



AYURVEDIC MANAGEMENT OF *VIPADIKA* (PALMO-PLANTAR PSORIASIS) – A CASE STUDY

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ABSTRACT:

In ancient texts most of skin diseases are mentioned under the title of '*Kushtha Roga*'. *Vipadika* is kind of *Kushtha* which is included in the *Kshudra Kushtha*. Different Acharyas have given different signs and symptoms of *Vipadika*. As per *Acharya Vagbhata*, it is characterized by *Pani Pada Sphutana* (Cracking of the skin of palms & soles) & *Teevra Vedana* (Severe pain), *Manda Kandu* (mild itching) & *Saraga Pidika* (red patches of soles). It is chronic and recurring condition. It is predominantly *Vata* and *Kapha Doshaja Vyadhi*. Based on the clinical features it can be resemble with palmo-plantar psoriasis. In present case report, A 49-year-old female patient with complaint of excessive dryness, pain and fissures in palms and soles since 3 & ½ years (on & off). She was clinically diagnosed as a case of *Vipadika* (Palmo-plantar psoriasis). The patient was treated with classical Ayurvedic management of *Kshudra Kushtha*. After 1 month of follow up patient had significant relief in symptoms end of three months of treatment.

Keywords: -*Vipadika*, *Kushtha Roga*, Ayurvedic management

INTRODUCTION

In ancient classical text, *Kushtha* is the broad term use for all the skin diseases. 18 types of *Kushtha Roga* mentioned in *Charaka Samhita*.^[1] Which is divided into 7 *Maha Kushtha* and 11 *Kshudra Kushtha*. *Vipadika* is one of the type of *Kshudra Kushtha*. As per *Acharya Vagbhata*, it is characterized by *Pani Pada Sphutana* (Cracking of the skin of palms & soles), *Teevra Vedana* (Severe pain), *Manda Kandu* (mild itching) & *Saraga Pidika* (red patches over soles).^[2]

In modern science it can be correlate with Psoriasis. It is an autoimmune disease and chronic inflammatory condition. It may be localised to the palms and soles which is known as palmo-plantar psoriasis. It is characterised by red, dry and generalized thickening and scaling of the entire surface of palms and soles with deep and painful fissures which produces significant functional disability. As such, they are associated with substantial impairment in quality of life. Exact cause of Palmo-plantar psoriasis is unknown. However, it is caused by a combination of genetic & environmental factors.^[3] Specific gene involvement, smoking, irritants, repetitive trauma are the causes of it. Patients may experience exacerbation carried on by seasonal changes, household work &

detergents. It is not easily treated so we have to focus issues like palmo-plantar psoriasis.

Case study

A 49-year-old female patient consulted in Outpatient Department of Kayachikitsa Aarihant Ayurved Hospital, Gandhinagar in November, 2022. She was complaints of the cracks on both soles and palms, scaling with severe pain followed by itching with difficulty in walking since last 3 & 1/2 years.

Present Illness

Patient comes with complaints of cracks on both soles and palms, scaling with severe pain followed by itching & difficulty in walking since last 3 & 1/2 years. She took allopathic medicines at nearer hospital. She got temporary relief in symptoms. But again, she was suffering from above symptoms (on & off). So, she took allopathic medicines for 1 year continuously but she didn't get complete relief. So, patient comes at Kayachikitsa OPD of Aarihant ayurveda Hospital, Gandhinagar with the hope of permanent cure.

Past History

No H/o DM, HTN, any Allergy.

Treatment history

Patient was locally applied clobetasol ointment.

Family history

Not significant.

Menstrual and Obstetric History

Married, G₂ P₂ A₀ L₂ D₀

Menarche started at the age of 12 years.

Menstrual cycle was Regular (4-5 days/28 days)

Menopause before 4 years.

Personal History

Patient was vegetarian, appetite was good.

Patient had sound sleep. Bowel habit was constipated (once in 3-4 days since 5 years),

Micturition was normal with frequency of 4 to 5 times in day & 1-2 times at night.

On examination

Patient had the multiple cracks over both soles and few cracks on both palms with itching, dryness, severe pain on walking was observed. And blackish discolouration on both soles. surface was rough, dry and margin was irregular.

Patient was found to be irritable, depressed due to functional disability, had a *Madhyama Kostha*. Patient had *Vata Kaphja prakriti* with *Madhyama Sara*, *Madhyama Samhanana* (Moderate built). *Pramana* was having *Madhyama*, patient having no allergy to any food & drug (*Madhyama Satmya*), *Madhyama*

Vyayama Shakti, *Aahara Shakti* was *Madhyama*.

Rogi Pareeksha

Nadi: 84 /min, Regular, *Hamsa Gati Nadi*

Mala: *Kathina Mala Pravritti* (once in 3 days)

Mutra: 4-5 times in day & 1-2 times in night

Jihva: Coated

Drika: *Prakrita*

Sabda: *Prakrita*

Sparsh: *Ruksha*

Aakruti: *Madhyama*

Reviewing her condition following *Samprapti*

Ghatak were observed

Dosha: *Vata-Kapha* dominant

Dushya: *Rasa (Twaka)*, *Rakta*, *Mamsa*, *Lasika*

Adhistan: *Twaka*

Srotas: *Rasavaha*, *Raktavaha*, *Mamsavaha*

Srotodushti Prakar: *Sanga*, *Vimarga-gamana*

Agni: *Vishamagni*

Udbhavsthana: *Aamashaya-samutattha*

Rogamarga: *Bahya*

Vyadhi Swabhav: *Chirkari*

Sadhya-asadhyatva: *Kashtasadhya*

Management

Internal medications

Table no. 1 : Intervention

Sr.No.	Aushadha	Aushadhamatra with anupana
1.	<i>Panchatikta ghrta</i>	10 ml BD on empty stomach with lukewarm water
2.	<i>Gandhaka Rasayan vati</i>	500 mg TDS with lukewarm water (After food)

External application

Soak palms & soles in the boiled water with *Tankan*(alum)*Bhasma* for 20 minutes then completely dry it with cotton cloth then apply *Jatyadi Ghrita* on palms & soles.

Mode of action of *Panchatikta Ghrita*:

Panchatikta Ghrita contains *Panchatikta ghana Dravya*, *Ghrita* & water. All contents are having *Tikta* (Bitter), *Katu* (pungent) *Rasa*, along with *Sheetavirya*(Potency) which helps to pacify the *Tridosha*.^[4]

In this case *Rukshta* (Dryness), *Pani-pada Sphutana*(fissures of soles & palms) *Twaka dalana* (Dry Scaling), *Shyava Varna* (Blackish discoloration) etc symptoms are due to *Vata Dosh*a. Here,*Vata dosha* get subside by above said properties. also, *Laghu*(light), *Ruksha*(dry), *Sheeta* (cold), *Snigdha* (oily) properties acts combined & helps to subside *Kandu* (Itching) due to *Kaphadosha* & also *Daha* (burning sensation) due to *pitta dosha*. It also has anti- microbial effect (*Rakshoghna*), *Deepan*, *Vaya* *Sthapaka*, *Rasayana*(Rejuvenating property), *Balya*, anti-inflammatory properties, hydration effect.

Mode of action of boiled water with *Tankan bhasma*:

Tankan is a *Kshara*. *Kshara* has property of *Ksharan*(cutting). It is *Katu* in *rasa*, *Katu rasa* acts as *Kleda-nashaka*(destroy the excess moisture), *Kandu-Nashaka*(subside the

itching), *Mamsa-Vilekhana*(scrapping the dead tissues), *Vrana Avasadaaka*(helps in the removal of excessively projected tissues in wound). Here, in this case it is used with boiled water for the *Vrana-Ropana*(wound healing) action and softening the skin of soles & palms. That helps to improve the skin texture of palms & soles & leading to healing of cracks.^[5]

Mode of action of *Jatyadighrita*:

Jatyadi ghrita contains *Jati*, *Kushtha*, *Padmaka*, *Daruharidra*, *Lodhra* like *Dravyas*. The majority of the *Dravyas* of *Jatyadi ghrita* contain *Tikta*, *Kashaya Rasa Laghu*, *Ruksha* & *Snigdha gunas*. It has *Vrana-shodhana*(Cleaning the wound), *Ropana*(healing property), *Pooti-hara* action. It also has anti-microbial activity, anti-oxidant, anti-inflammatory action and it promotes the shedding of dead tissues and necrotic tissues and promotes healing of cracks, antifungal properties, analgesic, soothing and healing action on skin lesion, anti-septic properties. Overall, the healing effect is getting by the application of *Jatyadi ghrita* over cracks.^[6]

Mode of action of *Gandhaka Rasayan Vati*

It contains *Suddha gandhaka*(pure sulpher), *Chaturjata*, *Triphala*, *Suntha*, *Guduchi* etc. It acts as *Kushtaghna*, *Kandughna*, antimicrobial action, blood purification, anti-toxin action, which helps in curing the *Vipadika*.^[7]

The above treatment was continued for 3 months. In first 1 month of treatment patient got significant relief in symptoms of fissures of palms & soles, itching, burning & in pain.

Gradually healings of fissures were seen. And after those 3 months of treatment patient got significant relief in symptoms.

Result

Table No 02 Effect of therapy on signs and symptoms

Signs & symptoms	15 days	1 month	1& ½ months	2 months	2& ½ months	3 months
Fissures of soles	+++	+++	++	++	+	+
Fissures of palms	++	+	+	+	+	+
Pain	++++	+++	++	+	-	-
Itching	++	+	+	+	-	-
Scaling of skin	+++	++	++	+	+	-
Dryness	++++	++	++	++	+	+
Burning of soles & palms	+++	++	+	-	-	-



Figure 01 Before Treatment



Figure 04 Before Treatment



Figure 02 During Treatment



Figure 05 During Treatment



Figure 03 After Treatment



Figure 06 After Treatment

DISCUSSION

As above mentioned case, patient was diagnosed as a case of *Vipadika*. Treatment was planned as per classical principles of *Kushtha Chikitsa*.

Vipadika is mentioned under the *Kshudra Kushtha*. It is *Vata* and *Kapha Dosha* dominant disease. Based on clinical features of *Vipadika*, it can be correlated with Palmo- Plantar psoriasis. In this case patient had difficulty in walking due to pain, excessive dryness of soles and palms and also sometimes bleeding occurs

from cracks of soles. She took allopathic treatment but she didn't get proper relief so, she came to Kayachikitsa Outpatient department of Aarihant Ayurved Hospital for Ayurved treatment. Patient was treated with *Panchatikta ghrita Snehapana* internally and palms & soles soaked in boiled water with *Tankan bhasma* followed by local application of *Jatyadi Ghrita*.

Medicines used for skin diseases have qualities of *Shodhan* and *Shaman*. *Panchatikta ghrita* has *Dipana*, *Snigdha*, *Tridosahara* action, *Kantikaraka*, anti- microbial effect (*Rakshoghna*)effect, *Vaya Sthapaka*, *Rasayan*

anti-inflammatory properties, hydration effect. Boiled water with *Tankan Bhasma* helps to improve the skin texture of palms & soles by softening of skin & leading to healing of cracks. *Jatyadi ghrít* has *Tikta, Kashaya Rasa Laghu, Ruksha & Snigdha Gunas*. It has *Vrana shodhana, Ropana, Pooti-hara karma*, anti-microbial activity, anti-oxidant, anti-inflammatory action and it promotes the shedding of dead tissue, necrotic tissues and promotes healing of cracks, antifungal properties, analgesic, soothing and healing action on skin lesion, anti-septic properties. *Gandhaka Rasayan vati* acts as *Kushtaghna* and *Kandughna* which helps in curing the *Vipadika*.

CONCLUSION

In above case study *Ayurveda* management provides the significant relief in three months of treatment. It can be concluded that with applying classical *Ayurvedic* principles & following properly *Pathya-apathya* by patient, the case of *Vipadika* shows excellent improvement and no any side effects were seen.

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