skin is the first organ of the body interacting with the environmental agent like physical, chemical and biological agents. In Ayurveda, skin disorders are included under a broad Category of diseases namely, kushta. There are 18 types of kushta described in Ayurveda. *Vipadika* (Cracks in palms and soles) is one. According to ancient seers of Ayurveda, *Pani Pada Sphutana* (cracks in palms of soles), *Tivra Vedana* (severe pain) *Manda kandu* (mild itching) & *Saraga pidika* (redness associated with eruptions) are the symptoms of *Vipadika*, *kustha* are mainly divided into two group ie *Mahakustha* & *kshudra kustha*. *Vipadika* is one of the diseases which have been included under the heading of *kshudra kustha*; it is characterized by *Sphutanam* either in palms or soles or in both. In the present case report a patient with complaint of scaling, itching &, cracking & dryness of both palms &

soles associated with blackish discoloration & pain since 8 to 10 days, was treated with *Shodanan (Basti)* and *Shamana Aushadhi* & has shown a significant result. She had a History of Housekeeping, cleaning the utensils with chemical bars. *Shodhana* helps to remove the root cause of the disease, & prevent recurrence.

**KEYWORDS:** *Vipadika*, *kushta*, Skin Disorder, Ayurveda.

### INTRODUCTION

In Ayurveda, all skin diseases come under *kushta*, which is described as one of the eight *Mahagadas* (dreadful diseases). Vitiating of *Tridosha* (three regulatory functional factors of the body) & their invasions into four *Dhatus* including *Twak*, *Rakta*, *Mamsa*, *Ambu* manifest

in *kushta*. *Vipadika* (cracks in palms and soles) is one form of the *kushta* with *Pani Pada Sphutana* (cracking of the skin in the palms & soles) and *Tivrira Vedana* (severe pain) as the chief complaints. The condition manifests due to the aggravation of *Tridosha*, especially the dominance of *Vata & Kapha Dosha*.

This case is about a patient complaining of dryness, scaling, itching, blackish discoloration & cracking of both palms & soles. There was no previous history of any systemic disease. The patient reports that she had a history of housekeeping, cleaning the utensils with chemical bars. Patient was treated with *Shodana (Basti) & Shamana Aushadhi's*. This has shown a significant result. Total treatment was about 16 days with a follow up of 15 days.

## CASE REPORT

A 54 year old female patient was admitted at Ayurveda Mahavidyalaya Hospital on 24 / 7/2024 in Kayachikitsa Dept. bearing IPD No. 1221/24. Reported with dryness Scaling, itching & cracking of both palms and soles associated with blackish discoloration since 8 to 10 days.

### Chief Complaints

Dryness, scaling, itching & cracking of both palms & soles with blackish discoloration since 8 to 10 days.

### Associated Complaints

Lower Backache and left knee joint pain since 15 days.

### History of present illness

The patient was normal 8 to 10 days back. Gradually developed symptoms like dryness, scaling, itching & cracking in both palms with blackish discoloration. According to the clinical features, the case was diagnosed as *Vipadika*. Clinical features indicated predominance of *Vata & Kapha Doshas*.

### Past History

No previous H/O any other severe illnesses.

### Surgical History

No H/O any surgery.

### Family History

Family history was negative for similar condition or skin disorder and no H/O severe illnesses.

Personal History	Vitals data
Appetite: moderate	Pulse-80/min
Bowel: Regular	BP: 130/80mmHg
Micturation: Regular	RR:18/min
sleep: Regular	Weight:

### Investigation

All routine investigation (Hb, TLC, DLC, ESR, RBS etc) done and were within normal range.

### Skin examination

Site- plantar aspect of palms and soles.

Dryness, scaling, cracking, and blackish discoloration.

Cracked skin around the fingers, Margins- irregular

### Nidan Panchank

*Nidana-*

*Poorva-Roop-* Kandu

*Roopa-* Cracking of palms with dryness, scaling, itching, pain.

*Samprapti-*

*Nidan Sevana(Aharaja, Viharaja)*



causes *Agni Vikruti*



*Tridosha Vikruti* along with *Rasa, Rakta, Mamsa, Lasika Dushti*



*Sanga* and *Vimargagamana* of *Doshas Sthanasamshaya* in *Hasta* and *Pada*.



Causes *Vipadika Kushta*.

### Treatment Given

Ayurveda emphasizes on three-fold therapeutic management of the disease viz: Sanshodhan (biopurification), Sanshaman (pacification) and Nidana Parivarjana (avoiding causative factors) for almost all type of disorders including dermatological disorders. Sanshodhan (Virechan) followed by Sanshaman Aushadh (to subside remaining doshas after sanshodhan)

is the mainstay of present study in the management of vipadika.

Therapy	Drug	Matra (Dose)	Duration	Anupana
Deepan	Amapachak yog	500mg BD	After food	Koshna jala
Snehapan	Mahatiktaka Ghruta	10ml BD	Before food	Koshna jala
Abhyang	Nalpamaradi taila	--	Next 2 days	--
Swedan(Sarvang)	Nadi sweda	--	Next 2 days	--
Virechan	Trivrutta Awaleha + Triphala Kwatha	75gm+50ml	--	Koshna jala
Basti	Niruha Basti - Manjisthadi Anuvasana Basti- TiktaGhruta	280ml 50ml	Alternately for 8 days	--
Sansarjana kram	Mand (rice water) Boiled Khichdi Daal and Roti	According to appetite	1day Next day Next day Next day	
Sanshaman aushadh	Manjishtha Churna, Arogyavardhini Vati, Gandhak Rasayana, Sukshma Triphala, Guduchi Churna, Paripathadi Kadha	500mg BD 1gm BD 250mg BD 500mg BD 500mg BD 2tsf BD	After food	Koshna Jala

Probable Mode of Action of Management.

Chikitsa	Mode of Action
Deepan	Enhances appetite and in pacifies vitiated Vata dosha.
Snehapan, Abhyang & Swedana	expels vitiated Doshas from Shakha to Koshtha and it also pacifies Vata Dosha.
Virechan	Targeted to expel increased Pitta and kapha Dosha out of the body
Sansarjana kram	Agnibalvardhanarth (improve digestion and increases appetite)
Shaman drugs	Sanshaman to subside remaining Doshas after Sanshodhan. Selected sanshaman drugs having vata-kapha shamak and rakta-shodhak properties.

Assessment Criteria for Sphutana.			Assessment Criteria for Vedana.		
SN	Clinical features	Score	SN	Clinical features	Score
1.	Insignificant dryness at the foot/palms	0	1.	No pain	0
2.	Roughness is present when touching	1	2.	Mild pain of easily bearable nature, comes occasionally	1
3.	Excessive roughness presents and leading toitching	2	3.	Moderate pain, but no difficulty	2
4.	Excessive roughness presents and leading toslight cracks	3	4.	Appears frequently and requires some measures for relief	3
5.	Roughness leading to cracks and fissures	4	5.	Pain requires medication and may remain throughout the day	4

**Observation Table**

SN	Clinical features	Before treatment	After treatment	After first follow up
1.	Scaling of skin	+++++	+++	+
2.	Dryness	+++++	+++	
3.	Itching	++++	++	+
4.	Pain	++++	+	
5.	Blackish discoloration	+++	+	

**DISCUSSION**

In Ayurveda, different types of Kushta have been mentioned. Vipadika has similar characteristics to palmoplantar psoriasis. It involves all the Tridosha in the pathogenesis, with the predominance of vitiated Vata and Kapha. However, in the conventional system of medicine, the available management for palmoplantar psoriasis has certain limitations. There are several published data explaining the involvement of the immune system, inflammatory cascade, cytokines, and keratinocytes in the pathogenesis. Various cytokines are inferred to have a major role in disease progression, which makes psoriasis, a disease condition resulting from a cytokine storm. This necessitates a dire need for a multimodal Ayurveda treatment approach to target multiple pathways involved in the disease process, which also addresses the chronic and relapsing nature of the disease through a long and sustained treatment.

Amapachak yog helps in conditions like Agnimandhya Vibhanda etc. Mahatiktaka Ghrita is useful in treating Amlapitta, Rakta Pitta, Vata Rakta, Kushta, Visarpa, Kushta, Asrigdhara. It contains drugs like Saptaparna which detoxifies and cleanses the blood, Aragvadha used for skin diseases and is a mild laxative, Patha used for skin infections, Musta corrects the digestion and metabolism, Usira Dhanvayasa Shweta Chandan does Pitta Shamana, Triphala best anti-oxidant combination, Patola purifies the blood, Varnya and relieves itching, Nimba is a good anti-inflammatory drug useful in allergic skin rashes and wound healing.

Nalpamaradi Taila was used because of its Kandughna and Kustaghna properties. It is Kaphaghna and Vataghna due to its Tikta, Katu Rasa and Ushna Virya. It is also having Jantughna Vranaropana and Vedanasthapana properties. As Kushta is the Raktavaha Srotodusti Vikara, Virechana is the main line of treatment adopted in it. Virechana is given with Trivrutta Awaleha. Trivrut has Virechaka Prabhava.

Acharya Charaka considers Rakta Dusti as one of the prime causes of skin diseases<sup>[10]</sup> By doing Raktamokshana it helps to remove Dushita Rakta which enables proper circulation to the tissues helping in its regeneration, relieves the pain.

Arogyavardini Vati is specifically indicated in Vatarakta, Vrana, and Kushtha. In one study, the anti-allergic, anti-bacterial and blood purifying properties of this Yoga was found. Guduchi acts as Tridosha Shamaka, Raktashodhaka.

Gandhaka Rasayana is extensively used in treatment of various skin disorders such as psoriasis, urticaria, eczema and wound healing, gastro-intestinal disorders and sinusitis. It is used effectively in healing of abscesses and chronic non healing wounds.

## CONCLUSION

Skin diseases are very difficult to manage. Customized treatment approaches in the current case of Vipadika showed encouraging results in subjective parameters such as cracks, pain, burning sensation, and itching. The multimodal Ayurveda treatment approaches including lifestyle changes are proven to be beneficial and safe in the management of Vipadika.

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