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## Management of *Vipadika* – A Case Report

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### ABSTRACT

Skin diseases are explained in detail in Ayurveda under the broad heading Kushta. Various formulations are found effective in the treatment of variety of skin diseases. *Vipadika* is a type of Kshudra Kushta, the main laxanas being Pani Pada Sputana and Teevra Vedana. Here is a case report of a female patient, diagnosed to have *Vipadika* (Diffuse Palmar Keratoderma), who is treated successfully with internal medications Kaishora Guggulu, Gandhaka Rasayana, Maha Manjistadi Kashaya, Mahatiktaka Ghrita Capsule and externally with Panchavalkala Qwatha Prakshalana and Nalpamaradi Taila. Patient was relieved of the signs and symptoms after 25 days of treatment. Medication was continued to prevent the recurrence.

### KEYWORDS

*Kushta, Vipadika, Diffuse Palmar Keratoderma*



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## INTRODUCTION

Skin diseases are one among the common health problems for which most of the people prefer Ayurveda treatment. Skin diseases always have a greater impact on the physical, mental and social well being of an individual. All the skin diseases are explained in detail in Ayurveda under the broad heading 'Kushta'. *Kushta* is classified as *Kshudra Kushta* and *Mahakushta*. *Vipadika*<sup>1</sup> is one among the *Kshudra Kushta*, the main features being *Pani Pada Sputana* (Cracks in the palms and soles) and *Teevra Vedana* (Severe pain). It can be correlated to Palmo Plantar Psoriasis or Keratoderma due to similarity in the signs and symptoms. Keratoderma is a condition, wherein there will be abnormal thickening of the skin of palms and soles, which may result in cracks or fissures and pain. It can be Congenital or Acquired. Based on the presentation, it can be diffuse, punctuate or focal. The present case is correlated to Diffuse Palmar Keratoderma<sup>2</sup>.

## CASE REPORT

A female patient, aged 38 years, visited Kayachikitsa OPD of Yenepoya Ayurveda Medical College, Naringana on 25/11/2019. She presented with the complaints of excessive dryness and cracks in both the palms, associated with pain,

irritation, hyperpigmentation and mild itching since 1 year. Initially there was dryness and irritation of both the palms, which gradually increased and fissures developed along with pain (Figure 1).



**Figure 1** Before treatment

She consulted at many places and took allopathy medicines, but did not find complete relief. Hence she consulted in our hospital.

### PAST HISTORY:

No History of any other chronic illnesses.

### FAMILY HISTORY:

Nobody in her family has similar ailment.

### PERSONAL HISTORY:

Appetite- Good

Sleep – Sound

Bowel – Once/day, normal consistency

Micturition – Normal

Food – Mixed Diet

### OCCUPATIONAL HISTORY:

She is a homemaker

### GENERAL EXAMINATION:



Appearance: Normal  
 Built: Hyposthenic  
 Pallor: Absent  
 Icterus: Absent  
 Cyanosis: Absent  
 Clubbing: Absent  
 Oedema: Absent  
 Nails: Normal  
 Lymphadenopathy: Absent  
 Vitals:

BP – 120/80mm Hg

Pulse rate – 69/min

Respiratory rate – 16/min

Weight – 41kg

#### SKIN EXAMINATION:

Site – Both the palms

Lesion – Hyperkeratinisation with fissures

Colour – Blackish discolouration

Distribution – Symmetrical

Surface – Rough and dry

Scaling – Absent

Discharge – Absent

Candle Grease test – Negative

Auspit's sign - Negative

#### NIDANA PANCHAKA:

*Nidana: Katu, Rooksha, Sheetala Ahara Sevana,*

*Poorvaroopa: Rukshata of Twak*

*Roopa: Twak Sputana, Parushata, Vedana, Kandu*

*Samprapthi: Nidana Sevana -Vata- Kapha*

*Prakopa- dushana of Rasa and Rakta*

*Dhatu – Sthana Samshraya in Hasta: Vipadika*

*Upashaya: Application of coconut oil*

#### INVESTIGATIONS:

Blood Routine – Normal

#### VYAVACHEDAKA NIDANA:

Ayurveda differential diagnosis along with signs and symptoms is given in Table 1.

**Table 1** *Vyavachedaka Nidana*

<i>Padadari</i> <sup>3</sup>	
<i>Charmakhya</i> <sup>1</sup>	<i>Vipadika</i>
<i>Pada Sputana</i>	
<i>Bahala</i>	<i>Pani</i>
<i>Pada sputana</i>	
<i>Vedana</i>	
<i>Parusha</i>	
<i>Teevravedana</i>	
<i>Hasticharmavat</i>	

#### VYADHI VINISCHAYA – Vipadika

**MODERN DIAGNOSIS** – Diffuse Palmar Keratoderma

#### ASSESSMENT CRITERIA:

Signs and symptoms were assessed on the basis of gradings given in Table 2:

**Table 2** Assessment criteria and gradings

Criteria	Absent	Mild	Moderate	Severe
<i>Pani Sputana</i>	0	1	2	3
<i>Vedana</i>	0	1	2	3
<i>Kandu</i>	0	1	2	3
<i>Parushata</i>	0	1	2	3
<i>Rukshata</i>	0	1	2	3
<i>Hyper-pigmentation</i>	0	1	2	3

#### TREATMENT GIVEN:

Treatment was planned and given for 25 days depending upon the clinical presentation and *Samprapthi*. Details of the treatment is given in Table 3.

**Table 3** Treatment Schedule

MEDICINE	DOSE	DURATION
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Kaishora	1-1-1 (After food)	Initial 5 days
Guggulu		
Gandhaka	1-0-1(After food)	
Rasayana		
Mahamanjistadi	15ml-0-	
Kashaya	15ml(After food)	
Panchvalkala		
Kwatha	Prakshalana twice daily	
Kaishora	1-1-1(After food)	Next 10 days
Guggulu		
Mahatiktaka	1-0-	
Ghrita Capsule	1(Before food)	
Mahamanjistadi		
Kashaya	15ml-0-	
Nalpamaradi	15ml(After food)	
Taila	Local application twice daily	
Mahatiktaka	1-0-	Next 10 days
Ghrita Capsule	1(Before food)	
Mahamanjistadi		
Kashaya	15ml-0-	
Nalpamaradi	15ml(After food)	
Taila	Local application twice daily	

## OBSERVATION AND RESULTS

The changes were observed after the treatment and graded as given in Table 4.

**Table 4** Gradings before and after treatment

Signs and Symptoms	Before treatment	After treatment
<i>Panisputana</i>	3	0
<i>Vedana</i>	2	0
<i>Kandu</i>	1	0
<i>Parushata</i>	3	0
<i>Rukshata</i>	3	0
Hyperpigmentation	3	0

## DISCUSSION

As per the clinical symptoms the patient was diagnosed to have *Vipadika*, with the predominance of *Vata Kapha Dosh*. Initially as there was mild itching *Gandhaka Rasayana*<sup>5</sup> was given as its *Kapha vatahara* and *Kanduhara*. *Kaishora*

*Guggulu*<sup>6</sup> with the main ingredients being *Triphala* and *Amrita* is *Tridosahara*, told to be *Sarva Kushtahara* and *Vranahara*. It is also told to be *Kanthikaraka*. Here it helped in relieving the pain and warding off the discolouration. *Mahamanjistadi Kashaya*<sup>7</sup> is indicated in *Ashtadasha Kushta* and has *Rakta Prasadana* property. After initial 5 days itching was reduced and then *Mahatiktaka Ghrita*<sup>8</sup> capsule was given in order to increase the *Sneha Guna* internally and to pacify *Vata Dosh*. *Mahatiktaka Ghrita* is indicated in *Kushta*, *Kshudraroga*, etc and it has the *Rasayana* property. This mainly helped in reducing the *Rukshata* and *Parushata* of skin and added glow to the skin. *Panchavalkala qwatha*<sup>9</sup> was given for *Prakshalana* initially, which helped in relieving itching, pain, hastening the healing process. *Ashwattha*, *Udumbara*, *Plaksha*, *Pareesha*, *vata twaks* constitute the *Panchavalkala*, having *Vrana*, *Shothahara Karma*. It was given only for initial 5 days. Once the itching was relieved and pain was reduced *Nalpamaradi Taila*<sup>10</sup> was given for application as external *Snehana* which reduced the dryness and roughness of the skin. *Nalpamaradi Taila* has *Tila Taila* base with ingredients like *Vata*, *Ashwatha*, *Plaksha*, *Udumbara*, *Triphala*, *Chandana*, *Usheera*, *Kushta*, *Manjishta*, *Chora*, *Haridra*. It has *varnya* drugs which helped in reducing



hyperpigmentation. After 25 days of treatment patient found relief from the signs and symptoms (Fig 2). *Mahatiktaka Ghrita* Capsule 1BD and *Nalpamaradi Taila* for local application were given as follow up medicines for a month.



**Figure 2** After 25 days of treatment

## CONCLUSION

Understanding the *Dosha*, *Dushya* and *Samprapthi* is very much important to select the appropriate line of treatment. Selection of proper *Shamana Aushadas* as per the disease condition and the stages is very important to get good results. The above case was so analysed and appropriate medicines were chosen and treated successfully. There were no any adverse effects. Hence the right choice of Ayurveda *Shamana Aushadas* can really work wonder in various cases.



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