Research Article

VIPADIKA: A CASE REPORT
Sunitha G 1*, Acha.Vidhya Dharmi 1, Gazala Hussain 2
1PG Scholar, Dept. of Agada Tantra, Sri Dharmasthala Manjunatheswara College of Ayurveda & Hospital, Hassan, Karnataka, India
2Associate Professor, Dept. of Rasashastra & Bhaishajya Kalpana, Sri Dharmasthala Manjunatheswara College of Ayurveda & Hospital, Hassan, Karnataka, India
*Corresponding Author Email: sunithagopakumar1@gmail.com

ABSTRACT
All skin diseases in Ayurveda have been considered under the headings of kushta. Vipadika is one among such disease which has been included under the heading of Kshudra Kushta. It is characterized by Sphutanam (fissures) either in palms or soles or in both with Theevra vedana (severe pain). Vipadika is correlated with palmar-plantar psoriasis which is a chronic skin disease which mainly affects palms and sole region. In present case report a patient with complaint of dryness and cracking of both soles associated with bleeding and pain since 10 years, was treated with Shodana (virechana) and Shamana aushadhi’s like ksheera bala capsule, and sukumara grtha shown a significant result. Shodhana helps remove the root cause of the disease, and prevent from recurrence

Key Words: Kashta, Vipadika, Palmar plantar psoriasis, Shodana, Shamana

INTRODUCTION
Skin is the largest organ of the body which first exposed with the environment agents like physical, chemical and biological agents. The skin protects from microbes and the elements help to regulate body temperature, and permit the sensations of touch, heat and cold. Skin has layers. The epidermis, the outermost layer of skin, provides a water proof barrier and creates the skin tone. The dermis, beneath the epidermis, contains tough connective tissuee, hair follicles and sweat glands. The deeper subcutaneous tissue (hypodermis) is made of fat and connective tissue1.

Skin disease not only affects the patient physically but also disturbs mental and social health of the patient. In Ayurveda almost all the skin diseases are explained under kushta and classified as 7 Mahakushta and 11 kshudra kushta. Apart from eighteen types of kushta, another type of kushta namely Swithra (leucoderma) and its types are explained in Ayurveda; on the contrary Ayurveda also considers skin diseases are innumerable.

Nidanas of kushta aggravates the Doshas, causes Agnimandya (indigestion) and on the other hand produces Dhatu Shatiyata (cause weakness of the muscles, etc.). Among all the Doshas, Vata and Kapha get aggravated predominantly and causes the Shitihilyata of Dushyas like Twak (skin), Rakta (blood), Mamsa (muscles), Lasika (channels) and obstruct the Lomakupa (sweat glands) via vitiation of Sweda Yaha Srotas (channels of sweat glands). This Prakupita (vitiated) Doshas enters into Rasa Raktadi Dhatus especially Sanchara (movement) in Tiryaka Siras (vein) and lodges in Twak resulting in kushta2.

Vipadika
It is included in Ksudra kushta with Vata-Kaphaja Dosha involvement and it is characterized by Pani-Pada sphutna (fissure in palms and soles) and Thrivra Vedana (with severe pain). The treatment which is given in Ayurveda is Shamana and Shodhana helps to cure the disease without recurrence of the disease3.

Palmar plantar psoriasis
Vipadika is correlated with palmar-plantar psoriasis which is a chronic skin disease mainly affects palms and sole region. 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. The most common genetic factor associated with palmar plantar psoriasis includes the human leukocyte antigen (HLA) Cw6. On physical exam, thick hyperkeratosis plaques, sterile pustules, or a mixture of morphologies may be seen in palmar plantar psoriasis. Hyperkeratosis plaques are the most common subtype. Symmetrically distributed lesions are common, as well as erythema, fissuring, and scaling4.

CASE REPORT
Chief Complaint
The present case study is an Ayurvedic approach in the management of Vipadika. A 12 year old child with parents visited to the OPD of SDM College Hassan, presented with c/o of dryness and cracking of both soles associated with bleeding and pain since 10 years and cracking of the skin in and around the nails of fingers since a year.
History of Present Illness

Patient’s grandmother gave a history of cracking of both the soles since child started walking which gradually increased associated with itching sensation and pain in the soles. The condition worsens during winter season where even bleeding from cracked regions is seen. Pain is said to be so severe such that the patient cannot walk. Since one and a half year peeling of the skin in and around the fingers is seen, not associated with any itching/ burning/ pain.

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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: 34kg

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

Laboratory Examination

- Hb %: 12.6gm%
- ESR: 20mm/hr
- Total WBC count: 8,700cells/mm
- Serum creatinine: 0.6 mg/dl
- Blood urea: 16.8mg/dl

Table 1: Nidana Panchaka

<table>
<thead>
<tr>
<th>Nidana</th>
<th>Poorva-roopa</th>
<th>Roopa</th>
<th>Samprapti</th>
<th>Upashaya</th>
</tr>
</thead>
<tbody>
<tr>
<td>Katu Ruksha Ahara</td>
<td>Nothing specific</td>
<td>Cracking of foot (Pada Sphutana)</td>
<td>Nidana Sevana</td>
<td>Cracking and pain subsides on application of Aloe vera gel</td>
</tr>
<tr>
<td>Vataja Ahara</td>
<td></td>
<td>Oozing of blood due to cracks on feet</td>
<td>Rasa Rukta Dhatu Dushana</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Difficult to walk due to pain</td>
<td>Sthana Samshraya in Pada</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Rushatha of Pada, Sphutana of Pada, Teevra Vedana, Srava</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Vipadika</td>
<td></td>
</tr>
</tbody>
</table>

Table 2: Vyavacheda Nidana (Differential Diagnosis)

Vyadhi Vinishchaya (Final Diagnosis)

Vipadika

Treatment given

Deepana pachana

Table 3: Deepana Pachana

<table>
<thead>
<tr>
<th>Sl. No</th>
<th>Medicine</th>
<th>Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Panchakola phanta</td>
<td>20 ml BD</td>
</tr>
</tbody>
</table>

Table 4: Snehapana

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Medicine</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snehapana</td>
<td>Sukumarabhrita</td>
<td></td>
</tr>
<tr>
<td>1st day</td>
<td>30 ml</td>
<td></td>
</tr>
<tr>
<td>2nd day</td>
<td>60 ml</td>
<td></td>
</tr>
<tr>
<td>3rd day</td>
<td>60 ml</td>
<td></td>
</tr>
<tr>
<td>4th day</td>
<td>70 ml</td>
<td></td>
</tr>
</tbody>
</table>
Table 5: Panchakarma procedure

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Medicine</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sarvanga abhyanga</td>
<td>Pinda tailam for abhyanga and dhara of both</td>
<td>5th, 6th</td>
</tr>
<tr>
<td>Bashpa sweda</td>
<td>feet</td>
<td>day</td>
</tr>
<tr>
<td>Dhara</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Virechanam</td>
<td>Abhayadhi modaka, tablet on empty stomach</td>
<td>7th day</td>
</tr>
<tr>
<td>Samsarjana</td>
<td>Kanji for 2 days</td>
<td></td>
</tr>
</tbody>
</table>

Table 6: Follow up medication

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Dose</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sukumara ghrity</td>
<td>1 tsp early morning in empty stomach</td>
<td>15 days</td>
</tr>
<tr>
<td>Keheera bala capsule</td>
<td>1 tid</td>
<td>15 days</td>
</tr>
<tr>
<td>Mahathikaka lepa</td>
<td>External application</td>
<td>15 days</td>
</tr>
</tbody>
</table>

RESULTS AND DISCUSSION

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

Deepana pachana

Panchakola phanta

This Churna contain Pippali (Piper longum), Pippali mooola (root of Piper longum), Chavya (Piper chaba), Chitraka (Plumbago zeylanica), Nagar (Zingiber officinale) 5. This combination corrects Agni Dushti, is an appetizer, carminative, and digestive. It is given for Ama Pachana procedure before Panchakarma.

Sukumara Ghrity

This ghrity contains Punarnava (Boerhaavia diffusa), Bilwa (Aegle marmelos), Kasmari (Gmelina arborea), Patala (Stereospermum suaveolens), Syonaka (Oroxylum indicum), Agni mantha (Prema corymbosa), Prishnparni (Desmodium gangeticum), Shali parni (Pseudarthria viscida, Kantakari (Solanum indicum), Badra (Aerva lanata), Gokshura (Triibula terrestris), Payasya (Holostemma annulare), Ashwagandha (Withania somnifera), Eranda (Ricinus communis), Shatavari (Asparagus racemosus), Darbha (Desmostachya bipinnata), Kusa (Imperata cylindrica), Ikshumoola (Saccarum officinarum), Potagala (Sphaeranthus hirtus), Pippali (Piper longum), Yeshitadhu (Glycyrrhiza glabra), Mridweeka (Vitis vinifera ), Yavani (Cuminum cyminum), Shunthi (Zingiber officinale). It’s having Sophaghna (anti-inflammatory) property and is Muturala in action also. This helps to eliminate toxic contents from the body. It is Vata Pitta Shamaka Ghrity and helps to relieve constipation, pain, bloating and itching also. It’s
having anti-mutagenic, antioxidant, emmenagogue, mild estrogenic, muscle relaxant, uterine tonic properties also⁶.

**Pinda Tailam**

It contains **Madhuchishta** (Honey wax), **Manjishta** (Rabia cordifolia), **Sarja rasa** (resin of Vateria indica), **Sariva** (Hemidesmus indicus), **Tila** (Sesamum indicum). It helps to relieve pain and burning sensation⁴.

**Abhayadhi Modaka**

It contains **Amalaki** (Emblica officinalis), **Haritaki** (Terminalia chebula) **Marica** (Piper nigrum), **Musta** (Cyperus rotundus), **Pippali** (Piper longum), **Pippali moola**, **Shunti** (Zingiber officinale), **Tvak** (Cinnamomum zeylanicum), **Tejapatr** (Cinnamomum tamala), **Vidanga** (Embelia ribes) **Jamal Ghota** (Croton tiglium), **Trivirrit** (Operculina turpethum) and **Sharkara**. Among this Haritaki and Amalaki having Anulomana action, Danti is Tikshna Virechaka, Trivrut has Virechaka prabhava, Pippali is Pitta Virechaka and Maricha has Pramathī property, help to expel the Doshas through anal route. **Virechana** helps to remove the vitiated Doshas from the body to avoid the recurrence of the disease. **Virechana** drug (Abhayadhi Modaka) quickly reaches up to the cellular level and has effect on **kushtaroga** also its best act on **Vata Kaphaja Doshā**⁸.

**Mahathikthaka Lepa**

Mahathikthaka lepa contains **Saptha parna** (Alstonia scholaris), **Ativishā** (Aconitum heterophyllum), **Patha** (Cyclea peltata), **Musta** (Cyperus rotundus), **Uskira** (Vetivera zizanoids), **Triphala** (Harithaki-Terminalia chebula, Vibhithaki-Terminalia bellerica), **Amalaki- Emblica officinalis**, **Patolā- Trichosanthes dioica. Pichumardha** (Azadiractha indica), etc. In **Kushta** there is excessive accumulation of kleda. **Tikta Rasa** is amapachaka & kleda shoshaka in nature, also in **Kushta Chikitsa Acharya Charaka** gives importance to **Tikta Rasa**⁷.

**Ksheera Bala Capsule**

This capsule contains **Ksheera** (Cow’s milk), **Bala** (Sida cordifolia), **Taila** (Sesame oil) having Vata Pitta Shamaka property. It helps to relieve pain and inflammation. It is used in pain due to neurological origin. This capsule helps to bring about nerve regeneration and rejuvenation⁹.

**CONCLUSION**

This case study demonstrated that **Ayurvedic management** **Virechana** as Shodhana therapy and **Shamana Aushadhi**’s seems very effective for the treatment of **Vipadika** like skin disorders. From the above case, it can be said that Palmo-plantar psoriasis can be successfully managed through **Ayurvedic** line of treatment.

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1. https://www.webmd.com/skin-problems-and-treatments/picture-of-the-skin#1

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