

A CASE STUDY ON VIPADIKA AND ITS AYURVEDIC MANAGEMENT

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ABSTRACT

In *Ayurveda* all the skin diseases are mentioned under *Kushta*. *Vipadika* is a condition which is characterized by cracks on hands and feet associated with severe pain. This condition is similar to Palmar plantar Psoriasis. In this case study the patient with a complaint of excess peeling of skin of feet associated with pain, itching and discoloration since 4-5 months was treated with *Shamanoushadhis* such as *Yashtimadhu Rasayana*, *Guduchi Rasayana* and *Mahatiktaka Ghrita* and found significant result.

KEYWORDS: *Vipadika*, *Palmoplantar psoriasis*, *Shamana*, *Kushta*.

INTRODUCTION

In *Ayurveda* all the skin diseases are mentioned under *Kushta*, Which is again classified into *Mahakushta* and *Kshudra Kushta*. *Vipadika* is one among the *Kshudra Kushta*, a condition characterized by *Panipada sputana* (Cracks on hands and feet) and *Teevravedana* (Severe pain).^[1] *Acharya Vagbhata* mentioned *Teevraarti* (severe pain), *Manda Kandu* (Mild itching) and *Saraga Pidika* (Reddish lesions) as symptoms of *Vipadika*.^[2]

In this case study the patient with a complaint of excess peeling of skin of feet associated with pain, itching and discoloration since 4-5 years was treated with *Shamanoushadhis* such as *Yashtimadhu Rasayana*, *Guduchi Rasayana* and *Mahatiktaka Ghrita*^[3] along with proper diet and regimen and found significant result after 14 days with a follow up of two weeks.

CASE REPORT

A 17 year old male patient with excess peeling of skin of feet associated with pain, itching and discoloration since 4-5 years visited O.P.D of S.D.M Ayurveda Hospital Udupi.

Chief Complaint: Complains of excess peeling of skin of feet associated with pain, itching and discoloration since 4-5 years.

History of Present illness: A male patient of age 17 years complains of excess peeling of skin of feet associated with pain, itching and discoloration since 4-5 years. The symptoms aggravates on exposure to dust, on sweating and in hot season.

The patient was diagnosed with Palmoplantar psoriasis and took treatments from other hospitals, as he didn't find satisfactory results he approached S.D.M Ayurveda Hospital, Udupi.

On examination, multiple cracks were present on feet with local tenderness, discolouration and itching. According to the clinical features, the patient was diagnosed as a case of *Vipadika*. *Vata* and *Kapha Dosha* predominant symptoms were seen.

Personal history

- Appetite: Moderate
- Bowel: Regular, once/day
- Micturition: Regular
- Sleep: Sound
- Food: Mixed diet

General examination

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

Vitals

- Pulse: 82 /Min
- BP: 120/90 MmHg
- Respiratory Rate: 19/Min
- Weight: 50kg

Ashta Sthana Pariksha

- *Nadi- Vata Kaphaja*
- *Mutra- 6-7 times a day, pale yellow colour*
- *Mala- Once a day*
- *Jihwa- Non Coated*
- *Shabda- Prakrita*
- *Sparsha- Rukshata (Dryness) over dorsum of feet and soles*
- *Drik- Prakrita*
- *Akriti- Prakrita*

Dashavidha Pareeksha

- *Prakriti-Vata kaphaja*
- *Vikriti- Dosha- Tridosha, Dushya- Rasa, Twak, Rakta, Mamsa and Lasika*
- *Sara- Madhyama*
- *Samhanana- Madhyama*
- *Satmya- Madhyama*
- *Satva- Madhyama*
- *Pramana- Madhyama*
- *Ahara Shakti- Madhyama*
- *Vyayama Shakti- Madhyama*
- *Vaya- Bala*

Skin examination

- Site- dorsum of feet and soles
- Distribution- Symmetrical (both soles)
- Cracking and dryness was present in feet
- Cracking was present in and around the fingers.

- Surface is rough and dry, margin- irregular

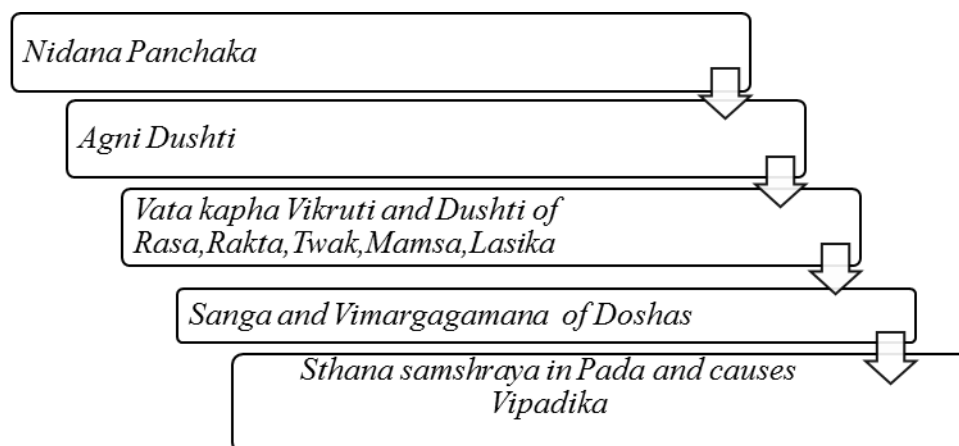
Nidana panchaka

Nidana- Mithyaharavihara

Purvaroop- Rukshatwam (Dryness)

Roopa- Teevravedana, Panipada sputana and Kandu

Samprati



Medication

For Internal administration

- *Yashtimadhu* Capsule 1-1-1
- *Guduchi Rasayana* capsule 1-1-1
- *Mahatiktaka Gritha*- 2.5 grams-0-2.5 grams with Milk

For External Application

- Cutfar ointment
- Bandage with *Mahatiktaka Ghrita*

OBSERVATION

Symptoms	Before treatment	After 15 days of treatment
Dryness	+++	++
Itching	++	+
Pain	++	+
Peeling	++	+



DISCUSSION

Mahatiktaka Gritha^[3]

Mahatiktaka Ghrita contains the drugs such as *Saptaparna*, *Prativisha*, *Shampaka*, *Tiktaroehini*, *Patha*, *Musta*, *Ushira*, *Haritaki*, *Vibhitaki*, *Amalaki*, *Patola*, *Pichumarda*, *Parpataka*, *Dhanvayasa*, *Chandana*, *Pippali*, *Pippalimula*, *Padmaka*, *Haridra*, *Daruharidra*, *Sadgrantha*, *Vishala*, *Shatavari*, *Sariva*, *Krishnasariva*, *Vatsakabija*, *Vasa*, *Murva*, *Amruta*, *Kiratatiktika*, *Yashtimadhu*, *Trayamana*, *Murchita Gogritha* and *Amalakiphalarasa*.

It is indicated in *Kushta*, *Raktapitta*, *Visarpa*, *Amlapitta*, *Visphota*, *Pama*, *Pandu*, *Vatarakta* etc.

Guduchi Rasayana

Guduchi having *Tikta Rasa*, *Guru* and *Snigdha Guna*, *Ushna Virya* and *Madhura Vipaka*.^[4] It is *Tridoshashara* and indicated in *Kushta*, *Visarpa*, *Kandu* etc.

It is also *Rasayana* and *Balya*.

Yashtimadhu Rasayana

Yashtimadhu having *Madhura Rasa*, *Guru*, *Snigdha Guna*, *Sheeta Virya* and *Madhura Vipaka*.^[5] It does *Kaphavataashamana*.

It is indicated in *Vranasotha*, *Kandu*, *Daha* etc. It is also *Rasayana* and *Balya*.

Following the initial treatment, the patient experienced a significant improvement in symptoms, with a notable decrease in cracking, pain and itching on both soles. Here *Mahatiktaka Ghrita* helps in *Anulomana* when administered along with milk and drugs *Guduchi* and *Yashtimadhu* helps in managing the *Dosha* and as well as act as *Rasayana*. External application of *Mahatiktaka Ghrita* and cutfar ointment helps in healing the cracks. To maintain this progress and to support healing, the patient was instructed to continue the

medication for two more weeks and adopt a modified diet, avoiding foods such as fried and processed foods, curd, non-vegetarian options, seafood, and dairy products.

CONCLUSION

Vipadika is one among the *Kshudra Kushta* characterised by Cracking of feet associated with itching and pain. This case study demonstrated the importance of *Shamana chikitsa* in the management of such skin diseases. Here it is also highlighted the importance of *Anulomana* in such conditions along with the *Rasayana chikitsa*.

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