

Ayurvedic Treatment of Vipadika (Kshudra Kushtha) - A Case Study

Dr. Pooja Hassan G, Assistant Professor, Department of PG studies in Swasthavritta, JSSAMC, Mysuru

Vipadika or Vaipadika, one among the Eleven Kshudra Kushtas (Minor skin ailments), which has the features of Paani-paada sputana (Cracking of palms and soles) associated with Teevravedana (Intense pain) as explained by Acharya Charaka. Based on the features, the major dosha (Bio-forces of the human body) involved is Vata, along with Pitta and Kapha. Acharya Sushruta also explains it under Kshudra Kushta (Minor skin ailments) with a different name called Padadaari. However, although Vipadika sounds like a milder disease still, it can be physically and emotionally stressful to the sufferer, as in this present case. This is a case report of a 34 yrs female suffering from

severe pain, itching and blackish discolouration of skin at both soles and left palm for the past ten years. The case was treated with Shodana (Bio purification) followed by the shamana (Pacification) line of treatment along with significant lifestyle modifications. The uniqueness of the study lies in the selection of Shodhana (Bio purification), where instead of Basti, Virechana has been opted. The selected line of treatment proved to be fruitful, and there was immediate relief from severe pain and itching after Virechana. After samsarjana karma and shamanoushadhi, during the first follow-up, it was noted that the patient was well out of her pain, the Fissures of her heels were healing, and she was able to walk comfortably. During the second follow-up, there was complete healing of all cracks with smooth palms and soles and pain and itching were nil. Though it is a chronic case, the patient was able to get relief within a month which created a promising faith towards Ayurvedic treatment.

Before treatment



After treatment (First follow up)



After treatment (First follow up)



After treatment



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EVENTS ORGANIZED



Vishikanupravesha -Graduation day for the outgoing students of the 2016-17 BAMS batch was celebrated at JSSAMCH campus on 4th November 2022; Dr. B.S Prasad, President of Board of Ayurveda, National Commission for Indian System of Medicine, Ministry of Ayush, New Delhi presided as the Chief Guest. The President of the event was Dr. C. G Betsurmamath, Executive Secretary, JSS



Mahavidyapeetha and Shri. R. Mahesh, Director, Medical Education Division, JSS Mahavidyapeetha, was the Guest of Honour.



Sambhrama 2022- College day was celebrated at JSSAMCH on 5th November 2022. On this occasion, Dr. Vijayalakshmi L. Balekundri, Professor Emeritus, Former HOD of Paediatric Cardiology, Shri Jayadeva Institute of Cardiovascular Science & Research Bangalore, was the Chief Guest; Sri R. Mahesh, Director, Medical Education Division, JSS Mahavidyapeetha was the President of the event and Sri. P. Neethu Ninaad, Playback singer and Music Producer, Kannada Film Industry, was the Guest of Honour.



Dr. B.S Prasad, President of Board of Ayurveda, National Commission for Indian System of Medicine, Ministry of AYUSH, New Delhi visited our institution on 4th November 2022, and had an interactive session with the faculties and PG scholars of JSSAMCH, Mysuru.



Our Senior Professor, Dr. Gurubasavaraj, was felicitated by Ayurveda Academy Bangalore on 22nd November 2022.



Department of PG Studies in Prasootitantra, Koumarabhritya, and NSS Unit of JSS Ayurveda Medical College and Hospital, Mysuru, in association with Chaitanya Charitable trust, conducted General Health checkup camp at Vyasarajapura, T. Narasipura, Mysuru on 13.11.2022. More than 240 health seekers benefitted from the Camp.



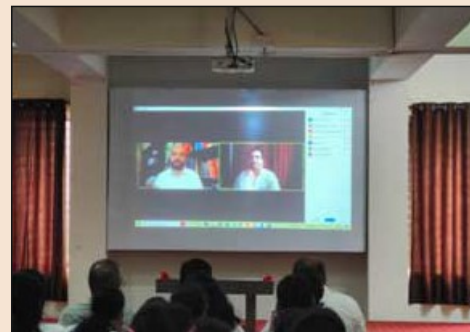
Department of PG Studies in Swasthavritta started a weekly class for I BAMS students on Yoga, pranayama and relaxation techniques on 26th November 2022.



Final year BAMS students Mr. Aditya and Miss. Kavya of our college bagged 3rd Prize in Debate and Quiz, respectively, in Inter- Ayurveda Collegiate competitions organized by Ayurveda Academy Bangalore on 22nd November 2022.



Goa team riders, including Mr Vikas Nandy, Administrative officer, JSSAMC, Mysuru, who rode from Mysore to Goa by bicycle along with GOA team riders a total of 651 km within 26 hours, felicitated by Kannada Vedike.



On the Eve of World Diabetes Day Department of PG Studies in Kayachikitsa of JSS Ayurveda Medical College, Mysuru conducted a unique program of Diabetes Detection Camp, Diabetes Awareness to the Public by explaining the Etio - Pathogenesis to the public through the charts, Diabetes Diet competition and exhibition of Diabetes Diet as per Classics with Consultation with expert physicians for the prevention and management of Diabetes yesterday on 24-11-22 at JSS Ayurveda Medical College and Hospital, Mysuru.



Department of PG and PhD studies in Shalyatantra and the Department of PG studies in Kayachikitsa, JSS Ayurveda Medical College, Mysuru, organized the "VRUTTI DARSHAN 2022" CONSERVATIVE MANAGEMENT OF ARSAS, on 28th November 2022 for Final year UG students, Internees and PG scholars of all departments.

JSS Ayurveda Hospital Mysuru appointed Dr. Nischitha MS as the new RMO on 28th November 2022.





Ms. Deeksha. T. S, IV BAMS, Ms. Meghana Chandrashekar, III BAMS, Ms. Priyanka. M, II BAMS, Ms. Sakshi Gowda of I BAMS of our College secured **FIRST PRIZE** in JYOTISHMATHI-4, organized by Sri Dhootpapeshwar Company Ltd. on 28th November 2022



Department of PG Studies, Panchakarma organized a Speciality camp for Eye and ENT disorders in Suttur on 28/11/2022 from 9.30 am to 4 pm

Upcoming Camps - January 2023

Sl No.	Date	Department	Name of the Camp
1	02.01.2023 to 07.01.2023 09.01.2023 to 14.01.2023 09.01.2023 to 14.01.2023 16.01.2023 to 21.01.2023 23.01.2023 to 28.01.2023 30.01.2023 to 04.02.2023	KAYACHIKITHSA	Neck and Back Pain Multiple Joint Pain De-Addiction Camp Kampavata Hypothyroidism Obesity
2	10.01.2023 to 20.01.2023	PANCHAKARMA	Skin Disorders
3	09.01.2023 to 14.01.2023	SHALAKYA	Pratisyaya
4	01.01.2023 to 30.01.2023 23.01.2023 to 28.01.2023	SWASTHAVRITHA	Anti Obesity Camp Respiratory Diseases
5	16.01.2023 to 21.01.2023	PRASOOTHY AND STHREE ROGA	Infertility
6	09.01.2023 to 14.01.2023	SHALYA	Hernia, Haemorrhoida
7	08.01.2023	BALAROGA	Swaranaprasana



Kannada Rajyotsava was celebrated at JSS Ayurveda College and Hospital, Mysuru, on 30th November 2022. Dr. Anjanappa, Gastroenterologist Bengaluru, Dr. Shankare Gowda, Skin Specialist, Mandya were the Chief Guests for the event, and Shri R. Mahesh, Director, Medical Education, JSS Mahavidyapeetha was the President of the function.

Sariva

Botanical Name:- Hemidesmus Indicus

Family :- Asclepiadaceae

English Name:- Indian Sarsaparilla

- It is known as Anatamula, which means – "The eternal root".
- It can be used for External

application as paste, along with Manjishta, Neem, Sandalwood and Gashtimadhu in treating skin inflammation.

- Sariva has impressive health benefits, as it helps to purify the blood and improve skin texture.



Department of PG Studies in Shalaky Tantra organized a Specialty camp of Eye and ENT disorders in Suttur on 29/11/2022

