

APPROACH TOWARDS THE MANAGEMENT OF VIPADIKA WITH HELP OF JEEVANTYADI YAMAK LEPA – A SINGLE CASE STUDY

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ABSTRACT

Skin problems affects all ages from the neonates to the elderly in both sexes, many times are not a cause for any mortality but they always face physical, emotional & social embarrassment in the social life. *Ayurveda* noted most of the skin diseases under *Kushta roga* and *Vipadika* was one of that. The signs and symptoms of *vipadika* as mentioned by *charakacharya* was *pani-pada sphutana* and *teevra vedana*. There is a need of simple and effective remedy in order to regain the texture of hand and foot cosmetically and gain relief from the symptoms, external applications have excellent results. By considering this fact, this case of *vipadika* was the successfully treated by local application of *Jeevantyadi yamak lepa*. This *lepa* contains *Jivanti*, *Manjishta*, *Daru Haridra*, *Kampillaka*, *Ghritha*, *Taila*, *Tuthha*, *Sarjarasa*, *Madhuchishta*. By Application of this *lepa*, properties like *Snigdha*, *Kandughna*, *Krimighna*, *Vishaghna*, *Kaphaghna*, *Vranashodhana*, *Rasayana*, etc useful for treating the classical symptoms of *Vipadika* like *Kandu*, *Daha*, *Sputhana*, etc. So that, with the help of all above mentioned properties, *Jeevantyadi yamaka lepa* is effective in the management of *Vipadika*.

Keywords: *Kushta Roga*, *Vipadika*, *Vishaghna*, *Lepa*, etc.

INTRODUCTION

Skin problems affects all ages from the neonates to the elderly in both sexes, they always face physical, emotional & social embarrassment in the social life. Large community prevalence studies have demonstrated that between 20-30% of the population have various skin problems which require attention.^[1]

The skin diseases many times are not a cause for any mortality; they make the patient worried due to its external appearance. And severe itching or burning or oozing disturbs his/her day to day life.

Ayurveda noted most of the skin diseases under *Kushta roga*. The actual meaning of *Kushta* is “*Kushnati tad Vapuhu*” means the *roga* which causes the discoloration and disfiguration bringing dishonor upon the sufferer.^[2] The study of Indian medical classics discloses that all skin diseases are considered less than one of the broad headings of “*Kushta*”.

The signs and symptoms of *vipadika* as mentioned by *charaka* are *pani-pada sphutana* and *teevra vedana*^[3] by which in the present society it hinders personal and

social status of a person by its severity, discomfort and pain. It also gives mental agony as a cosmetic problem. In chalking out a practical line of treatment, we need to understand that in between the hectic schedule of today's life, there is a need of simple and effective remedy in order to regain the texture of hand and foot cosmetically and gain relief from the symptoms, external applications have excellent results.

By considering this fact, this case of *vipadika* was the successfully treated by local application of *Jeevantyadi yamak lepa*.^[4]

CASE REPORT:

The present case study is successful Ayurvedic management of a case of *Vipadika*. A 37 year old female patient came to MGACH & RC with Registration no. 1602170037 who presented with the signs and symptoms of *Vipadika kushta* which were told in classics like, *Sphutana*, *Vedana*, *Kandu*, *Daha*, etc. for 5 years was selected for the study.

HISTORY OF PRESENT ILLNESS:-

The patient was normal before 5 year. But then patient was gradually got symptomatic appearance of *Vipadika* and diagnosed during routine check-up. Patient was also psychological upset since last few years. For which she used many local as well as oral medication. But there was no any significant relief. Hence, she came to Mahatma Gandhi Ayurved College and Hospital for better management.

PAST HISTORY: - Not significant

PERSONAL HISTORY

Name-xyz; **Addiction**- None; **Age**-37 years; **Bowel habit**-Irregular; **Sex**-Female; **Appetite**-Poor; **Marital Status**-Married; **Sleep**-Inadequate; **Occupation**-Housewife; **Water Exposure**- Yes

Table 1: Ashtavidh Pariksha :-

Nadi (Pulse)	80/min
Mala (Stool)	Niram
Mutra (Urine)	Niram
Jivha (Tongue)	Saam
Shabda (Speech)	Spashth
Sparsha (Touch)	Anushnasheet
Drika (Eye)	Pallor+
Akriti (Built)	Madhyam

Table 2: Other

BP	120/80 mmhg
Bala	Uttam
Prakriti	Vata-Pittaj
Height	162 cm
Weight	55 kg

MATERIALS AND METHOD:-

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 assessment of therapy:

Table 3: Sphutana (Cracks):

Grade	Length	Depth
Mild	≤ 1 cm	≤ 2 mm
Moderate	1 to 2 cm	2 to 5 mm
Severe	≥ 2 cm	≥ 5 mm

Table 4: Treatment plan- Patient was treated on OPD basis.

Drug	<i>Jeevantyadi yamaka lepa</i> externally, daily twice At night and morning.
Dose	Q.S
Duration	30 days
Follow up	15 days

Before starting the treatment plan patient was routinely investigated by complete blood count and random blood sugar after that assessed baseline condition of disease. Then patient was provided with a container of "*Jeevantyadi yamaka lepa*" of 50gms for 15 days and later again 50gms for next 15days, for total of 30 days. During the treatment, the patients were asked to

wash their hand and foot with the lukewarm water and Put it dry. Then the *Jeevantyadi yamak Lepa* was asked to apply on the affect area i.e., on hand and foot in sufficient quantity in morning and evening. After applying they were asked not to do any work or walk, as dust particles may adhere to the surface of skin and it may increase the infection. Patients were asked to maintain hygiene and asked to wear gloves and socks. The duration of the treatment was fixed for 30 days. Every 15th day patients were asked to come for follow up.

Table 5: Content of the trial drug (*Jeevantyadi Yamak Lepa*)[4]

Sr.No.	Sanskrit Name	Botanical Name
1	<i>Jivanti</i>	<i>Leptadina reticulata</i>
2	<i>Manjishtha</i>	<i>Rubia cordifolia</i>
3	<i>Daru Haridra</i>	<i>Berberis aristata</i>
4	<i>Kampillakam</i>	<i>Mollotus philippensis</i>
5	<i>Ghritham</i>	Ghee
6	<i>Tailam</i>	Oil
7	<i>Tuthha</i>	<i>Blue vitriol</i>
8	<i>Sajarasam</i>	<i>Shorea robusta Gaertn</i>
9	<i>Madhuchishta</i>	Mom

Table 6: RESULTS:-

Assessment criteria	BT	AT	
<i>Vedana</i> (Pain)	1	0	
<i>Kandu</i> (Itching)	1	0	
<i>Ragam</i> (Redness)	Present	Absent	
<i>Sphutan</i> (Cracks)	Length	Severe	Moderate
	Depth	Moderate	Mild



Before Treatment



After Treatment

DISCUSSION

Samprapti Vighatana of Vipadika :

When the topical preparation was applied locally in *Vipadika*, it acted on pacifying the *doshas*. It did the *vata shamana* by its *snehana* property and also it has maintained the equilibrium of *pitta* and *kapha*. By the property of *taila* it penetrated into deeper *srotas* and dissolved the *sanga*. By *dhatu shaithilya* was removed and by the *sandhanakara* and *ropana* property it might have helped for building up the tissue of the broken skin and thus *Sphutana* was cured. Meanwhile it provided nourishment to *twacha* by its *snehana*, *rasayana* and *balya* properties.

Hence in this way, it was possible to do the *samprapti vighatana* locally but *Vipadika* was not cured by its root. Due to the *sanubandha* of the *doshas* and *dushyas* may flare up again to cause the symptoms.

Probable action of drug

On *Rukshata*: The *snigdha guna* of *jeevanti*, *go-ghrita*, *tila taila* and *madhucchista* might have helped to control *vata* and for the prevention of *rukshata* and *kharasparsha* in *Vipadika*. This type of lubrication helps for moistening and softening of skin.

On *Kandu*: *Kandu* might have subsided by *Kandughna* property of *Tuttha* and *Daruharidra*,

Krimighna property of *Manjista*, *Kampillaka*, *Tuttha* and *Sarjarasa*, *Vishaghna* property of *Sarjarasa*, *Kaphaghna* property of *Manjista*, *Daruharidra*, *Kampillaka*, *Sarjarasa*, *Kapha lekhana* property of *Tuttha*, *Kapha nissaraka* property of *Jeevanti moola*

On Sphutana: *Sphutana* of *pani* and *pada* might have reduced and cured by, *Vrana shodhana* and *Vranaropana* properties of *Daruharidra*, *Kampillaka*, *Tila taila*, *Sarjarasa* and *Manjista*, *Rasayana* property of *Godugdha*, *Snigdha guna* of *Jeevantimoola*, *Godugdha*, *Goghrita*, *Tila taila* and *Madhucchista*.

On Vedana: *Vedana* might have subsided by the *vedana sthapaka* action of *Kampillaka*, *Tila taila* and *Sarjarasa*.

On Srava and raga: The *sthambaka* action of *sheeta veerya* of *Sarjarasa*, *Kashaya rasa* and *sandhaneeya* property of *Tila taila*, *Sheeta veerya* of *Jala*, *Godugdha*, *Go-grita* and *Jeevanti moola*.

On Daha: *Daha* might have subsided by the *pitta shamaka* properties of *Manjista*, *Jeevanti moola*, *Daruharidra*, *Go-dugdha* and *Go-ghrita*.

Other than this, *Rakta* is one of the *dushyas*. The *rakta vaha sroto dusti* produces *Kushta*. Hence *rakta* need to be cleansed. This might have been done by the *rakta shodhaka* properties of *Manjista*, *Jeevantimoola*, *Daruharidra*, *Kampillaka* and *Madhucchista*.

In total, the *kustagna* property of certain drugs like *Manjista*, *Kampillaka*, *Tuttha* and *Madhucchista* formulated along with *sneha dravyas* might have given multiple benefits in curing *Vipadika*.

Overall effect of therapies:

In *Vipadika*, a treatment of *Jeevantyadi yamaka lepa* proved to be very much effective. This may be attributed to the *ropana*, *deepana*, *rasayana*, *pitta shamaka* action of content of *Jeevantyadi yamaka lepa* by external application. This treatment provides improvement in complexion of skin to a great extent.

CONCLUSION

Manifestation of *Vipadika* is irrespective of age, sex and *prakruti*, but predominantly seen in *madhyama vaya*, females and *vata kapha prakriti* persons respectively. *Kala*, *desha*, *vihara* plays an important role in manifestation of *vipadika*. Among *tridosha*, *vata* plays

an important role in the manifestation of *Vipadika*. *Jeevantyadi yamaka lepa* is effective in the management of *vipadika* with highly significant result.

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