

DOSHA AVASTHA CHIKITSA IN VAIPADIKA- A CASE REPORT

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ABSTRACT

Skin is the largest sense organ in the human body which covers the entire body, which has the function of perceiving senses like pain, touch, temperature, pressure. In *Ayurveda*, all the Skin diseases are categorised under *Kushta vyadhi*. Psoriasis is a common skin disease affecting 1-2% of the general population. Among which Plantar Psoriasis is commonly identified as *Vaipadika* which is one among the *Ksudra Kushta*. Here is the case study of a female child presented with chronic Plantar Psoriasis since three to four years. According to *dosha*, *dooshya*, *vaya*, *bala* and *Vyadhi avastha* treatment was given and found better results.

KEYWORDS: *Vaipadika*, *Kushta*, Plantar psoriasis

INTRODUCTION

Skin is called as *Sparsenderiyam* one of the *Jnanendriya* in the human body. Skin envelopes most of the body surface. *Kushta* which is the seat of *Twacha*. There are eighteen types of *Kushta* mentioned in *Ayurveda* classics included under two broad classification called '*Mahakushta*' and '*Ksudrakushta*'. Here presenting a case report of *Vaipadika* which is one of the *Ksudra Kushta*. *Vaipadika* features are excessive itching, burning sensation and pain in the feet. Psoriasis is a chronic inflammatory skin disorder of unknown etiology affecting about 1-2% of the population¹. The disorders afflicting the skin create social apprehension among the affected subjects. Plantar Psoriasis is commonly identified as *Vaipadika*², which is one among the *Ksudra Kushta*.

CASE REPORT

A patient of 14 year old girl consulted *Shalya Tantra* OPD of JSSAMC Hospital, Mysuru. Her complaints were pain in soles of feet since six months. She had skin cracks over both the soles, associated with itching

and occasional bleeding from cracks. Due to these symptoms unable to walk which will aggravate pain. Patient was suffering from these symptoms since 4 years. She was under allopathic system of steroidal treatment, by these symptoms reduces for some days and symptoms recurs again. Patient observed gaining of body weight after steroidal treatment.

H/O Past Illness.

Nothing significant.

Personal history

Aahara	Mishraahara
Vihara	Madhyama
Nidra	Disturbed
Mala	Once daily
Menstrual history	
Menarche	At age of 12 years
Menstrual history	3-4/28 days

Astha sthana pareeksha

Nadi	Vata Pitta
Mala	Once daily
Mootra	4-5 times a day
Jhiwa	Liptata

Shabda	Prakrita
Sparsha	Rooksha
Drik	Prakrita
Aakruthi	Sthoola

Dasha vidha pareeksha

Prakruti	Kapha vata
Vikruti	Pitta
Sara	Madhyama
Samhanana	Madhyama
Satva	Madhyama
Satmya	Madhyama
Aahara shakti	Madhyama
Vyayama shakti	Madhyama
Vaya	Bala
Pramana	Madhyama

Systemic Examination

Central nervous system	Conscious and well oriented to time, place and person
Cardiovascular system	S1S2 heard
Respiratory system	Normal vesicular breath sound heard

LOCAL EXAMINATION

Site: - Plantar surface of both feet

On Inspection of Skin Lesion

Colour	Blackish discolouration
Appearance	Khara, Rooksha
Lesion	Scaly lesion
Discharge	Absent

On Palpation

Temperature	Normal
Texture	Rooksha, Khara
Exfoliation	Present
Auspitz sign	Present
Candle grease test	Positive

Nidana Panchaka

Nidana:- Excessive intake of ushna, katu, teekshana, sushka aahara. Guna virudha

Table -2 Showing Internal medication advised

Sl.no.	Medicines	Dose	Time of Administration.	No. of Days.	Anupana
1	Tab. Chitrakadi Vati	1-1-1	Before food	8	Sukoshana Jala
2	Tab. Agnitundi Vati	1-1-1	After food	8	Sukoshana Jala
3	Avipattikar Choorna	5 gms	At bed time	8	Sukoshana Jala

aahara, mamsa aahara seevana, ratri jagarana.

Poorvarooopa:- Excessive sweating seen on feet.

Roopa:- Dryness and scaling of skin, localised itching, pain in the soles.

Samprapti: Nidana sevana kapha and pitta avarna to vata – vata prakopa- Rasa raktha dushti- Pani pada sphutana- Vaipadika.

Anupashaya: Aggravates during winter.

Investigations

Blood routine: Normal findings

Vyadhi avastha: Purana

Sadhya asadhyata: Yapy

Vyavachedaka Nidana

Table-1 List of Disease taken for Differential Diagnosis

Charmadala	Kitibha	Vaipadika
Kanduvyathana	Sravi Vritta Ghana	Kandumati
Oosha chosha talaesu	Agra kandu	Daha ruja in pada
	Snigdha, Krishna varna	

Vyadhi Vinischaya

Vaipadika kushta

Modern Diagnosis

Chronic Plantar plaque Psoriasis

Chikitsa siddhanta³

Acharya Sushruta has explained Dosa chikitsa siddhanta in 33rd chapter of chikitsa sthana which states that Brihmana of doshas which are ksheena , Prashmana of kupita doshas , Nirharana of vridha doshas and paripalana of sama doshas.

Treatment given

External medication

Dashamoola Kwatha in *Sukoshana* form once daily for both pada used as *Avagaha sweda* for 15min for 8 days.

RESULTS

After medication the Skin lesions peeling and itching over the plantar surface reduced. Skin became smooth and pain over the affected area decreased. The patient was advised for avoiding fried food items, Junk food, Curd, Non-Vegetarian diet and milk products.

DISCUSSION

Plantar Psoriasis is commonly identified as *Vaipadika* which is one among the *Ksudra Kushta*. In this present case *dosha chikitsa siddhanta* is adopted. *Siddantha* explains that *brihmana* of *ksheena* doshas, *prashmana* of *kupita* dosha, *nirharana* of *vridhi* doshas and *paripalana* of *sama* dosha. *Vata* and *Kapha* dosha *vridhi* was seen in these case. So *dosha nirharana* done using *Avipattikra choorna*.

Following treatment given for 8 days and found better relief in patient symptoms. *Chitrakadi vati* used here for *agnideepana* and *Ama pachana*, *Tablet Agnitundivati* to improve *Datu Agni* *mandyata*. *Avipattikara churna* for *vatanulomana* and *Vruddha* *dosa nirharana*. Externally *Dashamoola Kwartha*

used to *Palliate* *Sotha* and *Vedhana*. For external Application *snehana dravyas* not given as there was presence of *Kandu*. *Dashamoola Kwatha Choorna*, 10gms of *kwatha choorna* boiled in 1 litre of *shudda jala* and filtered. In luke warm state *Avagaha sweda* was given without *taila* application. *Dashmoola avagaha sweda* acts as *shothgna* and *shoolagna*.

The patient was advised for avoiding fried food items, Junk food, Curd, Non-Vegetarian diet and milk products. As these food articles increases *Kapha dosha* so these were avoided. After treatment follow up done for 6 months there were no relapse of symptoms .

CONCLUSION

Vaipadika is one among the *Kushta* can be correlated to Plantar Psoriasis. In these case by understanding the *avastha of dosha in vyadhi*, *dosha niraharana* done by *Avipattikara choorna* which acts as *mridu virechana*. As patient was reluctant to take *snehapana* and understanding the *avastha* of *dosha* case was treated and yielded better result. There was much reduction in pain and cracks were healed. Patient had good relief from the treatment and advised her to follow proper *ahara* and *vihara*.



Fig.1. Right foot Sole before treatment



Fig.2. Left foot Sole before treatment



Fig.3. Right foot sole after treatment



Fig.4. Left foot sole after treatment

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