

INTEGRATED AYURVEDIC APPROACH IN THE TREATMENT OF VIPADIKA (KSHUDRA KUSHTHA) - A CASE REPORT

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ABSTRACT

Vipadika is a distinct clinical entity classified under Kshudra Kustha in Ayurveda, characterized predominantly by Vata-Kapha vitiation with underlying Rakta and Mamsa dhatu involvement. Clinically correlated with Palmoplantar Psoriasis or severe hyperkeratotic eczema, it manifests as extreme dryness (Rukshata), scaling, painful fissures (Pani-Pada Sphutana), and persistent itching. Chronic, deep-seated presentations require intensive bio-purificatory interventions to clear the cellular toxins (Dushita Doshas) and restore epidermal integrity Ayurveda emphasizes a holistic management approach through internal medications virechana and *Siravedhana* therapy. **Methods:** This case report outlines the management of a 47-year-old female patient who presented with a 7-year history of severe generalized body dryness and distressing itching, heavily localized in both the palmar and plantar regions. The patient exhibited thick hyperkeratosis, painful cracks, and scaling on her palms and soles, which severely restricted her daily manual activities and compromised her overall quality of life. The patient was managed through a combined *Panchakarma* and *Shalya Tantra* approach. Systemic detoxification was achieved via *Virechana Karma* (therapeutic purgation) to alleviate the *Dosha* burden and cleanse the *Srotas* (channels). This was followed by targeted local bloodletting via *Siravedhana* (therapeutic venesection) at the affected extremities to drain localized *Rakta dusti* (vitiated blood). The bio-purificatory therapy was paired with a structured course of internal and topical *Shamana* (palliative) Ayurvedic formulations to facilitate skin tissue healing. **Results:** Following the Ayurvedic intervention, patient showed marked clinical improvement. The patient reported complete relief from itching, pain, burning sensation, and bleeding, with significant reduction in dryness. Objectively, there was complete healing of fissures, absence of scaling and redness, and restoration of normal skin texture over the palms and soles. No adverse effects were observed during the course of treatment, and the patient expressed overall satisfaction with the outcome and improvement in quality of life. **Discussion:** The Ayurvedic treatment provided significant and sustained relief in both subjective and objective symptoms, including dryness, itching, pain, fissures, scaling, and redness, leading to improved skin texture and quality of life. Early improvement after *Siravedhana* and sustained benefits following *Virechana* and *Shamana* therapy indicate that the response was mainly due to the Ayurvedic intervention confirming the therapy).

KEYWORDS: *Vipadika*, Palmoplantar Psoriasis, *Virechana*, *Siravedhana*, *Shalyatantra*, *Raktamokshana*.

INTRODUCTION

In Ayurveda, all skin disorders are broadly categorized under *Kshudra kushta*. *Vipadika*, a subtype of *Kshudra Kushta*, Classical Ayurvedic texts do not provide a specific treatment protocol exclusively for *Vipadika*; therefore, management is determined according to the predominance of the vitiated *Doshas*. Characterized by the simultaneous vitiation of *Vata* and *Kapha doshas*, along with the deep involvement of *Rasa*, *Rakta*, and *Mamsa dhatus*, symptoms such as severe localized dryness (*Rukshata*), intense itching (*Kandu*), hyperkeratosis, and painful, deep-seated fissures on the palms and soles (*Pani-Pada Sphutana*) The therapeutic approach should be individualized, taking into consideration both the severity of the disease (*Roga Bala*) and the strength and overall condition of the patient (*Rogi Bala*). Clinically, it can be correlated with palmar-plantar psoriasis, a chronic dermatological condition involving the palms and soles. Ayurveda advocates a holistic approach in the management of *Vipadika* focusing on the elimination of causative factors, correction of Dosha imbalance, purification therapies (*Shodhana*), and palliative treatments (*Shamana*) strategically followed by *Siravedhana* (therapeutic venesection), an agentic localized bloodletting technique that directly drains the micro-circulatory channels of *Rakta dusti* (vitiated blood) at the lesion sites. This case study confirm evaluate the clinical efficacy of this combined systemic and targeted surgical approach plays a pivotal role in removing the root cause of the disease and reducing recurrence and their potential role in providing sustained clinical improvement.

Panchakarma Therapy

Panchakarma plays a significant role in the management of *Vipadika* by eliminating vitiated doshas, correcting the underlying pathology, and promoting skin healing. The treatment begins with *Snehana* (oleation therapy), which includes both internal and external administration of medicated oils and ghee. It helps reduce excessive dryness, soften fissures, and alleviate *Vata* aggravation.

Following *Snehana*, *Swedana* (sudation therapy) is administered to liquefy and mobilize the vitiated doshas from peripheral tissues toward the gastrointestinal tract for elimination. And it improve local circulation, relieve stiffness, and facilitate detoxification.

Virechana (therapeutic purgation) is considered one of the most important treatments for skin disorders. It eliminates aggravated *Pitta* and impure *Rakta*, thereby reducing inflammation, erythema, scaling, and itching.

Raktamokshana- In *Vipadika*, *Raktamokshana* works by directly breaking the core pathogenesis (*Samprapti Vighatana*) through the targeted evacuation of vitiated blood (*Dushita Rakta*) and cellular toxins from the deeply congested micro-circulatory channels (*Srotas*) of the palms and soles.

Shamana Chikitsa-It is mainly given as per the severity of disease, *dosha avastha* and symptoms. Some of example are- *panchtiktaghrita Guggulu*, *Arogyavardhani vati*, *Laghumanjishthadi kawath*.

CASE REPORT

CHIEF COMPLAIN

- Severe dryness of skin, more over palms and soles – in the past 7 years
- Persistent itching over affected areas – in the past 7 years
- Painful cracks over palms and soles with occasional bleeding – in the past 7 years
- Rough, scaly skin with redness – in the past 7 years

HISTORY OF PRESENT ILLNESS

47-year-old female patient presents with a complains of severe dryness of the skin, predominantly involving the palms and soles, associated with persistent itching for the past 7 years. The condition is accompanied by rough, scaly skin with erythema and recurrent painful fissures over the palms and soles, occasionally resulting in bleeding. The symptoms have been persistent and progressive over the last 7 years so she came here for the further management and treatment at S. G. Patel Ayurveda Hospital & Maternity Home, Anand.

SURGICAL HISTORY

- History of hysterectomy performed 10 years ago.

PERSONAL HISTORY

- **Diet:** Mixed diet; no specific food allergy reported
- **Appetite:** Moderate
- **Bowel habits:** Regular
- **Sleep:** Occasionally disturbed due to itching and pain
- **Addictions:** No history of smoking, alcohol, or tobacco use
- **Menstrual history:** Attained menopause (post-hysterectomy)
- **Known medical illnesses:** No history of diabetes, hypertension, or other major systemic illness

ON EXAMINATION☐ **General Examination**

Respiration – 19/min, Temperature – 97.3° F, Blood Pressure – 122/84, Weight – 68.3, Height – 154 cm, Pulse – 88/min

☐ **Systemic Examinations**

- Cardiovascular System: Heart Rate- 88/ min, S1 – Normal, S2 – Normal
- Respiratory System: Respiration Rate – 14/min, B/L Air Entry – Clear
- Nervous System – Conscious and Well Oriented
- Reflexes – Normal

☐ **Ashtavidha Pariksha**

- *Nadi* - Mandgati, 88/min
- *Mutra* – Pandur, 4 time/day, 1 time/night *Mala* – Drudha, 1 time/day - non satisfactory
- *Jihva* - ama
- *Shabda* - Prakruta
- *Sparsha* – Ruksha, Anushnashita
- *Drik* – Prakruta
- *Aruti* – Madhyama

☐ **Local Examination**

- Inspection
- Site of Lesions (*Adhithana*): Bilateral palmar and plantar regions

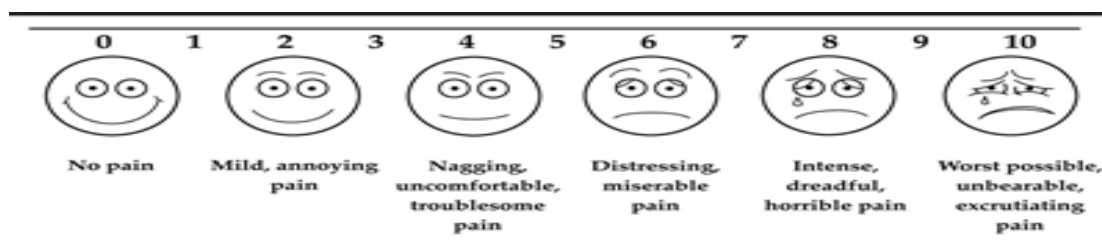
- Color and Discoloration (*Vaivarnya*): Reddish-brown (*Shyava Varna*), dusky, or hyper-pigmented plaques
- Fissuring (*Sphutana*): Presence of deep-seated, linear cracks
- Scaling and Exfoliation (*Twak-Sfutana* / *Parpatikarana*): Thick, silvery-white or greyish dry scales shedding from the surface.
- Thickening / Hyperkeratosis (*Utseda*): Marked thickening and roughness.
- Discharge (*Srava*): absent

➤ Palpation

- Dryness (*Rukshata* / *Khara Sparsha*): Extreme roughness and profound lack of moisture upon touching.
- Tenderness (*Sparsha-asahatva*): Exquisite pain on applying direct digital pressure, particularly around the margins of deep fissures.
- Temperature (*Ushnatva*): Normal
- Hardness (*Kathinya*): Loss of normal skin elasticity; the skin feels rigid, woody, and fixed.

ASSESSMENT CRITERIA

1. Visual Analog Scale (VAS) for Pain:



2. Itching

0	No itching
1	Localized itching sensation, bearable.
2	Localized itching sensation, needs rubbing.
3	Continuous localized itching, need scratching.

3. Burning

Grade	Score	Clinical Description
No burning	0	No burning sensation.
Mild	1	Occasional burning, does not interfere with daily activities; no medication required.
Moderate	2	Frequent burning causing discomfort; occasionally interferes with daily activities; may require symptomatic treatment.
Severe	3	Continuous or intense burning that significantly interferes with daily activities or sleep; requires regular medication.

4. Clearance

Physician's Global Assessment (PGA)

Score	Interpretation
0	Clear
1	Almost clear
2	Mild
3	Moderate
4	Severe
5	Very severe

CHIKITSA***Nidana Parivarjana***

To avoid *Ruksha*, *Shita ahara*, Avoid excessive fasting, *Ratrijagarana*.

Panchakarma Therapies

- *Virechana* on 20/03/2024 with *Trivruta Avlehya* 50 gm on empty stomach. Total 8 *mala- vega*
- *Sarvanga Abhyanga* with *Mahanarayana Taila* from 13/03/2024 to 20/03/2024 for 7 days
- *Bashpa Swedana* with *Nirgundi Kwatha* and *Dashmoola Kwatha* from 13/03/2024 to 02/03/2024 for 7 days
- *Siravedhan* -100 ml blood letting done from rt cubital fossa once a week.to remove vitiated rakta dosha and reduce inflammation itching and burning.

Shamana Chikitsa***Abhyantara Chikitsa***

- *panchtiktaghrita Guggulu* 2-0-2 after food with warm water
- *Arogyavardhani vati* 2-0-2 after food with warm wate
- *Laghumanjishthadi Kwatha* 15ml-0-15ml after food
- *Gandhak rasayan* 2-0-2 after food with water
- *Punarnava mandur* 2-0-2 after food with warm water
- *Rasmanikya* 125 mg bid af with warm water

Bahya Chikitsa

- *Panchtiktaghrita* for local application

DISCUSSION

At the mid-point of treatment, following *Siravedhan* and supportive *Abhyanga–Svedana*, the patient reported significant reduction in itching and pain over the palms and soles. Episodes of bleeding from fissures had completely stopped, and there was noticeable relief in burning sensation. Although dryness and scaling were still present, their intensity was reduced. Objectively, the depth of fissures had decreased, redness was minimal, and skin tenderness was reduced. Overall, the patient experienced improved comfort and better tolerance in daily activities, indicating a positive therapeutic response before *Virechana karma*.

At the end of the treatment, following completion of *Virechana karma* and continued *Samana* therapy, the patient showed marked clinical improvement. The patient reported complete relief from itching, pain, burning sensation, and bleeding, with significant reduction in dryness. Objectively, there was complete healing of fissures, absence of scaling and redness, and restoration of normal skin texture over the palms and soles. No adverse effects were observed during the course of treatment, and the patient expressed overall satisfaction with the outcome and improvement in quality of life.

Pre procedure photo**Mid procedure photo**

Post Procedure photo**RESULT**

Parameter	AT (Before Treatment)	After Sirāvedhana (Mid-Treatment)	BT (After Completion of Treatment)
Itching (Kandu)	Severe	Markedly reduced	Absent
Pain (Vedanā)	Moderate–severe	Significantly reduced	Absent
Burning sensation (Dāha)	Moderate	Reduced	Absent
Bleeding from fissures	Present	Completely stopped	Absent
Dryness (Rūkṣhatā)	Severe	Moderately reduced	Minimal
Scaling (Tvak sphuṭana)	Severe	Reduced	Absent
Fissures (Vidāraṇa)	Deep fissures present	Depth reduced	Completely healed
Redness (Rāga)	Mild–moderate	Reduced	Absent
Skin texture	Rough, thickened	Improving	Near-normal
Overall condition	Poor	Improving	Significantly improved
PGA score	5	4	0

CONCLUSION

- The Ayurvedic treatment provided significant and sustained relief in both subjective and objective symptoms, including dryness, itching, pain, fissures, scaling, and redness, leading to improved skin texture and quality of life. Early improvement after Siravedhana and sustained benefits following Virechana and Shamana therapy indicate that the response was mainly due to the Ayurvedic intervention. No other treatments were taken during this period, and no adverse effects were observed, confirming the therapy to be safe, well tolerated, and effective in managing chronic Vipadika (Kshudra Kustha).

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Consent

Informed written consent was taken from the patient.

Ethical Approval

It is not applicable.

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