



## Management of Vipadika - A Case Study

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**Introduction:** Kustha[1] is a broad term, as it covers all skin diseases mentioned in Ayurvedic texts. Vipadika[2] is one among such disease which has been included under the heading of Kshudra Kushta. It is characterized by Pani-Pada Sphutan[3] (Fissure in palm and soles) and[4] Teevra Vedana[5] (with severe pain). It affects the individual because of unstable life style, dietary pattern, stressful life. Vata, Kapha and Pitta/Rakta[6] vitiation are major cause in its manifestation. Pitta can overheat the blood (Rakta dhatu) and predispose to toxic conditions which are expressed through the skin. So, line of treatment should be to remove Dushit Pitta from the body and Shuddhi of Rakta Dhatu.

**Methods:** In present case report a 12-year-old male child patient came to our Kaumarbhritya OPD at Government Ayurved hospital Nanded with complaint of dryness and cracking of both soles associated with Inflammation and pain in the past 1 year. After examination the is diagnosed as Vipadika. A treatment of 1 month included Jeevantyadi Yamaka Lepa with Internal medication.

**Result:** Assessment of the patient was done for 30 days with Ayurvedic treatment.

**Discussion and Conclusion:** Vipadika can be successfully treated with appropriate Ayurvedic medication as per Kushtha Chikitsa [7] mentioned in Ayurveda Texts.

**Keywords:** Vipadika, Ayurveda, Case report, Kshudra Kushtha

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## Introduction

*Kushtha* is the general term used in *Ayurveda* to denote diseases of skin. Skin is the protective organ of the body and reflects the health of the individual. According to *Ayurveda*, three *Dosha*.<sup>[9]</sup>

*Vata*, *Pitta* and *Kapha* are responsible for health and disease depending on their equilibrium and imbalance state of the body. *Acharya Charaka* had mentioned that all *Kushthas* are *Tridoshaj* in nature.<sup>[10]</sup>

In *Ayurveda* all skin diseases are described under single heading i.e., *Kushtha*. Although there seems no direct correlation between *Vipadika* as described in *Ayurveda* and any of modern disease such as palmo plantar psoriasis, dyshidrotic eczema, contact dermatitis, pityriasis rubra pilaris, acquired palmoplantar keratoderma, and tinea pedis/manuum but they are discussed here as the symptoms associated with the diseases are more or less similar to the symptoms of *Vipadika*, which is one type of *Kshudra Kushtha*. It involves predominantly *Vata* and *Kapha Dosha* and characterized by *Pani-Pada Sphutan* (Fissure in palm and soles) and *Teevra Vedana* (with severe pain). *Acharya Vagbhat*<sup>[11]</sup> also opines the same as stated by *Acharya Charaka* and added occurrence of red patches over palm and sole.

## Aims and Objectives

To study the efficacy of classical management principles of *Kushtha Chikitsa* in the management of *Vipadika* (*Kshudra Kushtha*).

## Case Report

### Vital data

Age: 12 years  
Gender: Male child  
Education: School going  
Socioeconomic status: Lower economic status

### Presenting Complaints

**Table 1: Complaints with duration**

SN	Complaint	Duration
1.	Pad Sphutan	1 year
2.	Vedana (Pain)	6 months
3.	Kandu (Itching)	6 months
4.	Raga (inflammation) – intermittent <sup>[12]</sup>	6 months

### Personal history

Appetite: Moderate  
Bowel: irregular, two days once  
Micturition: Regular  
Sleep: Sound  
Food: Mixed diet

### General examination

Nourishment: Moderate  
Pallor: Absent  
Icterus: Absent  
Oedema: Absent  
Cyanosis: Absent

### Vital data

Pulse: 90 /Min  
BP: 90/70 MmHg  
Respiratory Rate: 20/Min  
Weight: 20kg

### Ashtavidh Parikshan

*Nadi*: 90/min  
*Mala*: Malavsthambha  
*Mutra*: Niyamit  
*Jivha*: Sama  
*Shabda*: Niyamit  
*Sparsha* : Samashitoshna  
*Druka*: Prakrut  
*Akruti*: Madhyam

**Table 2: Skin examination**

SN	Examination	Observation
1.	Site	dorsum of foot or sole
2.	Distribution	Symmetrical (both soles)
3.	Appearance	Dryness and cracking of both the soles is seen (Pada Sphutana) which is painful
4.	Surrounding	In and around the fingers cracking is seen
5.	Surface	rough and dry, margin- irregular

### Roga Pareeksha

#### Nidana

- Walking with bare foot without footwear<sup>[13]</sup>
- Prajagara* (sleeps late at night)
- Divaswapa* (sleep at day time) <sup>[14]</sup>
- Vishamshayan* (sleeping on uneven bed)<sup>[15]</sup>
- Vaatvardhak Ahar-Vihar* (eats dry food, excessive fasting)

#### Roopa

- Panipadasphutan* (Cracks in palm & sole)

- *Tivravedana* (Severe pain)
- *Manda-Kandu* (Mild itching)
- *Raga*

### Samprapti Ghataka

*Dosha: Tridosha (Vata Kapha Pradhana)*

*Dhatu: Rakta, Mamsa*

*Upadhatu: Twak*

*Vyakta Sthana: Panipad*

### Vyadhi Vinishchay

*Vipadika: Tridosha (Vata Kapha Pradhana)*

### Materials and Methods

**Treatment:** 30 days treatment plan included internal and external medications.

**Table 3: Plan of Internal medications**

SN	Drug	Dosage	Adjuvant	Duration
1.	Manjishtadi Kashaya	2 tsp twice a day - before food	Equal quantity of water	15 days

**Plan of External procedures:** *Jeevantyadi Yamaka Lepa*, twice a day

With the above-mentioned line of treatment patient got satisfactory relief from the symptoms of *Vipadika*. It can be well appreciated in the photographs documented before and after treatment.

### Assessment Criteria

**Table 4: Subjective Criteria**

Symptoms	Grade 0	Grade 1	Grade 2	Grade 3
Pani-pada Sphutana	Absent	Mild	Moderate	Severe
Kandu	Absent	Mild	Moderate	Severe
Vedana	Absent	Mild	Moderate	Severe

**Table 5: Changes observed in the patient during treatment**

Pani-Pada Sphutana		Kandu		Vedana	
BT	AT	BT	AT	BT	AT
3	1	3	0	3	0

## Discussion

*Vipadika* is characterized by *Panipada Sphutana*, *Teevravedana* where there will be a vitiation of *Twak*, *Raktha*, *Mamsa* and *Lasika* along with *Tridosha* vitiation. So, following *Shamanoushadis* along with external application of *Jeevantyadi Yamaka Lepam*[16] is advised to the patient.

**Manjishtadi Kashaya:** It is having anti-inflammatory, anti-proliferative, anti-oxidant and immunomodulatory properties. Anti-inflammatory property of *Manjishta* in *Manjishtadi kashaya* helps to reduce inflammation in the affected skin by inhibiting the production of pro-inflammatory cytokines and enzymes. This helps alleviate the inflammation and controls the abnormal proliferation of keratinocytes. Anti-proliferative[17] property also helps in normalizing the process of proliferation. Along with this anti-oxidant property of *Manjishta* reduces the oxidative stress and damage to the skin cells. *Rakthashodhaka* property of *Manjishta* will help purify the vitiated blood and removes toxins from the body which are responsible for the manifestation of *Vipadika*. And also restores the health of skin.



**Image 1: Before Treatment**



**Image 2: After Treatment**

**Jeevantyadi Yamaka Lepa:** It is having anti-inflammatory, antimicrobial, wound healing as well as tissue regeneration properties.

Which help reduces the symptoms and promotes healing by enhancing tissue regeneration and repair. The *Lepa* will also provide moisturizing effect to the skin and reduces the itching sensation.

The moisture content of *Lepa* will prevent dryness of skin and promotes overall skin health.

## Conclusion

This report shows that Ayurvedic intervention is potent enough in treating *Vipadika* effectively. Following *Pathya Ahara* and *Vihara* along with medications help break the pathogenesis and alleviates the symptoms and also improves the immune strength. Hence, the treatment was effective in relieving the symptoms and causing no remission.

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