

**MANAGEMENT OF VIPADIKA KUSHTHA BY HERBO-MINERAL
FORMULATION – (VIPADIKAHARA GHRITA-TAILA MALAHARA)-A
SINGLE CASE STUDY**

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❖ ABSTRACT

Our society has struggled with skin illnesses as a significant health issue. In their *Samhitas*, our ancient *Acharyas* referred to a variety of skin illnesses by the name of *In Kushtha*. The skin condition known as “*Vipadika*” is also included under *Kshudra-Kushtha*. *Maharshi Charak* has described *Vipadika*. Cracked heels, also known as heel fissure, are a typical foot ailment in contemporary medical science. The formation of dry, hard, thick skin around the edge of the heel, which may be painful or uncomfortable, is the first indication that you have cracked heels. The fissures could be so severe that they start to bleed. A significant prescription that *Maharshi Charak* gave in the *Kushtha Chikitsa* chapter for the therapy of *Kshudra Kushtha*, especially *Vipadika*, is *Vipadikahara Ghrita-Taila (Malahara)*. According to this preparation term, *Maharshi Charak* does not mention *Malahara*, but its final appearance will be similar to *Malahar* because it includes *Beewax* and *Sarjarasa* as a *Prakshepa Dravya*. After washing with lukewarm water and drying the feet, the afflicted region were treated

twice daily, morning and evening, for four weeks with a standardized *Vipadikahara Ghrita-Taila* (*Malahara*). During the course of therapy, the lesions healed bit by bit, and the skin on the feet eventually returned to near normalcy. According to the current study, *Vipadikahara Ghrita-Taila* (*Malahara*) may be applied externally as an efficient *Malahara* to treat *Vipadika* Skin Disease.

❖ **KEYWORDS:** Skin disease, *Vipadika*, *Vipadikahara Ghrita-Taila* (*Malahara*).

❖ INTRODUCTION

One of the oldest medical sciences in the world is *Ayurveda*, the science of life. The earliest written *Vedas* are its source, and its greatest detail may be found in the *Atharveda*. The primary goals of *Ayurveda* are, first, to preserve the health of healthy people, and second, to treat the illnesses of the sick. *Vipadika* is the term used in *Ayurveda* for cracked heels. Now, it is seen as one of the main cosmetic health concerns for both men and women. Its primary occurrence is among those who travel great distances every day, frequently without taking good care of their feet. It has a direct impact on a person's daily schedule. Cracks in the heels are an indication that foot care is being neglected or that there isn't enough moisture. The medical term for cracked heels is heel fissures. On the skin, fissures are often described as regular linear cut wounds. It might occasionally penetrate deep into the dermis and cause pain. Too much pressure on the pads of the feet causes the feet to spread out to the side. The skin around the sides of the feet is dry, which causes them to break and results in cracked heels.

The study of the pharmacological aspects of *Ayurveda* is known as *Bhaishajya Kalpana*. It covers both *Aahara Kalpana* and *Aushadha*. The main *Kalpanas* of *Aushadha Kalpana* are *Kwatha*, *Swarasa*, *Kalka*, *Hima*, and *Fanta*. Examples of secondary *Kalpanas* include *Vati*, *Avaleha*, *Sneha*, *Sandhan*, *Lepa*, and others. In contrast, *Aahara Kalpana* consists of *Manda*, *Peya*, *Vilepi*, *Yavagu*, *Yusha*, and other dishes. The one-of-a-kind *Malahara Kalpana* is one of the *Malahara Bahiparimarjana Chikitsa* (external application) treatments, and there is no specific mention of it in ancient literature or *Ayurvedic Samhita*. Its foundation is primarily the Unani system of medicine. “*Yogaratanakara*” is the first book to introduce *Ayurveda* pharmaceuticals. *Taila*, *Ghrita*, *Siktha*, and other compounds can be used as the foundation for creating *Malahara*. The disease state in which a *Malahara* has to be utilized likely dictates which base and components are chosen. The characteristics of *Malahara* are similar to those of *Varnashodhak* (maintains the wound clean), *Vranaropana* (heals the wound),

Kusthaghna (helpful in a variety of skin illnesses), *Varnya* (enhances the skin tone), *Snehana* (oleation), and *lekhana* (Scraping).

PATIENT INFORMATION

Age of the patients	35 Year
Sex	Male
Address	Daniyalpur, Varanasi
Registration in O.P.D.	25/04/2024

A 35 years old male patient complained about recurrent symptoms like roughness, cracking and pain in both heels since last 10 years. The condition was treated with so many topical Anti-Cracking cream, but the patients did not experience permanent relief, leading them to visit the O.P.D. of Government P.G. *Ayurvedic* College and Hospital, Chaukaghat, Varanasi for further treatment.

The patient's identifying details were listed in (Table 1). The assessment criteria for symptoms are listed in (Table 2). Clinical results were documented and summarized in (Table 3). Following an assessment of the clinical interventions mentioned in (Table 4), the follow-up and results were documented in (Table 5). Visual evidence in the form of images in [Figure 1(a-d)] was mentioned in the monitoring of the patient's progress during therapy. A comparison of the patient's condition before and after treatment [Figure 2(a) and (b)] shows that the patient made progress.

Table 1: Personal information.

Diet	Vegetarian
Religion	Hindu
Addiction	Not any
Occupation	Job
Comorbidity	Not any
Family History	Not any

Table 2: Criteria for Assessment of Symptoms.

S.N.	Parameters	Grade 0	Grade 1	Grade 2	Grade 3	Grade 4
1	<i>Rukshta</i>	No Roughness	Roughness is present when touching	Excessive roughness present	Excessive roughness presents and leading to slight cracks	Roughness leading to cracks and fissures
2	<i>Sphutan</i>	No cracks	Cracks without	Cracks with visible	Cracks with non-visible/deep	-

			cavity	cavity	cavity	
3	<i>Vedana</i>	No Pain	Mild Pain	Moderate Pain	Severe Pain	-

Table 3: Clinical findings.

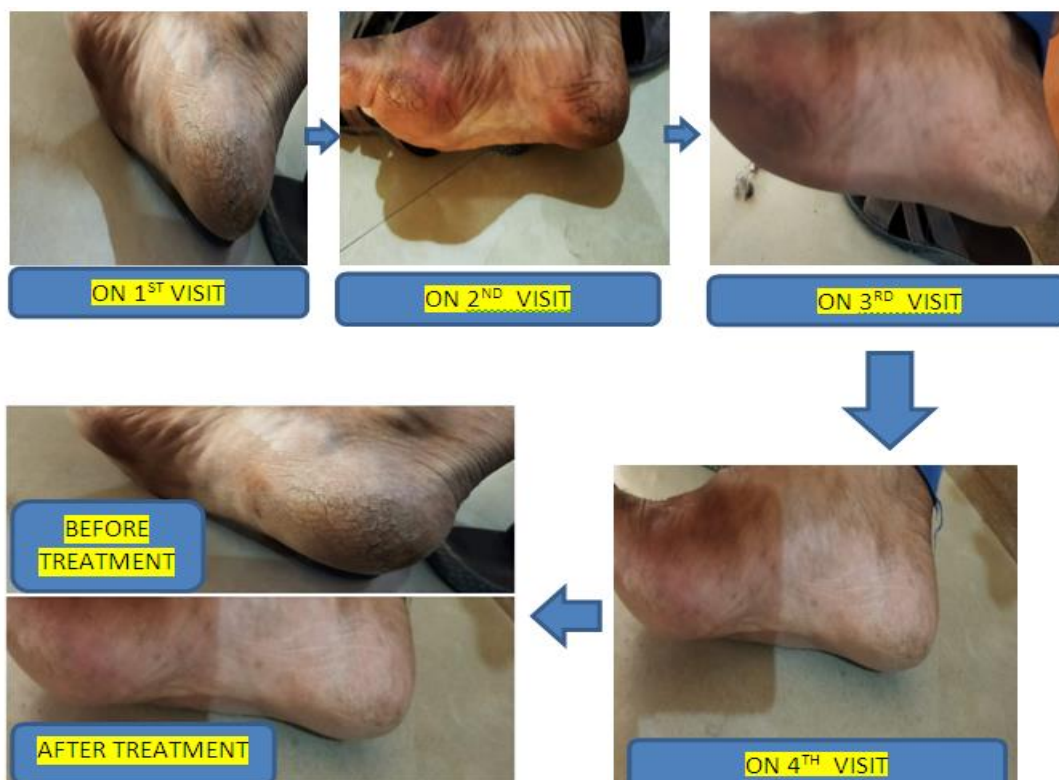
S.N.	Symptoms	Grading
1	<i>Rukshta</i> (Roughness)	3
2	<i>Sphutan</i> (Cracking)	2
3	<i>Vedana</i> (Pain)	2

Table 4: Clinical Intervention.

S.N.	Drug Name	Dose/Application	Duration/Time
1	<i>Vipadikahara Ghrita-Taila</i> (Malahar)	As required/Locally	4 Week

Table 5: Follow-up and Outcomes.

Symptoms	Before Treatment	First Visit	Second Visit	Third Visit	Fourth Visit	After Treatment
<i>Rukshta</i>	3	3	2	1	0	0
<i>Sphutan</i>	2	2	2	1	0	0
<i>Vedana</i>	2	2	1	1	0	0



❖ DISCUSSION

An imbalance in the *Tridosha* (*Vata*, *Pitta*, and *Kapha*) causes all varieties of *Kushtha*. *Acharya Vagbhatta*^[1], *Acharya Sushruta*^[2], and *Acharya Charak*, however, believe that *Vipadika* is mostly caused by *Vata-Kapha* predominance. The development of this ailment is primarily caused by the involvement of the *Rasa* and *Rakta dhatus* (bodily tissues). The treatment of *Kushtha* involves the use of both *Sodhana* (purification) and *Shamana* (pacification) therapies, according to classical *Ayurvedic* literature, which employs herbs with *Kushthaghna* (anti-skin disease), *Krimighna* (anti-parasitic), and *Kandughna* (anti-itching) characteristics. Additionally, *Bahiparimarjana Chikitsa*, or external treatments, like the application of medicated oils and *Lepa* (herbal paste), is also advised for increased efficacy. For 21 days, the patient in this case study was treated with solely topical application of *Vipadikahara Ghrita-Taila Malahara* twice daily.

The contents of *Vipadikahara Ghrita-Taila Malahara*^[3] like, *Jivanti*, *Manjishtha*, *Daruharidra*, *Kampillaka*, *Sodhita Tuttha*, *Go-Ghrita*, *Tila-Taila*, *Sarjarasa*, *Bee-wax*.

• PROBABLE MODE OF ACTION OF JIVANTI

→ **Properties:** *Madhura Rasa*, *Sheeta Veerya*, *Balya*, *Ropana*, *Twachya*.

• Mode of Action

- Enhances epithelial regeneration and makes the skin smoother.
- Enhances skin texture and functions as a natural moisturizer
- Encourages tissue renewal and crack healing.

• PROBABLE MODE OF ACTION OF MANJISTHA

→ **Properties:** *Tikta-Kashaya Rasa*, *Ushna Veerya*, *Raktashodhaka*, *Ropana*.

• Mode of Action

- Functions as an anti-inflammatory and blood cleanser.
- Minimizes redness, swelling, and itching.
- Hastens wound healing and helps prevent scarring.

• PROBABLE MODE OF ACTION OF DARUHARIDRA

→ **Properties:** *Tikta-Kashaya Rasa*, *Ushna Veerya*, *Krimighna*, *Raktashodhaka*.

• Mode of Action

- Strong antibacterial and antifungal effects are beneficial for treating infected cracks.

- Regulates discharge and prevents secondary infections.
- Reduces irritation and itching.

- **PROBABLE MODE OF ACTION OF KAMPILLAK**

→ **Properties:** *Katu-Tikta Rasa, Ushna Veerya, Krimighna, Lekhana.*

- **Mode of Action**

- Gets rid of dead or slough tissue from persistent fissures (*Lekhana*).
- Functions as an organic antiseptic and antiparasitic.
- Encourages healing and speeds up the drying process for lesions that are oozing.

- **PROBABLE MODE OF ACTION OF SODHIT TUTTHA**

→ **Properties:** *Tikta-Kashaya Rasa, Sheeta Veerya, Ropana, Krimighna.*

- **Mode of Action**

- Functions as an astringent, wound cleaner, and antibiotic.
- Regulates exudation and infection while fostering granulation.
- Promotes healthy epithelial tissue over the fissured skin.

- **PROBABLE MODE OF ACTION OF GO-GHRITA**

→ **Properties:** *Madhura Rasa, Sheeta Veerya, Snigdha, Ropana, Dhatuposhaka.*

- **Mode of Action**

- A great skin healer and moisturizer.
- Soothes Pitta and Vata while lowering dryness and burning.
- Promotes the absorption of herbal actives and provides nourishment to the deeper layers of the skin.

- **PROBABLE MODE OF ACTION OF TILA-TAILA**

→ **Properties:** *Madhura-Katu-Kashaya Rasa, Ushna Veerya, Snigdha, Vatahara.*

- **Mode of Action**

- Penetrates tissues deeply (*Sookshma* property).
- Maintains Vata and encourages skin flexibility and lubrication.
- Serves as a carrier oil that improves the distribution of the medicinal qualities of herbs.

- **PROBABLE MODE OF ACTION OF SARJARASA**

→ **Properties:** *Kashaya-Katu Rasa, Laghu, Ropana, Krimighna, Stambhana.*

- **Mode of Action**

- Seals cracks by creating a barrier of protection on the skin.
- Healing and astringent impact on open wounds and cracks.
- Facilitates wound contraction and stops additional skin tearing

- **PROBABLE MODE OF ACTION OF BEE-WAX**

→ **Properties:** *Snigdha, Madhura, Ropana.*

- **Mode of Action**

- Offers occlusive action, trapping moisture and shielding against environmental exposure.
- Improves the consistency and texture of the mixture (ointment base).
- Keeps the wound clean and prevents secondary infection.

This concoction combines moisturizing (*Snigdha*), antimicrobial (*Krimighna*), healing (*Ropana*), and astringent (*Stambhana*) effects. The combination is particularly effective for *Vata-Kaphaja Vipādikā*, where dryness, cracking, pain, and a slight discharge are the main symptoms. The synergy guarantees tissue integrity restoration, skin repair, and infection prevention.

❖ CONCLUSION

Acharya Charaka, Acharya Vagbhatta, and Acharya Sushruta all categorize *Vipadika* as a form of *Kushtha*. It is related to the non-infectious disease known as Palmo-Plantar Psoriasis. According to this case study, *Ayurvedic* remedies, such as just *Bahiparimarjana* (external applications like *Vipadika Ghrita-Taila (Malahara)*, are helpful in controlling *Vipadika Kushtha*. The results from this management approach are encouraging for comparable cases, even though this is just one case study and the findings cannot be applied to other situations.

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