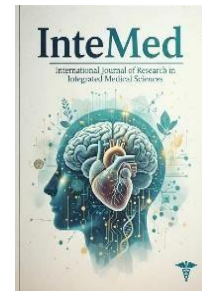




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A Case Study

AYURVEDIC MANAGEMENT OF VIPADIKA (PALMOPLANTAR FISSURES) THROUGH DARVI GUDUCHYADI GHANA VATI AND LOCAL APPLICATION OF TUNDI GHRITA: A CASE STUDY

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Abstract: Vipadika is a Vata-Kapha predominant Kshudra Kushtha described across Ayurvedic classics, characterised by painful fissuring, itching, dryness and erythematous eruptions confined largely to the palms and soles, and correlated clinically with palmoplantar psoriasis and chronic fissured eczema, conditions that follow a relapsing, treatment-resistant course under conventional topical therapy. This report presents the case of a 42-year-old male with deep, painful fissures over both palms and soles of seven months' duration, associated with itching, mild erythematous eruptions and marked skin roughness, diagnosed as Vipadika on classical Nidana Panchaka. The patient was treated with Darvi Guduchyadi Ghana Vati 500 mg orally twice daily with lukewarm water after food, together with local application of Tundi Ghrita twice daily, for 21 consecutive days. Five cardinal features — Pani-Pada Sphutana, Vedana, Kandu, Saraga Pitika and Twak Rukshata — were graded on a 0-3 scale at baseline and after treatment. Marked relief was recorded across all parameters, with scores for fissuring, pain, itching and dryness falling from grade 3 to grade 1 and erythematous pustules from grade 2 to grade 1, without any adverse reaction. The outcome supports Darvi Guduchyadi Ghana Vati combined with local Tundi Ghrita as a safe and effective Ayurvedic option in the management of Vipadika.

KEYWORDS

Vipadika, Kshudra Kushtha, palmoplantar psoriasis, Darvi Guduchyadi Ghana Vati, Tundi Ghrita, case study.

INTRODUCTION

Ayurveda regards the skin (Twacha) not merely as a passive covering but as a structure intimately linked with Rasa, Rakta and Mamsa Dhatu, and as one of the principal seats of Vata and Pitta. Disorders of the skin are grouped under Kushtha, and among these Vipadika is classified as one of the seven Kshudra Kushthas. Acharya Charaka defines Vipadika as fissuring of the palms and soles associated with intense pain, a description echoed in Vangasena Samhita, Bhavaprakasha and Yogaratnakara.[1,2] Ashtanga Sangraha adds mild-to-severe itching and reddish papular eruptions to the clinical picture, while Harita Samhita, describing a Pitta-dominant variant, notes involvement of vitiated Rakta.[3,4] Across classical opinion the disease is regarded as predominantly Vata-Kapha in origin, arising from Nidana that vitiate Tridosha and cause laxity (Shithilikarana) of Twak, Mamsa, Rakta and Ambu.

Clinically, Vipadika corresponds closely to palmoplantar psoriasis and chronic fissured (hyperkeratotic) eczema, disorders that carry a considerable burden of pain and disability because the palms and soles are in constant mechanical use.[11] Contemporary management relies

chiefly on emollients, keratolytics and topical corticosteroids or calcineurin inhibitors; these provide symptomatic relief but are frequently limited by relapse on discontinuation and by cutaneous side effects with prolonged use. This gap has prompted renewed interest in classically described Ayurvedic formulations that address both the systemic Dosha vitiation and the local skin pathology. The present report describes the management of a patient of Vipadika, treated in the Department of Kayachikitsa, SCM Aryangla Vaidyak Mahavidyalaya, Satara, with the oral formulation Darvi Guduchyadi Ghana Vati combined with local application of Tundi Ghrita.

CASE REPORT

Patient information

A 42-year-old male, employed in service, presented to the Kayachikitsa OPD with chief complaints of deep, painful cracks over both palms and soles for the preceding seven months. The fissures were associated with a burning, throbbing pain of moderate-to-severe intensity, occasional itching, mild reddish eruptions around the lesions, and generalised roughness and dryness of the skin over the affected areas. The condition had a gradually progressive course and interfered with the patient's routine activities involving use of the hands and feet.

History

The patient gave a history of a mixed, irregular dietary pattern (Adhyashana), Vishama Agni and a Pitta-Kapha constitution (Prakriti), along with occasional alcohol use. There was no family history of similar illness, no history of comparable systemic autoimmune disease, and no relevant drug allergy. The patient had not received any prior sustained treatment for the condition beyond occasional emollient application.

Clinical examination

Local examination revealed multiple deep fissures over both palms and soles, tender on palpation and pressure, with surrounding mild erythema and scattered papular eruptions (Saraga Pitika). The overlying skin was rough and dry to touch (Twak Rukshata) with mild scaling. General and systemic examination was unremarkable; vitals were within normal limits.

Diagnosis

The case was diagnosed as Vipadika on classical Ayurvedic parameters (Nidana Panchaka), correlating clinically with palmoplantar psoriasis/chronic fissured eczema. The patient satisfied the inclusion criteria — age between 18 and 70 years, classical signs of Vipadika, and chronicity under five years — and had none of the exclusion criteria (pregnancy, autoimmune disease, bleeding disorder or serious systemic illness). Written informed consent was obtained prior to enrolment, in accordance with institutional ethical requirements.

MATERIALS AND METHODS

Symptoms of Vipadika described in classical texts and observed practically in the patient were assessed at each follow-up. For assessment, symptoms were categorised as follows.

1. Pani-Pada Sphutana (fissures/cracks over palms or soles): scoring was done as follows.

Table 1: Assessment/score of Pani-Pada Sphutana.

Parameter	Score
No fissures/cracks over palms or soles	0
Mild fissures/cracks over palms or soles (depth <1 mm)	1
Moderate fissures/cracks over palms or soles (depth >1 mm)	2
Severe fissures/cracks that bleed on touch and pressure	3

2. Vedana (pain): scoring was given in the following manner.

Table 2: Assessment/score of Vedana (pain).

Parameter	Score
No pain	0
Mild pain of easily bearable nature	1
Moderate pain that appears frequently	2
Severe pain that remains throughout the day	3

3. Kandu (itching): scoring was given in the following manner.

Table 3: Assessment/score of Kandu (itching).

Parameter	Score
No itching	0
Mild itching, 1-2 times a day	1
Frequent itching, not disturbing sleep	2
Severe itching disturbing sleep and daily activities	3

4. Saraga Pitika (erythematous pustules): change in colour and eruption pattern was noted.

Table 4: Assessment/score of Saraga Pitika.

Parameter	Score
No erythema over palms or soles	0
Mild erythema over palms or soles	1
Moderate erythematous pustules without scaling of skin	2
Severe erythematous pustules with scaling of skin	3

5. Twak Rukshata (roughness of skin): increase or decrease in dryness/roughness was noted on palpation.

Table 5: Assessment/score of Twak Rukshata.

Parameter	Score
No roughness over palms or soles	0
Mild roughness present on touching	1
Moderate roughness present, leading to itching	2
Excessive roughness leading to scaling of skin	3

Objective parameters (haemoglobin, total leukocyte count and ESR) were also recorded before and after treatment.

TREATMENT

After clinical examination of the patient, it was decided to give Darvi Guduchyadi Ghana Vati 500 mg orally twice daily, along with local application of Tundi Ghrita twice daily, for 21 days. Regular follow-up was taken on the 11th and 21st day for assessment of improvement in symptoms.

Contents of the drug

Darvi Guduchyadi Ghana Vati is described in Sahastrayogam (Parishishta Prakarana, Kashaya Prakarana). It contains Darvi, Guduchi, Kutaki, Vacha, Manjishtha, Nimba, Amalaki, Haritaki and Bibhitaki (Table 6).

Table 6: Composition of Darvi Guduchyadi Ghana Vati.

Sr. No.	Ingredient	Latin/botanical name	Part used
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1	Darvi (Daruharidra)	Berberis aristata DC.	Stem
2	Guduchi	Tinospora cordifolia (Willd.) Miers	Stem
3	Kutaki (Katuki)	Picrorhiza kurroa Royle ex Benth.	Rhizome
4	Vacha	Acorus calamus L.	Rhizome
5	Manjishtha	Rubia cordifolia L.	Root/Stem
6	Nimba	Azadirachta indica A. Juss.	Bark/Leaf
7	Amalaki	Embllica officinalis Gaertn.	Fruit
8	Haritaki	Terminalia chebula Retz.	Fruit rind
9	Bibhitaki	Terminalia bellirica (Gaertn.) Roxb.	Fruit rind

Tundi Ghrita is described in Yogaratnakara (Uttarardha, Kushtha Nidana Vijnaniya Chikitsa) and is traditionally indicated for Vipadika. It contains Tundi phala (Coccinia grandis) and Go-ghrita in a 1:4 ratio (Table 7).

Table 7: Composition of Tundi Ghrita.

Sr. No.	Ingredient	Latin/botanical name	Proportion
1	Tundi phala (Kundru)	Coccinia grandis (L.) Voigt	1 part
2	Go-ghrita	Cow ghee	4 parts

Preparation of drug

Darvi Guduchyadi Ghana Vati was prepared as a Kwatha-Ghana (concentrated decoction) of the nine ingredients, compressed into tablet (Vati) form. Tundi Ghrita was prepared by Sneha Kalpana, processing Tundi phala Kalka and Swarasa with Go-ghrita in the classically described 1:4 proportion.

Route of administration

Darvi Guduchyadi Ghana Vati - oral, 500 mg twice daily with Koshna Jala (lukewarm water) as Anupana, taken Vyanodana Kala (after food). Tundi Ghrita - topical (local application), covering the entire lesion over the palms and soles, twice daily.

Duration of treatment

21 days.

Pathya-Apathya

The patient was advised to avoid spicy, oily and salty food and bakery items, to maintain proper hand and foot hygiene, and to avoid tight-fitting footwear and prolonged wetting of the palms and soles.

RESULTS

With the above-mentioned treatment, the patient got significant relief from the symptoms of Vipadika. This can be well appreciated on the photographs of the patient documented before and after treatment (Fig. 1) and in the comparative scores below (Table 8).

Table 8: Showing improvement in parameters.

Sr. No.	Cardinal feature	Score before treatment (Day 0)	Score after treatment (Day 21)	% Relief
1	Pani-Pada Sphutana (fissures over palms/soles)	3	1	66.66
2	Vedana (pain)	3	1	66.66
3	Kandu (itching)	3	1	66.66
4	Saraga Pitika (erythematous pustules)	2	1	50.00
5	Twak Rukshata (roughness/dryness of skin)	3	1	66.66

OBSERVATIONS

Photographs were recorded and documented before and after completion of treatment. The following figure shows improvement in the lesions.



Fig. 1: clinical photographs of the plantar and palmar lesions before and after treatment with Darvi Guduchyadi Ghana Vati and Tundi Ghrita.

An additional follow-up was taken 15 days after completion of treatment to assess relapse of the disease. The patient showed no symptoms of relapse at all.

DISCUSSION

In this case study the patient got significant relief from all the symptoms of Vipadika. Darvi Guduchyadi Ghana Vati acted systemically on the vitiated Vata-Pitta-Kapha and on Rakta-Dushti, while local application of Tundi Ghrita helped continuous Snehana of the dry, fissured skin and supported healing of the cracks, replacing damaged skin with healthy tissue.

Probable Mode of Action

The oral drug selected for this study, Darvi Guduchyadi Ghana Vati, described in Sahastrayogam, is specifically indicated for Kushtha and contains Darvi, Guduchi, Kutaki, Vacha, Manjishtha, Nimba, Amalaki, Haritaki and Bibhitaki, which possess potent Kushthaghna, Krimighna, Kandughna and Raktaprasadana properties corresponding to the symptoms of the disease.

Darvi (Daruharidra) is the principal ingredient, and its active alkaloid berberine has been documented to possess antimicrobial, anti-inflammatory and antioxidant activity, supporting its traditional use in skin disorders.[14,15] Guduchi has been reported to have marked immunomodulatory and anti-inflammatory activity, acting through modulation of macrophage activation and inflammatory cytokine release, which would support correction of the underlying Dosha-Dushti of Vipadika.[16,17] Manjishtha, one of the key constituents, has Varnya, Vishaghna, antioxidant, anti-inflammatory and antibacterial properties and has shown a role in inhibiting keratinocyte proliferation, which would help reduce scaling.[18] Nimba is well recognised for its Kushthaghna and Krimighna action, while the Triphala components (Amalaki, Haritaki, Bibhitaki) contribute antioxidant and mild Vata-anulomana effects alongside correction of Agni.

Tundi (Coccinia grandis), the principal content of the local application Tundi Ghrita, has been reported in

pharmacological literature to possess antimicrobial and wound-healing activity, with leaf and fruit extracts shown to accelerate in-vitro wound closure and reduce oxidative-stress injury to skin cells.[19,20] This supports its classical Kushthagha, Kapha-Vata-hara and Krimighna properties. Go-ghrita, being Snigdha and Sheeta, acts as Vata-Pitta Shamaka and Vrana-ropana, directly countering the Ruksha (dry) quality responsible for fissuring in Vipadika. Together, the systemic action of Darvi Guduchyadi Ghana Vati and the local Snehana-Ropana action of Tundi Ghrita appear to explain the comprehensive relief observed across all assessed parameters in this case.

CONCLUSION

In this case study, marked improvement was seen in a patient of Vipadika. Darvi Guduchyadi Ghana Vati with local application of Tundi Ghrita was helpful in Kledahara, Kandushamana, Raktaprasadana and Shamana of vitiated Vata-Kapha Dosha. It can be concluded that this combination is effective in the management of Vipadika, relieving symptoms and preventing early relapse.

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CONFLICT OF INTEREST

The authors declare no conflict of interest.

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