



## A CASE REPORT ON AYURVEDIC APPROACH OF *VIPADIKA KUSTHA*

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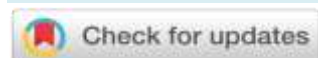
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## ABSTRACT

India is a developing country, here to meet both ends people are involved in many unorganised sectors works. Construction work that includes the use of cement is very common among them. cement is a very known factor for skin irritation and allergy if in prolonged use. It usually affects the palm and sole in the body of the worker. This type of presentation of cracks in hands and feet can be considered in *Vipadika Kustha* as described by *Charaka Samhita*. In the present case report a patient with complaints of dryness and cracking of palm and soles associated with pain in the past 8 years was treated on the *Kustha* line of treatment including *Sodhana* and *Shaman Chikitsa*. These treatments help the patient in a significant way.

**Keywords:** Cement, *Kustha*, *Vipadika Kustha*, cracked sole & palm, *Shaman Chikitsa*.

## INTRODUCTION

Occupational hazards have always been a major cause of illness among workers. The incidence of occupational disease is constantly rising around the world, especially in developing countries due to the

lack of proper quality control and the disregarding treatment of responsible persons in the unorganized sectors of employment. Anyone who works with cement, or products that contain cement, is at

risk of developing mild to severe skin problems, eye irritation, and symptoms of respiratory distress. Wet cement can damage the skin because it is caustic, abrasive, and absorbs moisture. It may also contain trace amounts of hexavalent chromium, a toxin harmful to the skin.<sup>1</sup> Skin is our heaviest and largest organ, as it makes up one-seventh of the body weight. On average in a healthy adult, it weighs between 3.5 and 10 kilograms and has a surface area of 1.5 to 2 square meters. Skin has a lot of functions like it act as a barrier from moisture, cold waves, sun rays, as well as germs and toxic substances.<sup>2</sup> In Ayurveda all types of skin ailments come under the umbrella of *Kustha Roga*. *Kustha* diseases as per *Charak Samhita*, *Sushruta Samhita*, and *Ashtang Hridaya* is a group of all type of skin diseases. There is a different classification of *Kustha Roga* as per different *Samhitas*. *Acharya Charaka* is also considered *Dhatugata Kustha*. The main classification includes *Mahakustha* and *Kshudra Kustha*. It comes under the category of *Astamahagada* by *Acharya Charaka*. It distorts the texture of the skin and further causes *Vikriti* in *Dhatu* and *Up-dhatu*. *Acharya Shusruta* considered *Kushta Roga* as *Aoupsargika Roga*. According to *Astangsangrahakar's* description in *Nidanasthana* if this type of disease is not timely treated it will distort the whole body. *Dosha* and *Dushya* of *Kustha Roga* are specifically called *Saptako Dravya Sangraha*<sup>3</sup>. It includes three *Doshas* and four *Dushyas* which are *Vata*, *Pitta*, *Kapha*, *Twak* (skin), *Mamsa* (muscles), *Shonita* (blood), and *Lasika* (channels) respectively. Here in this disease, the vitiated *Doshas* from their particular causative factors further cause *Shathilya* of *Dushyas* and the process of *Sthana-Sanshraya* occurs in the skin, after that symptom of *Kustha* appears<sup>4</sup>. *Vipadika* – It is a type of *Kshudra Kustha* where vitiation of *Vata* and *Kapha* plays the main role in symptoms. The main features are *Panipada Saphutanam* (cracks in palm and soles) and *Tivra Vedana*<sup>5</sup> (severe pain). The line of treatment as per Ayurveda is *Nidana Parivarjan*, *Shodhana Chikitsa*, and *Shamana Chikitsa*.

#### CASE REPORT:

Chief complaint-

The present *Vipadika* case study is treated as per the guidelines of Ayurveda. A 42-year female visited the OPD of *Kayachikitsa* of Baba Khethanath Government Ayurvedic College & Hospital, presented with c/o of dryness and cracking of both palm and soles along with severe pain and associated with occasionally bleeding for 8 years.

History of present illness:

The patient gave a history of cracking of the palm and sole of both hands as well as feet respectively since she started as a construction worker 8 years ago. This initially started with itching and dryness in the hands and feet. It gradually increases over the years. The condition becomes more miserable in winter as the problem aggravates and leads to bleeding occasionally. Pain severity sometimes increases to such level that affect daily routine work. Patient took allopathic treatment for 6-7 years, but recurrence occurs after stopping the medicine. Now for 2 months, she has not taken any kind of treatment.

Personal history:

- Appetite: moderate
- Bowel: irregular, once in 2-3 days, not satisfactory.
- Urine: yellow in appearance, occasionally burning micturition.
- Sleep: good
- Diet: vegetarian
- Menstrual history: regular/normal flow with a cycle of 28-30 days.

Vital data:

- Pulse: 86/min
- BP: 112/86 mm of Hg
- Respiratory rate: 18/min
- Weight: 56 kg

Skin examination:

- Site: palm and sole respectively.
- Distribution: symmetrical (both palm and sole)
- Surface: rough, dry.

*Nidana panchaka*

*Nidana* (causative factors)

- *Viruddh Annapana* (use of incompatible food),
- Eating in *Ajirna* condition,
- Occasionally use of fish with curd,

- Excess of sour food,
- Use of *Sheeta* and *Ushna Aahara* without proper sequence,
- After taking food, strenuous work done,
- Suppression of the natural urges of stool, urine, etc.,
- Work in cement dust without the use of gloves.

#### Poorva-Roopa

No specific was found.

#### Roopa

- Cracking of the palm and sole of both hands as well as feet,
- Difficulty in holding things due to pain,
- Difficulty in walking,
- Blood oozes from cracks in hands.

#### Samprapti

- *Dosha: Tridosha*
- *Dushaya: Twaka, Shonita, Mamsa, Lasika*
- *Strotas: Raktavaha*

- *Strotodusti: Sanga*
- *Adhithana: Twak & Mamsa*
- *Swabhava: Chirkari*

#### Upashaya

Oiling and applying a thick base of Vaseline cream gives her relief.

#### Treatment

According to the specific line of treatment prescribed by various *Samhitas* and the availability of medicine in the pharmacy department of Baba Khetanath Government Ayurvedic College & hospital for *Vipadika* treatment was planned for the patient. As it is a *Kapha-Vata* dominant disease due to the involvement of symptoms like cracking of the palm and sole of both hands as well as feet. 3 days of *Shodhana Chikitsa* followed by *Shamana Chikitsa* in which local application with oral medication was given. Dietary regimes were instructed to follow.

Sr.no.	Medicine name	Dose and timing	Days
1	<i>Trivrita Avaleha</i>	10gm at night with luke-warm water	3 days
2	<i>Khadiraristha</i>	30 ml in BD dose	Starts from 4 <sup>th</sup> day
3	<i>Kaishore Guggulu</i>	2 tabs(500mg) in TDS dose	Starts from 4 <sup>th</sup> day
4	<i>Gandhak Rasayan Vati</i>	2 tabs (250mg) in BD dose	Starts from 4 <sup>th</sup> day
5	<i>Jatyadi Taila</i> along with <i>Shodhit Gandhak</i> and <i>Tankan Bhasma</i>	Applied as per area twice daily	Starts from 1 <sup>st</sup> day

## DISCUSSION

By focusing on only ayurvedic treatment, patients also strictly follow the instructions given to them in case of diet and use of some gloves while working in cement-related work.

*Trivrita Avaleha*<sup>6</sup> is mainly made up of *Trivrita (operculina turpethium)* which is purgative in nature. Hence mild *Shodhana* was done by this for three days. *Khadiraristha*<sup>7</sup> contains *Khadir* as the main ingredient which is under *Kustaghana Mahakashaya* by *Acharya Charaka*. *Devdaru, Bakuchi, Daruharidra, Haritaki, Bibhitaka, Amalaki, Dhataki, Kankola, Nagakeshar, Jatiphala, Lavanga, Ela, Tvak & Twak-patra, Pippali*, are the other constituents. According to *Sharangdhar Samhita*, *Kaishore Guggulu* contains

*Triphala, Guduchi Guggulu, Danti, Trivrit, Vidang, and Trikatu*. This preparation can be used in all inflammatory skin diseases<sup>8</sup>. According to *Yogratnakar* and *Rastrangini*, *Gandhak Rasayan Vati* is having *Chaturjata* decoction (*Ela, Twaka, Tejpatra & Naagkesar*), along with *Guduchi, Haritaki, Amlaki, Vibhitak, ginger, and Bhringraj*. This *Rasayana* is indicated in *Kustha*<sup>9</sup>. *Jatyadi Taila*<sup>10</sup> along with *Shodhit Gandhak* and *Tankan Bhasma* helps to relieve local area inflammation and keeps the surface of the cracks soft gradually. According to *Sharangdhar Samhita*, it helps in the treatment of *Vrana*. Both *Shodhit Gandhak* and *Tankan Bhasma* aid the healing process further by keeping inflammation aside. The treatment continued for 21 days, and the patient got

significant relief, but the patient was advised of 14 day follow-up period.

### CONCLUSION

This case study shows that ayurvedic management of Vipadika-like skin ailment conditions can be effec-

tively treated with the help of *Shodhana* and *Shamana Chikitsa* at the OPD level. From the above case study, it can be evaluated that the cracking condition of the palm and sole can be successfully treated by following only the ayurvedic line of treatment.



Figure 1 DAY 1



Figure 2 DAY 8



Figure 3 DAY 15



Figure 4 DAY 21



Figure 5 DAY 8 FEET



Figure 5 DAY 15 FEET

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