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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.

INTRODUCTION

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.^[1] 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 *Kushta*. There are 18 types of *Kushta* described in *Ayurveda Samhitas*. Out of which 11 are *Kshudra Kushta*. *Vipadika* is one of them. Different *Acharyas* have given different presentations of signs and symptoms of *Vipadika*.

According to *Ashtanga Hridaya*, *Panipadspatana* (cracks over palms and soles), *Teevra Vedana* (intense pain), *Manda Kandū* (mild itching), and *Saraga Pidika* (red-colored macules) are the symptoms of *Vipadika*.^[2] According to *Acharya Charaka* crack and severe pain are the symptoms of *Vipadika*.^[3] According to *Sushruta Acharya*, itching, burning sensation and pain is present especially on *Pada* (sole) are the symptoms of *Vipadika*.^[4]


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. There was no prior history of any systemic illness. The patient admits to regularly consuming both junk food and non-vegetarian meals. Patient was treated with only *Shamana Aushadhi*'s. This has shown a significant result. Total treatment was about 16 days with a follow-up of 15 days.

Case Report

A 44 year old male patient arrived to our OPD complaining of bleeding and pain that had been present for six months, along with dryness, scaling, itching, and cracking of both hands.

Chief Complaint

Dryness, scaling, itching and cracking of both the palms and soles for six months.

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History of Present Illness

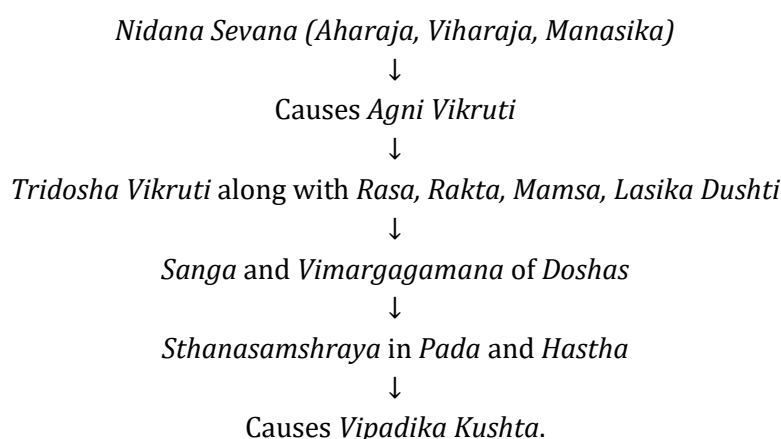
The patient was normal 6 months back. Gradually developed symptoms like dryness, scaling, itching and cracking in both palms and soles associated with bleeding and pain. On examination, multiple deep fissures were present on both palms and soles with local tenderness. According to the clinical features, 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

Samprapti

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*

S.no.	Clinical features	Score
1.	Insignificant dryness at the foot/palms	1
2.	Roughness is present when touching	2
3.	Excessive roughness presents and leading to itching	3
4.	Excessive roughness presents and leading to slight cracks	4
5.	Roughness leading to cracks and fissures	5

Table 2: Assessment Criteria for Vedana

S.no.	Clinical features	Score
1.	No pain	1
2.	Mild pain of easily bearable nature, comes occasionally	2
3.	Moderate pain, but no difficulty	3
4.	Appears frequently and requires some measures for relief	4
5.	Pain requires medication and may remain throughout the day	5

Table 3: Observation table

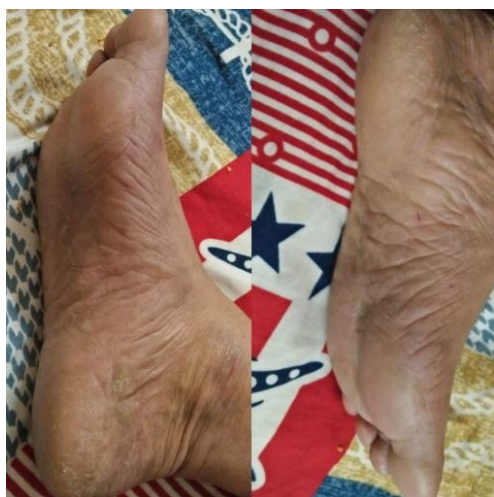
Clinical features	Before treatment	After first follow up	After second follow up
Scaling of skin	+++++	+++	+
Fissures	+++++	+++	
Itching	++++	++	+
Pain	++++	+	
Discharge (Blood)	+++	+	



Before Treatment 1st Day



After first visit 16th Day



After Treatment 1 month

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 Kustha* mentioned in classics and as all *Kustha* are *Tridoshaj* in nature its management principle is based on the *Lakshana* and *Dosha* involved in the disease process.^[5]

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 ghrta 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] *Ghrta* has lipophilic action so helps in ion transportation to a target organ. This lipophilic nature of *Ghrta* 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 *Rasmanikya* 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 Kushta 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 *Kandu*. 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 *Dosha* 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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