ABSTRACT

**Background:** Skin is an outermost cover of the body, plays a chief role in maintaining barrier between internal and external environment. In addition, the healthy skin is the primary requirement for the beauty as well as having an attractive personality, which are the basic instincts of the human being. The prevalence of the skin diseases is about 15% all over the world. Vipadika comes under eighteen subtypes of *Kushtha* i.e. skin diseases in *Ayurveda* in which severely damaged the palms and feet of the person i.e. *Panipada Sphutanam*. Vipadika in Ayurveda can be correlated with Plamoplanatar Psoriasis. Palmoplantar psoriasis (PPP) that accounts for 3 - 4% of all psoriasis cases produces significant functional and social disability. As Ayurveda treats the disease from its root causes the recurrence of the disease can be minimized. So for finding the safe and effective alternative the present case study was done.

**Aim:** To evaluate the effect of Ayurvedic treatment in the management of Vipadika.

**Objectives:** (1) To collect all the aspects regarding pathphysiology of Vipadika. (2) To examine the effect of Ayurvedic Shaman chikitsa in Vipadika.

**Materials and Methods:** A 53 year old female patient came to Twacharoga Vibhag, opd no.4, Govt. Ayurved Hospital, Nagpur on 29/10/2020 who presented with the symptoms of Cracks on both palms with severe itching and burning sensation and pain with restricted movements of fingers due to the cracks since 8 months and all these symptoms are exaggerated since last 2 months. The patient was treated with Ayurvedic Shaman Chikitsa.

**References:** Regarding Ayurvedic view of Vipadika are collected from Samhita Granthas, Peer reviewed Journals and Research.
papers. **Discussion/Conclusion:** The present case, was treated 99% by symptoms with purely Ayurvedic shaman chikitsa. So, it can be concluded that we can successfully manage the case of vipadika by Ayurvedic shaman chikitsa.

**KEYWORDS:** Vipadika, Shaman chikitsa, Kushtha.

**INTRODUCTION**

Skin is an outermost cover of the body, plays a chief role in maintaining barrier between internal and external environment. Skin problems affects all ages. Generally skin diseases doesn’t cause any kind of mortality but it makes the patient worried due to the external appearance. *Kushta* represents the broad term under the Skin diseases. The prevalence of the skin diseases is about 15% all over the world. Vipadika comes under eighteen subtypes of *Kushtha* i.e. skin diseases in *Ayurveda* in which severely damaged the palms and feet of the person i.e. *Panipada Sphutanam*. Acharya Charaka explained Vipadika as panipadasphtagukkanam i.e. fissures in palm and sole and Tivravedanam i.e. severe pain.[1] With above said symptoms it also affects mental health as it plays important role in appearance of patients and leads to cosmetic problem.

*Vipadika* in Ayurveda can be correlated with Plamoplanatar Psoriasis. Palmoplantar psoriasis (PPP) that accounts for 3 - 4% of all psoriasis cases. Produces significant functional and social disability.[2] On Physical Exam, thick hyperkeratosis Plaques, Sterile Pustules, or mixture of morphologies may be seen in Palmar plantar Psoriasis. Hyperkeratosis plaques are most common Subtype. Erythema, fissuring and Scaling and Symmetrically disturbed lesion are most common[3] Its WHO prevalence is 0.44-2.88%.[4] As the disease have higher recurrence rate and chronicity with no specific treatment in modern science to avoid the recurrence, it is a challenge for us to treat it completely without its recurrence. By considering these things the case was studied and successfully treated with Ayurvedic shaman chikitsa.

**CASE REPORT**

The present case study is successful Ayurvedic management of a case of *Vipadika*. A 53 year old female patient came to Twacharoga Vibhag, opd no.4, Govt. Ayurved Hospital, Nagpur on 29/10/2020 who presented with the symptoms of Cracks on both palms with severe itching and burning sensation and pain with restricted movements of fingers due to the cracks since 8 months and all these symptoms are exaggerated since last 2 months. She has already taken the
allopathic treatment but having temporary relief and recurrence of the symptoms with more severity so she was willing to take Ayurvedic treatment to avoid the recurrence.

**Patient information**

Patient Name- xyz Age- 53 yrs  
Sex- female

**History of present illness**

On examination multiple fissures were seen at both palms. Skin has blackish discoloration with dryness. Local tenderness was present at both palms and fingers were curved. The patient was not able to do movements of her fingers due to the cracks. According to these symptoms the patient was diagnosed as Vipadika.

**History of past illness**

H/O Intermittent headache from last 5-6 years No H/O HTN, DM, Bronchial asthma  
No H/O typhoid, malaria, dengue, jaundice etc No H/O Chicken pox  
No H/O any drug allergy No H/O blood transfusion

**Family history**

No family history found regarding any skin diseases.

**MATERIALS AND METHODS**

Ashtavidha pariksha  
* Nadi- Vatpittaj  
* Mala- Malabaddhata  
* Mutra- 4-5 times in a day  
* Jivha- Saam  
* Shabda – Spashta  
* Sparsha- Anushnasheeta  
* Druka- Spashta  
* Aakruti-Madhyam

**Criteria for assessment**

Subjective criteria for assessment of therapy:
**Vedana (Pain)**

0 - No Vedana

1 - After pressing

2 - Only by touching 3 - Without touching

**Kandu (Itching)**

0 - No itching

1 - 1 to 2 times in day

2 - Frequently itching

3 - Which disturbs the Sleep and Other

**Ragam (Redness)**

Present/Absent

**Objective criteria for assessment of sphutanam i.e. (Cracks)**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Length</th>
<th>Depth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mild</td>
<td>≤ 1 cm</td>
<td>≤ 2 mm</td>
</tr>
<tr>
<td>Moderate</td>
<td>1 to 2 cm</td>
<td>2 to 5 mm</td>
</tr>
<tr>
<td>Severe</td>
<td>≥ 2 cm</td>
<td>≥ 5 mm</td>
</tr>
</tbody>
</table>

**Shaman chikitsa**

**Internal medicines**

1) Gandhak rasayana

2) Kishore Guggul

3) Raktapachak Kwath

4) Avipattikar choorna

**External applications**

1) Jeevantyadi Yamak (SKM Pharma)

2) Sindoorathi Lepam (SKM Pharma)

<table>
<thead>
<tr>
<th>Date</th>
<th>Treatment</th>
</tr>
</thead>
</table>
2. *Kaishore Guggul* 2tab BD after meal.  
3. *Avipattikar choorna* 5gm at bed time with lukewarm water  
4. *RaktapachakKashay* 20ml BD empty stomach  
5. *Sindoorathi Lepam* local application  
6. Followed by *Jeevantyadi Yamak* Local application. |
12-11-2020
1. Gandhak Rasayana 2 BD After meal.
2. Kaishore Guggul 2tab BD after meal.
3. Avipatikar choorna 5gm at bed time with lukewarm water
4. Raktapachak Kashay 20ml BD empty stomach
5. Sindoorathithi Lepam local application
6. Followed by Jeevantyadi Yamak Local application.

26-11-2020
1. Gandhak Rasayana 2 BD After meal.
2. Kaishore Guggul 2tab BD after meal.
3. Avipatikar choorna 5gm at bed time with lukewarm water
4. Jeevantyadi Yamak Local application.

04-12-2020
1. Continued above prescription

OBSERVATION AND RESULTS

<table>
<thead>
<tr>
<th>Assessment criteria</th>
<th>BT</th>
<th>AT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vedana (Pain)</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>Kandu (Itching)</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>Ragam (Redness)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sphutanam (Cracks) length</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sphutanam (Cracks) depth</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

DISCUSSION

Vipadika is a type of Kshudra Kushtha which if attain its severity then it can hamper our day to day routine. In our present study the patient was given Shaman chikitsa for 40 days. Following are the details of treatment prescribed to patient along with its ingredients and therapeutic action.

Internal administration

<table>
<thead>
<tr>
<th>Medication</th>
<th>Ingredients</th>
<th>Action</th>
</tr>
</thead>
</table>
External applications

<table>
<thead>
<tr>
<th>Sr.no.</th>
<th>Medication</th>
<th>Ingredients</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>1)</td>
<td>Sindoorathi Lepam (SKM)</td>
<td>Sindoor, Rasasindoor, Rasakarpur, Mruddarshringa, Coconut oil, Bees wax</td>
<td>Antimicrobial, Antiinflammatory.</td>
</tr>
<tr>
<td>2)</td>
<td>Jeevantiyadi Yamak (SKM)</td>
<td>Jeevanti, Manjishta, Kampillak, Tutha, Daruharidra, Bee Wax.</td>
<td>Antiseptic Cream,</td>
</tr>
</tbody>
</table>

**Figure 1:** Before treatment.  
**Figure 2:** During 1st follow-up.  
**Figure 3:** After treatment.

**CONCLUSION**

Vipadika is a chronic and relapsing disease which can manifests to any person and which is very difficult to treat. In present case, the patient was relived by 99% by symptoms. So, it can be concluded that Ayurvedic Shaman Management of Vipadika is very effective.

**REFERENCES**

1. Acharya Vidyadhar Shukla and Prof. Ravi Datta Tripathi- Charak Samhita of Agnivesha;
   ‘Vaidyamanoramma’ Hindi commentary Chaukhambha Sanskrit Pratishthana; Chikitsa


5. Rasantrasara va siddhaprayog sangraha by krushna Gopal Bhawan, pratham khanda, kharaliya rasyana page, 225-226.
