INTRODUCTIO

Skin and subcutaneous diseases are responsible for significant morbidity worldwide, but they do not get due importance in national health planning and policies in several countries. Although mortality due to skin diseases is low, they contribute to significant disability, and the non-fatal burden of skin and subcutaneous diseases is more than that of cardiovascular diseases in India. Compared to individuals with systemic conditions like Diabetes mellitus, hypertension, etc., studies reveal that people with skin diseases have a greater impairment in their mental health.

The aesthetic problem receives billions of dollars in funding each year. Ayurveda includes all the skin disorders under the broad name Kushtha. There are 18 types of Kushtha described in Ayurveda Samhitas. Out of which 11 are Kshudra Kushtha. Vipadika is one of them. Different Acharyas have given different presentations of signs and symptoms of Vipadika.

According to Ashtanga Hridaya, Panipadputana (cracks over palms and soles), Teevra Vedana (intense pain), Manda Kandu (mild itching), and Saraga Pidika (red-colored macules) are the symptoms of Vipadika. According to Acharya Charaka crack and severe pain are the symptoms of Vipadika. According to Sushrutha Acharya, itching, burning sensation and pain is present especially on Pada (sole) are the symptoms of Vipadika.

In this case, the patient has been complaining for six months about discomfort and bleeding along with the dryness, scaling, itching, and cracking of both hands. Vipadika patients experience higher negative effects on their personal and social lives because they have severe difficulties with daily tasks, mobility issues, and self-care challenges.

Case Study

A CASE STUDY ON THE MANAGEMENT OF VIPADIKA

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ABSTRACT

Kushtha is an encompassing phrase that refers to all skin conditions mentioned in Ayurvedic writings. One of the illnesses covered under the category of Kshudra Kushtha is Vipadika. It is distinguished by Teevra vedana (with excruciating agony) and Pani-pada Sphutan (fissure in the palms and soles). The individual is impacted as a result of erratic eating habits, stressed lifestyle. Its manifestation is mostly caused by vitiation of Vata, Kapha, and Pitta/Rakta. In this case, the patient has been complaining for six months about discomfort and bleeding along with the dryness, scaling, itching, and cracking of both hands. Vipadika patients experience higher negative effects on their personal and social lives because they have severe difficulties with daily tasks, mobility issues, and self-care challenges.
History of Present Illness
The patient was normal 6 months back. Gradually developed symptoms like dryness, scaling, itching and cracking in both palms and soles associated with bleeding and pain. On examination, multiple deep fissures were present on both palms and soles with local tenderness. According to the clinical features, the case was diagnosed as Vipadika. Clinical features indicated predominance of Vata and Kapha Dosha.

Personal History
Appetite: Moderate
Bowel: Regular
Micturition: Regular
Sleep: Disturbed
Food: Mixed and junk food

Vital Data
Pulse: 74/Min
BP: 120/80 mmHg
Respiratory Rate: 20 /Min
Weight: 78kg

Skin Examination
Site: Plantar aspect of palms and soles
Dryness, scaling, cracking and bleeding from the cracked region is seen.
Cracked skin around the fingers
Margins: irregular
Bleeding present on touch.

Nidana Panchaka
Poorva-Roopa: Kandu
Roopa: Cracking of palms with dryness, scaling, itching, bleeding and painful lesions.

Samprapti

Nidana Sevana (Aharaja, Viharaja, Manasika)  
↓  
Causes Agni Vikruti  
↓  
Tridosha Vikruti along with Rasa, Rakta, Mamsa, Lasika Dushti  
↓  
Sanga and Vimargagamana of Doshas  
↓  
Sthanasamshraya in Pada and Hastha  
↓  
Causes Vipadika Kushta.

Upashaya: Application with Sarshapa taila.

Treatment given
Wash with Panchavalkala Kashaya followed by Gandhaka malhara application for 15 days.
Shamana Aushadi: for 15 days
1. Kaishor Guggulu 2-0-2 after food with lukewarm water.
2. Shudha Gandhaka 250mg BD after food with lukewarm water.
3. Rasamanikya 125mg BD after food with lukewarm water.
4. Panchatikta gugglu ghrita 40ml BD with milk.
5. Avipattikar churna 5gm BD before meal.

Table 1: Assessment Criteria for Sphutana

<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>1</td>
</tr>
<tr>
<td>2.</td>
<td>Roughness is present when touching</td>
<td>2</td>
</tr>
<tr>
<td>3.</td>
<td>Excessive roughness presents and leading to itching</td>
<td>3</td>
</tr>
<tr>
<td>4.</td>
<td>Excessive roughness presents and leading to slight cracks</td>
<td>4</td>
</tr>
<tr>
<td>5.</td>
<td>Roughness leading to cracks and fissures</td>
<td>5</td>
</tr>
</tbody>
</table>
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>1</td>
</tr>
<tr>
<td>2.</td>
<td>Mild pain of easily bearable nature, comes occasionally</td>
<td>2</td>
</tr>
<tr>
<td>3.</td>
<td>Moderate pain, but no difficulty</td>
<td>3</td>
</tr>
<tr>
<td>4.</td>
<td>Appears frequently and requires some measures for relief</td>
<td>4</td>
</tr>
<tr>
<td>5.</td>
<td>Pain requires medication and may remain throughout the day</td>
<td>5</td>
</tr>
</tbody>
</table>

Table 3: Observation table

<table>
<thead>
<tr>
<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>Scaling of skin</td>
<td>+++</td>
<td>+++</td>
<td>+</td>
</tr>
<tr>
<td>Fissures</td>
<td>++++</td>
<td>+++</td>
<td></td>
</tr>
<tr>
<td>Itching</td>
<td>+ + + +</td>
<td>++</td>
<td>+</td>
</tr>
<tr>
<td>Pain</td>
<td>+ + + +</td>
<td>+</td>
<td></td>
</tr>
<tr>
<td>Discharge (Blood)</td>
<td>+ + +</td>
<td>+</td>
<td></td>
</tr>
</tbody>
</table>

Before Treatment 1st Day

After first visit 16th Day
RESULT
After the treatment symptoms reduced. The patient was advised for follow up medicine and the proper diet was explained.

DISCUSSION
Vipadika is one of the Kshudra Kushta mentioned in classics and as all Kushta are Tridoshaj in nature its management principle is based on the Lakshana and Dosha involved in the disease process.[15]
The Avipattikar Churna consists of Triphala, Pippali, Marica, Sunti, Musta, Patra, Lavanga, Ela-patra, Trivrt, Vidanga and Sarkara. It helps in conditions like Agnimandhya Vibhanda, Prameha etc.[6]
Kaishor Guggulu is specifically indicated in Vatarakta, Vrana, and Kushtha. In one study, the anti-allergic, anti-bacterial and blood purifying properties of this Yoga was found.[7]
Mode of action of Panchatikta ghrita guggulu can be said as all contents are having Tikta rasa, Laghu and Ruksh guna, so it acts as anti-itching property, Kled and Vikrut meda upashoshan, Vranashodhak[8]. It mainly acts on body wastes (Kleda), fat (Meda), Lasika (plasma), Rakta (blood), Pitta, Swed (sweat) and Shleshma.[9] Ghrita has lipophilic action so helps in ion transportation to a target organ. This lipophilic nature of Ghrita facilitates entry of drug in to cell and it’s delivery to mitochondria, microsome and nuclear membrane. Also, it helps in restoring the normal texture to skin.[10] So all these properties act mainly at cellular level of skin decreasing keratinization of cell layer thus improving cell cycle as a result symptoms like itching, dryness, pain are reduced giving normal texture to skin.
Rasamanikya offers beneficial effects in the management of diseases such as; leprosy, surface wounds, pus, boils dryness of skin, eczema, rashes and leukoderma, etc.[11] Impurity of blood is one of the reasons of skin ailments and Rasamanikya acts as Raktashodhak means it purify blood. The formulations impart calming and soothing effects thus help to reduces pain, itching and burning sensation related to skin problems.
Sudha-Gandhaka has several uses in skin conditions as it is Raktashodhak, Twachya in nature,[12]

CONCLUSION
Vipadika is a Kshudra Kushtha Roga of Vata Kaphaja origin. Pain and extreme dryness are symptoms of the Vata Rooksha Guna, which also causes cracks to form. The Kapha Dosha is the root of Kundu. A result of deranged Pitta Dosha is Daha. As it is situated above the Mamsadhara Kala, the Dharana of Mamsa and Twak leads to Rakthasrava and Sputana. A crucial part of the treatment is played by Nidana Parivarjana, which prevent the disease from progressing further by limiting Dosa vitiation. In the current instance, the patient adhered to Kushtha Nidanas such Viruddhahara Sevana, Adhyashana, Ati Mamsa Sevana, etc. Ayurvedic medicine can be used to cure Vipadika, as this case study demonstrates. When treating skin conditions similar to Vipadika, Shamana Aushadhi’s and Bahaya formulations are beneficial.

Declaration of Patient Consent
Authors certifies that they have obtained patient consent as patient has given his consent for reporting case along with images and other clinical information in the journal.

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