

Ayurvedic Management of Vipadika - A Case Study

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ABSTRACT

Ayurveda is World's oldest holistic healing system. According to Ayurveda Kustha Roga (Skin disorders) occurs due to an imbalance in body's Tridosha- Vata, Pitta, Kapha. *Vipadika* is a Vata – Kapha predominance type of Kshudra Kustha. This can be co-related with Palmo – plantar Psoriasis in modern medical science. Palmo – Plantar Psoriasis is a relatively unknown variant of Psoriasis that affects Palm and soles of individuals of all ages. It represent 3-4% of all Psoriasis cases and is the 2nd most common type of Psoriasis followed by Chronic Plaque Psoriasis. This is a variant of Psoriasis which is resistant to many forms of treatment.

The present case study is a case of 52 years patient diagnosed as *Vipadika* (Palmo-Plantar Psoriasis) based on its clinical sign and symptoms. In this study a treatment protocol containing Six formulations 1.Gandhaka Rasayana, 2.Rasabhra Guggulu, 3. Avipattikara Choorna, 4. Mahamanjisthadi Kwatha, 5. Karanja taila with Haridra, 6. Satadhauta Ghrita administered for 1 month.

KEYWORDS: *Kustha, Vipadika, Kusthaghna, Kandughna, Deepanapachan, Varnaropana, Vedanasthapana, Sothahara*

INTRODUCTION

Healthy Skin is a reflection of overall health. Twak (Skin) is the largest organ of body. There is healthy skin to make an individual more confident in both mentally and physically. Now a days Twak vikara is arising due to Urbanization and Stressful life style. The disease entity named *Vipadika* is described in Brihatrayi . There are two types of Kustha have been described in Ayurvedic classics that is 7 Maha kustha and 11 Kshudra kustha. *Vipadika* is a type of Kshudra kustha¹ with Vata- Kapha dosha involvement and is characterized by "Pani-Pada Sphutana and Teevra Vedana"² by Acharya Charak. Acharya Vagbhata has stated that same features as described by Acharya Charak but mentioned one feature i.e. red patches over Palms and Soles³. *Vipadika* can be co-related with Palmo-Plantar Psoriasis which is a Chronic, inflammatory disease characterized by red, itchy, scaly patches over the Palms and Soles⁴. There are multiple painful cracks and bleeding also present.

In modern science, it is commonly treated with corticosteroids, topical therapies, vitamins, Immune modulators. But commonly this disease relapses again and again. Through Ayurvedic treatment it can be managed without re-occurrence of the disease.

CASE STUDY

Center of study- OPD of Kayachikitsa Department, Gopabandhu Ayurveda Mahavidyalaya, Puri, Odisha, India.

Case report – A male patient of age 52 years came to OPD of Kayachikitsa Department, GAM, Puri with chief complaints- itching sensation, cracks and severe pain on both soles since 3 years.

History of Present Illness- Complaints started with itching and slight scaling on both soles before 3 years. After few months he suffered from slight bleeding with pain on both soles. After few years, he developed cracks, severe pain & more itching sensation on both soles. He was taking different type of Modern medication, but it provided him only temporary relief.

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Aggravating factor- Un hygienic Work Place, non-veg diet, over eating, junk food, hot and spicy food.

History of Past Illness- There was no relevant past history.

Family history- No member of family had such illness.

Personal history-

- Diet Mixed diet
- Bowel Irregular
- Micturition Normal
- Sleep Disturbed
- Addiction Tobacco

On examination-

- BP 130 / 86 mmHg
- Pulse 78 / min
- Weight 74 kg

Systemic Examination-

- RS-AEBE, bilateral clear
- CVS- S1S2 normal
- CNS- Conscious, Oriented

Nidana Panchaka

- Nidana
- Non veg diet, Sea food

- Tea (4-5 times), White flour product, Deep fried food 5 times a day
- Atichintana (Stress full mind)
- Divaswapna (Day sleep)
- Poorva Roopa
- Kandu
- Roopa
- Cracking of both soles, scaling, itching, bleeding and pain on both soles
- Upashaya
- After treatment
- Samprapti
- Hetu sevana
- Vata – Kapha Pradhana Tridosha
- Lasika (Ambu), Twak, Rakta, Mamsa
- Lakshanotapatti

Samprapti Ghataka

- Dosh – Vata – Kapha Pradhana Tridosha
- Dushya – Lasika, Twak, Rakta, Mamsa
- Srotos – Rasa, Rakta, Mamsa, Sweda vaha Srotos
- Sroto dusti – Sanga, Vimarga gamana
- Agni- Mandagni
- Vyadhi Marga – Bahya

TREATMENT PROTOCOL

Name of the Drug	Dose	Duration
Gandhaka Rasayana	125 mg	Twice a day with luke warm water, After food
Rasabhra Guggulu	500 mg	Twice a day with luke warm water, After food
Avipattikara Choorna	5 gm	Twice a day with luke warm water, before food
Mahamanjsthadi Kwatha	15 ml	Twice a day with equal amount of water After meal
Karanja taila + Haridra	Sufficient quantity	Externally
Satadhauta ghrta	Sufficient quantity	Externally

Advice – Patient was advised to take care of his soles.

- Maintain Proper hygiene
- Always wear soft sleeper
- Clean with luke warm water

Fig. 1- Before Treatment



Fig. 2- After Treatment



Fig. 3- After Treatment



RESULT

After 1month of Proper medication the symptoms like cracking of both soles, itching, scaling, bleeding from cracked region reduced. The patient was advised for follow up and avoiding fried food items, non-vegetarian food & sea food.

DISCUSSION

Gandhaka Rasayana^{5, 6} - It is useful in various skin diseases such as Eczema, Psoriasis, several types of wounds. It is very much effective towards curing abscesses and Chronic non healing wounds.

Rasabhra Guggulu⁷ - It acts as deepaneeya, tridosahara, srotoshodhaka, raktadustihara, as well as good immune modulator. Its ingredients like Abhrak bhasma mainly used in kaphavata disorder, loha bhasma has lekha guna which eliminates mala rupi kapha and drugs like jaiphala, Triphala helps to removal of vitiated doshas.

Avipattikara churna⁸- It contains sunthi, pippali, maricha, haritaki, vibhitaki, amalaki, ela, tejapatra, nagarmotha, vidlavana, vayavidanga, all in equal parts with 11 parts of lavanga, 44 parts of sita. It helps in Proper Deepana and Pachana, in agnimandya, Triphala is a best anti oxidant, Vidanga have properties like anti microbial activities.

Mahamanjishthadi Kwatha⁹- It acts as blood purifier, antioxidant with healing properties. It is used in the treatment of Skin diseases due to its sothahara, Varnaropaka, Varnya properties

Karanja taila^{10, 11}- Due to its Tikta, Katu rasa and Usna virya, it is Vataghna and Kaphaghna . It is effectively used because of its Kandughna, Kusthaghna, Jantughna, Varnaropana and Vedanasthapana properties.

Haridra¹²- It contains katu, Tikta rasa which acts against kaphadosha. Acharya charak has mentioned haridra in Kusthaghna, Vishaghna, lekhaniya mahakashya.

Satadhauta ghrta¹³-Due to its Antiseptic, Antibacterial and Soothing properties it is indicated in various skin disease such as Visarpa, Kustha, Kandu etc.

CONCLUSION

The case study could be conclude that Ayurvedic management seems to very effective and curative over Vipadika like skin disease. From the above case, it can be said that Palmo-plantar Psoriasis can be successfully managed through Ayurvedic treatment.

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