

Management of Vipadika through Ayurveda

Case Report

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Abstract

Vipadika, is one of the types of the *Kshudrakushtha*. There is involvement of *Vata-Kaphadosha* predominantly. It is characterized by *PaniPadasphutna* (fissure in palms and soles) and *Tivravedana* (severe local pain). *Vipadika* can be correlated with Palmo plantar psoriasis due to its similarity in clinical features. It is found in 3-4 % of all psoriasis cases. Here is a case of chronic *vipadika*. She came to kayachikitsa OPD on 02/03/2017. She had history of consumption of continuous medication since one year from modern medicine and homoeopathy. After clinical examination, she was admitted in MGAMCH & RC for 7 days and was treated with *Yoga basti*, oral medications and external applications. After discharge, she had prescribed medicines for oral and external application for 30 days. There was complete relief in fissure and pain and she has no recurrence upto the month of January 2019.

Keywords: *Vipadika*, *Kshudrakushtha*, Palmo-planter Psoriasis.

Introduction

Vipadika is one of the types of the *Kshudrakushtha* (dermatological disorder). It is included in *Kshudrakushtha* with *Vata-Kaphadosha* involvement(1) and it is characterized by *Pani-Padasphutan* (fissure in palms and soles) and *Tivravedana* (severe pain) by Acharya Charak(2)

Acharya Vagbhat has stated the same as described by Acharya Charaka but mentioned one feature of red patches over palm and sole. *Vipadika* can be correlated with Palmo plantar psoriasis which is a long lasting autoimmune disease characterized by red, itchy, scaly patches of the palms and soles, there are multiple painful fissures and bleeding also. It is found in 3-4 % of all psoriasis cases. It's WHO prevalence is 0.44-2.88 % (3)

In Modern medical science, it is commonly treated with PUVA, corticosteroids and immunomodulators, but the recurrence is common. This case is a chronic in nature and treated by multiple modalities, so it was a challenge for us to treat it completely.

Case report

A 54 year female patient came to kayachikitsa OPD (OPD NO - 1703020058) of Mahatma Gandhi Ayurveda Medical hospital, salod (H), wardha on 02/03/2017 with the complaints of cracks on both palms and soles with burning sensation and mild pain since 1 year. She has taken treatment of modern medicine and homeopathy and was getting temporary relief, due to recurrence of the symptoms, she approach here for further treatment. On examination, multiple deep fissures 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 predominance of *vata* and *kapha dosha*. The treatment plan was as per the Table no 1.

Observation and results

Following were the observation after completion of treatment

Table no. 2 – Clinical features : Before & after treatment

Sr no.	Clinical features	Before treatment	After treatment
1	Scaling of skin	++	No scales
2	Fissure	+++	No fissure
3	Pain	++	No pain

After near about one month of treatment, she had no recurrence till the month of January 2019.

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Table No. 1: Showing the treatment plan

Sr no	Type of treatment	Name of drug	Dose and Anupana	Duration
On admission treatment				
1	Yoga basti (Medication through anal route)	Four <i>Matra basti</i> with <i>manjishthadi tail</i>	50 ml	7 days
		Three <i>Niruha basti</i> with <i>manjishthachurna + neemchurna + sarivachurna + tiltail + Madhu + Saindhav</i>	500ml	
2	Oral medications	<i>Mahatiktagruta</i>	10 ml in the morning on empty stomach with luke warm water	7 days
		<i>Sarivadyasava</i>	20 ml twice a day after meal with equal water	
3	External application	<i>Triphalakwath + neempatrakwath</i>	<i>Dhavan</i> of both palms & soles	7 days
		<i>Shatdhautagruta + Cutfar ointment</i>	For local application twice a day	
<p>Procedure of <i>yoga basti</i>- On first day, <i>matra basti</i> with <i>manjishthadi tail</i> was given after meal ,on next day <i>niruhabasti</i> with above ingredients was given before meal. <i>Matra</i> and <i>niruhabasti</i> was given on alternateday, total four <i>matra</i> and three <i>niruhabasti</i> were given for seven days. Above oral and external medication were also advised during <i>yoga basti</i>.</p>				
On discharge treatment				
4	Oral medication	<i>Kaishorguggul</i>	500 mg twice a day with water after meal	15 days
		<i>Sarivadyasava</i>	20 ml twice a day with equal water after meal	
		<i>Tab. Nishamalaki</i>	1 tab in the morning with water	
		<i>Yashadbhasma</i>	250 mg twice a day with milk	
5	External application	<i>Cutfar ointment (jatyadi tail + vipadikaharamalam) + karanj tail</i>	For local application	15days
After 15th day of follow up treatment				
6	Oral medication	<i>Sarivadyasava</i>	20 ml twice a day with equal water after meal	15 days
7	External application	<i>Cutfar ointment + karanj tail</i>	For local application	15 days

On the day of admission		On 22 nd day of treatment	
Figure no.1	Figure no.2	Figure no.3	Figure no.4
			



Discussion

Patient had fissures on her palms and soles and itching due to vitiation of *vata* and *kapha* respectively. The treatment was given in accordance with vitiation of these *doshas*. She was treated with *yoga basti* because *basti* is described as main treatment in vitiation of *vata*.

In *matra* and *niruhabasti*, *manjishtha* was specifically used because *Manjishtha*(*rubiaccordifolia*) is described under *varnya gana*. It is having *tikta*, *kashaya*, *madhura* and *ushna guna* due to which it act as a *vataghna* and *kaphaghna*.

According to *karma*, it is *shothahara*, *vranropak* as well *kushthaghna*. *Tikta* and *kashaya* rasa of *manjishtha* pacifies *rakta* –*mamsagata kleda*. (4)

Neem and *sarivachurna* was also used because *neem* is *raktashuddhikara* and *sariva* has *vatashamak* and *raktaprasadak* property. (5)

Sarivadyasava is described as *raktaPrasadak*. It is working as a blood purifier and commonly used in various skin disorders . It cures diseases caused by vitiated *raktadhatu*(6)

Mahatiktagruta is described in *Vagbhat* under the *Kushtha chikitsaadhyay* in which he has described it's effectiveness in *kushtha* ,*visarpa* ,*shvitra* ,*vyanga* ,*vidradhi* ,*kandu*.(7)

Kaishor guggul is specifically indicated in *vatarakta*, *vrana*, and *kushtha*. In one study, they found it's antiallergic, antibacterial and blood purifying properties.(9)

Nishamalaki contains *Amalaki* (*phyllanthusemblica*) and *Haridra*(*terminaliachebula*). It works as an anti inflammatory & anti allergic. It is also an anti oxidant property.(10)

Triphala and *neem kwath* was used for *dhawan* (cleaning) because of its *vranashodhak*, *vranaropaka*, *kledashoshak* and *kandughna* properties.(8)

Yashad Bhasma contains zinc which is known to promote healing (11)

Cutfar ointment mainly contains *jatyadi tail* was used for local application because *jati* has *kushthaghna*, *vranashodhak*, and *vranaropak* action(12).

Shatadhautagruta is indicated in *visarpa*, *kushtha* and *kandu*.(13)

Karanjtail was used because of its *kandughna*

and *kushthaghna* properties. It is *Kaphaghna* and *Vataghna* due to its *tikta*, *katurasa* and *ushnavirya* . It is also having *jantughna*, *vranaropan* and *vedanasthapan* (pain reliever) properties.(14)(15)

Conclusion

From this study it can be concluded that *Vipadika* (palmo-plantar psoriasis) can be successfully treated with appropriate Ayurvedic medication.

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