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## AYURVEDIC MANAGEMENT OF VIPADIKA IN CHILDREN – A CASE REPORT

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Received 16<sup>th</sup> Nov. 2023; Revised 18<sup>th</sup> Dec. 2023; Accepted 26<sup>th</sup> May 2024; Available online 1<sup>st</sup> April 2025

<https://doi.org/10.31032/IJBPAS/2025/14.4.8719>

### ABSTRACT

Vipadika is considered as a Kshudra kushta according to Acharya Charaka having Vatakapha origin. It is characterized by Sphutana and Teevra vedhana in Pani and Pada. By considering the symptoms, it can be correlated with Palmo-Plantar Psoriasis which is a chronic skin disease usually affects palms and sole region. Here a patient with complaints of dryness and cracking of both soles associated with pain for three years was treated with Ayurvedic medicines. After the intervention period, completion remission of symptoms was observed.

**Keywords: Ayurveda, Vipadika, palmo-plantar psoriasis, Kshudra Kushta**

### INTRODUCTION

Vipadika (Palmoplantar Psoriasis) is a skin disease explained under Kshudra kushta [1]. There are 18 types of Kushta described in various Ayurveda Samhitas [2]. Out of which 11 are Kshudra Kushta and

Vipadika is one among them [3]. It is caused by a combination of genetic and environmental factors [4]. The most common genetic factor associated with Palmoplantar Psoriasis includes the human

leukocyte antigen characterized by hyperkeratosis plaques [5]. Symmetrical distribution of lesions, erythema, fissuring and scaling are the common features [6]. Palmoplantar Psoriasis is a type of psoriasis, which affects the skin of palms and soles characterised by hyperkeratotic, pustular or mixed morphologies [5]. Like other forms of psoriasis, it is also considered as an autoimmune condition. In palmoplantar psoriasis, the plaques affect the skin of the palms of the hand and the soles of the feet [5]. The hands and feet are the frequent exposed area to environmental and chemical triggers [7]. It may play an important role in the progression of the disease. Vipadika is characterised by Pani-pada sphutana and Teevra vedhana [8]. In Ayurveda, Shamana and Shodhana type medicines are made use of in the management of Vipadika Kushta.

## CASE REPORT

### Chief complaint

A twelve-year-old male child visited with his parent to the outpatient department of Khemdas Ayurved Hospital, Ishwarpura, presented with chief complaint of dryness and cracking of both soles associated with pain and occasional itching for three years.

### History of Present Illness

The lesions gradually started bilaterally symmetrical over the soles. The condition was progressive and started pain along with occasional itching. The symptoms got aggravated during winter

season and it becomes unable to walk due to pain. The child took some medications, but got only temporary relief at the time of application of ointments and child developed digestive disturbances after taking allopathy medicines. So, he approached Khemdas Hospital for further Ayurveda treatment.

### Personal History

Appetite: Normal

Bowel: Irregular, hard stools once in 3 days

Bladder: Regular

Sleep: Sometimes disturbed due to itching of soles

Food: Mixed diet

### General Examination

Appearance: Normal

Built: Moderate

Nourishment: Moderate

Pallor: Absent

Icterus: Absent

Oedema: Absent

Cyanosis: Absent

### Vital Data

Pulse: 78/min

BP: 110/70 mmHg

RR: 18/min

Weight: 30kg

### Integumentary Examination

The lesions were bilaterally symmetrical over soles and sides of the feet. Dryness and cracking of both soles were noted with irregular margin. The web space was also affected.

## Treatment Given

### Internal medicines

S. No.	Medicine	Dosage	Duration
1.	Hingwashtaka churna [9]	1tsp BD with Takra 1hour before food	7 days
2.	Panchatiktaka Ghrita [10]	1tsp BD before food, luke warm water	14 days
3.	Avipatti churna [11]	1 tsp with luke warm water at bedtime	14 days

### External Application

S. No.	Medicine	Dosage	Duration
1.	Padanimajjana in Panchavalkala Kwatha [12]	15- 20 minutes	14 days
2.	Vipadika malam	External application after Padanimajjana	14 days

### Follow up Medication

S. No.	Medicine	Dosage	Duration
1.	Triphala tab [13]	1 tab twice daily after food	7days
2.	Chopchini churna [14]	1tsp BD after food with luke warm water	7days
3.	Eladi taila [15]	External Application	14 days

## RESULTS AND DISCUSSION

There was a marked reduction in cardinal symptoms like fissuring of both the palms and pain were observed following the administration of medicines for 14 days.

After 14 days of hospital stay, the patient got discharged and follow up was done at 28<sup>th</sup> day in which a complete remission of symptoms was appreciated.

S. No.	Parameters	Before treatment 0 <sup>th</sup> day	After treatment 14 <sup>th</sup> day	Follow up 28 <sup>th</sup> day
1.	Pain	+++	++	-
2.	Fissures	++++	++	-
3.	Itching	++	+	-
4.	Scaling of Skin	+	-	-



Vipadika is one among the Kshudra kusha being Vata kapha pradana doshaja vyadhi. By analysing the signs and symptoms like Panipada spudana, Teevra vedhana and Kandu gave a clear idea about the dosha vitiation occurs in this case [16]. So here we adopted the Vatakapha hara, Rakta dhatu prasadhana line of treatment. Hingwashtaka churna [17] given here act as Deepana pachana and plays an important role in bringing the sama dosha to nirama and mobilise the dosha from shakha to kostha. The ingredients of Panchatiktaka ghrita has Katu, Tikta, Kashaya and Madhura rasa, Laghu, Ruksha sheeta and Snigdha guna along with Ushna virya helps to pacify Vata Pitta and Kapha doshas [18]. By pacifying Vata dosha, roughness, dryness and discoloration were subsided. Action on Kapha dosha helps to subside Kanduta. The lipophilic action of ghrita facilitates the easy entry of drug in to cellular level of skin and decreases Hyper keratinization of cell layer [19].

By considering the Vaya, Roga bala and Rogibala, Bahudosha nirharanam is contraindicated. Acharya Susrutha recommends Nitya virechana as Shodhana for the line of treatment and Avipatti churna was used for the same. Panchavalkala is a combination of five astringent drugs having Vata kapha hara, Varnya, Vrana ropana and Rakta shodhaka properties. Panchavalka Kwatha used for Prakshalana has cleaning as

well as healing properties [20]. Vipadika Malam is used for topical application, as it provides easy administration of active principles of the drugs up to the deepest stratum of the skin.

## CONCLUSION

The conclusion drawn from this single case study is that, the disease Vipadika can be successfully treated with Ayurveda medicaments. There was no adverse reaction noted during the course of treatment.

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