

REVIEW OF NIDAN AND CHIKITSA OF VIPADIKA

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ABSTRACT

Infant nutrition during the first 1000 days—from conception to 2 years—is critical for survival, immunity, and development. Ayurveda offers a comprehensive framework for infant nutrition that complements modern pediatric guidelines. The foundational approach starts with exclusive breastfeeding (Stanya) during the first six months, followed by gradual introduction of semi-solids (Phalaprasnan) and solid foods (Annaprasnan) around the 6th month onward. Ayurveda elaborates unique concepts like Kshirap (milk-fed stage), Kshirannad (milk + food stage), and Annad (solid food stage) as part of infant development. Rituals such as Phalaprasnan Samskara (introduced by Kashyapa) and Annaprasnan Samskara (mentioned in various Smritis and Samhitas) are not just ceremonies but have profound physiological and psychological impacts. These are combined with practical dietary practices like Ahara Matra (food quantity), Aushadha Siddha Ksheera (herb-infused milk), and Balya dravyas to support digestion, immunity, and neurodevelopment. This review highlights how classical Ayurvedic concepts—when applied with modern nutritional understanding—can prevent Kshaya (malnutrition), support early immunity (Vyadhikshamatva), and reduce infant mortality.

KEYWORDS: Stanya, Phalaprasnan, Annaprasnan, Kshirap, Kshirannad, Annad, Ahara Matra, Aushadha Siddha Ksheera, Shashtik Shaali, Mudga Yusha, Anna Paana Samskara, Balya, Infant nutrition.

INTRODUCTION

Ayurveda broadly categorizes all skin disorders under one umbrella, known as 'kushtha'. Kushtha is the disease that causes a deride or disgraceful situation. Essentially, in all kushtha roga, there is a vitiation of Tridosha, twak, rakta, mamsa, and lasika, but depending on the amshamsha kalpana dosha, pradhanyata differs in various varieties; thus, it is rightly described as innumerable in the classics. For the systematic study, Acharya Charak has classified kushtha as mahakushtha-7 and kshudra kushtha-11. Vipadika is one among kshudra kushtha. Acharya Sushruta mentions the term 'vipadika' in the Nidana Sthana, but the commentator Dalhana clearly states that 'vicharchika' that occurs at the pada is termed as 'vipadika'. Padadari has been explained under the Kshudra roga adhikara. Acharya Vagbhata has mentioned it among the ekadasha kshudra kushtha. Along with pratyatma laxanas pani and padasphutana-teevra vedana, kandu, raga, and pidaka have been added to the symptoms.

Acharya Madhava also mentioned Vipadika under kshudra kushtha, whereas in the commentary, they have mentioned that vicharchika occurring at pada (feet) is termed as Vipadika. Vipadika is mentioned among the kshudra kushtha by Bhavamishra. He also quotes that

Vicharchika occurring at the site of the foot is called Vipadika. While explaining samprapti, he includes pidaka, daha, and kandu as laxanas of Vipadika. The main symptoms of Vipadika are cracks in the palm and sole, severe pain, and other symptoms like itching, inflammation, eruptions, etc. In vipadika, dosha pradhanata is of vata and kapha. Based on its symptoms, it can be correlated to different conditions like heel fissures, hand and foot eczema, and palmoplantar psoriasis. In Samhitas, we don't find a particular nidana mentioned for vipadika, but as it is one among the kshudra kushtha, the general nidana of kushtha can be considered. The nidanas can be subdivided as aharaja, viharaja, manasika, acharaj, samsargaja, krimija, kulaja nidana etc.

ETYMOLOGY OF VIPADIKA KUSTHA

The term Vipadika is derived from the Sanskrit root words: Vi meaning "specific" or "severe," and

- Padika refers to "cracks" or "fissures," often occurring on the palms and soles. Thus, Vipadika denotes a condition characterized by severe fissures and dryness of the skin. It is classified under Kshudra Kustha (minor skin disorders) in Ayurvedic texts, reflecting its localized and less systemic nature compared to major skin conditions.

DEFINITION

VipadikaKustha is defined in Ayurveda as a condition predominantly affecting the hands and feet, marked by:

- The formation of painful cracks (vidarika),
- Excessive dryness (rookshata),
- Itching (kandu), and
- Burning sensations (daha).

NIDANA PANCHAKA

The NidanaPanchaka provides a comprehensive framework to understand the pathogenesis of a disease, comprising:

1. Nidana (Etiological Factors): The causative factors that lead to the vitiation of Doshas and initiation of the disease.
2. Purvarupa (Premonitory Symptoms): Early signs indicating the onset of the disease.
3. Rupa (Signs and Symptoms): The manifested clinical features of the disease.
4. Upashaya-Anupashaya (Relieving and Aggravating Factors): Factors that alleviate or worsen the condition.
5. Samprapti (Pathogenesis): The sequential process of disease development.

Nidana of Vipadika Kustha is mentioned in different classical texts

Category	Specific Nidana	Samhita Reference
Ahara Nidana (Dietary Causes)	- Excess consumption of dry and rough foods (rookshaahara).	CharakaSamhita, Sutra Sthana 28/9
	- Overeating sour, salty, and spicy foods (amla, lavana, katu rasa).	CharakaSamhita, Sutra Sthana 25/40
	- Intake of incompatible food combinations (viruddhaahara).	CharakaSamhita, Sutra Sthana 26/84
	Habit of consuming stale and cold food (sheetabhojana).	Ashtanga Hridaya, Sutra Sthana 10/63
Vihara Nidana (Lifestyle Causes)	- Excessive exposure to cold weather (sheetasevana).	Charaka Samhita, Chikitsa Sthana 7/8
	Repeated washing of hands and feet with harsh substances.	Sushruta Samhita, Nidana Sthana 5/13
	Physical overexertion (adhvashrama) and excessive walking.	Charaka Samhita, Vimana Sthana 3/21
Manasika Nidana (Psychological Causes)	Chronic stress and anxiety aggravating Vata Dosha.	Charaka Samhita, Sutra Sthana 1/42
Dosha Nidana (Pathological Causes)	Vitiation of Vata Dosha leading to dryness and cracking (rookshata and vidarana).	Charaka Samhita, Nidana Sthana 5/13
	Aggravation of Kapha Dosha causing stiffness and scaling (sanghata and parushata).	Sushruta Samhita, Sutra Sthana 15/41
Sahaja and Naimittika Nidana	Hereditary predisposition (kulajavikara).	Ashtanga Hridaya, Nidana Sthana 14/10
	Environmental factors like allergens and pollutants exacerbating symptoms.	Sushruta Samhita, Chikitsa Sthana 9/17

1. POORVARUPA

The Purvarupa of Vipadika Kustha includes subtle symptoms indicating the onset of the disease:

1. Dryness of the skin (rookshata): Initial roughness and reduced skin moisture.
2. Itching (kandu): Mild, persistent itching in the palms and soles.
3. Tingling sensation (sphurana): A sensation of pricking or tingling in affected areas.
4. Tightness of skin (tvaksanghata): The skin feels stretched or tight before fissures appear.

2. RUPA

The fully developed symptoms (rupa) of VipadikaKustha are as follows:

1. Cracks or fissures (vidarika): Deep and painful fissures, predominantly on the palms and soles.
2. Severe dryness (rookshata): Extreme dryness of the skin, often resulting in scaling.
3. Pain (shoola): Sharp pain in the cracked areas, especially during movement.
4. Itching (kandu): Persistent and intense itching.
5. Burning sensation (daha): A feeling of heat or burning in the affected areas.
6. Discoloration (varnaparityaga): Darkening or discoloration of the skin in affected areas.

3. UPASHAYA Upashaya (Relieving Factors)

1. Application of soothing and unctuous substances like medicated oils (sneha) or ghee (ghrita).
2. Use of warm water for bathing or soaking.
3. Consumption of warm, easily digestible, and unctuous foods.
4. Avoidance of cold, dry weather or irritants.
5. Local application of herbal pastes (lepa) or medicated oils such as KaranjaTaila or JatyadiTaila.

4. ANUPASHAYA

1. Exposure to cold, dry, or windy environments.
2. Use of harsh soaps, detergents, or irritants on the skin.
3. Consumption of dry, cold, or incompatible foods (viruddhaahara).
4. Suppression of natural urges (vegadharana).
5. Excessive manual labor or walking barefoot on rough surfaces.

SAMPRAPTI

The development of VipadikaKustha occurs due to the sequential process described below.

1. Nidana (Etiological Factors):
 - Improper diet and lifestyle (rookshaahara, sheetavihara) vitiate Vata and Kapha Doshas.
2. DoshaPrakopa (Aggravation of Doshas):
 - Vata Dosha: Causes excessive dryness, roughness, and cracking of the skin.
 - Kapha Dosha: Leads to stiffness, scaling, and discoloration.
3. DushyaDushti (Involvement of Tissues):
 - Twak (skin), Rasa Dhatu (nutritional fluid), and Rakta Dhatu (blood) become impaired, leading to reduced nourishment and elasticity of the skin.
4. Srotodushti (Obstruction of Channels):
 - The micro-channels (srotas) of the skin are obstructed by ama (toxins) and vitiated doshas, impairing normal skin function.
5. Vyaktavastha (Manifestation):
 - Symptoms such as fissures, pain, and dryness become evident due to the imbalance of Vata and Kapha Doshas in the localized area.

SAMPRAPTI GHATAKA:-

Table no 3: Samprapti Ghatak (Components of Pathogenesis) in VipadikaKustha

Category	Details
Dosha	Vata (dominant) and Kapha (secondary)
Dushya	Twak (skin), Rasa Dhatu (nutritional fluid), RaktaDhatu (blood)
Srotas	RasavahaSrotas (nutritional channels) and RaktavahaSrotas (blood channels)
Srotodushti	Sanga (obstruction) and VimargaGamana (misdirection of flow)
Agni	Mandagni (weakened digestive fire), leading to the formation of Ama (toxins)
Udbhava Sthana	Pakvashaya (colon)
Sanchara Sthana	Rasa Dhatu and Rakta Dhatu
Adhisthana	Twak (skin), particularly the palms and soles
Vyaktasthana	Hands and feet, with localized manifestation of symptoms
Rogamarga	BahyaRogamarga (external pathways, affecting the skin)

1. Shodhana Chikitsa (Purification Therapy) • Virechana (Purgation): Removes vitiated Pitta and toxins from the body. • Medications: Triphala Churna, Avipattikar Churna. • Raktamokshana (Bloodletting): Indicated in severe cases to purify Rakta Dhatu.

2. Shamana Chikitsa (Palliative Therapy): • Internal medications: • Guggulu preparations (e.g., Kaishore Guggulu, Gandhaka Rasayana). • Manjishtha (Rubiocordifolia) for blood purification. • Haridra (Curcuma longa) for anti-inflammatory effects. • External applications: • Medicated oils: KaranjaTaila, JatyadiTaila for local application to heal cracks. • Lepa (Herbal pastes): Haridra, Kumari (Aloe vera) for soothing and reducing inflammation.

3. Pathya-Apathya (Dietary and Lifestyle Modifications).

• Pathya (Do's)

- Include warm, unctuous, and easily digestible foods.
- Regular application of oil (abhyanga) on affected areas to maintain skin moisture.
- Stay hydrated and avoid excessive exposure to cold or dry environments.

• Apathya (Don'ts)

- Avoid dry, cold, and stale foods.
- Refrain from using harsh soaps or chemicals on the skin.
- Avoid suppressing natural urges (vegadharana).

NIDANA PARIVARJANA

Category	Specific Avoidances
Dietary (Ahara Nidana)	Avoid dry, rough, cold, sour, salty, spicy, and incompatible foods (rooksha, sheeta, viruddhaahara).
Lifestyle (Vihara Nidana)	Avoid harsh weather exposure, overexertion, and repeated washing with harsh chemicals.
Psychological Factors	Avoid stress, anxiety, and irregular sleeping patterns.
Unwholesome Practices	Avoid neglecting skincare, skipping moisturization, or wearing tight, synthetic footwear.
Seasonal Factors	Avoid improper adaptation to cold, dry seasons by skipping abhyanga or consuming unwholesome foods.

PATHYA – APATHYA

Category	Pathya (Wholesome)	Apathya (Unwholesome)
Ahara (Dietary)	Warm, unctuous, and easily digestible foods (snigdha, ushna ahara).	Dry, rough, and cold foods (rooksha, sheeta ahara) like crackers, popcorn, and refrigerated items.
	Milk, ghee, butter, and sesame seeds (tila), which provide nourishment and lubrication.	Sour, spicy, and salty foods (amla, katu, lavana rasa), such as pickles, fried snacks, and junk foods.
	Freshly prepared soups made of green gram (mudga), barley, or wheat.	Stale or preserved foods (purana anna), processed or packaged foods.
	Vegetables like pumpkin, bottle gourd, and Indian gooseberry (amla).	Overconsumption of bitter or astringent-tasting foods.
	- Herbal teas with ginger, turmeric, or licorice (mulethi).	ViruddhaAhara (incompatible foods) such as milk with fish or sour fruits with milk.
	Warm water or medicated water	Excessive caffeine, carbonated

Vihara (Lifestyle)	-Regular oil massage (abhyanga) with medicated oils like Tila Taila or Karanja Taila to maintain skin moisture.	Frequent washing of hands and feet with harsh soaps or detergents that dry out the skin.
	Protecting the skin from exposure to cold, dry, or windy climates.	- Prolonged exposure to cold environments without adequate protection.
	- Wearing comfortable, breathable footwear to avoid pressure on fissures.	- Wearing tight, synthetic, or non-breathable footwear.
	- Following a regular sleep schedule (nidra), ensuring adequate rest.	- Suppression of natural urges (vegadharana) like urination or defecation.
	- Consuming meals at regular intervals and practicing mindful eating.	- Irregular meal timings or skipping meals.
	- Practicing stress-relieving activities like yoga and meditation.	- Excessive physical strain, prolonged walking, or running barefoot on hard surfaces.
	- Bathing with lukewarm water and using mild soaps.	- Using excessively hot or cold water for bathing.

DISCUSSION

The Ayurvedic management of VipadikaKustha is a comprehensive approach that includes.

1. Shodhana therapies to eliminate vitiated Doshas.
2. Shamana treatments to pacify symptoms and promote healing.
3. Strict adherence to Pathya-Apathya in both diet and lifestyle.
4. Regular use of medicated Lepas to heal fissures, reduce dryness, and prevent recurrence.

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