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Research Article

VIPADIKA: A CASE REPORT

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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: *Kushta, 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 tissue, 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 Shaitilyata* (cause weakness of the muscles, etc.). Among all the *Doshas*, *Vata* and *Kapha* get aggravated predominantly and causes the *Shithilyata* of *Dushyas* like *Twak* (skin), *Rakta* (blood), *Mamsa* (muscles), *Lasika* (channels) and obstruct the *Lomakupa* (sweat glands) to vitiation of *Sweda Vaha 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 *kushta*².

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)³. 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. Patient took treatment from contemporary and other allied medicines for 4-5yrs but recurrence was seen on stopping of medication. Since 3 months she is not under any medication and was admitted here for better relief.

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

<i>Nidana</i>	<i>Poorva- roopa</i>	<i>Roopa</i>	<i>Samprapti</i>	<i>Upashaya</i>
<ul style="list-style-type: none"> • <i>Katu Ruksha Ahara</i> • <i>Vataja Ahara</i> 	<ul style="list-style-type: none"> • Nothing specific 	<ul style="list-style-type: none"> • Cracking of foot (<i>Paada Sphutana</i>) • Oozing of blood due to cracks on feet • Difficult to walk due to pain 	<ul style="list-style-type: none"> • <i>Nidana Sevana</i> • <i>Vata Kapha Prakopa</i> • <i>Rasa Rakta Dhatu Dushana</i> • <i>Sthana Samshraya in Pada</i> • <i>Rushatha of Pada, Sphutana of Pada. Teevra Vedana, Srava</i> • <i>Vipadika</i> 	<ul style="list-style-type: none"> • Cracking and pain subsides on application of <i>Aloe vera</i> gel

Table 2: Vyavacheda Nidana (Differential Diagnosis)

<i>Vipadika</i>	<i>Padadari</i>
<i>Vata kaphaja</i>	<i>Vata</i>
Seen in both hands and foot	Seen only in foot
<i>Saruja, Srava, Kandu</i>	<i>Saruja</i>

Vyadhi Vinishchaya (Final Diagnosis)

Vipadika

Treatment given**Deepana pachana****Table 3: Deepana Pachana**

Sl. No	Medicine	Dose
1	Panchakola phanta	20 ml BD

Table 4: Snehapana

Procedure	Medicine	Dosage
<i>Snehapana</i>	<i>Sukumara ghrita</i>	
	1 st day	30 ml
	2 nd day	60 ml
	3 rd day	60ml
	4 th day	70ml

Table 5: Panchakarma procedure

Procedure	Medicine	Days
Sarvanga abhyanga Bashpa sweda Dhara	Pinda tailam for abhyanga and dhara of both feet	5 th , 6 th day
Virechanam	Abhayadhi modaka, tablet on empty stomach Total no of Vegas: 6	7 th day
Samsarjana	Kanji for 2 days	

Table 6: Follow up medication

Medicine	Dose	Duration
Sukumara ghrita	1 tsp early morning in empty stomach	15 days
Ksheera bala capsule	1 tid	15 days
Mahathikthaka lepa	External application	15 days



At the time of admission



After Virechana



After 15 days of follow up

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

Sukumara Ghrita

This ghrita contains Punarnava (*Boerhaavia diffusa*), Bilwa (*Aegle marmelos*), Kasmari (*Gmelina arborea*), Patala (*Stereospermum suaveolens*), Syonaka (*Oroxylum indicum*), Agni mantha (*Premna corymbosa*), Prishniparni (*Desmodium gangeticum*), Shali parni (*Pseudarthria viscida*), Kantakari (*Solanum indicum*), Badra (*Aerva lanata*), Gokshura (*Tribulus terrestris*), Payasya (*Holostemma annulare*), Ashwagandha (*Withania somnifera*), Eranda (*Ricinus communis*), Shatavari (*Asparagus racemosus*), Darbha (*Desmostachya bipinnata*), Kusa (*Imperata cylindrical*), Ikshumoola (*Saccharum officinarum*), Potagala (*Sphaearanthus hirtus*), Pippali (*Piper longum*), Yeshtimadhu (*Glycyrrhiza glabra*), Mridweeka (*Vitis vinifer*), Yavani (*Cuminum cyminum*), Shunthi (*Zingiber officinale*). It's having Sophaghna (anti-inflammatory) property and is Mutrالا in action also. This helps to eliminate toxic contents from the body. It is Vata Pitta Shamaka Ghrita 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* (*Rubia cordifolia*), *Sarja rasa* (resin of *Veteria indica*), *Sariva* (*Hemidesmus indicus*), *Tila* (*Sesamum indicum*). It helps to relieve pain and burning sensation⁷.

Abhayadhi Modaka

It contain *Amalaki* (*Emblica officinalis*), *Haritaki* (*Terminalia chebula*) *Marica* (*Piper nigrum*), *Musta* (*Cyperus rotundus*), *Pippali* (*Piper longum*), *Pippali moola*, *Shunti* (*Zingiber officinale*), *Twak* (*Cinnamomum zeylanicum*), *Tejapatra* (*Cinnamomum tamala*), *Vidanga* (*Embelia ribes*) *Jamal Ghota* (*Croton tiglium*), *Trivrit* (*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 *Pramathi* 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 Dosha*⁸.

Mahathikthaka Lepa

Mahathikthaka lepa contains *Saptha parna* (*Alstonia scholaris*), *Ativisha* (*Aconitum heterophyllum*), *Patha* (*Cyclea peltata*), *Musta* (*Cyperus rotundus*), *Ushira* (*Vetivera zizanioides*), *Triphala* (*Haritaki-Terminalia chebula*, *Vibhithaki-Terminalia bellerica*), *Amalaki- Emblica officinalis*), *Patola- Trichosanthes dioica*, *Pichumardha* (*Azadirachta 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*⁹.

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 rejuvenation¹⁰.

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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