



ROLE OF VIRECHANA IN THE MANAGEMENT OF VIPADIKA A CASE STUDY

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ABSTRACT Ayurveda is a science of life and aims of the ayurveda, are to maintain the health of the healthy person and cure the diseased. All skin diseases in ayurveda have been considered under the headings of kushtha. Vipadika is one of such diseases which have been included under the heading of Kshudra Kushtha. Vipadika is correlated with palmer-planter psoriasis which is a chronic skin disease which mainly affects palms and sole region. Especially palmo-planter psoriasis is painful fissures and bleeding which are more common, psoriasis is characterized by hyper proliferation and abnormal differentiation of epidermal karetnocides, infiltration by T-lymphocytes and various endothelial vascular changes in the dermis. A treatment which is given in Panchakarma is virechana and lepa, a 40 years old male patient suffering from cracks in the palm and sole region since 15 years with increase from last 2 years was treated with virechana karma, followed by lepa. After 2 months of treatment results noticed in his symptoms like as in erythematous lesions pruritus, scales and fissures of sole and palm, disturbed sleep were decreased and improvement in the treatment of panchakarma without any adverse effect.

KEYWORDS : Vipadika, Virechana, Lepa, Palmer-planter Psoriasis.

INTRODUCTION: Psoriasis is a chronic, unpredictable and immune mediated disease that has a negative impact on the patients quality of life. Palmo-planter psoriasis can add to this negative impact as it directly affects the activities of daily routine¹. Palmo-planter psoriasis accounts for 2-4% of psoriasis cases, reduces significant functional and social disability². In India prevalence of psoriasis varies from 0.44 – 2.8%. It is twice more common in males compared to female³. Palmo-planter psoriasis is a variant of psoriasis resistant to many forms of treatment⁴. In ayurveda, all skin diseases have been described under the kusta roga⁵. Vipadika is one of the kshudra kusta described in classics⁶. In charaka samhita, in 7th chapter vipadika is described as vata kaphaja disease⁷. Vipadika has signs and symptoms i.e pani, pada, shutanam (fissures in palms and soles) and teevravedana (severe pain) which are cardinal symptoms⁸. Palmo-planter psoriasis can be correlated with vipadika hence it has been taken as analogue in this patients case study. Hence shodhana chikitsa i.e virechana which helps to remove the vitiated doshas from the body to avoid the recurrence of the disease was selected in this case and bahyaropana chikitsa was also selected for this case.

CASE REPORT

A 40 year old male patient visited government medical college and hospital with complaints of fissures in the palm and sole region. With pruritus which increases during cold and dry atmosphere and also having itching at night time, scaling on bilateral soles and palms with Erythematous and pain. History of all above complaints since 15 years increased since 2 years. Patient took various types of treatments like allopathy, homeopathy and also advertisement related ointments. He also took topical steroids for local applications since 5 years but was not getting permanent relief because of recurrence of the disease. So he came for further advance treatment in ayurveda. He under gone 2 month of Ayurvedic treatment.

On examination:

General condition: Moderate
Pulse rate: 78/min
Bowel: Clear
Sleep: disturbed
Appetite: decreased
BP: 120/70 mm hg
No pallor, icterus was present.

Routine investigation:

Routine investigation such as complete blood count, Random blood sugar and urine routine and microscopic were in normal range.

Diagnosis: vipadika (palmo-planter psoriasis)

	Signs and symptoms	
1	Panipada sphutanam (fissure)	Present
2	Tivratara vedana (pain)	Present
3	Kandu (itching)	Present

4	Vibandham (constipation)	Present
5	Disturbed sleep	Present
6	Erythematous plaques	Present
7	Scaling	Present
8	Auspitz sign	Present
9	Candle grease sign	Present

Assessment criteria:

1. pani pada sphutanam (fissure in both palms and soles)

0-absent
1-mild
2-moderate
3-severe

2. tivratara vedana (pain)

0-absent
1-mild
2-moderate
3-severe

3. kandu (itching)

0-absent
1-mild
2-moderate
3-severe

5. disturbed sleep

0-absent
1-mild
2-moderate
3-severe

6. erythematous plague

0-absent
1-mild
2-moderate
3-severe

7. scaling

0-no scaling
1-mild scaling from some lesions
2-moderate scaling from some lesions
3-severe scaling from some lesions
4-very severe scaling from all lesions

8. candle grease sign

When a psoriasis lesion is scratched with the point of a dissecting forceps, a candle grease like scale can be repeatedly produced.

0-absent
1-improved
2-present

9. auspitz sign

On complete removal of the scales, area, moist surface is seen. On further scraping, punctate bleeding points are seen.

0-absent
1-present
2-improved

IV TREATMENT GIVEN:

PROCEDURE	MEDICATION	DOSE	DURATION
1. Deepana pachana	Chitrakadivati	2 tid	3 days
2. Snehapana	Mahatiktakaghrita	Day 1-30ml Day 2-45 ml Day 3-90 ml Day 4-120 ml Day 5-130ml	5 days samyak snigdhalakshana observed
3. Sarvanga Abhyanga and ushna jala snana	Ayyappala kera taila	Day 6,7,8 10 to 15 mins	3 days
4. Pradhana Karma i.e Virechana Karma	Nimbamruthadi Eranda taila with Tripala kwata as Anupana	60 ml 100ml	1 day, total vega =15
5. Paschat Karma Samsharjana karma	Rice gruel + green gram gruel i.e peya, vilepi, yusha (akruta & kruta)	Day 9th only at night time. Day 10,11,12	3 days
6. Bahirparimarjana with lepa	Aragwadhadi patra kalka	50 gms	1 month Palm and sole skin gets soften.

Assessment criteria:

Signs and symptoms	BT	AT
Panipada sphutanam (fissure)	3	1
Kandu (itching)	3	0
Tivratara vedana (pain)	3	1
Scaling	3	1
Erythematous plaques	2	0
Vibandham (constipation)	3	0
Disturbed sleep	2	0
Candle grease sign	2	0
Auspitz sign	2	0

Photographs:
Before treatment



After treatment



Discussion:

In the above case study, patient got significant relief from the symptoms of vipadika, palmo-plantar psoriasis. Pachakarma i.e

shodhana chikitsa is a unique specially to avoid the recurrence in this case study virechana chikitsa showed good results along with Aragwadhadi patra lepa local application helps to accelerating the healing process in skin lesions. The treatment plan includes deepanapachana with chitrakadivati help for amapachana, snehapana with mahatiktakagrata helped for dosha utkleshana as it is lipid binded protein mixed with medicaments enter the cells and get mixed up with toxins and waste products of metabolism. than the purgative drug (nimbamruthadi eranda taila) in empty stomach when pyloric end is open. The drug passes quickly to the intestine, where while passing through it produces inflammation in it which increases the permeability of vessels of the intestine due to this vyavayi, vikasi and sukshma properties, virechana drug (nimbamruthadi Eranda taila with triphala kwatha) quickly reaches upto the cellular level and has affect on kustaroga also its best act on vata kaphaja dosha.

Aragwadhadi patra kalka accelerated the healing process of the skin lesions with softening

Conclusion :

In this case study, we got significant results of virechana and patra lepa application as bahi parmarjana chikitsa and this attempt was made to provide safe and effective treatment to the patient within short period.

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