

Virechana, Lepa and Fish Pedicure in Vipadika-- A Pilot Study

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Abstract

Vipadika is one of the Kshudra Kushtha (Minor Skin Disease). Kashyapa mention it as asadhya Vyadhi (Incurable disease). Almost all symptoms are vata-kapha predominant & even tridosha involvement and it is specifically located at lower extremities. The choice of treatment is Virechana (Purgation). We can use this modality as per requirement. Padasphutanam (Torn skin of sole) Tivra Vedana (Excessive Pain), Kandu (Itching) are major symptoms found in this disease. Virechana shows a good effect on all these symptoms. We also applied Lepa which shows drastic healing effect in this patient. Fish therapy is highly significant to clean up the dead tissues and help to form new skin. Result found in this case is promising one. It shows overall ayurvedic modality gives very good result in Vipadika.

Keywords: *Vipadika (Eczema), Kushtha, Virechana (Medicated Purgation) and fish pedicure.*

INTRODUCTION

The word 'Kushta' is a broad term, which covers almost all the skin diseases. *Kushtha* is produced invariably by the vitiation of the seven factors i.e. 3 *Doshas* and 4 *Dushyas*¹. But different types of pain, color, shape, specific manifestation etc. are found in *Kushtha* because of

Anshanshakalpana of the *Doshas*. Charaka explained *Kushthas* are in fact of innumerable types², but for systemic study they are classified into two major groups 7 *Maha Kushtha* & 11 *Kshudra Kushtha*³. Sushruta explained that if person dies due to *Kushtha* then that person suffer with same disease in rebirth⁴. It gives an idea

how hazardous disease it is. Sushruta explained that Vicharchika when appear on sole it is considered as Vipadika⁵].

Vipadika is one of the *Kshudra Kushtha*, Kashyapa mention it as *Asadhya Vyadhi*⁶ (Incurable disease); hence it is very difficult to treat.

AIMS AND OBJECTIVES

1. To assess the efficacy of Virechana in Vipadika.
2. To assess the efficacy of Lepa in Vipadika.
3. To assess the efficacy of fish pedicure in Vipadika.
4. To assess the efficacy of above modalities in Vipadika.

MATERIALS AND METHODS

The patient having classical signs & symptoms of *Vipadika* was selected from the O.P.D. A special Proforma including all the etiological factors of *kushtha* with *dushti lakshanas of dosha, dushya, & srotas* etc. were made for assessing the patient. The patient was thoroughly questioned and examined on the basis of proforma to confirm the diagnosis.

Brief History of Patient

Patient is male. He is social worker. The patients belong to Hindu koli; he is

married and having mixed diet. Age is 47yrs. C/o- Torn skin of both the sole, Pain, Itching sensation, Black & Red edges, Blackish discoloration, Dryness to skin at lower extremity since 1 yr. N/H/O- Hypertension and DM. N/H/O- allergy.

Study Designed

Virechana (Medicated Purgation)

Deepana and Pachana (Increase Appetite & Digestion):

Tab. Chitrakadi vati, 2 tabs bd, after food, for 3 days.

Snehana (Internal drinking of medicated ghritha)

Arohana Krama (Ascending order) *snehapana* with Pancha tiktha ghritha, starting from 30 ml and was continued till *samyak sneha lakshanas* (Proper oleation symptoms) are seen. In this patient *snehapana* was done for 5 days, upto 170 ml, by that *samyak lakshanas* were seen and then 3 days *Abhyanga* (Body Massage) and *swedan* (Sudation) was done, Nimba taila was used for *abhyanga*.

VIRECHANA

Abhyadi modaka, 4 tab and Gandharvahastyadi tail 50 ml was given, followed by *shunthi jala* (Ginger water) as anupana.

Fish pedicure

Fish pedicure was carried out after *Virechana* it was done in 3 setting, 7 days gap given between each setting.

Lepa- (External application)

*Lepa Jeevantyadi Yamak*⁷¹ is applied throughout the whole treatment twice in a day.

Table -1 Grading of sings & symptoms after Virechana

Sings & Symptoms	B.T.	A.T.
Padasphutanm (Torn the skin of sole)	5	4
Tivra Vedana (Excess Pain)	5	4
KANDU (Itching)	5	4
SHYAVA (Discoloration)	5	3
RUKSHATA (Dryness)	5	3

Table -2 Grading of sings & symptoms After Fish pedicure

Sings & Symptoms	B.T.	A.T.
PADASPHUTANM (Torn the skin of sole)	1	0
TIVRA VEDANA (Excess Pain)	1	0
KANDU (Itching)	1	0
SHYAVA (Discoloration)	2	1
RUKSHATA (Dryness)	2	0

Table -3 Grading of sings & symptoms After Virechana, Fish pedicure and Lepa

Sings & Symptoms	VIRECHANA		FISH PEDICURE		VIRECHANA, FISH PEDICURE & LEPA	
	B. T.##	A. T.#	B. T.	A. T.	B. T.	A. T.
PADASPHUTANM (Torn the skin of sole)	5	4	1	0	5	0
TIVRA VEDANA (Excess Pain)	5	4	1	0	5	0
KANDU (Itching)	5	4	1	0	5	0
SHYAVA (Discoloration)	5	3	2	1	5	1
RUKSHATA (Dryness)	5	3	2	0	5	0

#- After treatment, ##- Before treatment

Criteria for assessment of overall effect of the therapies:

1. Complete remission- 76% to 100%
2. Marked improvement- 51% to 75%
3. Mild improvement- 26% to 50%
4. improvement - Below 25%
5. No change- 0%

Table -4 Effect of the therapies in percentage

Sings & Symptoms	After VIRECHANA		After FISH PEDICURE		After Virechana Fish pedicure & Lepa	
	B. T.	A. T.	B. T.	A. T.	B.T.	A.T.
PADASPHUTANM (Torn the skin of sole)	100%	20%	20%	0%	100%	0%
TIVRA VEDANA (Excess Pain)	100%	20%	20%	0%	100%	0%
KANDU (Itching)	100%	20%	20%	0%	100%	0%
SHYAVA (Discoloration)	100%	40%	40%	20%	100%	20%
RUKSHATA (Dryness)	100%	40%	40%	0%	100%	0%

Table -5 Overall effects of the therapies in percentage

Sings & Symptoms	B. T.	A. T.
PADASPHUTANM (Torn the skin of sole)	100%	0%
TIVRA VEDANA (Excess Pain)	100%	0%
KANDU (Itching)	100%	0%
SHYAVA (Discoloration)	100%	20%
RUKSHATA (Dryness)	100%	0%

OBSERVATIONS

General observations

The patients belong to Hindu Koli, married and having mixed diet. He shows *Madhyama koshta*, disturbed sleep. The aggravation season is winter season.

Pravara shudhi (Proper purification) was noticed in *Virechana karma* without any complication. We also applied Lepa which shows drastic healing effect in this patient. Fish pedicure is highly significant to clean up the dead tissues and help to form new skin.

After Virechana

Padasphutanam (Torn skin of sole) *Tivra Vedana* (Excessive Pain), *Kandu* (Itching) almost get relieved (80%) after *Virechana*. Comparatively low effect was seen in *Shyavata* and *Rukshata* i. e. (60%)

After Fish Pedicure

Shyavata & Rukshata got almost complete relief. *Padasphutanam* (Torn skin of sole) *Tivra Vedana* (Excessive Pain), *Kandu* (Itching) all these symptoms also maintained and not found any recurrence.

PICTURES OF PATIENT



DISCUSSION

Kushtha whether it is *Mahakushtha* or *Kshudrakushtha* it is very difficult to treat; even then ayurvedic modality shows very good effect in this condition. Almost all symptoms are *vata-kapha* predominant & even *tri doshic* involvement and located at lower extremity for this *Virechana* is main line of treatment. This disease requires repeated *shodhana* (Purification/ Detoxification) as explained in treaties⁸¹. We also kept in mind that the strength of the patient and make sure that patient should not undergo any complications.

CONCLUSION

Vipadika is the *kshudrakushtha*, *vata-kapha* predominant *tri doshic* condition. Even though it is explained under *Kshudraroga* it is difficult to treat and maintained. In this study we tried *Virechana*, Fish pedicure and *Lepa* along with internal medicine. The disease is aggravates in winter, lower extremity badly affected; due to itching patient sleep was disturbed. *Rasa, rakta, manmsa* and *swedavaha srotodushti* were found mainly.

Highly significant result found after *Virechana* (Medicated Purgation) Fish pedicure and *Lepa* (External application). It shows overall ayurvedic modality gives very good result in *Vipadika*.

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