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A CASE REPORT ON THE MANAGEMENT OF VIPADIKA KUSHTA WITH SINDURADYA MALAHARA

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ABSTRACT

The trividha chikitsa (three types of treatment) of ayurveda includes anthaparimarjana (Biopurificatory measures), bahir parimarjana (External measures) and sastraparinidhana (Surgical measures). Among these, bahir parimarjana chikitsa includes external applications like lepa (external application of medicated paste), abhyanga (oil massage), parisheka (pouring medicated liquids over the body), etc. that are indicated for skin diseases. Malahara kalpana (ointment preparation) falls under the category of bahirparimarjana chikitsa. Malahara kalpana are the ointment preparation which has siktha taila (base prepared by bees wax and sesame oil or ghee) as the basic ingredients. Different malahara kalpana containing rasa dravya (mineral drug) are mentioned in classical textbooks for the management of skin diseases. And Sinduradya malahara is one such malahara mentioned in a classical text book of Rasa Tarangini. It contains tankana (processed borax), girisindhura (processed mercuric oxide), siktha (bee wax), tila taila (sesame oil) indicated for puyavruna (wound with pus), vranaropana (wound healing action). In ayurveda, the diseases of skin are considered under the broad heading “kushta”. Among 18 types of kushta, vipadika is also one, characterized by pani-pada sputana (cracks in hand and feet), teevra vedana (intense pain). A female patient of age 34 years presented with symptoms such as pada sputana (cracks in heels), vedana (pain), rukshata (dryness) and was given with treatment for external application with Sinduradya malahara at night after washing the feet with luke warm water. There was reduction in the symptoms of vipadika after 30 days of treatment.

Keywords: Vipadika, Sinduradya malahara, Girisindura, Tankana, Kushta

INTRODUCTION

In Ayurveda twak stands for the skin, and all the disease of twak are considered under the broad heading “kushta”. Kushta roga is classified into seven mahakushta (seven types of major skin disease) and eleven kshudra kushta (minor skin disease) [1]. Vitiation of twak (skin), rakta (blood), mamsa (muscle tissue) and lasika (lymph) leads to kushta. According to Acharya Charaka vipadika is one of the kshudra kushta (minor skin disease), characterized by pada-pani sphutana (cracks on heels and hand) and vedana(pain) [2].

Among trividha chikitsa (three types of treatment) of ayurveda bahirparimarjana chikitsa (external measures) is one, which includes abhyanga (oil massage), parisheka (Pouring medicated liquids over the body), lepa (application of medicated paste), etc. [3]. The main area of bahirparimarjana chikitsa is twacha (skin) and it can be given as a single therapy or adjuvant therapy. Malahara kalpana (ointments) falls under the category of bahirparimarjana chikitsa (external measures). Malahara kalpana are the ointment preparations which have siktha taila (mixture of bee wax and sesame oil or ghee) as the basic ingredients. Different malahara kalpana containing rasa dravya (mineral drug) are mentioned in classical textbooks for the

management of skin diseases. Sinduradya malahara is one such formulation mentioned in classical text book, containing tankana (processed borax) and girisindura (processed mercuric oxide), indicated for puya nirharana (removing of pus), bhutasangha (anti-microbial), vranashodhana (purification of wound), vranaropana (healing of wound) [4]. Bahirparimarjana chikitsa serves as single line of treatment as well as adjuvant therapy. According to Arunadatta, commentator on Ashtanga Hridaya, Bhrajaka pitta (one among the five types of pitta) present in twak performs the function of deepana and pachana. Hence external applications are absorbed and assimilated by bhrajaka pitta.

A case presenting symptoms of cracks, roughness, pain of pada(feet), since 2 years was treated with external application of Sinduradya malahara, at night before bed time. And assessment was done before and after the treatment. Assessment resulted that there was relief of the symptoms. A detailed case report of the study is presented in this article.

Case Report

The present study deals about the management of vipadika with Sinduradya malahara, containing rasa dravya like tankana (processed borax), girisindura (processed

mercuric oxide). A 34 year female patient presented with the signs and symptoms of vipadika kushta which were told in classics like pada-sphutana (cracking of heels), Vedana (pain) was selected.

Chief Complaints

Dryness, cracks, pain, scaling of both the heels since 2 years

History of present illness

The patient gradually developed symptoms like dryness, scales, cracking of both heels associated with pain over a period of two years. On examination multiple deep fissures were present along with roughness of the area. According to clinical features the case was diagnosed as vipadika. Clinical features indicated the predominance of vata-kapha dosha.

Personal History

Appetite: Moderate

Bowel: Regular

Micturition: Normal

Sleep: Disturbed

Water exposure: Present (working excessively in water)

Vital Data

Pulse: 74/Min

BP: 120/80 mmHg

Respiratory Rate: 20 /Min

Weight: 78kg

Skin Examination

Site: Plantar aspect of feet

Dryness, scaling and cracking were present.

Cracks present around the edge of the feet,

Margin: irregular

Nidana Panchaka

Nidana:

Parikramana (excessive walking) [5]

Katu (pungent taste), Snighdha (unctuous), Guru (heavy), Vataja Ahara (food causing aggravation of vata dosha) [6].

Poorva-Roopa:

Dryness [7]

Roopa:

Cracks present in both feet with dryness, scaling with pain.

Samprapti [8]

Nidana sevana (Dosha prakopaka ahara vihara)



Vata, pitta kapha dosha gets aggravated and vitiates, gets lodged in twak (skin), rakta (blood), lasika (lymph), etc.



Produces kushta (skin disease)

MATERIALS AND METHODS

Table 1: Contents of Sinduradya malahara [9]

S. NO.	Ingredients	Botanical name/ Chemical name	Quantity
1	Shodita girisindura	Mercuric oxide	6 gm
2	Shodita tankana	Borax	6gm
3	Siktha	Bee wax	6gm
4	Tila taila	Sesame oil	30gm

Criteria for assessment

Table 2: Assessment criteria for rukshata (dryness)

S. No.	Clinical features	Score
1	Insignificant dryness and roughness	0
2	Mild roughness	1
3	Moderately rough	2
4	Excessive roughness	3

Table 3: Assessment criteria for sputana (cracks)

S. No.	Clinical features	Score
1	Absence of cracks	0
2	Presence of slight cracks	1
3	Presence of moderate cracks	2
4	Excessive cracks	3

Table 4: 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 with slight difficulty in walking	2
4	Pain may remain through the day and requires medication	3

Table 5: Treatment plan-Patient was treated on OPD basis

Drug	Sinduradya malahara external application daily at night
Dose	Q. S
Total duration	30 days
Follow up	15 days

Before planning the treatment patient was assessed with routine CBC and Random blood sugar to exclude any systemic complications. The patient was given Sinduradya malahara for external application over both cracked heels. And was told to apply the malahara over

the affected area at night before going to bed, after washing both feet with luke warm water followed by drying and applying required quantity of Sinduradya malahara. The duration of treatment was fixed for 30 days and assessment was done after 30 days.

RESULTS

Table 6: Results of the assessment criteria

Assessment criteria	BT	AT
Sphutana (Cracks)	3	1
Vedana (Pain)	2	0
Rukshata (dryness)	3	0

DISCUSSION:

Vipadika is a type of kshudra kushta predominant with vata kapha dosha (two humors of the body). Rasaaoushadhi are attributed with properties like alpamatra (less dose), bahuguna (wide range of properties) and sheegra (quick acting) in action [10]. The ingredients of Sinduradya malahara, i.e., girisindura is indicated for kshudra kushta (minor skin disease) like pama, vicharchika, sidhma, etc.; it is twachya (good for skin), Vranashodhaka (cleanses wound), vranaropaka (heals wound). It acts as bhutaghna (anti- microbial), rakta dosha nivaraka (removes abnormalities of rakta). Girisindhura has dual property of vrana shodhaka and ropana [11]. Girisindura is snigdha (unctuous) and sukshma (subtle) which helps in ready penetration and quick healing of wounds. [12]. Sindura when mixed with guda (jaggery), guggulu (gum resin), madhu (honey) and ghrita (ghee) and when applied over pada sphutana (cracks in heels) makes the feet like utpala dala [13] (lotus petals). And another main ingredient of

Sinduradya malahara is tankana (borax), which has katu rasa (pungent taste), ushna veerya (hot potency), ruksha (dry) and teekshna guna (sharp action) helps in reducing vata- kapha dosha which are mainly vitiated in vipadika kushta. Tankana is attributed as deepaka (increases digestive fire), pittakara (produces pitta), vrana nashana (heals wound) and is ingredient in many of the malahara [14]. Thus when applied externally, it potentiates bhrajaka pitta (a type of pitta present in skin) and helps in quicker metabolism of the medicine applied externally.

Tila taila possess the properties like teekshna (sharp action), vyavayi (penetrating deep into the tissue), sukshma (capable of penetrating into the minute pores), ushna veerya (hot in potency), krimighna (Anti- microbial) and acts as vata-kaphahara (alleviates vata and kapha) [15]. Madhuchista is mrudu (smooth), snigdha (unctuous), bhutagrahanashaka (anti-microbial), vranaropana (wound healing) and indicated in kushta, visarpa (skin disease) [16].



Figure 1: Pictures of heels showing the before and after treatment

CONCLUSION

Vipadika is a type of kushta manifested irrespective of age, sex and prakruti (body constitution), but predominantly seen in middle aged, females and vata kapha prakriti (vata kapha constitution) persons. Kala (time), desha (place), vihara (regimen) plays an important role in manifestation of vipadika. In the present case report the symptoms of

vipadika were reduced by the external application of Sinduradya malahara for a period of one month.

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