MANAGEMENT OF VIPADIKA: A CASE STUDY

Dr. Aparna Vyas1 and Dr. Deepak Choudhary2

1PG Scholar, Department of Rachna Sharir, Govt. (autonomous) Dhanwantari Ayurved College Ujjain M.P. 456001.
2PG Scholar, Department of Ras Shastra and Bhashajya Kalpana, Pt. Khushilal Sharma Government (Autonomous) Ayurveda College and Institute Bhopal M.P. 462007.

*Corresponding Author: Dr. Aparna Vyas
PG Scholar, Department of Rachna Sharir, Govt. (autonomous) Dhanwantari Ayurved College Ujjain M.P. 456001.

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/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. Shatadhauta ghrit
3. Yamak made of oil+ghee+aloevera in equal quantity

Internal medication
1. Panchatikta ghrita 1 tsp with luke warm milk/water in morning half an hour before breakfast.
2. Sitopladi churna 2 gm+Sankhbbhasma 500 mg+ kaududha rasa 250mg+muktashakti bhasma 250mg+ laghu sutashekhar 125 mg

RESULT
Table 1: Assessment Criteria for Sphutan.

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

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.

- Kaishor guggul is specifically indicated in Vatarakta, Vrana, and Kushtha. In one study, they found it’s antiallergic, antibacterial and blood purifying properties.[13]
- Shatatdhatu ghriti 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]
**Table 2: Assessment Criteria for Vedana.**

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

**Table 3: observation table.**

<table>
<thead>
<tr>
<th>s.no</th>
<th>Clinical features</th>
<th>Before treatment</th>
<th>After first follow up</th>
<th>After second follow up</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Scaling of skin</td>
<td>++++</td>
<td>++</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Fissures</td>
<td>++++</td>
<td>+++</td>
<td>+</td>
</tr>
<tr>
<td>3</td>
<td>Itching</td>
<td>+++</td>
<td>++</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Pain</td>
<td>++++</td>
<td>+++</td>
<td></td>
</tr>
</tbody>
</table>

**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 palmo plantar 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 vesication 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.

- Palmo plantar 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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