

HOLISTIC AYURVEDIC TREATMENT OF VIPADIKA: RESOLVING VATA-KAPHA INDUCED PALMOPLANTAR FISSURES – A CASE REPORT

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ABSTRACT

Vipadika, classified under Kshudra Kushtha in Ayurveda, is primarily caused by vitiation of Vata and Kapha Dosha, and is characterized by painful fissures, dryness, itching, and occasional bleeding on the palms and soles. In this clinical case, a 52-year-old female who was suffering from chronic fissures in both palm & sole with severe pain for six months was treated through a classical Ayurvedic approach. The treatment included internal medications such as Gandhak Rasayan, Rasmanikya, Aarogyavardhini Vati, Kaishor Guggulu, Khadirarishta, and Dashmool Kwath, along with external applications of Gandhak Malhar and Jatyadi Taila. These formulations targeted Dosha Shamana, Rakta and Rasa Dhatu Shuddhi, including Vrana Shodhana-Ropana. The protocol provided significant relief in symptoms such as fissuring, pain, itching, and bleeding within a short span. The multi-layered approach of Ayurvedic therapy addressed the root cause by correcting Agni, eliminating Ama, and nourishing Twacha through Rasayana chikitsa. This case demonstrates that Vipadika, though chronic and resistant to modern treatments, can be effectively managed with Ayurvedic principles focused on Dosha and Dhatu involvement. The results underline Ayurveda's potential as a safe, holistic, and sustainable treatment approach for chronic skin disorders.

KEYWORDS: Vipadika, Kshudra Kushtha, Ayurvedic dermatology, Vata-Kapha Dushti, Raktashodhaka, Gandhak Rasayan, Jatyadi Taila.

INTRODUCTION

In Ayurveda, the term Kushtha refers to all kinds of skin diseases. The skin acts as the body's shield and shows a person's overall health. Ayurveda says health depends on the balance of three doshas—Vata, Pitta, and Kapha. Acharya Charaka noted that all Kushthas involve all three doshas.¹ Ayurveda consolidates all dermatological conditions under the umbrella of Kushtha. While Vipadika, a subtype of Kshudra Kushtha outlined in Ayurvedic texts, lacks a precise match to contemporary diagnoses like palmo-plantar psoriasis, dyshidrotic eczema, contact dermatitis, pityriasis rubra pilaris, acquired palmoplantar keratoderma, or tinea pedis/magnum, these are explored here owing to their symptom profiles that closely resemble Vipadika's manifestations. Predominantly involving Vata and Kapha doshas, it manifests as Pani-pada Sphutana (fissures on palms and soles) accompanied by Teevra Vedana (intense pain)². Echoing Acharya Charaka's view, Acharya Vagbhata concurs and further notes the emergence of erythematous patches on the palms and soles.³ Charaka Samhita and Ashtanga Hridaya depict Vipadika as a Kshudra Kushtha marked by Patalalata Sphutana (cracking of palms and soles) and Teevra Vedana (intense pain). Its persistent nature and poor response to topical therapies markedly impair patients' quality of life. Contemporary equivalents encompass chronic eczema, psoriasis, or palmoplantar keratoderma, where management relies on moisturizers and corticosteroids—yet these carry adverse effects and falter in preventing relapses. The present case illustrates a traditional Ayurvedic regimen delivering substantial symptomatic amelioration.

AIM AND OBJECTIVES

- 1.To depict the key clinical signs and symptoms of Vipadika.
- 2.To examine the Ayurvedic strategies for managing Vipadika.
- 3.To draw comparisons between Vipadika's features and those seen in palmo-plantar psoriasis, allergic contact dermatitis, dyshidrotic eczema, pityriasis rubra pilaris, acquired palmoplantar keratoderma, and tinea pedis/magnum.

MATERIAL AND METHOD

Case report-

A 52-year female patient came to the OPD (OPD No. 20250000501) of Shri Khudada Dunga Ji Government Ayurveda college Hospital Raipur C.G. on 06/01/2025 with the complaints of cracks on both palms and soles with sever itching and pain.

Chief complaint- Cracks on both palms and soles with sever itching and pain.

History of present illness- She presented with cracks on both palms and soles, accompanied by intense itching and pain persisting for six months. Although modern medical treatments provided short-term relief, the symptoms kept recurring, prompting her to seek care at an Ayurveda hospital.

On examination- Deep fissures appeared across both palms and soles, accompanied by localized spotting of blood and sensitivity to touch. Based on these clinical signs, the diagnosis was confirmed as Vipadika, with symptoms pointing to a primary imbalance in Vata and Kapha doshas.

Personal history

- Appetite: Moderate
- Bowel: irregular, occasionally two days once.
- Micturition: Regular
- Sleep: Sound
- Food: Mixed diet

General examination

- Appearance: Normal
- Built: Moderate
- Nourishment: Moderate
- Pallor: Absent
- Icterus: Absent
- Oedema: Absent
- Cyanosis: Absent

Vital data

- Pulse: 80 /Min.
- BP: 110/90 MmHg
- Respiratory Rate: 18/Min
- Weight: 78kg

Skin examination

- Site dorsum of foot or sole
- Distribution- Symmetrical (both soles)
- Dryness, itching and cracking of both the palm and soles (pada sphutana) with painful bleeding from the cracked region was also observed.
- In and around the fingers cracking present.
- Surface was rough and dry, margin- irregular.

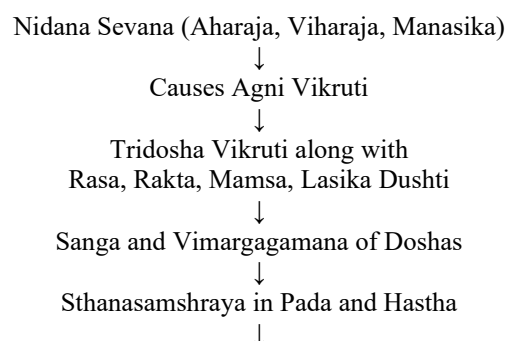
Nidana Panchaka

Nidana: Katu, Snighdha, Guru, Abhishyandi Ahara, Vataja Ahara.

Poorva-Roopa: Kandu

Roopa: Cracking of both palms and soles with Dryness, itching, bleeding and painful lesions.

Samprapti:



Upashaya: Application with Singhdha, ushana Ghrita and Tail.

Treatment given**External application:**

1. Gandhak malhar and Sarjras malhar which was prepared as per classical reference by PG students of Agad tantra evam vidhi ayurveda department.
 2. Jatyadi Tail.
- 2 – 3 times in day.

Internal application:

S.no.	Medicine	Dose	Anupana	Schedule
1	Gandhak Rasayan Rasmanikya Aarogyavardhani Gilyo Satva	250 mg 250mg 250mg 2 gm	Madhu	Twice a day after food
2	Kaishor Guggula	2 tab	-	Twice a day after food
3	Khadirarista + Dashmul Kwath	20ml + 20ml	Sambhag jal	Twice a day after food
4	Triphala Churna / Panchasakar Churna	3gm	Sukhoshan jal	Once a night after food
5	Gandhak Malhar + Jatyadi Tail	External application on palm and sole region 2- 3 times in a day		

Table 1: Assessment Criteria for Sphutan (Scaling of Skin)

S.no.	Clinical features	score
1	Insignificant dryness at the foot/palms	0
2	Roughness is present when touching	1
3	Excessive roughness presents and leading to itching	2
4	Excessive roughness presents and leading to slight cracks	3
5	Roughness leading to cracks and fissures	4

Table 2: Assessment Criteria for Vedana (Pain)

S.no.	Clinical features	Score
1	No pain	0
2	Mild pain of easily bearable nature, comes occasionally	1
3	Moderate pain, but no difficulty	2
4	Appears frequently and requires some measures for relief	3
5	Pain requires medication and may remain throughout the day	4

Table 3: Assessment Criteria for Kandu (Itching)

S.no.	Clinical features	Score
1	No Itching	0
2	1-2 times a day	1
3	Frequent itching	2
4	Itching disturbs the sleep	3
5	Itching persists even after medication and may remain throughout the day	4

Table 4: Assessment Criteria for Pani-padasphutna (Fissures/Cracks)

S.no.	Clinical features	Score
1	No Cracks	0
2	Cracks on the palm or sole only	1
3	Cracks on the palm and sole	2
4	Cracks on the complete foot and hand without bleeding	3
5	Cracks on the complete foot and hand with bleeding (oozing)	4

Table 5: Observation table

S.no.	Clinical features	Before treatment 06/01/2025	After treatment 10/03/2025
1	<i>Sphutan</i> (Scaling of Skin)	4	-
2	<i>Pani-padasphutna</i> (Fissures/Cracks)	4	1
3	<i>Kandu</i> (Itching)	4	-
4	<i>Vedna</i> (Pain)	3	-
5	Total	15	1

Figure no. 1,2,3 (Before Treatment)



Figure no. 4,5,6 (After Treatment)



DISCUSSION

In this clinical case, the patient exhibited signs of Vipadika, a Kshudra Kushtha primarily involving Vata and Kapha Dosha. The symptoms—dryness, fissuring, itching, pain, and occasional bleeding—are classical features of Vata-Kaphaja Kushtha with Rasa, Rakta, Mamsa, and Lasika Dhatu Dushti. The approach to treatment was directed toward Dosha Shamana, Dhatu Shuddhi, and Rasayana chikitsa to restore equilibrium.

1. Gandhak Rasayana⁴

- Dosha Karma: Tridosahara (especially Kapha-Pitta)
- Dhatu Karma: Rakta Shodhaka, Twachya (acts on Rasa and Rakta)
- Mechanism: Gandhaka undergoes Shodhana and Marana to enhance its bioavailability and reduce toxicity. Its krimighna (antimicrobial) and kushtaghna properties aid in skin detoxification and regeneration.
- It alleviates Kapha (itching, thickening) and Pitta (burning, inflammation) and purifies Rakta Dhatu, which is the moola of Twacha.

2. Rasmanikya⁵

- Dosha Karma: Pitta-Kaphahara
- Dhatu Karma: Raktashodhaka, Mamsa and Rasa Dhatu-prabhavaka
- Mechanism: It acts as a potent Agad formulation. It reduces inflammation, prevents secondary infection, and supports tissue healing by pacifying vitiated Rakta and Pitta.

3. Aarogyavardhini Vati⁶

- Dosha Karma: Tridosahara (particularly Pitta-Kapha)
- Dhatu Karma: Raktaprasadaka, Yakrituttejaka (acts on Rasa-Rakta)
- Mechanism: It supports hepatic detoxification, promotes Rakta Dhatu Shuddhi, and clears Ama. It helps in chronic skin conditions by correcting underlying Agni Dushti and Rakta Dhatu Dushti.

4. Guduchi Satva (Giloy Satva)⁷

- Dosha Karma: Tridosahara (especially Pitta and Vata)
- Dhatu Karma: Raktaprasadaka, Rasayana
- Mechanism: Being a Medhya Rasayana, it promotes Agni Deepana, supports Rakta Shuddhi, and enhances immunity. It corrects Dhatwagni and stabilizes Rasa and Rakta Dhatu.

5. Kaishor Guggulu⁸

- Dosha Karma: Vata-Kapha-Pittahara
- Dhatu Karma: Raktashodhaka, Lekhana, Shothahara
- Mechanism: This compound acts as an effective anti-inflammatory and detoxifier. It eliminates vitiated Rakta and Meda, controls itching and scaling, and prevents pus or infection in fissures.

6. Khadirarishta⁹ + Dashmool Kwatha¹⁰

- Dosha Karma: Khadirarishta – Kapha-Pitta Shamana; Dashmoola – Vatahara
- Dhatu Karma: Twachya, Raktaprasadaka, Rasayana
- Mechanism:
 - Khadirarishta detoxifies blood, supports skin rejuvenation, and acts as Kushtaghna.
 - Dashamoola pacifies Vata, relieves pain, and helps in chronic inflammatory skin lesions.

7. Triphala¹¹ / Panchasakar Churna¹²

- Dosha Karma: Tridosahara (Triphala); Vatanulomana (Panchasakar)
- Dhatu Karma: Rasaprasadaka, Raktashodhaka
- Mechanism: Triphala ensures regular bowel clearance (malashodhana), which indirectly purifies Rasa and Rakta Dhatu, improves absorption, and clears Ama. Panchasakar acts as Vatanulomaka to relieve constipation—a common cause for Vata vitiation and skin dryness.

8. External Application – Gandhak Malhar¹³ + Jatyadi Taila¹⁴

- Dosha Karma: Kapha-Vata Shamana

- Dhatu Karma: Twakprasadana, Vrana Shodhana and Ropana
- Mechanism:
 - Gandhak Malhar acts as an antiseptic, antimicrobial, and anti-itch agent.
 - Jatyadi Taila promotes healing of Vrana by cleansing the wound (Shodhana) and hastening tissue regeneration (Ropana) due to its Tikta-Kashaya Rasa and Snigdha-Sheeta Guna, especially effective in Rasa-Mamsa Dhatu Dushti.

Together, these formulations restore balance by:

- Pacifying vitiated Vata and Kapha, which are mainly responsible for fissures (Sphutana), pain (Vedana), and dryness (Raukshya).
- Purifying Rakta and Rasa Dhatu, the principal dhatus involved in Kushtha pathogenesis.
- Enhancing Agni, removing Ama, and supporting regeneration of Twak (skin) tissue.

This multi-layered approach not only reduced the patient's clinical symptoms significantly but also prevented recurrence by addressing Dosha, Dhatu, and Agni holistically.

CONCLUSION

From this study it can be concluded that Vipadika can be successfully treated with appropriate Ayurvedic medication. As Ayurvedic treatment helps to relieve symptoms of disease and also an attempt to provide safe and effective treatment to the patient. After first medication the symptoms like cracking of both soles, itching, bleeding from cracked region reduced with in first week. The patient was advised to follow dietary restrictions, such as avoiding fried foods, junk food, curd, non-vegetarian items, sea foods, and milk products with regular medication & follow-up.

According to Ayurveda Vipadika is a broad term mentioned by our Acharyas so one cannot exactly co-relate it with any one of the following below mentioned disease, as clinical manifestation of Vipadika can be compare but are not exactly similar with any of Palmo plantar psoriasis /contact dermatitis/ dyshidrotic eczema/ pityriasis rubra pilaris/ acquired palmoplantar keratoderma and tinea pedis/magnum

- Palmar plantar psoriasis is a variant of psoriasis that characteristically affects the skin of the palms and soles. Palmar plantar psoriasis is caused by a combination of genetic and environmental factors. It is a type of psoriasis, which is an autoimmune condition.
- Chronic vesicular dermatitis (CVD) of the palms and soles is characterized by chronic and recurrent vesiculation on an erythematous base over the palms and soles. The dermatitis is aggravated by daily household activities irritants/allergens with exposure to such as soaps, detergents, cosmetics, and hair dye or by occupational activities with exposure to cement, cutting oils, rubber, and parthenium plant with remission only when the patient abstains from these activities.^{15 16 17}
- Dyshidrotic eczema is a sudden rash of small, itchy blisters on your palms and along the sides of your fingers. This skin condition can also make blisters pop up on the soles of your feet or on your toes.
- Palmoplantar keratoderma (PPK) is a group of skin conditions characterized by thickening of the skin on the palms of the hands and soles of the feet.
- Pityriasis rubra pilaris (PRP) is the name given to a group of rare skin disorders that present with reddish-orange colored scaling patches with well-defined borders. They may cover the entire body or just parts of the body such as the elbows and knees, palms and soles.
- Athlete's foot (tinea pedis) is a fungal infection that usually begins between the toes. It commonly occurs in people whose feet have become very sweaty while confined within tightfitting shoes. Signs and symptoms of athlete's foot include a scaly rash that usually causes itching, stinging and burning.

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