

AN AYURVEDIC APPROACH ON *VIPADIKA KUSHTA*

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ABSTRACT

Good skin is an integral part of health. In the present era, skin diseases are becoming a major hazard for mental health more than physical harm as it attributes the cosmetic harmony. Skin diseases are the outcome of improper food habits and lifestyles. Ayurveda has described all the skin diseases under the heading of *Kushta*. It is further divided into *Maha Kushta* and *Kshudra Kushta*. *Vipadika* is a common disorder of skin mentioned under *Kshudraroga* characterized by fissures and cracks in the hand and feet with severe pain.¹ *Vata Kapha Dosha* is involved in this disease. The main features are *Panipada Sputana* along with *Kandu*, *Thivravedana* and *Raga*.² It can be compared with palmoplantar psoriasis in modern science. It is an auto-immune condition, characterized by red scaly patches on palm and soles often with fissures and bleeding. Ayurvedic treatment is very effective in these conditions. A 49-year-old male patient came to KVG Ayurveda Medical College, KC, OPD with complaints of itching, scaly lesion and pain in palms and soles, for 4 months. According to *Lakshanas*, it is diagnosed as *Vipadika* and treated with *Shodhana*, *Shamana* and *Rasayana Oushadis* and the patient got good relief. Ayurvedic treatment is very effective in the management of skin diseases because Ayurveda removes *Doshas* from its root. The present case study proves the Ayurvedic management of *Vipadika Kushta* is very effective with promising results.

Keywords: *Vipadika Kushta*, palmo plantar psoriasis, *Shodana*, *Shamana*, *Rasayana*.

INTRODUCTION

Vipadika is a common disorder of skin mentioned under *Kshudraroga*. Main symptoms of *Vipadika* include *Panipadasputana* along with *Kandu*, *Vedana* and *Raga*. Specific *Nidana* is not available for *Vipadika*. In the present case study *Kushta Samanya Nidana* like excess use of *Dadhi*, *Mathsya*, *Amla* and *Lavana Ahara* are found. *Samanya Kushta Purvarupa* is considered as *Poorvarupa* of *Vipadika* as a separate explanation is not seen. In *Vipadika*, *Vata Kapha Pradhana*, *Tridosha Prakopa Nidana* is seen. *Vyaktha Sihana* is mainly *Pada* and *Hasta*. The majority of *Lakshanas* like *Sphutana*, *Vedana* are due to increased *Rukshaguna* of *Vata*. *Kandu* is due to *Kapha*. *Daha* due to *Pitta*. When the *Twak* and *Mamsa* undergo *Dharana* there will be *Rakthasrava* and *Sputana* as it lies above the *Mamsadhara Kala*. Along with *Kushta Chikitsa*, specific *Chikitsa* is explained for *Vipadika*. *Acharya Charaka* explained all *Kushta* are *Tridoshaja*, so the treatment is according to the predominance of *Dosha*. The predominant *Dosha* should be treated first and the treatment of other subordinate *Doshas* should be undertaken afterwards. *Nidana Parivarjana* is a very important factor in the treatment. It stops the further progression of the disease by restricting *Dosha* vitiation. In the present case, the study patient doesn't have any special *nidana*, *Kushta Nidanas* like *Virudhahara Sevana* etc are seen. *Samshodana* is explained for *Kushta* management because *Kushta Rogi* is *Bahudoshi* because of *Dosha* vitiation to the greatest extent. In *Vata* predominance, the *Sarpi Pana*, in *Pitta* predominance *Virechana* and *Raktha Mokshana* and *Kapha Vamana* is indicated by classics.³

Shamana Chikitsa plays an important role in the treatment of *Kushta*. After the *Shodhana* procedure, *Shamana* measures are indicated to cure the residual vitiated *Dosha*. It is very useful in those patients who are unable to undergo or contraindicated for *Shodhana* procedure.

Shamana therapy mainly in the form of internal medication is advised to get rid of the vitiated *Dosha*

as well as to provide *Bala* to prevent the reoccurrence of the disease. External application is very important. Symptoms of *Vipadika* are similar to palmoplantar psoriasis in contemporary science. Psoriasis is a chronic inflammatory skin disease. Palmoplantar psoriasis is a type of psoriasis that affects the palms of the hands and the soles of the feet. It is an autoimmune condition. This paper discusses the effectiveness and potential of the Ayurvedic management of *Vipadika Kushta*.

Case Report:

49-year-old male patient came to our KVG Ayurveda Medical College KC, OPD, with c/o of well-demarcated raised scaling of both palms and soles with severe itching and pain for 4 months. Also complained, peeling of skin at the point of disruption of hand, soles and knee joints.

History of past illness

The patient was well before 8 years, initially itching appeared on the leg then all over the body, then the patient took homoeopathic treatment got relief. Presently, a patient complaint about pain, itching and scaly lesions on the palms and soles, also the knee joint and elbow joint.

Treatment history: H/o HB

Family history: The patient's sister has the same complaint.

Vayakthika Vrithanta:

Diet: Mixed diet, Excess intake of spicy things and non-veg, Bowel: Constipated, Appetite: Poor, Sleep: Sound.

TRIVIDHA PAREEKSHA

Darshana: *Mathysa Shakalopama*, *Vaivarnatha*, *Sputana*, *Sparshana:* *Ushna*, *KharaSparsha*, *Prashna:* *Kandu*, *Daha*, *Thoda*

ASHTASTHANA PAREEKSHA

Nadi: *Vata-Kapha*, *Muthra:* 5 to 6 times per day. *Mala:* *BadhaMala*, *Jihwa:* *Aliptha*, *Shabda:* *Sparsha*, *Sparsha:* *AnusnaSparsha*, *Drik:* *Vikritha*, *Akrithi:* *Madyama*

DASAVIDHA PAREEKSHA

Prakrithi: *Vata-Kapha*, *Vikrithi:* *Rasa*, *Raktha*, *Twak*, *Mamsa*, *Sathwa:* *Madhyama*, *Sara:* *Rasa Sara* ..

Samhanana: Madhyama., Pramana: Madhyama.,
Sathmya: Katu, Amla, Lavana., AharaShakthi: Avara.,
VyayamaShakthi: Uthama., Vaya: Madyama

NIDANA PANCHAKA

Nidana: excessive intake of fish, chicken, spicy foods,
excess Lavana intake., Purvarupa: Kandu., Rupa:

MathyaShakalopama, Kandu, Vedana, Sputana,
Vaivarnya., Upashaya: UshnaJala., Anupashaya:
Sheetha kala

Samprapti:

Nidana → Vatakaphaprakopa → Rasavaha, Rakthavaha. Swedovaha Srothodushti → Sanga and
Vimaravamana of Doshas → Padahastha Dosha sthanasamsraya → vipadika



General Examination

BP-: 140/90 mm of Hg, Pulse rate-: 78/min,
Respiratory rate-: 20/min, Height-:54kg,
Edema/lymphadenopathy/pallor/icterous/cyanosis:
Absent

Systemic Examination

Respiratory Rate: NVBS, Cardiovascular System:
S1, S2heard, P/A: soft tender, CNS: conscious and
well oriented.

Skin Examination

Inspection: well-defined areas of raised thickened
skin
Redness and scaling, cracks
Color: Blackish
Appearance: Rough dry and scaling
Discharge: mild bleeding
Lesions: Multiple

Palpation: Rough, Hard, temperature -
Normothermia, Tenderness absent

Special Test

Candle grease test +ve
Auspitz sign +ve

VyavachedanaNidana (Differential Diagnosis)

Charmadala, Kitiba, Vicharchika, Vipadika,
Charmakhya

Vyadhivinishchaya (Diagnosis)

Vipadika

Chikitsa

- Agnitundivati & Chitrakadi Vati for Deepana, Pachana & Amapachana purpose.
- Mahatikthakam Gritham for Snehapana till Samyak Snigdhalakshanas observed.
- Virechana with Trivritthlehyam
- Samsarjana karma

After, Shamaniushadi is given

- *Patola –Katurohinyadi Kashayam* 15ml *kashayam* with 60 ml lukewarm water, morning and evening on empty stomach.
- *Vilwadi tablet 2 - 0 -2*
- *Khadirarishtam* 30ml twice daily, after food.
- *Jeevanthyadi Yamaka* for external application after the medicated washing (*Triphala*)

Follow up,

- *Gandhaka Rasayana*
- *Jivanthyadi lepa* for application
- Controlling body weight
- Managing stress
- Stop smoking
- Reducing the direct exposure to detergents and chemicals.

PATHYA APATHYA⁴

Yava, Godhuma, Shali, Ghee, Tiktha Rasa

Should avoid the use of meat, milk, curd, *Masha, Kulatha, Divaswapna,*

DISCUSSIONS

Mahatikthakam Gritham⁵ contain *Saptaparna, Ativisha, Musta, Ushira, Triphala, Patola, Chandana, Pippali, Padmaka, Sathavari, sarivaa, Amritha, Murva etc. and here it is used for Snenana purpose, it is good for the management of all skin conditions. Trivritlehyam⁶ Trivrith* is the main ingredient, and it is an ideal laxative drug that helps to eliminate *Doshas* from *koshta*. *Triphala Prakshalana* is very effective, it is *Tridoshahara, Vranaropana. JeevanthyadiYamaka oilment⁷* contain *Jivanthi, Manjishta, sesame oil, ghee, Arka* and massage helps the blood to absorb the content of the *Tailam* directly into the skin and cure the skin ailments. *Patolakaturohinyadi kashaya⁸* contains *Patola, Katurohini, Chandana, Murva, Guduchi, Patha*. it is *Rakthaprasadaka, Deepana, Jwaraghna,* helps in skin disorders. *Patola, Katurohini, Guduchi* which are *Tiktharasa, Rakthashodaka* and *Kushtahara. Vilwadigulika⁹* contains *Bilwa, Surasa, Karanja, Natam, Surahwam, Harithaki, Vibeethaki, Amalaki, Shunti, Maricha, Pippali, Haridra, Daruharidra* which are processed in goat's urine. It is

Ttiktha and Katu in Rasa, Laghu and Ruksha in Guna. Ushna in virya. With kaphavathahara and vishaghna property. If any toxic material in the body will be less potent, slow-acting tends to stay in the body is given to remove any toxic materials from the body, antimicrobial immunomodulatory and anti-inflammatory activity. *Khadirarishtam¹⁰ingredients Khadira, Devadaru, Bakuchi, Triphala, Darvi* etc and it is very effective in skin conditions, regular use of this tonic purifies blood, reduces toxins production, regulates sebum production in the skin and inhibits bacterial growth. *Arishta* is *Agnideepaka* and *Srothoshodaka* and the *Shodhana* and *Shamana* treatment, the patient got a good result. After for *Rasayana* purpose, *Gadhakararayana* is advised, which contain Sulphur. It is used for skin conditions for centuries. It strengthens the immune system and is *kanduhara and kushtahara* also prevent the reoccurrence of the disease. After the treatments, patient overall condition of health is improved.

CONCLUSION

Vata is the main cause of *Vipadika*. The *Rooksha Guna* of *Vata* causes severe dryness which finally leads to the formation of cracks. *Vipadika* is *Vata Kaphaja Kshudraroga* the *Ushna Guna* of medicine helps to pacify vitiated *Vata Dosha* and *Kapha Dosa* and directly counteract the respective symptoms like cracks, pain, itching. *Bahirparimarjana Chikitsa* is necessary for all skin diseases. *Shodana* is done by giving *Mahatikthakam Gritha* and *Trivrith Lehyam* after which the patient's skin becomes soft and the cracks reduced. No bleeding, pain and scaling are reduced. Washing with *Triphala* boiled in water and application of *Jeevanthyadi Yamaka* is very effective. *Shamana Oushadis* like *Patola Katuroninyadi Kashayam, Vilwadi Gulika, Khadirarishtam* is helped to enhance the patient's health condition.

Our body needs Sulphur to build and fix DNA and protect cells from damage that can lead to serious diseases such as cancer. Sulphur also assists the body to metabolize food and contribute to the health of the skin. Sulphur is the third most abundant element in the body, Amino acids like methionine and cysteine

are present, both of these amino acids are present in skin hair and nails. *Gandhaka Rasayana* ameliorates skin conditions and prevents reoccurrence. After the treatment patients' overall quality of life was significantly improved.

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