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Management of *Vipadika* through *Shodhana* and *Shamana*: A Case Study

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ABSTRACT

All skin diseases in *Ayurveda* are broadly classified under the heading of *Kushta* (skin disorders). *Vipadika* is one among the *Kshudra Kushta*. It is characterized by *Sphutanam* (cracking) either in palms or soles or in both with *Teevra Vedana* (severe pain). *Vipadika* can be correlated with palmar-plantar psoriasis which is a chronic skin disease which affects palms and sole region. In the present case report a patient with complaint of dryness, scaling, itching and cracking of both palms associated with bleeding and pain since 6 months, was treated with *Shodana* (*Virechana*) and *Shamana Aushadhi's*, followed by *Raktamokshana* has shown a significant result. *Shodhana* helps remove the root cause of the disease, and prevents recurrence.

Key words: *Vipadika*, *Virechana*, *Ayurveda*, *Raktamokshana*.

INTRODUCTION

Not all skin diseases are responsible for mortality but hampers day-to-day activity and due to its cosmetic issues, it depresses the patients. Researches show that the patient with skin diseases have greater impairment in mental health as compared with patients having systemic disorders like Diabetes mellitus, Hypertension etc. Billions of money is spent on the cosmetic issue every 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 Kandu* (Mild itching), and *Saraga Pidika* (Red-colored macules) are the symptoms of *Vipadika*.^[1] According to *Acharya Charaka* crack and severe pain are the symptoms of *Vipadika*.^[2] According to *Sushruta Acharya*, Itching, burning sensation and pain is present especially on *Pada* (sole) are the symptoms of *Vipadika*.^[3]

This case is about a patient complaining of dryness, scaling, itching and cracking of both palms associated with bleeding and pain since 6 months. There was no previous history of any systemic disease. The patient reports eating non-vegetarian food on daily basis along with junk food. Patient was treated with *Shodana* (*Virechana*) and *Shamana Aushadhi's*, followed by *Raktamokshana*. This has shown a significant result. Total treatment was about 16 days with a follow-up of 15 days.

CASE REPORT

A 26-year-old male patient was admitted at *Ayurveda Mahavidyalaya* Hospital on 02/11/2022 in *Kayachikitsa* Dept. bearing IPD No. 347. Reported with dryness,

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scaling, itching and cracking of both palms associated with bleeding and pain since 6 months.

Chief complaint

Dryness, scaling, itching and cracking of both the palms.

History of present illness

The patient was normal 6 months back. Gradually developed symptoms like dryness, scaling, itching and cracking in both palms associated with bleeding and pain. On examination, multiple deep fissures were present on both palms with local tenderness. According to the clinical features, the case was diagnosed as *Vipadika*. Clinical features indicated predominance of *Vata* and *Kapha Dosh*.

Personal history

Appetite: Moderate

Bowel: Regular

Micturition: Regular

Sleep: Disturbed

Food: Non-veg 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

Dryness, scaling, cracking and bleeding from the cracked region is seen.

Cracked skin around the fingers,

Margin: irregular

Nidana Panchaka

Nidana: *Katu, Snighdha, Guru, Abhishyandi Ahara, Vataja Ahara.*

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 *Mahatiktaka Ghrita.*

Treatment given

External application: *Lepa* with *Khadira Aragwadha Guduchi Nimba Haridra Choorna* followed by *Mahatiktaka Ghrita* application for 7 days.

Amapachana: *Avipattikara Churna* for 7 days.

Snehapana with Mahatiktaka Ghrita

Days	Dosage
1 st	20ml
2 nd	45ml
3 rd	60ml
4 th	100ml
5 th	120ml

Sneha Siddhi Lakshanas were seen on 5th day of *Snehapana* like *Sneha Dwesha, Gatra Mardhava, Snighdha Gatrata, Pureesha Snighdha* etc.

Procedure	Medicine	Days
1. Sarvanga Abhyanga Bashpa Sweda	Kharanja Taila	2 days
2. Vishrama Kala	Diet: Pittaprapakara Ahara	1 day
3. Virechana	Manibhadra Guda 60gms + 20gms Total Vegas- 20	
4. Samsarjana		For 7 days
5. Raktamokshana	2 sittings (2 consecutive days)	-

Shamana Aushadi (given after Samsarjana): for 15 days

1. T. Kaishor Guggulu 1-0-1 after food.
2. T. Gandhaka Rasayana 1-0-1 after food.
3. Sorsiz cream L/A
4. T. Sorsiz 1-0-1

Table 1: Assessment Criteria for Sphutana.

SN	Clinical features	Score
1.	Insignificant dryness at the foot/palms	0
2.	Roughness is present when touching	1
3.	Excessive roughness presents and leading to itching	2
4.	Excessive roughness presents and leading to slight cracks	3
5.	Roughness leading to cracks and fissures	4

Table 2: Assessment Criteria for Vedana.

SN	Clinical features	Score
1.	No pain	0
2.	Mild pain of easily bearable nature, comes occasionally	1

3.	Moderate pain, but no difficulty	2
4.	Appears frequently and requires some measures for relief	3
5.	Pain requires medication and may remain throughout the day	4

Table 3: Observation table

SN	Clinical features	Before treatment	After treatment	After first follow up
1.	Scaling of skin	+++++	+++	+
2.	Fissures	+++++	+++	
3.	Itching	++++	++	+
4.	Pain	++++	+	
5.	Discharge (blood)	+++	+	

Before Treatment



After Treatment



Date: 15/11/2022



Date: 15/11/2022

After Follow-Up



Date: 15/12/2022



Date: 15/12/2022

RESULT

After the treatment symptoms reduced. The patient was advised for follow up medicine and the proper diet was explained.

DISCUSSION

Khadira is having *Krimighna*, *Kushtaghna*, *Medohara*, *Raktashodhaka*, *Kaphapittahara* properties. *Guduchi* acts as *Tridosha Shamaka*, *Raktashodhaka*. *Haridra* is *Krimighna*, *Kushtaghna*, *Varnya*, *Vishaghna*, *Kaphapittanut*, *Pramehanashaka*. *Nimba* is *Kushtaghna*, *Krimighna*, *Kandughna*, *Vranahara*, *Sula-Shopha Hara*.

The *Avipattikar Churna*^[4] consists of *Triphala* (best anti-oxidant combination), *Pippali*, *Marica*, *Sunti*, *Musta*, *Patra*, *Lavanga* (anti-oxidant), *Ela-patra* (relieves pain and inflammation), *Trivrt*, *Vida*, *Vidanga* (anti-microbial drug) and *Sarkara*. It helps in conditions like *Agnimandhya Vibhanda Prameha* etc.

Mahatiktaka Ghrita^[5] is useful in treating *Amlapitta*, *Rakta Pitta*, *Vata Rakta*, *Kushta*, *Visarpa*, *Kushta*, *Asrigdhara*. It contains drugs like *Saptaparna* which detoxifies and cleanses the blood, *Aragvadha* used for skin diseases and is a mild laxative, *Patha* used for skin infections, *Musta* corrects the digestion and metabolism, *Usira Dhanvayasa Shweta Chandan* does *Pitta Shamana*, *Triphala* best anti-oxidant combination, *Patola* purifies the blood, *Varnya* and

relieves itching, *Nimba* is a good anti-inflammatory drug useful in allergic skin rashes and wound healing.

Nimbidin, Curcuminoids have Broad spectrum Antibiotic action against both Gram Positive and gram-negative Bacteria thus effectively heal Chronic Skin Ulcers, Diabetic Ulcers, and Anti-Viral action to manage Herpes infections. Nimbidin promote wound healing activity through increased inflammatory response and neovascularization heals the chronic skin ulcers and inflammatory skin lesions making it effective in various skin diseases such as furunculosis, seborrheic dermatitis^[6]

Karanja Taila was used because of its *Kandughna* and *Kustaghna* properties. It is *Kaphaghna* and *Vataghna* due to its *Tikta*, *Katu Rasa* and *Ushna Virya*. It is also having *Jantughna Vranaropana* and *Vedanasthapana* properties^{[7],[8]}

As *Kushta* is the *Raktavaha Srotodusti Vikara*, *Virechana* is the main line of treatment adopted in it. *Virechana* is given with *Manibhadra Guda*^[9] contains *Vidanga*, *Amalaki*, *Haritaki* and *Trivrut*. *Haritaki* and *Amalaki* have *Anulomana* action and *Trivrut* has *Virechaka Prabhava*.

Acharya Charaka considers *Rakta Dusti* as one of the prime causes of skin diseases^[10] By doing *Raktamokshana* it helps to remove *Dushita Rakta* which enables proper circulation to the tissues helping in its regeneration, relieves the pain. In case of *Padadaha*, *Harsha*, *Vipadika*, *Vatakantaka* and *Chippa*, *Siravyadha* is advised at two *Angula* above the site of *Kshipra Marma*.^[11]

Kaishor Guggulu^[12] 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.

Gandhaka Rasayana is extensively used in treatment of various skin disorders such as psoriasis, urticaria, eczema and wound healing, gastro-intestinal disorders and sinusitis. It is used effectively in healing of abscesses and chronic non healing wounds.^[13]

CONCLUSION

Vipadika is *Vata Kaphaja Kshudra Kushta Roga*. The *Rooksha Guna* of *Vata* causes pain and severe dryness which leads to the formation of cracks. *Kandu* is caused by *Kapha Dosha*. *Daha* due to *Pitta Dosha*. The *Dharana* of *Mamsa* and *Twak* leads to *Rakthasrava* and *Sputana* as it lies above the *Mamsadhara Kala*. *Mansika Chikitsa* and *Nidana Parivarjana* plays important role in the treatment as it stops the further progression of the disease by restricting *Dosha* vitiation. In the present case, the patient followed *Kushta Nidan* like *Viruddhahara Sevana*, *Adhyashana*, *Ati Mamsa Sevana* etc. This case study shows that *Vipadika* can be managed through *Ayurvedic* treatment. *Virechana* as *Shodhana* therapy followed by *Raktamokshana* and *Shamana Aushadhi*'s are effective in the treating of *Vipadika* like skin disorders.

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