

## Vipadika Kushta and its management using Shamana Aushadhis - A Case Report

Rehina S<sup>1\*</sup> , Majumder M<sup>2</sup> 


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<sup>1\*</sup> Rehina S, Third Year Post Graduate Scholar, Dept of Roga Nidan Evum Vikriti Vijnjan, Institute of Post Graduate Ayurvedic Education and Research at Shyamadas Vaidya Shastra Pith, Kolkata, West Bengal, India.

<sup>2</sup> Madhumita Majumder, Lecturer, Dept of Roga Nidan Evum Vikriti Vijnjan, Institute of Post Graduate Ayurvedic Education and Research at Shyamadas Vaidya Shastra Pith, Kolkata, West Bengal, India.

In Ayurveda, Kushta refers to various skin diseases, commonly including leprosy as a term associated with these conditions. Kushta is generally divided into two categories: Maha Kushta (major skin ailments) and Kshudra Kushta (minor skin ailments). Vipadika is one among the Kshudra Kushta often compared with palmar-plantar psoriasis characterized by severe pain, itching in the palms and soles as a cause of vitiated Vata and Kapha Doshas. Vipadika is also included one among the 80 Vatika Nanatmaja Vyadhis as the increased Ruksha Guna of Vata results in cracking of Pani & Pada (Pani Pada Sphutana). In this present study, patient having the complaints of pain, itching, scaling and cracking of both palms & soles was treated using Shamana Aushadhis internally along with external application, created a significant result.

**Keywords:** Vipadika, Shamana, Ayurveda, Palmar-plantar psoriasis, Case report

Corresponding Author	How to Cite this Article	To Browse
Rehina S, Third Year Post Graduate Scholar, Dept of Roga Nidan Evum Vikriti Vijnjan, Institute of Post Graduate Ayurvedic Education and Research at Shyamadas Vaidya Shastra Pith, Kolkata, West Bengal, India. Email: <a href="mailto:rehinaaafsal22@gmail.com">rehinaaafsal22@gmail.com</a>	Rehina S, Majumder M, Vipadika Kushta and its management using Shamana Aushadhis - A Case Report. J Ayu Int Med Sci. 2025;10(6):395-401. Available From <a href="https://jaims.in/jaims/article/view/4418/">https://jaims.in/jaims/article/view/4418/</a>	

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## Introduction

Skin diseases can create cosmetic challenges that impact an individual's mental health and disrupt their daily activities. *Ayurveda* classifies all skin diseases under the broad category known as *Kushta*. The classic describes 18 types of *Kushta* and their associated symptoms. *Nidanas* of *Kushta* aggravates the *Doshas*, causes *Agnimandya* in turn leads to *Shithilatha* of *Dushyas* like *Tvak*, *Rakta*, *Mamsa*, *Lasika* and obstruct the *Lomakupa*(sweat glands) this *Prakupiita Doshas* enters into *Rasa Raktadi Dhatus* & lodges in *Tvak* resulting in *Kushta*. [1] Acharya *Charaka* has mentioned that all the *Kushtas* are *Tridoshaja* in nature.[2] *Vipadika* is a *Kshudra Kushta* which is *Vata- Kapha* predominant in nature. Different Acharyas outline the symptoms of *Vipadika* as described in *Ashtanga Hrudaya*:[3] *Pani Pada Sphutana* (cracks over palms & soles), *Teevra Vedana* (intense pain), *Manda Kandu* (mild itching) and *Saraga Pidaka* (red colored macules) are said to be the symptoms. According to *Charaka*; [4] *Pani Pada Sphutana* (cracking of palms and foot), *Teevra Vedana* (severe pain) are said to be the symptoms of *Vipadika*. According to *Sushruta*; [5] *Vipadika* is also known as '*Padadari*' which is confined only to the soles of the feet characterized by itching, burning sensation & pain. According to *Madhukosha*:[6] opines that the *Vidarana* which occurs in the *Pani* is termed as *Vicharchika* and that which occurs in the *Pada* is termed as *Vipadika*.

According to *Bhoja*:[7] the *Doshas* became imbalanced within *Tvak* and *Mamsa*, leading to their accumulation in *Pani Pada* resulting in *Vipadika*.

## Methods

A 7-yr old female child, exhibiting the symptoms of pain, dryness, scaling, itching and cracking of both palms & soles for the past month. On the basis of clinical signs & symptoms, the case was diagnosed as *Vipadika*. Treatment schedule was planned accordingly and successfully managed with *Shamana Aushadhis*.

## Case Study

A 7-yr old female patient attended the OPD of IPGAE & R At SVSP Hospital with the chief complaints of pain, dryness, scaling, itching and cracking of both palms for the past month.

### History of present illness

The patient seemed healthy 1 year ago, but has gradually developed symptoms such as pain, dryness, itching, scaling and cracking on both palms & soles. Patient was treated at Calcutta School of Tropical Medicine, and were on Allopathic medication few months ago, but no considerable improvement occurred then the patient came to our Institution for better management.

On examination multiple cracks were present on both palms & soles along with redness. The clinical evaluation led to the diagnosis of *Vipadika*, characterized by predominance of *Vata* and *Kapha Doshas*.

### Personal history

Appetite - Poor  
Bowel - Irregular  
Micturition - Regular  
Sleep - Sound  
Food - All kinds of food including junk foods

### Vital data

Pulse - 72/min  
Blood pressure - 110/70mmHg  
Respiratory rate - 22/min  
Temp - 98.6°F  
Weight - 14kg

### General Examination

Patient was conscious, alert & cooperative

Appearance - Normal  
Built - Moderate  
Nutrition - Moderate  
Icterus - Absent  
Cyanosis - Pallor  
Pallor - Present ++  
Oedema - Absent  
Clubbing - Absent  
Lymphadenopathy - Absent

### Systemic examination

#### Integumentary system (Skin examination)

Site - Plantar aspect of both palms, dorsum of foot along with toes

Dryness, Itching, Scaling, Cracking seen along with redness

Margin - Irregular

### Nidana Panchaka

*Nidana* - *Viruddha Annapanam* (Intake of fish along with milk), *Adhyashana* (Intake of food before the digestion of previous food), *Vega Dharana* (Suppression of urges especially micturition in this case).[8]

*Poorvaroop* - *Kandu* (Itching), *Khara Sparsha* (Rough in touch).[9]

*Roopa* - *Pani Pada Sphutana* (Cracking of both palms & soles), *Rukshatha* (Dryness), *Kandu* (Itching), *Saraga Pidaka* (Redness along with scaling).[10]

### Samprapti

*Nidana Sevana* ( *Aharaja & Viharaja Nidana*)

↓  
*Agnidushti*

↓  
Aggravation of *Vata & Kapha* predominant *Tridosha* causing vitiation of *Twak, Rakta, Mamsa & Lasika*. [11]

↓  
*Raktavaha Sroto Dushti* followed by consequent involvement of *Rasavaha, Mamsavaha, Udakavaha & Svedavaha Sroto Dushti*

↓  
*Sanga* and *Vimarga Gamana* of *Doshas* within *Twak* and *Mamsa*

↓  
*Sthana Samshraya* occurs in *Hasta & Pada*

↓  
Development of *Rukshatha, Sphutana* in *Hasta & Pada*

↓  
*Vipadika*

### Upashaya

Application of *Jeevantyadi Yamaka*

### Treatment given

*Snehana* using *Mahatikta Ghrita* followed by *Trivrit Avaleha* along with the intake of *Tab Navayasa Lauha* & local application with *Jeevantyadi Yamaka*

**Shamana Aushadhi:** for 21 days (about 3 weeks)

### 1st Visit (20/10/2024)

1. *Mahatikthaka Ghrita* –

A. 1 ½ tsf at morning, empty stomach

B. 1 tsf at evening, empty stomach, followed by intake of lukewarm water

2. *Trivrit Avaleha* - 1 tsp along with hot water, before bed.

3. *Jeevantyadi Yamaka* - For L/A

4. *Siddharthaka Soap* - For L/A

### 2nd Visit (10/01/2025)

- All previous medications + *Tab Navayasa Lauha* (1tab twice daily, empty stomach)

### 3rd Visit (07/02/2025)

- All medicines were continued for another one month

**Table 1: Assessment criteria for *Sphutana***

SN	Clinical Features	Score
1.	Insignificant dryness at palms	0
2.	Roughness is present on touching	1
3.	Excessive roughness present, leading to itching	2
4.	Excessive roughness present, leading to slight cracks	3
5.	Roughness leading to cracks & fissures	4

**Table 2: Assessment criteria for *Vedana***

SN	C/F	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	B/F	A/F	After First Follow-Up
1.	Scaling of skin	++++	+++	+
2.	Roughness	+++	++	+
3.	Itching	+++++	+	-
4.	Pain	++	+	-
5.	Discharge	NIL	NIL	-
6.	Redness	+++	+	-





Before treatment (20/10/2025)



First Follow-Up (10/01/2025)



Second Follow-Up (07/02/2025)

## Result

Following treatment, the patient's symptoms improved, and they were recommended to continue medication and maintain a proper diet.

## Discussion

**Mahatiktha Ghrita:**[12-15] Mahatiktha Ghrita is useful in treating various diseases such as *Amlapitta*, *Rakta Pitta*, *Vata Rakta*, *Kushta*, *Visarpa*, *Kushta*, *Asrigdhara*. It contains drugs like *Saptaparna* which is effective in blood related diseases and purifies the blood (*Asrajantujith*). *Aragvadha* used for skin diseases and is a mild laxative. *Patha* is specifically indicated for skin infections like *Kushta* and pacifies itching. *Musta* is both *Deepana* & *Pachana* in nature, helps in correction of *Mandagni*. *Usira*, *Dhanvayasa*, *Shweta Chandana* does *Pitta Shamana* helps in reducing redness associated with skin diseases. *Triphala* possess antioxidant properties. *Patola* is *Raktashodak*, *Varnya* and relieves itching. *Nimba* is a good anti-inflammatory drug useful in allergic skin rashes and wound healing thereby helps in reducing redness associated with skin. *Vacha* is *Tridosha Shamana*, *Katu-Tikta Rasa* predominant which helps in pacifying *Kapha Dosha* thereby reduces itching.

**Trivrit Avaleha:** *Virechana* is main treatment mode adopted in *Kushta*, as it is *Raktavaha Srotodushti Vikara*. *Virechana* is given with *Trivrit Avaleha* which contains *Trivrit* & *Trijata* (*Tvak*, *Ela*, *Patra*). *Trivrit* is meant to produce *Sukha Virechana* without causing any complications. *Trijata* is *Vata-Kapha Shamaka* in nature also does *Deepana*. [16]



**Tab Navayasa Lauha:[17]** The main ingredients of Navayasa Lauha are *Triphala*, *Trimada* & *Trikatu*. These drugs possess anti-inflammatory properties which reduces inflammation and helps in relieving symptoms associated with *Vipadika* like *Kandu*, *Daha*, *Vedana*. Also possess *Srotoshodhaka* and *Vata-Kapha Dosha Shamak* in nature. The immuno modulatory property of these will help to regulate the immune system.

#### Jeevantiyadi Yamaka[18]

##### 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 *Khara Sparsha* in *Vipadika*. This type of lubrication helps for moistening and softening of skin.

##### On Kandu

*Kandu* might have subsided by

- A. *Kandughna* property of *Tuttha* and *Daruharidra*.
- B. *Krimighna* property of *Manjista*, *Kampillaka*, *Tuttha* and *Sarjarasa*.
- C. *Vishaghna* property of *Sarjarasa*.
- D. *Kaphaghna* property of *Manjista*, *Daruharidra*, *Kampillaka*, *Sarjarasa*.
- E. *Kapha Lekhana* property of *Tuttha*.
- F. *Kapha Nissaraka* property of *Jeevantimoola*.

##### On Sphutana

*Sphutana* of *Pani* and *Pada* might have reduced and cured by,

- A. *Vrana Shodhana* and *Vrana Ropana* properties of *Daruharidra*, *Kampillaka*, *Tilataila*, *Sarjarasa* and *Manjista*.
- B. *Rasayana* property of *Go Dugdha*.
- C. *Snigdha Guna* of *Jeevantimoola*, *Godugdha*, *Go Ghrita*, *Tila Taila* and *Jeevantimoola*.

##### On Vedana

*Vedana* might have subsided by the *Vedana Sthapaka* action of *Kampillaka*, *Tila Taila* and *Sarjarasa*.

##### On Srava and Raga

- A. The *Sthambaka* action of *Sheeta Virya* of *Sarjarasa*.
- B. *Kashaya Rasa* and *Sandhaneeya* property of *Tila Taila*.

C. *Sheeta Virya* of *Jala*, *Godugdha*, *Go-Ghrita* and *Jeevantimoola*.

##### On Daha

*Daha* might have subsided by the *Pitta Shamaka* properties of *Manjista*, *Jeevantimoola*, *Daruharidra*, *Go-Dugdha* and *Go-Ghrita*.

Other than this, *Rakta* is one of the *Dushyas*. The *Raktavaha Srotodusti* produces *Kushta*. Hence *Rakta* needs to be cleansed. This might have been done by the *Raktashodhaka* properties of *Manjista*, *Jeevantimoola*, *Daruharidra*, *Kampillaka* and *Madhucchista*.

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

Above all, the *Tvachya* property of the *Taila* might have helped to subside symptoms and help to maintain the normalcy of *Tvacha* in *Pani* and *Pada*.

**Siddharthaka Soap** - The composition of this *Yoga* consists of many ingredients which helps to alleviate skin diseases. *Musta* possess *Deepana* & *Pachana* properties and helps in blood purification. *Madanaphala* is *Kaphahara* in nature and is *Kushtapaha*. *Karanja* is *Kapha-Vataghna* and thus pacifies *Vipadika*. [19][20]

## Conclusion

*Vipadika* is a disease characterized by the combination of *Vata* and *Kapha* imbalances. The increased *Ruksha Guna* of *Vata* causes dryness of skin and results in cracks. *Kandu* is produced by *Kapha Dosha*. The *Dharana* of *Tvak* & *Mamsa* leads to *Sphutana* as it lies above the *Mamasadhara Kala*. *Nidana Parivarjana* is crucial in treatment as it halts the disease's progression by restricting *Dosha* vitiation. In the present case, the patient was managed by means of *Shamana Aushadis* containing the effect of *Snehapana* & *Virechana* are found to be effective in the management of *Vipadika* like skin ailments.

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### Declaration of Patient Consent

The authors certify that they have obtained all appropriate patient consent. She has given her consent for her clinical information to be reported in this journal. The patient was assured that her initials will not be published, and due efforts will be made to conceal the identity.

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