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## A CASE REPORT ON AYURVEDIC MANAGEMENT OF VIPADIKA

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### ABSTRACT

Vipadika is one among the Kshudrakushta, with Vata-Kapha predominance. The cardinal symptom of Vipadika is fissuring of either palms or soles or both. It is often associated with severe localized pain, mild itching, redness and mild bleeding. It affects the people irrespective of age and sex. Though seems to be a minor condition its intense pain and recurring nature worries the patient for a long time. Moreover, Skin diseases not only affect the patient physically but also disturbs mentally and socially. Being a Vata- Kaphaja kushta, treatment should be kushtaghna and alleviating Vata and Kapha doshas along with correction of twak, raktha, mamsa and lasika. Though it comes under bahya roga marga, there will be an ample root cause associated with derangement of agni. So, external application along with internal medication including proper sodhana and shamana, will be beneficial.

**Key words:** Vipadika, Kshudra Kushta, Sodhana, Samana

## INTRODUCTION

Vipadika is a common skin disease, which is included in KshudraKushta prakarana of Ashtanga Hrudaya and Charaka Samhitha. Susrutha does not mention it directly under kshudra kushta. Instead, in Delhana vyakhyana, it is mentioned as a subtype of Vicharchika, which is a Kshudrakushta.

Vipadika is a Vata – kapha predominant Kushta, which manifests either in pani, pada or both. The main symptoms include daranam (cracking) along with manda kandu (mild itching), theevrarthi (severe pain), raga (erythema) and pidaka (papules). Vipadika can be correlated with a variety of conditions like cracked feet, palmo plantar psoriasis, palmo plantar keratoderma etc.

The pain in Vipadika is so intense that it severely affects the quality of the life of the patient. Even though it is a minor condition, it interferes with the routine activity of the patient. Moreover, it is also considered as a cosmetic problem. Commonly it is limited to the palmar/plantar aspect, occasionally it extends to the sides and in exceptional cases, on the dorsal surface also. Sometimes it is also associated with redness and mild bleeding, if the fissure is deeper. Occasionally in severe cases and due to improper personal hygiene, bacteria may enter through the breaches in the skin resulting in infection and cause much affliction with pain, redness, swelling, temperature and bleeding. This condition may further worsen due to decreased personal hygiene and climatic conditions like cold weather. It is of chronic in nature with remissions and relapses, hence cause much irritation to the patient for a long time.

Fissuring of palms and soles may also seem to occur as a part of other dermatological conditions (psoriasis, atopic dermatitis, Sjogren's syndrome, certain eczemas, fungal infections) and systemic diseases (thyroid dysfunction, diabetes etc.). Also, may see due to contact with chemical irritants like detergents, life style changes which involve frictional pressure to palms and soles like excessive walking or standing, common household works, manual labor, farming etc. Rookshata and sphutana of twak mentioned in various contexts in Ayurveda, like Twakgata vata, rasa and raktha dhatu kshaya and swedakshayam

The survey conducted by Institute for Preventive Foot Health (IPFH), on foot health assessment 2012, show that more than 20% adults of ages 21 and above experience cracked feet in their life time. Though it can occur in both sexes, it is found to be more in women when compared to men. Deterioration of the fat padding tends to accelerate from about the middle 30's along with the muscles. Thus, palms and soles are more prone to crack at all ages, but even more in those with age 40 and above. Also, there is a correlation between current life style condition of obesity and foot health, which causes the foot problems even in much younger age.

Vata in its normal states helps in proper functioning of all sense organs especially skin. It dries up excessive kleda in the body thereby maintain water balance. In the aggravation of vata, moisture content of skin gets decreased which will lead to dryness and cracks. Kapha dosha also in its normal state help to maintain unctuousness of skin, gives stability and promotes easy healing. In its derangement, skin loses its softness and cracks easily without fast healing. Being a vatakapha predominant disease, all these happen in Vipadika.

Modern conventional treatments are mainly with topical applications including moisturizers, keratolytic, steroids etc. In severe conditions, it is treated with PUVA, Corticosteroids and immune-modulators. But the treatment is much cost demanding and recurrence of the symptoms are common.

## **CASE REPORT**

A male patient aged 63 years old, came to OPD of Agadatantra, Government Ayurveda College, Thiruvananthapuram with the complaints of blackish thickened lesions with severe cracks associated with intense pain and mild oozing on both palms and soles, since last 3 months. Also associated with mild itching and exfoliation of skin. Patient has no history of any other systemic illness. There was also no relevant family history. Regarding the personal history, the bowel was regular, appetite reduced, sleep was good. Patient followed a mixed diet, preferably non veg food.

On examination hyperpigmented hyperkeratotic exfoliative lesions with multiple cracks on bilateral palms and soles. Lesions were generalized over palms and soles with irregular

and ill-defined margins, associated with mild discharge and no nail changes. On palpation the consistency of skin was thick and hard with mild tenderness.

### Lab investigations

Hb – 14.7g%

TRBC – 4.8 million/cmm

TWBC – 8350 cells/cmm

ESR – 29mm/hr

Total platelet count – 2.69lakhs/cmm

AEC – 280 cells/mm<sup>3</sup>

All are within normal limits with a slight elevation in ESR. The patient is given with the following treatment.

### Medicines given

Sl No.	Medicines	Dose	Time of administration
1	Punarnavadi kashayam	48 ml	7am, 7pm
2	Thriphala kashayam for kshalanam on affected parts	Quantity sufficient	Twice daily
3	Sudhadoorvadi keram for E/A	Quantity sufficient	Twice daily

### Procedures given

Sl. No.	Procedure	Medicine used	Dose and time of administration	Duration
1	Rookshanam	Shaddharanam choornam	5gm with ½ glass warm water at 11 am and 4pm	5 days
2	AchaSnehapanam	Mahathikthakagritham	Starting dose 25 gm(increased according to	7 days

			agnibala and koshta, maximum dose given 175gm until attainment of samyak snigdha)	
3	Virechanam	Avipathy Choornam	15gm with honey (QS), followed by 1 glass of warm water on empty stomach at 6am	1 day
4	Rasayanam	Rasa sindooram	75mg with honey at 9am and 4pm	10 days

### Observations



**Before treatment**

**After treatment**

### Result

1. Lesions resolved completely and there was marked relief in itching.
2. No oozing and pain
3. Cracks healed completely.

#### 4. Remarkable reduction in dryness and exfoliation

### DISCUSSION

Since Vipadika is a Vata- Kaphajakushta, treatment should be aimed at alleviating Vata and Kapha doshas alongwith correction of twak, raktha, mamsa and lasika as these are the dushyas affected. Being a kustaroga, kushtaghna medicines will also be much useful. Though it comes under bahya roga marga, there will be a specific root cause associated with derangement of agni. So, external application along with internal medication including proper sodhana and shamana, followed by Rasayana will be appropriate for the effective management of Vipadika.

Shaddharanam choornam was initially given for proper ama pachana and deepana, which normalizes agni and enhances metabolic activity as well. Snehapana is indicated first and foremost in kushtarogas. Even though Maha thikthakagritham is pitta samaka (and Vipadika is vatakapaja) it corrects raktha dhatu dushti by asraya-asrayeebahava, which is a route cause in all kushta. Also, its vrana sodhana ropana properties promotes effective healing of cracks. Proper snehana followed by swedana helps to control vayu, there by reduces pain, dryness and exfoliation. Doshas becomes klinna and reaches to koshta from sakha, which can be easily eliminated by sodhana.

Virechana is selected as sodhana karma due to its simplicity, eliminating the dosha in more quantity with less stress compared to vamana. Virechana eliminates kapha pitta, causes vatanulomana, corrects raktha dushti vikaras. This will result in marked reduction of exfoliation and thickness of skin. Also corrects jatharagni mandya, there by improves all dhatwagni and brachaka pitta as well. By sodhana, dosha doosha samoorchana can be broken and disease get radical cure. Proper virechana give long term relief from disease.

Rasayana drugs given after proper sodhana will be much beneficial in providing immunity and preventing the recurrence of the disease. It maintains and sustains the purity of dhathus. Rasa sindoor is rasayana, reduces rookshatha and agnimandya. It is kushtaghna and tridoshasamana as well.

Punarnavadiakashayam is raktha pitta parasadana and varnya there by improve the complexion and correct the raktha dushti vikara. Bhedana property of patola and anulomana

property of abhaya helps to expel dosha utklesha from the body. By ushnaveerya it pacifies both Vata (reduce intense pain, cracks, dryness and roughness) and kapha (reduce itching, hardness). The chedana, lekhana and anulomana properties of amrutha and abhaya remove srothorodha and avanara of kapha, helps in the proper movement of vata and normal functioning of the sweat glands reduce dryness and roughness of the skin, also provide enough moisturization.

Being a skin disease, external application is also inevitable along with internal medication. Kshalana with Thriphala Kashaya dries up discharges/exudates from the wound due to its laghu, rooksha guna and by its ropana property it helps in the fast cleansing and healing of wounds. It is also reported to have anti-bacterial and anti-fungal properties. Sudhadoorvadikeram pacifies Rakthapitta vikara, relieves itching and promotes wound healing. Due to snigdha guna it alleviates vata thereby reduce pain. Also has anti-microbial properties, there by cleanses and heals the cracks.

## CONCLUSION

Vipadika is a dermatological disease, often observed in day-to-day practice. Though Vipadika has a chronic nature, its symptoms can be effectively managed through proper medication and hand-foot care. Proper Sodhana karma along with Samana karma followed by Rasayana is highly effective in reducing the signs and symptoms of Vipadika, which will also give long term cure by preventing its recurrence.

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