

# Management of Vaipadika Kushta- A Single Case Study

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## ABSTRACT

Ayurveda is a science of life which maintains health of healthy person and eradicates the illness of diseased. All the skin manifestations are mentioned under kushta chikitsa. Skin diseases are of 18 types which have been grouped under 2 categories, those are 7 types of mahakushtas and 11 types of kshudra kushtas. Vaipadika kushta is one of the kshudra kushta mentioned in charaka Samhita. Vata and kapha doshas are involved in this disease. In modern system of medicine this condition has close correlation with palmo-plantar psoriasis. This condition is a variant of psoriasis which affects the palms and soles characterized by raised, thickened and discolored skin and results in pain, bleeding and cracked skin. In present case report a 28 years old female patient with the complaints of dryness, pain, itching and cracking of both palms and soles associated with bleeding on scratching since 9 months, was treated with shodhana(virechana) and shamana chikitsa along with life style modifications. patient was able to get relief within a short period of time which has proved the efficacy of ayurvedic treatment.

**KEYWORDS:** Kshudra kushta, vaipadika, shodhana, virechana, shamana

## INTRODUCTION

Kushta is the broad term used in ayurveda which denotes diseases of the skin. Skin is the largest and protective organ of the body which reflects the individual's health. Skin diseases affects the individual both physically and psychologically due to the disfigurement of the part involved. Vaipadika is one among the kshudra kushta which is vata and kapha dosha predominant(1). It is characterized by Pani Padasputana and Teevra vedana(2).

Acharaya vagbhata also stated same as that of acharya charaka but mentioned two more features such as Manda Kandu and Saraga Pidaka(3). In conventional medicine Vaipadika can be correlated to Palmo-Plantar Psoriasis which is shown to constitute 3-4% of all psoriasis cases(4). The exact cause of Palmo-plantar psoriasis is unknown however it is caused by a combination of genetic and environmental factors. It is characterised by hyperkeratotic plaques, pustules or combination of both involving the skin of the palms and soles(5). As the area involved is minimal but the painful fissuring and thickening of the skin along with bleeding sometimes may significantly impair daily activities.

In modern medicine it is most commonly treated with corticosteroids, immunomodulators and light therapy, but the recurrence is common as well. Hence this case was taken up to treat efficiently through Ayurveda.

## MATERIALS AND METHODS CASE REPORT

➤ A female patient aged about 28 years has visited Kayachikitsa Opd, Taranath Government Ayurvedic Medical College and Hospital, Ballari on 27/02/23 with the complaints of cracks of both palms and soles with itching, pain and bleeding on scratching.

### ➤ History of Present Illness

Patient was apparently normal 9 months back. Gradually started developing dryness of both palms and soles, after that gradually started complaining of cracks of both palms and soles along with itching, pain and sometimes bleeding on scratch, she has taken modern treatment and got temporary relief. Due to recurrence of the symptoms, she approached here for further treatment. On examination, multiple deep fissures were present on both palms and soles with local tenderness. Based on the clinical features,

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patient was diagnosed as a case of Vaipadika kushta with Vata and Kapha predominance.

### LABORATORY INVESTIGATIONS

**HB- 11.4 gm %**

**CRP- 40 mm/1<sup>st</sup> hr**

**RBS- 120 g/dl**

**AEC- 500 cells/ cl**

### PERSONAL HISTORY

Appetite-Good

Bowel-Regular

Micturition-Regular

Sleep-Sound

Food-Mixed diet

### GENERAL EXAMINATION

Appearance-Normal

Built-Moderate

Nourishment-Moderate

Pallor-Present

Icterus-Absent

Oedema-Absent

Cyanosis-Absent

### TREATMENT PROTOCOL ON FIRST VISIT (27/02/23)

NAME OF THE DRUG	MATRA AND KAALA	ANUPANA	DURATION
Arogyavardhini rasa	2 BD After food	Jala	7 Days
Lodhrasava	20 ml BD After food	Equal quantity jala	7 days
Marichadi taila	External application		7 days

### ADMISSION ON SECOND VISIT (7/03/23)

PROCEDURE	MEDICINE	DAYS
Snehapana arohana krama	Kalyanaka ghrita	Day 1-30 ml Day 2-70ml Day 3-100 ml Day 4-120 ml
Vishrama kala Sarvanga abhyanga Bashpa sweda	Madhuyastyadi taila	Day 5 <sup>th</sup> , 6 <sup>th</sup> , 7 <sup>th</sup>
Virechana	Trivrut leha 50gms with warm water	9 Vegas observed
Samsarjana krama		3 Days

### DISCHARGE MEDICATIONS

NAME OF THE MEDICINE	MATRA AND KALA	ANUPANA	DURATION
Kaishora guggulu	2 BD After food	Jala	15 days
Khadirarishta	20ml BD After food	Equal quantity jala	15 days
Gandhaka rasayana	2 Bd After food	Jala	15 days

### OBSERVATION & RESULT

Following were the observations after the completion of treatment

CLINICAL FEATURES	BEFORE TREATMENT	AFTER VIRECHANA	AFTER FOLLOWUP
Scaling	++	0	0
Fissures	++	+	0
Pain	+++	0	0
Itching	+++	+	0
Bleeding on scratching	++	0	0

### VITALS

Pulse-78/min

BP-110/70 mmHg

Respiratory rate-18/min

Weight-60 kg

Height-156 cm

### ROGI PARIKSHA

#### Asthasthana Pariksha:

Nadi: Vata pitta

Mutra :4-5 time/day

Mala: Regular 1time/day

Jiwha: lipta

Shabdha: Prakruta

Sparsha: Ruksha

Drik: Pandu

Akruti: Madhyama

### SYSTEMIC EXAMINATION

CNS is Intact with Higher mental functions,

CVS: S1S2 Heard, No any abnormalities observed,

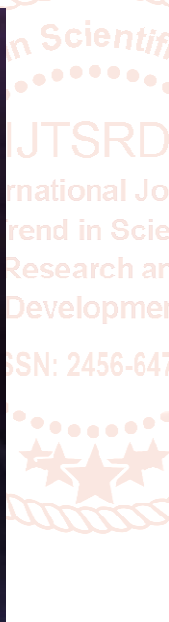
RS: Air entry bilaterally Equal, No any added sounds observed,

P/A: Soft, Non-tender, No organomegaly.

**Before treatment**



**After treatment**



**Before treatment**



**After treatment**

**DISCUSSION****DISCUSSION ON DISEASE**

All skin disorders are due to Pitta and Rakta dushti. Pitta does the dushti of Rakta Dhatu and produces the symptoms which are expressed through the skin. So the line of treatment should be to remove the dushti Pitta from the body and Shodhana of Rakta dhatu.

- Patient had cracks on her palms and soles along with itching, pain, and bleeding on scratch which are due to vitiation of Vata and Kapha. The treatment was planned according to the vitiation of Doshas.
- Arogyavardhini rasa is potent Herbo-mineral formulation indicated in kushta as it has kushtaghna and kandughna properties (6). The chief component of Arogyavardhini rasa is Katuki, which has choleric action, and other herbal and mineral ingredients acts as Pitta rechaka, Deepana and antidermatosis.
- Lodhrasava is a potent herbal formulation mentioned in prameha rogadhikara is also indicated in Kushta and Krimi(7). Most of the ingredients in Lodhrasava have the properties like Tikta and Kashaya rasa which has the action of Deepana, Pachana, Kaphapittahara and Rakta shodhana. Due to Ushna veerya and Madhura vipaka does the Vata shamana.
- The ingredients present in Mareechadi taila are known to act as kandughna and kushtaghna.
- Kalyanaka ghrita(8) contains Sariva, Manjishta, Haridra, Daruharidra etc acts as Varnya, Kushtaghna, Kandughna and also indicated in pandu. Kushta and Tagara which have shown antistress activity are helpful in treating skin disease as stress is one of the causative factor for skin disease.
- Madhuyastyadi taila has Vatashamaka properties as it decreases the ruksha guna of vata causing the twak rukshata by its snigdha guna.(9)
- Kaishora guggulu is specifically indicated in Vatarakta, Vrana and Kushta(10). One study has shown that it has antiallergic, antibacterial and blood purifying properties.
- Khadirarishta is a well-known herbal formulation indicated in Sarva Kushta, Krimi and Pandu (11).
- Gandhaka Rasayana is a potent herbomineral formulation explained in Rasayana adhikara is indicated in Kandu, Kushta, krimi, visha and Raktadushti (12)

**CONCLUSION**

From this study it can be concluded that Vaipadika Kushta (palmo-plantar psoriasis) can be successfully

treated through appropriate Shodhana and Shamana Chikitsa and also prevents recurrence of the disease.

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