

Ayurvedic Treatment of Vipadika (Kshudra Kushtha) - A Case Study

Case Report

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Abstract

Vipadika or Vaipadika is explained as one among Eleven Kshudra Kushtas (Minor skin ailments) which has the features of Paani-paada sputana (Cracking of palms and soles) associated with Teevavedana (Intense pain) as explained by Acharya Charaka. Based on the features the major dosha (Bio-forces of human body) involved is Vata along with Pitta and Kapha. Acharya Sushruta also explains it under Kshudra Kushta (Minor skin ailments) but with a different name called Padadaari. Though Vipadika sounds like a milder disease still it can be physically and emotionally stressful to the sufferer as in this present case. This is a case report of a 34 yrs female suffering with severe pain, itching and blackish discoloration of skin at both soles and left palm from the past 10 years. Due to various medications and chronic pain, patient was mentally sick too. The case was treated with Shodana (Bio purification) followed by shamana (Pacification) line of treatment along with significant lifestyle modifications. The uniqueness of the study lies in the selection of Shodhana (Bio purification) where instead of Basti, Virechana is opted. Though it is a chronic case, the patient was able to get relieved within a month which created a promising faith towards Ayurvedic treatment.

Key Words: *Kshudra Kushta, Vipadika, Virechana, Ayurveda, Shodana.*

Introduction

Skin has always been a major Aesthetic component. Healthier skin never fails to boost the confidence of an individual. But at the same time skin related problems leads not only to reduced self confidence but even paves way to mental depression as it is immediately visible. Vipadika or Vaipadika is explained as one among Eleven Kshudra Kushtas (Minor skin ailments) which has the features of Paani-paada sputana (Cracking of palms and soles) associated with Teevavedana (Intense pain) as explained by Acharya Charaka (1). Based on the features the major dosha (Bio-forces of human body) involved is Vata along with Pitta and Kapha (2). Acharya Sushruta also explains it under Kshudra Kushta (Minor skin ailments) but with a different name called Padadaari(3). One such case study has been reported here which is managed successfully with Virechana (Bio purification) followed by Shamaoushadhi (Pacification) in spite of its chronicity and severity.

Aim and Objective

To study the effect of *Virechana* followed by *Shamana* in the treatment of *Vipadika*

Demographic data

Name- abc
Age- 34yrs
Gender- female
Address- abc

Chief complaint

- Severe pain associated with rough fissured and cracked heels
- Associated with blackish discoloration, moderate itching and
- Unable to walk due to pain

All the symptoms seen since last 10 years and worsened since a month

History of present illness

A 35 yr old female patient came with complaints of severe pain, itching and blackish discoloration of skin at both soles and left palm from the past 10 years and aggravated from a month. Associated with dryness, cracking of heels, flaking and slight bleeding on itching the area. The patient was said to be apparently healthy before 10 years, then gradually she started feeling cracked heels, blackish discoloration with severe pain, itching and bleeding on itching. Itching and pain aggravates on eating spicy foods, Brinjal, Potatoes, on using detergents, at evening and night times. She consulted many allopathic doctors for the same but her

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complaints continued to worsen. From the past 10 days her complaints got aggravated, making her unable to walk which resulted in emotional stress. So, the allopathic medication was stopped and patient came seeking Ayurvedic management to JSS Ayurveda Hospital, Mysuru, Karnataka.

Personal history

Appetite- Reduced
Bowel- Constipated
Sleep- Reduced (due to pain)
Micturition- 6 to 8 times/day
Habits - Coffee (3 cups a day)

Medical History

No h/o Hypertension and diabetes mellitus.

Patient was on Allopathic medications for the above complaints which was stopped from 6 months and details were not known to the patient.

General examination

No lymphadenopathy, No oedema, No icterus, No pallor.

Vitals

BP- 110/70, Pulse rate- 74, Respiratory rate- 16

Clinical findings

On skin examination at the soles of both feet, There was no swelling or local rise of temperature seen. Flakes were seen associated with positive Auspitz sign. Blood pressure, pulse and other systemic examination findings were normal. Laboratory investigation showed elevated ESR levels (52 mm after 1 hr by Wintrob's method).

Diagnosis

Based on the symptoms and clinical findings, the case was diagnosed as *Vipadika* as *Paani-paada sputana* (Cracking of palms and soles) was associated with *Tivra vedana* (Severe pain).

Study Design:

Single case Study.

Material and Methods

Treatment prescribed

The treatment planned was *Virechana* (*Shodhana* - Body purification) followed by *Shamana* (Pacifying remaining doshas) (4). For *deepana-pachana* (correction of metabolism), *Sarvanga Udwartana* (Whole body massage with coarse powder) with *Kolakulattadi choorna* (Medicated powder) followed by *Bashpa sweda* (Steam bath) for three days. During this patient was internally given with *Sutashekara rasa* 2 tablets thrice daily, half an hour before food.

From the fourth day *Snehapana* (Intake of medicated ghee) was started with *Mahatiktaka grita* (Medicated ghee). *Snehapana* was continued for another four days with doses of 30ml, 70ml, 100ml and 120ml respectively during which the patient diet was only *Peya* (rice gruel) and *Krishara* (semi solid

preparation with rice, green gram added with cumin and turmeric). *Samyak sneha siddi lakshanas* (Proper oleation symptoms) like *Snigdha varchas* (easy defecation), *Twak snighdata* (well moisturized skin), *Agni vriddi* (improved appetite) and *snehodvega* (Aversion for ghee) were seen by the fourth day of *Snehapana* (120 ml) (20). From day eight, *Sarvanga Abyanga* (whole body massage with oil) was done with *Naalpamaradi taila* (Medicated oil) followed by *Bashpa sweda* (Steam bath) for three days.

On day eleven, after *Sarvanga Abyanga* (whole body massage with oil) and *Bashpa sweda* (Steam bath), *Virechana* was given with 80 gm of *Trivrit lehya* (Medicated) and 150 ml of *Draksha Kashaya* (decoction made with raisins).

Totally there were 18 *vegas* (urge for defecation) by the end of the day and the patient was comfortable. Next day the patient was discharged with five days of *Samsarjana karma* (Diet planned after body purification process to gradually improve digestive capacity) advice and *Shamanaushadi* (Medicines for pacifying remaining doshas).

Patient was discharged with *Aragwadadi Kashaya* 5 tsp morning and evening, one hour before food, *Gandaka rasayana* 2 tablets along with *Aragwadadi Kashaya*, *Gandarahastadi Eranda taila* 10 ml bedtime with 50 ml of warm milk and *Mahatiktaka lepam* for external application for next 15 days. Patient was asked to withdraw from all the above said aggravating food.

After 15 days of follow up, there was a lot of improvement in the condition of the patient. Pain and itching were completely reduced and the patient was able to walk comfortably. Fissured heels were healing well (fig 2).

Patient was advised to continue the same medications for another 15 days. During the second follow up, fissures and cracks were healed well with the soft texture of palm and soles (fig 3).

Table 1: Virechana therapy (Deepana Pachanaarta)

Day	Therapy	Medicine
1 (20/01/2022)	Sarvanga Udwartana (Whole body massage with coarse powder) followed by Bashpa sweda (Steam bath)	Kolakulattadi choorna
2 (21/01/2022)	Sarvanga Udwartana (Whole body massage with coarse powder) followed by Bashpa sweda (Steam bath)	Kolakulattadi choorna
3 (22/01/2022)	Sarvanga Udwartana (Whole body massage with coarse powder) followed by Bashpa sweda (Steam bath)	Kolakulattadi choorna

Table no 2: Oral Medication (Deepana Pachanaarta)

Day	Medicine	Dose
1 (20/01/2022)	<i>Sutashekara Rasa</i>	2 - 0 - 2 (1 hour before food)
2 (21/01/2022)	<i>Sutashekara Rasa</i>	2 - 0 - 2 (1 hour before food)
3 (22/01/2022)	<i>Sutashekara Rasa</i>	2 - 0 - 2 (1 hour before food)

Table no 3: Snehapana

Day	Medicine	Dose
4 (23/01/2022)	<i>Mahatiktaka ghrita</i>	30 ml
5 (24/01/2022)	<i>Mahatiktaka ghrita</i>	70 ml
6 (25/01/2022)	<i>Mahatiktaka ghrita</i>	100 ml
7 (26/01/2022)	<i>Mahatiktaka ghrita</i>	120 ml

Table no 4: Vishrama Kaala and Virechana

Day	Treatment	Medicine
8 (27/01/2022)	<i>Sarvanga Abyanga</i> (whole body massage with oil) followed by <i>Bashpa sweda</i> (Steam bath)	<i>Naalpamaradi taila</i> (Medicated oil)
9 (28/01/2022)	<i>Sarvanga Abyanga</i> (whole body massage with oil) followed by <i>Bashpa sweda</i> (Steam bath)	<i>Naalpamaradi taila</i> (Medicated oil)
10 (29/01/2022)	<i>Sarvanga Abyanga</i> (whole body massage with oil) followed by <i>Bashpa sweda</i> (Steam bath)	<i>Naalpamaradi taila</i> (Medicated oil)

Day	Therapy	Medicine
11 (30/01/2022)	<i>Sarvanga Abyanga</i> (whole body massage with oil) followed by <i>Bashpa sweda</i> (Steam bath)	<i>Naalpamaradi taila</i> (Medicated oil)
11 (30/01/2022)	<i>Virechana</i>	80 gm of <i>trivrit lehya</i> (Medicated) and 150 ml of <i>Draksha Kashaya</i> (decoction made with raisins)

Advice

Patient was advised to strictly follow the *Pathya* (Diet) as prescribed during *Snehapana* (Oleation therapy) and *Samsarjana Karma* (Diet planned after body purification process to gradually improve digestive capacity) (5, 6). After resuming back to normal diet avoid Oil fried food, refined flour, refined sugar which could hinder the healing (7). She was also advised to wear cotton socks and gloves regularly and avoid contact of foot and palms with soil, dust and long time contact with water to promote healing.

Table no 5: Pathya

Day	Morning	Afternoon	Night
During Snehapana (23/01/2022 to 26/01/2022))	-	<i>Shaali peya</i>	<i>Krishara</i>
During Samsarjana Day 12 (31/01/2022)	<i>Shaali Peya</i>	<i>Shaali Peya</i>	<i>Shaali Peya</i>
During Samsarjana Day 13 (01/02/2022)	<i>Vilepi</i>	<i>Vilepi</i>	<i>Vilepi</i>
During Samsarjana Day 14 (02/02/2022)	<i>Akrta Mudga Yusha</i>	<i>Akrta Mudga Yusha</i>	<i>Akrta Mudga Yusha</i>
During Samsarjana Day 15 (03/02/2022)	<i>Krta Mudga Yusha</i>	<i>Krta Mudga Yusha</i>	<i>Krta Mudga Yusha</i>
During Samsarjana Day 16 (04/02/2022)	<i>Krta Mudga Yusha</i>	<i>Krta Mudga Yusha</i>	<i>Krta Mudga Yusha</i>

Table no 6: Shamanoushadhi (After Shodhana)

Day	Medicine	Dose
17 to 32 (05/02/2022 to 20/02/2022)	<i>Aragwadadi Kashaya</i>	5 tsp morning and evening, one hour before food
17 to 32 (05/02/2022 to 20/02/2022)	<i>Gandaka rasayana</i>	2 tablets along with <i>Aragwadadi Kashaya</i>
17 to 32 (05/02/2022 to 20/02/2022)	<i>Gandarahastadi Eranda taila</i>	2 tsp along with 50 ml of warm milk at bed time
17 to 32 (05/02/2022 to 20/02/2022)	<i>Mahatiktaka lepa</i>	External application

Observation

Observation was done as per gradation of clinical features or subjective parameters mentioned in Table no 7.

Table no 7- Gradation criteria (8)

Sl. no	Clinical features	Grade 0	Grade 1	Grade 2	Grade 3
1	<i>Pani - Paada Sputana</i> (Fissuring & Cracking of heels)	Absent	Mild (presence of cracked lines on heels)	Moderate (open cracks)	Severe (wide open bleeding fissures)

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2	<i>Vedana</i> (Pain)	Absent	Mild or occasional pain (able to walk)	Moderate pain (Tolerable and able to walk)	Severe pain (unable to walk)
3	<i>Rukshata and Kharata</i> (Dryness and Roughness)	Absent	Mild dryness	Moderate dryness and rough on touch	Severe dry and rough flakes
4	<i>Kandu</i> (itching)	Absent	Mild or occasional itching	Moderate or frequent itching	Severe itching
5	<i>Shyava varna</i> (Blackish discoloration)	Absent	Mild	Moderate	Severe

comfortably. During the second follow up, there was complete healing of all cracks with smooth palm and soles and pain and itching were nil.

Before treatment: fig 1



Observation

Before treatment (fig 1)

Severe *Pani - Paada Sputana* (Fissured & Cracking of heels) with dry, scaly heels and severe pain hindering walking and there was moderate itching too.

After Shodhana

Pain was slightly reduced so the patient could walk and also Mild reduction in dryness and itching was seen.

During first follow up (Day 32) (fig 2)

There was a complete absence of pain, itching and fissures and cracks were seen healing well.

During Second follow up (Day 48) (fig 3)

There was a complete absence of pain, itching and cracks were completely healed.

After treatment (First follow up): fig 2



After treatment (Second follow up): fig 3



Table no 8- Gradation before treatment (Day 0), After Virechana (Day 12), during first follow up (Day 32), during second follow up (Day 48)

Sl no	Clinical features	Day 0	Day 12	Day 32	Day 48
1	<i>Pani - Paada Sputana</i> (Fissuring & Cracking of heels)	Grade 3	Grade 3	Grade 3	Grade 1
2	<i>Vedana</i> (Pain)	Grade 3	Grade 2	Grade 0	Grade 0
3	<i>Rukshata and kharata</i> (Dryness and Roughness)	Grade 3	Grade 2	Grade 2	Grade 0
4	<i>Kandu</i> (itching)	Grade 2	Grade 1	Grade 0	Grade 0
5	<i>Shyava varna</i> (Blackish discoloration)	Grade 2	Grade 2	Grade 2	Grade 1

Results

The selected line of treatment was proved to be fruitful and there was immediate relief from severe pain and itching after *Virechana*. After *samsarjana karma* and *shamanoushadhi*, during first follow up, it was noted that the patient was cured well out of her pain, Fissures of heels were healing and was able to walk

Discussion

As this is a chronic case, *Shodhana* (Body purification) followed by *Shamana* (Pacifying remaining *doshas*) is opted as the line of treatment. Here the *Shodhana* planned is *Virechana* (One among the body purification procedures). Though this is a *Vata pradhana Kushta* (Vata dominated skin disorder), *Pitta* and *Kapha* also need to be treated as without the involvement of *Pitta*, *Kushta* (Skin disorder) cannot occur and itching indicates the involvement of *Kapha dosha* (9). So, *Virechana* which is *Kapha-Pittahara* (Removes *Kapha* and *Pitta*) and *Vataanulomaka* (Makes *Vata* to move in its normal downward direction) is selected as the intervention (10). *Udvartana* (Powder body massage) with *Kolakulattadi choorna* (Medicated powder) is opted for *Rukshana* (improves appetite and digestion by drying therapy) which is *Kaphahara* (Removes *Kapha*) and *Kandughna* (Removes itching) (11, 12). *Sutashekhara rasa* is considered for *Deepana-Pachana* (To correct the metabolism) as it is *Mandagnihara* (Enhances optimum metabolism) (13). Considering the potent action of *Mahatiktaka ghrita* (Medicated ghee) in *kushta* (Skin problems) along with its *Pittahara* and *Kandughna* action, it was opted for *Snehanana* (Oleation therapy) (14). *Naalpamaradi taila* (Medicated oil) which acts best in *Kushta* (Skin problem) especially with blackish discoloration was opted for *Sarvanga abhyanga* (whole body oil massage) (15). *Tritvrit Lehya* where *Trivrit* (*Operculina turpethum* (Linn.)) is best *Sukha virechaka* (Easy causes *Virechana*) and *Draksha* (*Vitis vinifera* Linn.) which is among *Virechanopaga gana* (Group of drugs that promote *Virechana*) are given for *Virechana* (16, 17). Patient was comfortable with mild reduction of pain and burning sensation by the next day after *virechana* as a result of *Samyak Shodhana* (18). As there was *Madhyama Shuddhi* (Moderate level of body purification), Five days of *Peyadi Samsarjana Krama* (Diet planned after body purification process to gradually improve digestive capacity) was advised to follow (19). *Aragwadadi kashaya* is *Kushtaghna* (Removes skin diseases) and *Vranashodana* (purifies the wound) which facilitates further healing of cracks and fissures (20). *Gandaka Rasayana* is also *Kushtaghna* (Removes skin diseases) and acts as *Rasayana* (Rejuvenative) after *Shodhana* (Body purification) (21). *Gandarvahastadi Eranda taila* where *Eranda* (*Ricinus communis*) is best *Vatahara* (balances *Vata*) and *taila* (Oil) helps to remove *Rukshata* (Removes Dryness) along with *Vatanulomana* (Makes *vata* to move downwards) (16, 22). *Mahatiktaka lepam* is proprietary medicine of Kottakal pharmacy which has *Mahatiktaka ghrita* with Purified *Tutta* (blue vitriol) and *Tankana* (Borax) as its composition. *Tankana* (Purified Borax) which has *vrananashana* (heals of wound) and *Vatahara* (Pacifies *vata dosha*) and *Tutta* (purified Blue Vitriol) which is *twachya* (Enhances normal skin texture), *Vranadoshanashaka* (purifies and promotes healing) promoted healing of fissures and cracks (9, 23, 24).

Conclusion

The present case study concludes that *Vipadika* has been effectively treated with *Virechana* followed by *Shamoshadhi* in spite of its chronicity and severity.

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