



A SUCCESSFUL CASE STUDY OF VAIPADIKA WITH SHODHANA AND SHAMANA CHIKITSA

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ABSTRACT

Twak Vikaras (skin disorders) interfere with the physical, psychological and social isolation of the person. Due to lifestyle changes and stress, the accumulation of Visha (Dushi visha, Garavisha) and the vitiation of Dosha (biological energies) and Dhatus (tissues) produce *Vikaras* (diseases) of *Twak* (skin). In *Ayurveda* 18 Types of *Twak Vikaras* included in *Kushta roga* (skin disorders), *Vaipadika* is one among them and has symptoms like *Hasta Pada Sphutana* (cracks over palms and sole), *Daha* (burning sensation), *Ruja* (pain), *Kandu* (itching), *Raga Pidakas* (red color macules) are mentioned by different *Acharyas*. Here is a case study of a male aged 38 years who has the above symptoms. For this, we have planned *Shodana* (detoxification) and *Shamana Chikitsa* (oral medication).

Keywords: *Vaipadika, Dooshivisha, Virechana, Shodhana, Shamana.*

INTRODUCTION

Skin is considered the largest sensory organ in our body; it protects from various microorganisms, elim-

inates toxins and regulates body temperature. Due to lifestyle changes and stress causing the accumulation

of *Visha* (*Dushi visha*, *Garavisha*) and vitiation of *Dosha* and *Dhatu*s to produce *Vikaras* in *Twak*, not all skin diseases are responsible for mortality but interfere with physical, psychological and social isolation of the person. In *Ayurveda*, these *Twak Vikaras* are broadly classified under *Kushta*; there are 18 types, and *Vaipadika* is considered *Kshudra Kushta*. In the classics, *Acharyas* has dealt with *Vipadika*. According to *Acharya Charaka*, symptoms are *Hasta Pada Sphutana* with *Teevra vedana*⁽¹⁾. According to *Acharya Sushruta*, *Lakshanas* are *Kandu*, *Daha*, *Ruja* in *Hasta Pada*⁽²⁾ and according to *Acharya Vagbhata*, *Pani Pada Dari*, *Teevra vedana*, *Manda kandu*, *Raga pidaka* are the symptoms⁽³⁾.

Case Report

A 38-year-old male patient was admitted at KPSVS Ayurvedic Medical College in Agada tantra IPD with the following symptoms: itching, fissures/cracking and mild bleeding on both palms and soles.

The chief complaints have been itching, fissures/cracking of both palms and sole, pain, and bleeding for 8 months.

History of present illness: The patient was healthy one year ago and gradually developed symptoms like dryness, scaling, and itching of both palms and both soles associated with pain and mild bleeding. He consulted a local doctor and took other medicines, but he found relief only for two months. Again, symptoms started to appear, so he visited KPSVS Ayurvedic Medical College and Hospital for further treatment.

Personal history:

Appetite – *Manda* Bowel – Constipated
Micturition – 5-6/day

Nidana Panchaka:

Nidana:

Sleep – Disturbed Food – Vegetarian

Habit – Smoking

Work – Priest (Exposure to Kumkuma, Karpura, etc)

Family History: Nothing Significant

General Examination:

Built – Moderate Pulse - 78 /m B.P – 100/70

mmHg RR- 20/m Weight – 65kg

Pallor, Icterus, Cyanosis – Absent

Not a known case of Diabetes mellitus, Hypertension, Thyroid disease, or Allergy.

Astha Sthana Pariksha:

Nadi – *Kapha*

Mutra – *Prakrutha*

Mala – *Vibandha*

Shabda – *Prakrutha*

Drik – *Prakrutha*

Jihwa – *Liptata*

Sparsha – *Ruksha*, *Ushana*

Systemic Examinations:

Central nervous system - Conscious, well oriented to time, place and person

Cardiovascular system – S1 and S2 heard clearly, no murmur

Respiratory system – Symmetrical chest, Normal vesicular breath sounds heard, no added sounds.

Gastrointestinal system – Soft, no tenderness and no Organomegaly

Skin Examination

Site - Palm and Plantar (*Hasta* and *Pada*)

Distribution - Symmetrical (both *Hasta* and *Pada*)

Appearance - Multiple fissures associated with dryness and bleeding

Aharaja	Viharaja	Manasika
<i>Vata-kapha kara ahara</i> , <i>Katu madhura ahara ati sevana</i> <i>Viruddha ahara</i> Rice + milk +curd daily night	Priest (Exposure to Kumkuma, Karpura, Agarabatti, etc) <i>Dhoomapana</i> (Smoking)	<i>Chinta</i> , <i>Bhaya</i> , <i>Dhuka</i>

Other nidana – *Dushivisha*⁽⁴⁾

Poorvaroop – *Kandu,*

Rupa - *Kandu, Daha, Ruja*

Samprapti:⁽⁵⁾



Samprapti ghataka:

- Dosha – Vata Kapha, Tridoshaja*
- Dushya – Rasa, Rakta, Twak, Mamsa, Lasika*
- Srotas – Rasa, Rakta,*
- Srotodushti – Sanga and Vimarga gamana*
- Udbhava sthana – Amapakwashaya*
- Adhishtana – Twak (Hasta, Pada)*
- Roga Marga – Bahya*

Diagnosis: Based on the Signs and symptoms, the case was diagnosed as *Vaipadika*

Upashaya: *Nidana parivarjana, (Ahara, Vihara)*

Chikitsa:

Treatment planned – *Deepana, Pachana* followed by classical *Virechana* and *Shamana Aushadhis*.

Table 1: Representing the treatment protocol

Shodana	Shamana	Follow up
Deepana pachana – Agnitundi vati	Tab Dooshivishari	Madhusnuhi rasayana
Snehapana – Mahatiktaka ghritha given for 3 days in 30, 75, 110ml acc to koshta	Tab-Kaishora guggulu	Jatyadi ghritha for external application
Abhyanga – Nalpamaradi taila, Bashpa sweda	Tab Arogyavardhini vati	
Virechana with Trivrut leha 60gm with Triphala kashaya	Tab Gandhaka rasayana	

15ml (22 vegas)	
Samsarjana karma has been followed for 5 days	Jatyadi ghritha for external application

Table 2: Assessment criteria

Severity	Vedana	Kandu	Sphutana	Raktasrava
Absent	0	0	0	0
Mild	1	1	1	1
Moderate	2	2	2	2
Severe	3	3	3	3

Results:

Table 3: Representing results before and after treatment

Symptoms	Before treatment	After treatment	Follow up
Vedana	3	1	0
Kandu	3	1	0
Sphutana	3	2	0
Raktasrava	1	0	0

Dryness was mildly reduced after Shodana Chikitsa, Vedana and Kandu, and significant improvement was seen after *Shamana Chikista*.

Image 01 Showing before Treatment



Image 02 Showing after Shodana treatment



Image 03 Showing Follow up



DISCUSSION

- *Vaipadika* is one among the *Kshudra Roga* with *Lakshanas* like *Pani Pada Sphutana*, *Teevra vedana*, *Alpa Kandu* and *Srava*. So, the dominant *Doshas* here are *Vata Kapha*, *Pitta*, *Dushti* of *Rasa*, *Rakta*, *Twak*, and *Lasika*.
- Due to *Ahara*, *Vihara* and *Manasika Nidana*, the accumulation of *Visha* over a period of time causes *Dushi Visha* and *Agni Dushti*, impairment in *Agni*, to vitiate the *Doshas* and *Dushya*. *Dushi*

Visha directly vitiates the *Raktha Dhatu*. When there is perfect *Kala*, the *Dushitha Dosh* and *Dhatu* get *Sanga* and *Vimarga Gamana* by these changes. Thereby, *Adhishtana* is in *Amashaya* and lodges in *Twak*, i.e., *Sthana samshraya* in *Hasta Pada*, which causes *Vaipadika*.

- *Kaishora guggulu*⁽⁶⁾ is indicated in *Sarva Kushta*, *Tridoshaja Vikaras*, *Sarva Vrana*, *Gulma*, *Prameha pidakas*, *Udara*, *Agnimandya*, *Kasa*, *Shvayathu*, *Pandu*.

- Arogyavardhini vati⁽⁷⁾ is indicated in *Kushta roga, Jwaropanasha, Pachaka, Deepana, Pathyakaraka, Hrudya, Medohara, Malashudhikara, and Atyanta Kshudha Vardhaka*.
- Gandhaka rasayana⁽⁸⁾ acts as a *Balya, Agnivrudhi, Kandu, Kushtaghna, Teevra Visha dosha, Krimighna, Atisara, Grahani Roga, Tivrashoolayukta Raktasrava, Jeerna jwara, Prameha, Vataroga and Rasayana*.
- Dooshivishari gutika⁽⁹⁾ acts as *Dushivisha hara and Amavishahara, Doshaharana*.
- Jatyadi ghritha⁽¹⁰⁾ is indicated in *Nadivrana, Vedanayukta vrana, Gambhira and Marmashritha vrana*.
- Madhusnuhi rasayana⁽¹¹⁾ is indicated in *Deepana, Pachana, Ruchya, Vata pittaja, Rukshyaja, Kapha kashaya, Prameha, Gulma, Soola, Dhatu vardhaka, and Bala pradhan*.

CONCLUSION

- *Vaipadika* is a type of *twak vikara* classified under *Kshudra kushta*.
- Our Acharyas explained the Lakshanas as Hasta Pada Sphutana, Daha, Kandu, Ruja, and Raga Pidaka. This can be co-related to palmer plantar psoriasis.
- From this case study, the *Vipadika kushta* can be managed through *Shodhana* and *Shamana Chikitsa* and also prevent the Lakshanas from re-appearing.

Patient perspective: The patient found relief from symptoms and expressed gratitude for the treatment.

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