

MANAGEMENT OF VIPADIKA: A CASE STUDY

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ABSTRACT

Kustha is a broad term, as it covers all skin diseases mentioned in Ayurvedic texts. Vipadika is one among such disease which has been included under the heading of Kshudra Kushta. It is characterized by *Pani-pada Sphutan* (Fissure in palm and soles) and *Teevra vedana* (with severe pain). It affect the individual because of unstable life style, dietary pattern, stressful life. Vata, Kapha and Pitta/Rakta vitiation are major cause in its manifestation. In present case report a patient with complaint of dryness and cracking of both soles associated with bleeding and pain since 3 years. The patients of *Vipadika* have a greater negative impact on their personal and social life they have extreme difficulties in daily activities, self-care challenges, and mobility, impairments with topical medicine dependency worsen the patient's quality of life.

KEYWORDS: *Kustha*, *Vipadika*, *Pani-pada Sphutan* (Fissure in palm and soles), *Teevra vedana* (with severe pain).

INTRODUCTION

Kushtha is the general term used in *Ayurveda* to denote diseases of skin. Skin is the protective organ of the body and reflects the health of the individual. According to *Ayurveda*, three humors: *Vata*, *Pitta* and *Kapha* are responsible for health and disease depending on their equilibrium and imbalance state of the body. *Acharya Charaka* had mentioned that all *Kushthas* are *Tridoshaj* in nature.^[1] In *Ayurveda* all skin diseases are described under single heading i.e. *Kushtha*. Although there seems no direct correlation between *Vipadika* as described in *Ayurveda* and any of modern disease such as palmo plantar psoriasis dyshidrotic eczema, contact dermatitis, pityriasis rubra pilaris, acquired palmoplantar keratoderma, and tinea pedis/manuum but they are discussed here as the symptoms associated with the diseases are more or less similar to the symptoms of *Vipadika*, which is one type of *Kshudra kushtha*. It involves predominantly *Vata* and *Kapha Dosha* and characterized by *Pani-pada Sphutan* (Fissure in palm and soles) and *Teevra vedana* (with severe pain).^[2] *Acharya Vagbhat* also opines the same as stated by *Acharya Charaka* and added occurrence of red patches over palm and sole.^[3]

Aim and objectives

1. To illustrate the clinical features of *Vipadika*

2. To evaluate the management of *Vipadika* in *Ayurveda*
3. To compare the clinical features of *Vipadika* with palmo-plantar psoriasis, allergic contact dermatitis, dyshidrotic eczema, pityriasis rubra pilaris, acquired palmoplantar keratoderma and tinea pedis/magnum.

MATERIAL AND METHOD

Case report- A 30-year female patient came to our OPD (OPD No. 4145) of Government Dhanwantari Ayurvedic College Ujjain on 06/03/2021 with the complaints of cracks on both palms and soles with burning sensation and mild pain.

Chief complaint- the complaint of cracks on both palms and soles with burning sensation and mild pain.

History of present illness- with the complaints of cracks on both palms and soles with burning sensation and mild pain since 3 years. She has taken treatment of modern medicine and was getting temporary relief, due to recurrence of the symptoms, she approaches here for further treatment. On examination, multiple deep fissures were present on both palms and soles with local tenderness. According to the clinical features, the patient was diagnosed as a case of *Vipadika*. Clinical features indicated predominance of *Vata* and *Kapha Dosha*.

Personal history

- Appetite: Moderate
- Bowel: Previously -irregular, two days once, since a year- 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

Vital data

- Pulse: 80 /Min
- BP: 110/90 MmHg
- Respiratory Rate: 18/Min
- Weight: 54kg

Skin examination

- Site dorsum of foot or sole
- Distribution- Symmetrical (both soles)
- Dryness, itching and cracking of both the soles is seen (pada sphutana) which is painful bleeding from the cracked region is seen
- In and around the fingers cracking is seen
- Surface is rough and dry, margin- irregular

External application

1. *Kokam oil+ Gandhak malham*
2. *Shatdhaut ghrut*
3. *Yamak* made of oil+ghee+aloevera in equal quantity

Internal medication

1. *Panchatiktaghruta* 1tsp with luke warm milk/water in morning half an hour before breakfast.
2. *Sitopladi churna* 2 gm+Sankhbhasma 500 mg+kamdudha rasa 250mg+muktashukti bhasma 250mg + *laghu sutashekhar* 125 mg

3. *Kaishor guggul* 2 BD
4. *Saraswatarishta* 3 tsp after meal.
5. *Panchsakar churna* with luke warm water before bed.

DISCUSSION

All skin disorders are more prone in *Pittaja* and *Raktja Dushti*. *Pitta* can overheat the blood (*Rakta dhatu*) and predispose to toxic conditions which are expressed through the skin. So line of treatment should be to remove *Dushit Pitta* from the body and *Shuddhi* of *Rakta Dhatu*. Patient had fissures on her palms and soles and itching due to vitiation of *Vata* and *Kapha* respectively. The treatment was given in accordance with vitiation of these *Doshas*.

- The ingredients of *Panchatikta Ghruta* include *Nimba*^[4] (*Azadirachta indica* A. Juss), *Patola*^[5] (*Trichosanthes dioica* Roxb.), *Vyaghri*^[6] (*Solanum surattense* Burm.f), *Guduchi*^[7] [*Tinospora cordifolia* (Thunb) Miers], *Vasa*^[8] (*Adathoda vasica* Linn.), *Haritaki*^[9] (*Terminalia chebula* Retz), *Vibhitaki*^[10] (*Terminalia bellerica* Gaertn. Roxb), *Amalaki*^[11] (*Emblia officinalis* Gaertn), and *Goghruta* (ghee prepared from cow's milk(; most of which have *Kushthagha* and *Raktaprasadaka* properties.^[12] *Tikta Rasa* itself is ideal for *Pitta* and *Rakta Vikaras*. As a *Shamana Ousadha*, *Panchatikta Ghruta* is a good option for *Vipadika*.
- *Kaishor guggul* is specifically indicated in *Vatarakta*, *Vrana*, and *Kushtha*. In one study, they found it's antiallergic, antibacterial and blood purifying properties.^[13]
- *Shatadhauta ghruta* is indicated in *Visarpa*, *Kushtha* and *Kandu*.^[14] it was applied morning and evening after cleansing the wounds.
- *Saraswatarishta* is one of the most advised classical Ayurvedic formulations of *Saraswath* or *Brahmi* (*Bacopa monnieri*) which contains 5 to 10% self-generated alcohol produced by fermentation of herbal decoctions. It reduces stress and fatigue, therefore helpful in the management of disease.^[15]

RESULT**Table 1: Assessment Criteria for *Sphutan*.**

s.no	Clinical features	score
1	Insignificant dryness at the foot/palms	0
2	Roughness is present when touching	1
3	Excessive roughness presents and leading to itching	2
4	Excessive roughness presents and leading to slight cracks	3
5	Roughness leading to cracks and fissures	4

Table 2: Assessment Criteria for *Vedana*.

s.no	Clinical features	score
1	No pain	0
2	Mild pain of easily bearable nature, comes occasionally	1
3	Moderate pain, but no difficulty	2
4	Appears frequently and requires some measures for relief	3
5	Pain requires medication and may remain throughout the day	4

Table 3: observation table.

s.no	Clinical features	Before treatment	After first follow up	After second follow up
1	Scaling of skin	++++	++	
2	Fissures	++++	+++	+
3	Itching	+++	++	
4	Pain	++++	++	

**Fig 1. Before Treatment.****Fig 2. After Second Follow up.****CONCLUSION**

Conclusion from this study is concluded that *Vipadika* can be successfully treated with appropriate Ayurvedic medication. As Ayurvedic treatment helps to relieve symptoms of disease and also an attempt to provide safe and effective treatment to the patient.

After first medication the symptoms like cracking of both soles, itching, bleeding from cracked region reduced. The patient was advised for follow up for proper medication and is advised for avoiding fried food items, junk food, curd, non-vegetarian diet, sea foods, and milk products.

According to Ayurveda *Vipadika* is a broad term mentioned by our *Acharyas* so we cannot exactly correlate it with any one of the following below mentioned disease, as clinical manifestation of *Vipadika* can be compare but are not exactly similar with any of palmo plantar psoriasis /contact dermatitis/ dyshidrotic eczema/ pityriasis rubra pilaris/ acquired palmoplantar keratoderma and tinea pedis/magnum

- Palmar plantar psoriasis is a variant of psoriasis that characteristically affects the skin of the palms and soles. Palmar plantar psoriasis is caused by a combination of genetic and environmental factors. It is a type of psoriasis, which is an autoimmune condition.
- Chronic vesicular dermatitis (CVD) of the palms and soles is characterized by chronic and recurrent vesiculation on an erythematous base over the palms and soles. The dermatitis is aggravated by daily household activities with exposure to irritants/allergens such as soaps, detergents, cosmetics, and hair dye or by occupational activities with exposure to cement, cutting oils, rubber, and parthenium plant with remission only when the patient abstains from these activities.^[16,17,18]
- **Dyshidrotic eczema** is a sudden rash of small, itchy blisters on your palms and along the sides of your fingers. This skin condition can also make blisters pop up on the soles of your feet or on your toes.
- **Palmoplantar keratoderma (PPK)** is a group of skin conditions characterized by thickening of the skin on the palms of the hands and soles of the feet.
- **Pityriasis rubra pilaris (PRP)** is the name given to a group of rare skin disorders that present with reddish-orange coloured scaling patches with well-defined borders. They may cover the entire body or just parts of the body such as the elbows and knees, palms and soles.
- Athlete's foot (**tinea pedis**) is a fungal infection that usually begins between the toes. It commonly occurs in people whose feet have become very sweaty while confined within tightfitting shoes. Signs and symptoms of athlete's foot include a scaly rash that usually causes itching, stinging and burning.

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