



TITLE: MANAGEMENT OF VIPADIKA (PALMOPLANTAR PSORIASIS) THROUGH SHAMAN CHIKITSA- A CASE STUDY

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ABSTRACT:

All skin diseases in Ayurveda have been considered under the heading of kushtha .Vipadika is one of the disease which has been included under the heading of kshudra kushta. There are 18 types of skin diseases in Ayurveda samhita ,out of which 11 are kshudra kushta .Vipadika is one of them.

In present case report a patient with complaints of dryness and cracking of both soles, itching. the patient attended our opd of Vipadika have a greater negative impact on their personal and social life as they have extreme difficulties in daily activities, self-care challenges, and mobility, impairments with topical medicine dependency which worsen the patient's quality of life.

KEYWORDS: Vipadika, kushta,palmoplantar psoriasis

INTRODUCTION: skin diseases are most common form of infections occurring in people of all ages. Skin diseases not only affects the patient physically but also disturb mental and social health of the patient.

In Ayurveda almost all skin diseases are explained under kushta .There are 18 types of kushta described in Ayurveda samhita[1].According to acharyas charak cracks and severe pain are the symptoms of Vipadika[2].According to ashtang hridaya panipadsphutan (cracks on palm and soles),tivra vedana(intense pain),Manda Kandu(mild itching),Sarag pidika(red coloured macule)

are the symptoms of Vipadika[3].According to sushrutacharya ,itching, burning sensation, pain present especially on pads (sole) are symptoms of vipadika[4].critics of sushrutacharya have told padadari (cracks over sole) and Vipadika are same [5].In Vipadika there is involment of tridosha but vata is predominantly vitiated.

Vipadika is correlated with palmoplantar psoriasis which is chronic skin disease mainly affects palm and sole region. Palmoplantar psoriasis is caused by combination of genetic and environmental factors.

AIM: To study the case of vipadika through ayurvedic management.

OBJECTIVE: To manage the case vipadika through ayurvedic shaman chikitsa.

CASE PRESENTATION:

HISTORY OF PATIENT: An 8 yr old female child came to OPD of our Radhakisan Toshniwal Ayurveda Mahavidyalaya,Akola presenting cracks on both soles(padsphutan), itching (Kandu) and intense pain (tivra vedana).

HISTORY OF PRESENT ILLNESS: Patient's mother gave a history of cracking of both the soles since 5 years, which gradually increased with itching sensation, cracks and pain.she had consulted for various treatments available but she was not relieved

FAMILY HISTORY: No one in her family is suffered from Vipadika.

PERSONAL HISTORY:1) Appetite – moderate (Habbit of eating eggs+milk daily)

2)Bowel- Good

3) Micturition-regular

4)Food: Mixed diet

TRIVIDH PARIKSHA:

1) Darshan pariksha:Matsya shakalopama ,sphutam,vaiivarnyata

2)sparshan pariksha: khara sparsha

3)prashnam pariksha: kandu,daha,toda

ASHTAVIDH PARIKSHA:1) NADI: Vata kapha

2) mala: prakrut

3)Mutra: prakrut

4)Jivha: Niram

- 5)Shabda: prakrut
- 6)Sparsha: Ruksha (Dry)
- 7)Druk: prakrut
- 8)Akruti: Madhyam(medium)

DASHAVIDH PARIKSHA:1) Prakruti - Vata- kapha

- 2)Vikruti: Rasa, Rakta, Twak, mamsa
- 3)Satwa: Madhyam
- 4)sara: Rasa sara
- 5)Samhanan: Madhyam
- 6)Praman: Madhyam
- 7)Satmya: Amla, Lavana, Madhur
- 8)Aharshakti: Avar
- 9)vyayamshakti: Uttam
- 10)vaya: Madhyam

NIDANPANCHAK:

- 1) Nidanam: Ruksha, Kaphaj ahar
- 2)Poorvaroop: cracking of foot
- 3) Roop: Cracking of foot, oozing of blood due to cracks on feet
- 4)samprapti: Nidan sevan->Vatakapha prakop->Rasaraktdhatudushan->Sthansanshray in pada->Rukshata,sphutam of pada->Tivra vedana,srav->Vipadika

DIFFERENTIAL DIAGNOSIS:

- 1) Vipadika: Vata- Kaphaj,saruja srava, kandu
- 2) padadari: vata,saruja

VYADHI VINISHCHAY: VIPADIKA**TREATMENT:**

Internal medicines given which included Laghusutshekhar Ras, sarivadi vati, Guduchi ghanvati, triphala gugguluh, paripathadi kadha. Each follow up was planned after 15 days to analyse subjective and objective criteria.

SUBJECTIVE CRITERIA:

Sr.no.	Criteria.	Grade -Symptoms
1.	Vedana(pain).	0- No pain 1-pain after pressing 2-pain on touch 3 pain without touching
2.	Kandu(itching).	0-No itching 1- 1-2 time in day 2-frequent itching 3-Itching disturb the sleep
3.	Daha((burning sensation)	0- No burning sensation 1- burning during itching 2- countinous burning

OBJECTIVE CRITERIA :

1) Padsphutana(cracks):	0-No cracks 1- cracks on heels only 2-cracks on heels and plantar aspect of toes 3- cracks on complete foot
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OBSERVATION AND RESULTS:

The result was observed after each follow up of 15 days.

After complete treatment assessment shows patient has 75% relief in crack, burning sensation, itching and pain. picture of the sole of both feet also shows significant relief during the treatment and after the treatment

Follow up/Features	B.T	First	Second	Third	Fourth	Fifth	Sixth	A. T
Vedana(pain)	3	3	3	2	2	1	1	0
Kandu(itching)	3	3	2	2	2	1	1	0
Daha(Burning sensation)	1	1	1	1	1	0	0	0
Padsphutana(cracks)	3	2	2	2	1	1	1	1

TYAPE OF TREATMENT	DRUG	DOS E	TIME OF ADMINISTRATIO N	DURATIO N	ANUPAN
INETERNAL MEDICATIO N	1) krumikuthar Ras	250 mg	After meal, BD	10 days	Lukewar m water
	2)Aarogyavardhin i vati	250 mg	After meal, BD	45 days	Lukewar m water
	3) Panchatikta Ghrita	10 ml	Early morning, OD	30 days	
	4)Gandhak Rasayan	250 mg	After meal, BD	30 days	Lukewar m water
	5)Paripathadi Kadha	20 ml	After meal, BD	30 days	
	6)Laghusutshekha r Ras	250 mg	After meal,BD	30 days	Lukewar m water
	7)Triphala Guggul	250 mg	After meal,BD	30 days	Lukewar m water
Local Application	8) karanj Tail		BD	30 days	



DISCUSSION:

Vipadika is vata Kaphaj kushta so treatment should be aimed at alleviating vata and kapha dosha alongwith correction of twak ,rakta,mansa and lasika, as these are the dushyas. This case of Vipadika was treated with amapachak vati,aarogyavardhini vati ,gandhak rasayan,panchatikta ghruta,paripathadi kadha, Laghusutshekhar ras,triphala guggul.

krumikuthar ras: It is an effective ayurvedic medicine useful in treating intestinal worms,rasayan,yogavahi[6]

Arogyavardhini: Loha(Calcined iron), Abhrak(Biotite mica), Tamra(Incinerated copper), Shilajit(Asphaltum), Guggul(Commiphora mukul), Chitrak (Plumbago zelaynica) and Kutki(Picorrhiza kuro) are the main contents of Arogyavardhini vati. Along with these drugs it contains Triphala, kajjali, Nimba patra swaras. These drugs have Vatanashak, Pachak (Digestive), Deepak (appetizer), Vishaghna(Antitoxic) and Jantughna (antimicrobial) effectArogyavardhini is mentioned as the best medicine for skin diseases . It helps to improve digestion, clears the body channels to improve the tissue health and by balancing the fat, and removes the toxins from the body, by acting on digestive system[7]

The ingredients of Panchatikta Ghrita include Nimba] (Azadirachta indica A. Juss), Patola](Trichosanthes dioca Roxb.), Vyaghri (Solanum)surattense Burm.f), Guduchi [Tinospora cordifolia (Thunb) Miers], Vasa (Adathoda vasica Linn.), Haritaki (Terminalia chebula Retz), Vibhitaki Terminalia bellerica Gaertn. Roxb), Amalaki(Emblica officinalis Gaertn), and Goghrita (ghee)prepared from cow's milk(; most of which have Kushtaghna and Raktaprasadaka properties]

TiktaRasa itself is ideal for Pitta and Rakta Vikaras. As a Shamana Ousadha, Panchatikta Ghrita is a good option for Vipadika.[8]

Gandhak rasayan: It contains Shuddha gandhak(Pure sulphur), Chaturjat, Triphala,Sunth,(Zinziber officinalis) Maka (Eclipta alba) and Gulwel.(Tinospora cordiolia) It acts as kushtaghna (fights with skin ailments), vishaghna (Antitoxin), Rasayan (Antioxidant), Jantughna,(Antimicrobial) and Yogvahi(Increases the action of drug). Gandhaka Rasayan is Pitta shamak in nature, which acts as anti-inflammatory[9]

Paripathadi kadha contains key ingredients like Guduchi (Tinospora indica), Kiratatikta (Swertia chirata), Haridra (Curcuma longa) and Neem (Azadirachta indica).all the content are having properties of pittashaman and some having pittarechana, it pacify pitta dosha and digestive action. [10]

Ingredients of Laghusut Shekhar Ras are Shuddha suvarna Gairika (red ochre)-2 parts,Shunthi (zingiber officinale)-1 part, Paan (piper betel) - Bhavna dravya .it is used for Aam pachan Digestive stimulant, Antacid,Anti-inflammatory, Blood purifier[11]

Triphala guggul contains Amla (Indian Gooseberry) - Emblica officinalis ,Bibhitaki - Terminalia bellirica ,Haritaki - Terminalia chebula , Pippali (Long Pepper) - Pepper Longum ,Guggul - Commiphora mucul . It act as anti-inflammatory, antibacterial, antioxidant, analgesic.[12]

Karanj taila: It contains karanj (Pongamia pinnata), Saptacchada(Alstonia scholaris),Langali(Gloriosa superba), Arka (Calatropis procera), Chitraka(Plumbago zeylanica), Brungaraj(Eclipta alba), Vatsanabh (Aconitum ferox), Gomutra (Cowurine) [17]. It is widely used in various skin diseases. The karanj-oil contains medicinal properties and used in itches, abscess and other skin diseases [13].

CONCLUSION:

Vipadika is a dermatological disease, often observed in day-to-day practice. Though Vipadika has a chronic nature, its symptoms can be effectively managed through proper medication and hand-foot care. Proper shaman chikitsa is highly effective in reducing the signs and symptoms of Vipadika, which will also give long term cure by preventing its recurrence.

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