



ORIGINAL RESEARCH PAPER

Ayurveda

AYURVEDIC MANAGEMENT OF VIPADIKA:- A CASE STUDY

KEY WORDS: Vipadika, Kshudra Kushtha, Shaman Aushadhi, Avagaha

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ABSTRACT

The skin is largest organ of the body (20 square feet), which plays great role in physical and mental well-being. Skin disorders are described under the heading of *Kushtha* and *Kshudra Kushtha*. *Vipadika* is one of such disease which has been included under the *Kshudra Kushtha*. It can be correlated with palmo-plantar psoriasis, the prevalence of which varies from 0.44 to 2.8%. *Vipadika* is characterised by cracks (*Sphutan*), itching (*Kandu*) in palms and sole associated with severe pain, which hampers the day-to-day activities. A 70yrs old female approached S.S.N.J. Hospital with IPD NO.154/2019 with cracked heels and palms along with itching and burning sensation, pain since 6 months. Patient was treated with *Sthanika Snehana*, *Avagaha Sweda* and *Shaman Aushadhis*.

INTRODUCTION:

Healthy skin is reflection of overall wellness. Skin is largest organ of body is also considered as beauty symbol. Skin related diseases affects individuals not only physically but also mentally and socially. Palmo-plantar psoriasis is a chronic skin disease in which palm and soles are mainly involved. Among the 3-4% cases of all psoriasis, palmo-plantar psoriasis varies from 0.44 - 2.8%, which produces functional and social disability⁽¹⁾.

Vipadika can be compared to certain extent based on its signs and symptoms with Palmo-plantar psoriasis. There are two main types of *Kushtha* i.e. *Maha Kushtha* and *Kshudra Kushtha*⁽²⁾. *Vipadika* is described under the heading of *Kshudra Kushtha*. The etiology of *Kushthas* are varied, *Virudhda Aahar* (contra indicator diets), *Adhyashan*, *Asatmya Aahar* (incompatible), *Vegadharana* (suppression of natural urges) are major causative factors⁽³⁾.

Vipadika involves predominantly *Vata* and *Kapha Dosha*⁽⁴⁾ and characterised by *Pani -Paada Sphutana*, *Teevra Vedan*⁽⁵⁾ and also *Saraga Pitika*⁽⁶⁾ over palm and sole.

Modern medical science treats psoriasis with PUVA and corticosteroids and immuno-modulators. On long term usage of these therapy gives serious side-effects like obesity, bone marrow depletion, kidney failure, liver failure etc. Hence it is need of the hour to search for treatment modalities which are effective, long lasting i.e. which prevents re-occurrence and safe on long term usage. Keeping these points in mind treatment modalities were framed which included *Sthanik Snehana*, *Sthanika Avagaha Sweda* and some of the *Shamanaushadhis* which gave the promising results in the same.

In our science various types of treatments are explained for the entity *Vipadika* which included *Vamana*, *Virechana*, *Raktamokshana*⁽⁷⁾ among the *Shodhana*, *Bahya Parimarjana Chikitsa* as *Lepa*, *Parisheka* and various *Shamanaushadhis*.

CASE REPORT:

A female subject of age 70 years came to S.S.N.J.Hospital (IPD No. 154/2019) complaints started with *Ubhaya Hast-paad Krishnavarni Twakvaivarnya* followed by *Sphutana* and *Shoola* since six months. These symptoms are followed by *Ubhaya Hast-Paad Daha* and *Kandu* since 1 month due to intake of *Vidahi Aahar*. She had history of frequently contact with soil and detergent exposure. Firstly *Ubhaya Hasta* involved, followed with *Ubhaya Paad*. Because of this above complaints occurred which went on getting severe. She had taken allopathy medicines (corticosteroids) and got temporary relief. Discontinuation of medicines tend to provocation of

those complaints with less severity. Finally she visited for *Ayurvedic* management to avoid relapse of disease.

ASHTAVIDHA PARIKSHA:

1. Nadi:86/min.
2. Mala : 1 vegas/dina
3. Mutra : 4-5 vegas/dina
4. Jivha : Lipta
5. Shabda : Spashtha
6. Sparsha : Anushna Sheeta
7. Druka : Eshata Tamra
8. Aakruti : Krusha

SROTAS PARIKSHAN:

1. Raktavaha Srotas : *Ubhaya Hastapaad Krishnavarni Tvakavaivarnya, Kandu, Daha*
2. Mamsavaha Srotas: *Ubhaya Hastapaad Sphutan, Shoola*

NIDAN PANCHAKA:

Hetu:- *Vidahi Aahar* (*Dahi*, Pickle, Groundnut *Chatani*), Frequent contact with soil and Detergent
 Purvarupa:- *Ubhaya Hasta Paad Krishnavarni Twakavaivarnya*
 Rupa:- *Ubhaya Hastapaad Krishnavarni Tvakavaivarnya, Sphutan, Shoola, Daha, Kandu*

SAMPRAPTI GHATAK:-

Dosha :- *Vata, Pitta, Kapha*
Dushya:- *Rakta, Mamsa*
Srotas Dushhti:- *Raktavaha, Mamsavaha*
Udbhavasthanana:- *Aamashaya* and *Pakvashaya*
Vyaktisthana:- *Ubhaya hasta and paad*
Sadhyasadhya:- *Sukhasadhya*

INVESTIGATION:

Hb- 11.2 gm/dl
 WBC-8500 ESR-23
 PLT-393000 BSL(R) - 81mg/dl

CENTRE OF STUDY :- S.S.N.J. Ayurveda Hospital, Solapur

TREATMENT PROTOCOL:

Table 1: (Panchakarma)

Sr. No.	Duration	Procedure
1.	1 st to 20 th	<i>Abhyanga with Shodhak Oil (Ubhaya Hasta paad) (10:30am) t/b Patol Kwatha Awagaha Sweda</i>
2.	1 st to 20 th	<i>Application of Ropan Oil (Ubhaya Hastapaad) (11:30am)</i>

Table 2: (Shaman Aushadhi)

Sr. No.	Duration	Chikitsa	Matra	Kala	Anupan
1.	1 st to 20 th Day	<ul style="list-style-type: none"> Tb.SukshmaTriphala, Gandhak Rasayana, Cap.Pentaphyte P5 	500mg 500mg 1 BD	Vyanudana	Koshna Jal
2.	2 nd to 20 th	Kamdudha	500mg BD	Vyanudana	Ghrut
3.	2 nd to 9 th	Haridrakhandapak	1gm BD	Vyanudana	Koshna Jal
4.	3 rd to 20 th	Laghumanjishthadi Kashaya Mahatiktaka Ghrut	10ml BD 10ml BD	Vyanudana Pragbhakta	Madhu Koshna Jal

With above treatment protocol there were marked improve ment in symptoms within stipulated time period.

Clinical assessment was done before and after treatment by grading chart given below.

RESULT:

Sr.No.	Clinical features	Before Treatment	After Treatment
1.	Daha	+++	-
2.	Kandu	+++	-
3.	Tvakavaivarnya	+++	+
4.	Shoola	+++	+
5.	Ubhaya Hasta Sputana	+++	-
6.	Ubhaya Pada Sputana	+++	++



Picture 1 (Before treatment)



Picture 2 (After treatment)

DISCUSSION:-

**DISCUSSION OF PANCHAKARMA-
SNEHANAWITH SHODHAKA OIL-**

Snehana mainly acts on Vata Dosha. In this study, vitiated Vata controlled by Shodhak oil by using as Sthanika Abhyanga. It also act as a Vranashodhan. It is a preparation of Brihat marichadi Tail and Vicharchikari Tail. This preparation contents all Unshna, Tikshna Guna Aushadhis which controls vitiated Vata and Kapha Doshas.

**SWEDANA AS AVAGAHA SWEDA WITH PATOL PATRA
KASHAYA-**

Avagaha is a type of Swedana. After Snehana process Swedana is necessary. So Patola Patra Avagaha is selected as a Swedana. Patola is Kaphapittashamak. Its property is Ruksha, Laghu Guna and Ushna Virya which act as Kaphashamak. As

above explained property of Patola, Kandu which become reduces and Daha also get decreased.

APPLICATION OF ROPANTAILA-

Ropak Tail act as a Vranaropaka. So after Avagaha Ropan tail applied.

DISCUSSION OF SHAMANA AUSHADHIS-

Daha is due to Dushti of Rakta Dhatu. Pitta and Rakta has Ashrayashrayee Sambadha. By elevation of Pitta, Rakta gets vitiated. Kamdudha Rasa is used as Pittashamaka. By involvement of Kapha Dosha, Kandu Lakshana seen. To overc ome this complaint used Haridrakhandapaka. It mainly acts on vitiated Kapha Dosha followed by Vata and Pitta Dosha. Cap. Pentaphyte P5 has Panchvalkala. It acts on Twaka Sphutana which has a wound healing property. Gandhaka Rasayana and Sukshma Triphala are Tridoshashamak, Kandughna, Dahashamaka. Gandhaka Rasayana mainly acts on Twaka and Rakta Dhatu. So complaints of Twakasphutana, Daha, Kandu decreased.

Laghumanjishthadi Kashaya is acts on Rakta Dhatu. By good nourishment of Rakta Dhatu, Uttartotrar Dhatu was also nourished. For Snehapanartha Mahatiktaka Ghruta was used which acts on vitiated Vata. By settling of Vata Dosha further Dosha Dushti encounterd.

By taking consideration of above all points treatment was planned.

CONCLUSION:-

Vipadika is mainly Vata and Kaphapradhan Vyadhi. Due to age factor and Hetusevana Vata and Kapha is being vitiated respectively also not maintained personal hygiene i.e. frequently had contact with soil is the reason for Vipadika. For managng Vipadika above treatment planned and subject got relief. It is safe and effective.

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