

## AYURVEDIC MANAGEMENT OF VIPADIKA – A CASE STUDY

Jayashree. P. Girisagar

Professor and HOD of Panchakarma, BVVS Ayurveda Medical College and Hospital Bagalkot - 587101, Karnataka, India

Corresponding Author: [jayashreegirisagar14@gmail.com](mailto:jayashreegirisagar14@gmail.com)

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## ABSTRACT

*Vipadika* (Palmoplantar psoriasis) is one of the types of *Kshudra Kusta* (Minor skin disease). There is the involvement of *Vata-KaphaDosh*a predominantly. It is characterized by *Pani-Padha Sputana* [cracks in palms and soles], *Teevra Vedana* [severe pain] and *Kandu* [itching sensation]. *Vipadika* can be correlated with Palmoplantar psoriasis due to its similarity in clinical features. It is found in 3-4% of all psoriasis cases. Here is the case of *Vipadika*. She came to *Panchakarma* OPD on 09/03/2021. She had H/O of consumption of Allopathic medication for 4years. After clinical examination, she was admitted to BVVS Ayurveda Medical College and Hospital Bagalkot for 8days and was treated with *Sadhya Virechana*, *Sthanika Abhyanga*, *Sthanika Parisheka* and *Sthanika Lepa*. After discharge, she was prescribed medicines for oral and external application for 15days. She was relieved of complaints up to 85% and had no recurrence till October 2021.

**Keywords:** *Vipadika*, Palmo-Plantar Psoriasis, *Sadhya Virechana*, *Lepa*, *Parisheka* etc.

## INTRODUCTION

*Ayurveda* is the science of life, and the aim of the *Ayurveda* is to maintain the health of a healthy person and cure the disease. Skin is the largest organ of the body which is first exposed to environmental agents

like physical, chemical and biological agents. The skin protects from microbes and the elements help to regulate body temperature and permit the sensation of touch, heat and cold. Skin disease not only affects the

patient physically but also disturbs the mental and social health of the patient. In *Ayurveda*, almost all skin diseases are explained under “*kushta*” and classified as 7 *Maha Kushta* and 11 *Kshudra Kushta*. Apart from those 18 types of *Kushta* another type of *Kushta* namely *SwitraKushta* [Leucoderma] and its types are explained under *Kusta roga chikitsa adhyaya*.<sup>1</sup> “*Vipadika*” is the type of the *Kshudra Kushta* with *Vata-Kapha Dosha* involvement and is characterized by *Pani-Padma Sputana and Teevra Vedana* by *Acharya Charaka*. *Acharya Vagbhata* has stated the same as described by *Acharya Charaka* but mentioned one feature i.e., red patches over palms and soles.<sup>2</sup> *Vipadika* can be correlated with Palmo-plantar psoriasis which is a long-lasting autoimmune disease characterized by red, itchy, scaly patches over the palms and soles, there are multiple painful cracks and bleeding also. It is found in 3-4% of all psoriasis cases.<sup>3</sup> According to signs and symptoms, *Vipadika* may be correlated with Palmo-plantar psoriasis, Palmo-plantar keratoderma, Palmo-plantar dermatitis,

phytosis. In modern science, it is commonly treated with corticosteroids and immune modulators, but recurrence is common. Treatment given in *Ayurveda* is *Shamana* and *Shodhana karma*. It helps to cure the disease without recurrence of the disease.

**CASE REPORT:**

A 39-year female patient came to *Panchakarma OPD* [OPD No-15483] of *BVVS Ayurveda Medical College and Hospital Bagalkot* on 09/03/2021 with complaints of itching sensation, cracks and with severe pain on both palms and soles for 5 years. She had taken allopathic medicine but was getting temporary relief, due to the recurrence of the symptoms she approached our hospital for a better line of Ayurvedic management. On examination, multiple deep cracks were present on both palms and soles with local tenderness. According to the clinical features, the patient was diagnosed as a case of *Vipadika*. Clinical features indicated a predominance of *Vata-Kapha Dosha*.

**TREATMENT PROTOCOL:**

Sl no	Type of treatment	Name of drug	Dose	Duration
01	<i>SADHYO VIRECHANA</i>	<i>Sindhu Erandadi Taila</i>	100ml	1 day
02	<i>EXTERNAL TREATMENT</i>	<i>Manjishtadi Taila + Karanja Taila</i>	<i>Quantity sufficient</i>	<i>7 days</i>
	<i>A) Sthanika Abhyanga</i>	<i>Manjista and Karanja Kwatha</i>	Quantity sufficient	7 days
	<i>B) Sthanika Parisheka</i>	<i>Karanja Patra, Dathura Patra, Nimba Patra and Kumari Pulp</i>	Quantity sufficient	7 days

**BEFORE TREATMENT AND AFTER TREATMENT**



**BEFORE TREATMENT AND AFTER TREATMENT**



**STANIKA PARISHEKALEPA CHIKITSA**



**RESULT-**

Complaints	Before treatment	After treatment
Itching	MODERATE	COMPLETELY REDUCED
Roughness And Dryness	SEVERE	85% REDUCED
Cracks	ALL OVER FOOT	DISAPPEARED UP TO 70%
Pain	SEVERE (difficulty in walking)	REDUCED 90%
Burning Sensation At Affected Site	SEVERE	REDUCED 90%

**ADVICE ON DISCHARGE**

1. *Cap Tiktamruta* = 60 (1TID)
2. *Tab. Panchatikta Vati* = 60 (1TID)
3. *Syp. Khadirarista* = 2 tsf(TID)
4. *Tab. Arogyavardhini Vati* = 60 (1BD)

5. For local application = *Karanja Taila* + *Psora oil* + *Panchatikta Guggulu Ghrita*

**DISCUSSION**

Patient had *Kandu*, *Shoola*, *Sputana* and *Daha* on her *Pani* and *Pada*. As there was vitiation of *kapha*, *Vata*

and Pitta respectively, the treatment was given according to the Doshas. She was treated with *Sadhyo Virechana* followed by the next 7 days *Sthanika Abyanga*, *Sthanika Parisheka* and *Lepa Chikitsa*.

- *Sadhyo Virechana* with *Sindhu Erandadi Taila*,
- *Sthanika Abyanga* with *Manjishtadi Taila* and *Karanja Taila*,
- *Sthanika Parisheka* with *Manjista*, *Karanja* and *Nimba Kashaya* and
- *Lepa Chikitsa* with *Kumari*, *Manjista*, *Nimba*, *Vasa*, reduce the *PittaVata Kapha* respectively.

*Manjishtadi Taila* is described under *Varnya gana*. It is having *Tikta*, *Kashaya Madhura* and *Ushna Gunadue* to which it acts as a *Vataghna* and *Kaphaghna*. According to the *Karma* it is *Shothahara*, *Vrana ropakaas* well as *Kushthaghna*. *Tikta* and *kashaya Rasa* of *Manjista* pacify *Rakta –Mamsagata Kleda*<sup>4</sup> *Karanja Taila* was used because of its *Kandughna* and *Kustaghna* properties. It is *Kaphaghna* and *Vataghna* due to its *Tikta*, *Katu Rasa* and *Ushna Virya*. It is also having *Jantughna Vranaropana* and *Vedanasthapana* properties<sup>5,6</sup>

## CONCLUSION

From this case, it can be concluded that *Vipadika* can be successfully treated with *Dosha*, *Lakshanas*, *Rogi Avastha* etc. with *Ayurvedic* management.

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