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Research Article

Management Of Vaipadika Kushta Through Ayurveda – A Case Study

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Abstract

In Ayurveda all skin diseases are studied under the heading of Kusta Roga. Vaipadika Kusta is categorized as one among the eleven type of Ksudra kushta. The main clinical symptoms of Vaipadika kushta is *pani padaSputana* (Linear cuts) and *Teevra vedana*¹(severpain) in soles and palms as explained by Acharya Charaka, Acharya Sushruta also mentioned about Vaipadika Kushta with different Name as Pada dhari and this condition can be compared with Palmar and plantar psoriasis. The main Dosha involved is Vata Dosha along with pitta or kapha. Even though it is categorized under Kshudra Kushta it effects both physical and mental health of a patient. This article mainly presents a case of 43-year-old female with complaints of linear cuts with severe pain and blackish discoloration over palms and soles since 3 years, which was successfully treated with Shodhana and shamanoushadi's for period of 2 months. Though it was chronic case but then patient was recovered within 2 months. This is an effort to show the brighter side of Ayurveda treatments in treating chronic skin disorders.

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INTRODUCTION

Skin is the body's largest protective organ which denotes the health of the individual. Researchers proved that any disease with respect to skin hampers both physical as well as mental wellbeing of the person and billions of money is spent every year for cosmetic purpose. In Ayurveda all the skin disease is studied under the concept of Kushta and Vaipadika Kushta is one among the Kshudra kushta. All Acharya's given different opinion regarding the clinical signs and symptoms of vaipadika kushta. According to Acharya Charaka Teevra vedana and pani pada sputana² are the main symptoms where as Astanga Hridaya says that Pani pada sputana,

Teevra vedana, manda kandu and sa raga pidaka are the symptoms of vaipadika kushta³. Acharya Sushruta named vaipadika as Padadari and itching, burning and pain over Pada⁴ are the main symptoms of vaipadika kushta. This article is mainly highlighting the case study of Vaipadika kushta which is successfully managed with shodhana fallowed by shamanoushadi.

AIMS AND OBJECTIVES –

To study the effectiveness of Virechana and shamanoushadi in the management of Vaipadika kushta

CASE REPORT –

A 43 year old female from bangalore visited to Rajashekaraiha institute of Ayurveda college and hospital soluru with complaining of Dryness of skin and cracked fissure and blackish discolouration along with severe pain over soles and palms since 3 years and patient was advised to get admitted for shodhana chikitsa and patient got admitted on 25/5/2024 for further treatment

Chief complaints

- Severe pain in the soles and palms of both upper and lower limbs
 - Cracked fissure and blackish discoloration over both palms and soles
 - Difficulty to walk and fold the hand due to severe pain
- All these complaints were present from last 3 years but got aggravated from last 3 months

History of present illness

A 43 years old female consulted to Rajashekaraiha institute of Ayurveda college and hospital soluru on 25th may 2024 with complaining of cracks likes fissure over palms and soles of both upper and lower limbs associated with dryness of skin, and pain while walking and difficulty in folding palms since 3 years but complaints got aggravated since 3 months.

Symptoms were aggravating on eating spicy food, at evening and during summer season and rainy season. For above said complaints patients has consulted many allopathic doctors in last 3 years, on medications complaints got reduced but off medications again complaints were reoccurred so patient came to Rajashekaraiha institute of Ayurveda college and hospital soluru, Karnataka for Ayurveda line of treatment

Personal history

- Appetite – Reduced
- Bowel – Constipated
- Micturition – Regular
- Habit – tea 4 times a day

Medical history

- Patient is not known case of hyperthyroidism, DM, HTN
- Patient is under medication for above said complaints from past 1 year

General examination

Pulse Rate – 76/min
Lymphadenopathy – Absent
Respiratory rate – 18/min

Blood pressure – 130/90 mm Hg
Cyanosis and clubbing of nails – Absent
Pallor – Absent
Weight – 67 kg

Systemic examination

Integumentary system examination

- Site of lesion – over palms and soles
- Nature of lesion – dry scaly fissure like cracks
- Discharge – bloody discharge some times
- Itching – present
- Margins – Irregular
- Auspitz sign – positive

Diagnosis

Diagnosis was made based on clinical findings such as Pani pada sputana (Cracks in soles and palms) and teevra vedana (severe pain)

Study design– Case study

Materials and method

Treatment planed was Virechana (Shodana therapy) followed by shamanoushadi⁵

- For initial 3 days Deepana pachana was done with Hinguvastaka vati 2 – 2– 2

15 minutes before food for 3 days

- 4th day onwards snehapana was started with Mahatiktaka grita for 5 days with the dose of 30ml, 60ml, 100ml, 120ml & 140ml respectively till the appearance of samyak snigdha lakshana such as Snigdha purisha, Twacha Snigdhatata, Sneha dweshi⁶

- After snehapana sarvanga abhyanga was done with Yastimadhu taila fallowed by parisheka with dashamoola Kashaya, pada avagaha with dashamoola Kashaya for 3 days

- On last day virechana was done with trivrut lehya 80gm with 100ml triphala kashaya totally 22 vegas were notice by the end of the day and patient was comfortable so patient was discharged by next day with samsarjana krama for 7 days and shamanoushadi

- Patient was called for fallow up after 15 days from the date of discharge and second fallow up was called after 1 month.

Advice on discharge

- Patient was advised to fallow the Samsarjana krama for 7 days⁷

- Advised to avoid intake of food which is made up of green chilly and oil fried food

- Avoid intake of more curd , brinjal etc..

- Avoid exposure to more cold wind, dust and cold water

- Advised to wear gloves and socks to hands and legs in order to fasten the healing process

Table no – 1

Sl. No	Procedure	Medicines	Days
1	Deepana pachana	Hinguvastaka vati (2-2-2)	1 st 3 days
2	Snehapana	Mahatiktaka grita – 30ml	4 th day
3	Snehapana	Mahatiktaka grita – 60ml	5 th day
4	Snehapana	Mahatiktaka grita – 100ml	6 th day
5	Snehapana	Mahatiktaka grita – 120ml	7 th day
6	Snehapana	Mahatiktaka – 140ml	8 th day
7	Sarvanga abhyanga & sweda, and pada avagaha	1. Yashtimadhu taila and parisheka with dashamoola Kashaya 2. Pada avagaha – panchavalkala kwata	9 th day
8	Sarvanga abhyanga & sweda, and pada avagaha	1. Yashtimadhu taila and parisheka with dashamoola Kashaya 2. Pada avagaha – panchavalkala kwata	10 th day
9	Sarvanga abhyanga & sweda, and pada avagaha	1. Yashtimadhu taila and parisheka with dashamoola Kashaya 2. Pada avagaha – panchavalkala kwata	11 th day
10	Virechana	Trivrut lehya 80gm with 100ml triphala kashaya	12 th day

Assessment criteria

Assessment was done based on the grading's given for subjective parameters ⁸

Table no - 2

Sl. No	Clinical features	Grade – 0	Grade – 1	Grade – 2	Grade – 3
1	<i>Pani – pada sputana</i>	Absent	Mild (presence of cracked lines on heel)	Moderate (open cracks)	Sever (Wild open bleeding fissure)
2	<i>Vedana</i>	Absent	Mild and able to walk	Moderate (tolerable and able to walk)	Sever and unable to walk
3	<i>Rukshata and Kharata</i>	Absent	Mild dryness	Moderate dryness and rough on touch	Sever dryness and rough flakes
4	<i>Khandu</i>	Absent	Mild (occasionally itching)	Moderate (frequent itching)	Sever itching
5	<i>Shyava varna</i>	Absent	Mild	Moderate	Sever

Observation table

Observation was done based on the clinical features and grading's was given accordingly

Table no - 3

Sl. No	Clinical feature	Before treatment	After treatment	After fallow up
1	<i>Pani pada sputana</i>	3	2	0
2	<i>Vedana</i>	3	2	1
3	<i>Khandu</i>	2	1	0
4	<i>Shyava varna</i>	3	1	0

Result

The selected line of treatment was proved to be effective and there was immediate relief from the pain and dryness after *Virechana*, and after *shanoushadi* there was measurable changes in the *Sputana of Panipada* (cracks and fissure over palms and soles) and patient was able to walk and fold the palms easily without any pain

Discussion

Vaipadikakusta is chronic disease where the main *Dosha* involved is *vatapradhanapittadoshaso* both shodhana and shamana treatment is needed and the type of shodana we choose in this case is *Virechana* as it is the main line of treatment in disease with *Pitta dosha* aggravation and

also act as *Vataanulomana*⁹. *Deepana pachana* was done with *Hinguvastaka vati* as it helps in enhancing the *Agni*¹⁰

Snehapana was done till the appearance of *Samyak snigdha lakshana* (5 days) with *Mahatiktaka grita* as it contains *patola*, *Tikta rohini* etc which are mainly helps in pacification of *pitta* as well as *vata dosha* by which it helps reduction of dryness and there by reducing the itching sensation¹¹.

After *snehapana Sarvanga abhyanga* was done with *Yastimadhu thaila* as it is made with *Sheeta veerya dravya* so it helps in pacification of *pitta* as well as reduces the *Shyava varnata* (blackish discoloration)¹² and *Parisheka* and *pada avagaha* was done with

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Dashamoola kwata as it balances all three dosha's and even reduces the pain¹³. After 3 days of Vishrama kala Virechana was done with Trivrut lehya¹⁴ as it is sukha virechaka as there was 22

vega's were noticed and it is Pravara shuddi. Samsarjana karma was advised for 7 days and shamanoushadi's were prescribed for next 20 days

Before Treatment



After Treatment



After Shamanoushadi's



Before Treatment



After Shodhana(Virechana)



After Shamanoushadi's



List of Shamanoushadi

Table no - 4

Sl.No	Name of medicine	Dosage
1	Gandaka rasayana tab	2-0-2 (after food)
2	Khadirarista	20ml – 0 – 20ml (after food)
3	Nimbamrutadi eranda taila	0-0-10ml with 100ml milk (at night)
4	Mahatiktaka grita	10ml – 0 – 10ml (before food)
5	Maha tiktaka lepa + jeevantyadi Yamaka	Twice daily after bath
6	Dashamoola kwata choorna	At evening for Pada avagaha
7	Nimbadi guggulu	1-0-1 (after food)

1. Role of Gandaka rasayana –The indication of Gandaka rasayana in twak vikara is highlited in Basavarajeeyam. It is mainly prepared by giving 12 Bhavana of kwata of Chaturjataka, triphala, shunti, bhringaraj and Guduchi thus it acts as Kandugna, rakta shodaka and also as Rasayana thus it helps in teating Kushta vyadhi^{15,16}
2. Nimbamrutadi eranda taila – it acts as Sukha virechaka helps in Vatanulomana
3. Jeevantyadi yamaka and mahatiktaka lepa – it has mainly anti-inflammatory and wound healing property which enhances the tissue repair and regeneration also reduces the itching and dryness
4. Khadirarista – which is mainly containing the Khadira, triphala, haridra and devadaru which mainly acts as Krimigna, and kushtagna
5. Nimbadi guggulu – it mainly acts as immunomodulatory and anti oxidant property¹⁷

Pathya advised

- Avoid intake of more spicy and sore food
- Avoid taking more hot water bath
- Avoid more intake of oily fried food, junk food etc..

Conclusion

From this present case it is clinically proved the *VaipadikaKushta* can be cure effectively with *Shodhana* and shaman *chikitsa*

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