



ISSN 2456-3110

Vol 9 · Issue 8

August 2024

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Holistic approach to treating *Vipadika* (Palmoplantar Psoriasis) with Ayurvedic Therapies: A Case Report

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ABSTRACT

In Ayurveda all skin disease has been considered under the headings of *Kushta*. *Vipadika* is one among such disease which has been included under the heading of *Kshudra Kushta*. It is characterized by *Panipada Sphutanam* (fissures), *Teevravedana* (severe pain) either in palms or soles or in both.^[1] Its symptoms can be correlated with palmar-plantar psoriasis which is a chronic skin disease which mainly affects palms and sole region and is characterized by hyperkeratosis, fissures, erythema and occasionally inflammation and pustules. In present, case report a patient with complaint of dryness and cracking of both palms associated with burning and pain in the past 2-3 years, was successfully treated with *Shodana* (*Virechana*) and *Shamana Aushadhi's* like *Manjishthaadi Kashya*, *Kaishore Gugullu* and *Jatyadighrit* externally for a period of one month. This is an effort to show the brighter side of *Ayurvedic* treatment not just in alleviating the symptoms but also in improving the immune strength and causing no recurrence of disease. *Shodhana* helps remove the root cause of the disease, and prevent from recurrence.

Key words: *Kushta*, *Vipadika*, *Palmar plantar psoriasis*, *Shodana*, *Shamana*

INTRODUCTION

The skin, the body's largest organ, is constantly exposed to various environmental agents such as physical, chemical, and biological factors. Its primary functions include protecting the body from microbes and the elements, regulating body temperature, and allowing the sensations of touch, heat, and cold. The skin is composed of different layers. The outermost layer, called the epidermis, acts as a waterproof barrier

and determines the skin tone. Beneath the epidermis lies the dermis, which contains tough connective tissue, hair follicles, and sweat glands. The deeper layer, known as the subcutaneous tissue or hypodermis, consists of fat and connective tissue. Skin diseases not only have physical effects on the patient but also impact their mental and social well-being. In Ayurveda, skin diseases are categorized under *Kushta*, with 7 *Mahakushta* and 11 *Kshudra Kushta* being the main classifications.

The aggravation of *Doshas* due to *Nidanas* (causative factors) of *Kushta* leads to *Agnimandya* (indigestion) and *Dhatu Shaitilyata* (weakness of muscles, etc.). Among the *Doshas*, *Vata* and *Kapha* are predominantly aggravated, resulting in the *Shaithilyata* of *Dushyas* such as the skin (*Twak*), blood (*Rakta*), muscles (*Mamsa*), channels (*Lasika*), and sweat glands (*Lomakupa*).

This vitiated *Doshas* then enters the *Rasa Raktadi Dhatus*, particularly the movement in *Tiryaka Siras* (vein), and settles in the skin, leading to *Kushta*.

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Submission Date: 00/07/2024 Accepted Date: 00/08/2024

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: [10.21760/jaims.9.8.49](https://doi.org/10.21760/jaims.9.8.49)

Vipadika

Vipadika is a type of *Kshudrakushta* primarily caused by the imbalance of *Vata-Kapha Dosh*. It is identified by the presence of fissures in the palms and soles, along with severe pain. The detailed description of *Vipadika* can be found in the 7th chapter of *Charaka Chikitsa Sthana* and the 49th chapter of *Madhava Nidana*. Various factors such as improper diet, heavy and oily food consumption, eating during indigestion, daytime sleeping, and incorrect lifestyle practices can lead to the aggravation of all three *Dosh*s, resulting in skin, blood, muscle, and lymphatic tissue vitiation and ultimately leading to the manifestation of *Kushta*. This condition bears resemblance to palmoplantar psoriasis, an autoimmune disease characterized by hyperkeratosis, fissures, redness, and sometimes inflammation and pustules. Treatment options in conventional medicine are limited to topical steroids and drugs like methotrexate, which only provide symptomatic relief without curing the condition.

CASE REPORT**Chief Complaint**

The present case study is an Ayurvedic approach in the management of *Vipadika*. A 30-year-old male patient visited to the Shalya OPD of Shirdi Sai Baba Ayurveda College Kishangarh Renwal, presented with c/o of dryness, scaly lesions and cracking of both palms associated with occasionally burning and pain for last 2-3 years.

History of Present Illness

Patients gave a history of cracking of both the palms which gradually increased associated with burning, itching sensation, and pain in the palms. The condition worsens during winter season. Pain is said to be so severe such that the patient cannot do any work with hands. Patient took treatment from contemporary and other allied medicines for 2-3 yrs. but recurrence was seen on stopping of medication. Since, 3 months he is not under any medication and was came here for better relief.

Personal history

- Appetite: Moderate

- Bowel: Previously -irregular, two days a once
- Micturition: Regular
- Sleep: Sound
- Food: Mixed diet

General examination

- Appearance: Normal
- Built: Moderate
- Nourishment: Moderate
- Pallor: Absent
- Icterus: Absent
- Oedema: Absent
- Cyanosis: Absent

Vital data

- Pulse: 80 /Min
- BP: 110/90 MmHg
- Respiratory Rate: 18/Min
- Weight: 65kg

Skin examination

- Site - both palms
- Distribution - Symmetrical (both palms)
- Dryness, itching and cracking of both the palms is seen (*Sphutana*) which is painful
- In and around the fingers cracking is seen
- Surface - is rough and dry, margin- irregular

Laboratory Examination

- Hb % - 12.6gm%
- ESR - 20mm/hr
- Total WBC count - 8,700cells/mm
- Serum creatinine - 0.6 mg/dl
- Blood urea - 16.8mg/dl

Ayurvedic Diagnosis

According to Ayurveda, Mr. A's condition was diagnosed as *Vipadika*, characterized by red, scaly

lesions predominantly on palms and soles. The imbalance of *Pitta* and *Kapha* doshas was identified as contributing factors, necessitating a comprehensive treatment approach.

Treatment Protocol

1. *Virechana*^[2] Therapy: Initially, patient underwent *Virechana* therapy by *Haritaki* phal, a detoxification procedure aimed at eliminating excess *Pitta* and toxins from the body. This was crucial for resetting his *Doshic* balance and preparing the body for deeper healing.
2. *Manjishthadi Kashaya*^[3] - Following *Virechana*, he was prescribed *Manjishthadi Kashaya*, an herbal decoction known for its blood-purifying and anti-inflammatory properties. This formulation helped to reduce inflammation and detoxify his bloodstream, targeting the root cause of his condition.
3. *Kaishore Guggulu*^[4] - To further enhance blood purification and regulate *Pitta-Kapha* imbalance, *Kaishore Guggulu*, a classical Ayurvedic formulation, was administered. It aids in reducing inflammation and promoting healing from within.
4. *Jatyadighrit*^[5] ointment - Externally, *Jatyadighrit* ointment a specialized herbal ointment, was applied to the affected palms and soles. This ointment not only provided local relief but also supported the systemic treatment by promoting skin regeneration and soothing irritation.

Treatment given

External application: *Jatyadighrit*

Internal medicines:

Deepan Pachan - *Panchakola Churna*^[6]

Snehapan

Panchtikta Ghrita^[7] was administered to the patient empty stomach every morning at 7.00 am. Starting dose was 25 ml with same amount of Luke warm water. Then symptoms presenting in the individual, the duration taken to digest *Ghrita*, the time taken by the patient to feel hunger was recorded.

Patient was advised to avoid sleep during day time, excessive wind, sunlight, not indulge in activities that drain your energy such as loud talking, swimming, long distance walking, arguments, getting angry worrying. The patient was advised not to take any type of diet till he got feeling of hunger. He was just allowed to take Luke warm water till then. Gradually increased the dose of *Ghrita* by 25 ml every day for 7 days in the following manner.

Abhyanga and Swedana

Abhyanga and *Swedana* was advised to the patient after *Samyaka Singdha Lakshana* for 3 days. *Abhyanga* was done with lukewarm *Taila* (oil) was applied to the whole body. Patient was transferred to *Vaspa Sweda* room after *Abhyanga* and was given *Vaspa Sweda* for 15-20 minutes.

Diet in the evening of gap day (before *Virechana*)

One day before at night, prior to *Virechana* therapy, he had given the diet consisting of the *Snigda*, *Drava*, *Ushna*, and *Bhat*. Therefore, *Laghu Aahar* (light diet) moong dal, khichdi and lukewarm water was given.

Virechan day

On the third day after *Abhyanga* and *Swedan*. *Virechan Yoga* was given which consist of following constitutes,

On the third day after *Abhyanga* and *Swedan*, *Virechan Yoga* was given which consist of following constitutes,

Haritaki 60gm

Munnaka 20 pieces

Trikatu Churn 5gm

Rose petals

Yavkut of *Haritaki Churna*, *Munnka* is used to make *Kwath* preparation and *Trikatu Churn*, rose petals used as *Prakshepa Dravya*.

Now number of *Vega* is recorded accordingly, there were 17 number of *Vega* till 6 p.m

Shaman Aushadhi (given after *sansarjan*) for 15 days

1. *Tab. Kaishore Gugullu* 1-0-1 after food
2. *Manjishthadi Kashaya* 10 ml bd

Assessment criteria

Subjective criteria

Symptoms	Grade 0	Grade 1	Grade 2	Grade 3
Pani Pada Sphutana	Absent	Mild	Moderate	Severe
Kandu	Absent	Mild	Moderate	Severe
Vedana	Absent	Mild	Moderate	Severe
Burning Sensation	Absent	Mild	Moderate	Severe

Pani-Pada Sphutana		Kandu		Vedana		Burning Sensation	
BT	AT	BT	AT	BT	AT	BT	AT
3	1	3	0	3	0	3	0

Outcome

After completing a 45-day course of Ayurvedic treatment, patient experienced significant improvement in his condition. The severity of scaling and redness reduced visibly, and the itching subsided. His palms regained normal texture, allowing him to resume his daily activities without discomfort.



Follow-Up and Maintenance

To prevent recurrence, patient was advised on dietary and lifestyle modifications tailored to his *Doshic* constitution. He was encouraged to continue *Manjishthadi Kashaya* and *Kaishore Guggulu* in a maintenance dose for the next few months. Regular follow-ups were scheduled to monitor his progress and adjust as needed.

CONCLUSION

This case report underscores the efficacy of Ayurvedic therapies in managing challenging dermatological conditions like *Vipadika* (palmoplantar psoriasis). By addressing the root causes through *Virechana* therapy, *Manjishthadi Kashaya*, *Kaishore Guggulu*, and *Jatyadighrit* ointment, significant symptomatic relief and long-term improvement were achieved. *Ayurveda's* holistic approach not only treats the symptoms but also aims at restoring overall health and preventing recurrence, making it a promising alternative or complementary therapy for individuals with chronic skin disorders.

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How to cite this article: Anita Lalwani, Rajesh Gupta. Holistic approach to treating Vipadika (Palmoplantar Psoriasis) with Ayurvedic Therapies: A Case Report. J Ayurveda Integr Med Sci 2024;8:312-316. <http://dx.doi.org/10.21760/jaims.9.8.49>

Source of Support: Nil, **Conflict of Interest:** None declared.

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