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An Ayurvedic approach in the management of *Vipadika Kushta* w.s.r to Plantar Psoriasis - A Case Study

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ABSTRACT

Kushta is the broad term used for most of the diseases related to skin, the reference of *Kushta* is seen in all *Brihat Trayes* and *Laghutrayes*, *Vaipadika Kushta* is one of the commonest types of *Kushta* that has similarities with plantar and palmar psoriasis, the seven components involved in the manifestation of *Kushta* are *Tridosha*, *Twak*, *Mamsa*, *Rakta* and *Ambu*, *Kushta* is said under *Rakta Pradoshaja Vikara*, *Rakthamokshana* helps in *Rakta Shodhana*, and *Virechana* with *Eranda Thaila* helps *Ama Pachana* and *Vata Shamana*, and the *Eladi Keram* is *Vata Kapha Hara*, so the treatment protocol is selected for the management of *Vaipadika Kushta*.

Key words: *Kushta*, *Vaipadika Kushta*, *Rakta Pradoshaja Vikara*, *Rakthamokshana*, *Virechana*, *Eladi Keram*.

INTRODUCTION

Twak is one of the *Gnyanendriya*,^[1] the *Adhishtana* of *Sparshanendriya*, developed in the *Tritiyamasa* of intrauterine life. According to *Acharya Susruta*, there are 7 layers of *Twak*.^[2] The anatomical concepts of *Twak* have many similarities with skin anatomy.

Skin is the largest organ of the human body, accounting for about 15% of the total adult body weight. It has many functions as it acts as an anatomical barrier that protects from external factors like physical, mechanical, and chemical exposures, as well as prevention of excess water loss from the body.

All the skin diseases in Ayurveda have been discussed under the broad heading "*Kustha*". It is one among the

Ashta Mahagada,^[3] the two types of *Kushta* are *Maha Kushta* and *Kshudra Kushta*, there are 7 *Mahakushta* and 11 *Kshudra Kushta*.^[4] *Vaipadika Kushta* is one among the *Kshudra Kushta*, which is manifested due to *Vata* and *Kapha Dosha*. "*Vaipadikam Pani Pada Spudanam Theevra Vedanam*"^[6] i.e, lesion in *Pani* and *pada* along with pain. There are striking similarities between the concept of *Vipadika Kushta* with palmar-plantar psoriasis of modern dermatology, it is a chronic skin disease affecting the palms and sole region, It features pain, thick hyperkeratosis plaque, dryness, and cracked skin, bleeding and itching. Though the incidence has not been determined, the palmoplantar variant of psoriasis comprises 3% to 4% of all cases of psoriasis, which affects 2% to 5% of the population.^[7] Palmar plantar psoriasis is caused by a combination of genetic and environmental factors.

This case is about a patient complaining of cracking, scaling, itching and pain in both soles for 3 years, The Patient was treated with *Shodhana (Virechana)* and *Shamana Aushadhi* followed by *Raktamokshana* This has shown a significant result. The total treatment was about one month.

CASE REPORT

A 53-year-old male, who is a farmer complained of cracks on both soles with pain, itching and bleeding

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since last 10 days

Chief Complaints

Cracks, Dryness, scaling, itching, pain, and bleeding in both sole

History of Present Illness

The patient was apparently normal before 4 years gradually he developed a small fissure associated with itching on the right sole and later on the left sole, after a few months fissure aggravated with scaling and itching, and gradually pain developed which aggravated on walking, the complaints he consulted an allopathic dermatologist and got symptomatic relief but after few months complaints reoccurred. So, he consulted our hospital for further treatment.

Personal History

Bowel	Regular
Appetite	Good
Micturition	Regular, 4-6 times per day
Sleep	Disturbed
Habits	Alcoholism for the past 15 years
Diet	Mixed

Vital Data

Pulse rate - 72 per minute

Blood pressure - 140/90mmhg

Respiratory rate - 20 cycles per minute

Weight - 79 kg

Local Examination

- Site - both sole region, dorsum of foot or sole
- Distribution - Symmetrical (both soles)
- Dryness, itching and cracking of both the soles are seen) which is painful bleeding from the cracked region is seen
- Surface is rough and dry, margin- irregular Colour: white scaly

- Texture - hard

Treatment

Shamana Chikitsa

Internally

- Indukantham Kashya* 15 ml Kashaya in 45 ml luke warm water 10 days
- Aragwadadi Kashya* 15 ml Kashaya in 45 ml luke warm water 20 days
- Kaishora Guggulu* 1 BD 30 days

Externally

- Aragwadha Twak Kashaya Parisheka* 20 days
- Eladi Kera* application 30 days

Shodhana Chikitsa

- Sadhyo Virechana* with *Eranda Thaila* 15 ml with milk
- Siravyadha*

Assessment Criteria for Sputana

Clinical features	Score
Insignificant dryness at the foot	0
Roughness is present when touching	1
Excessive roughness presents and leads to itching	2
Excessive roughness presents and leads to slight cracks	3
Roughness leading to cracks and fissures	4

Assessment Criteria for Vedana

Clinical features	Score
No pain	0
Mild pain of an easily bearable nature comes occasionally	1
Moderate pain, but no difficulty in walking	2
Appears frequently and requires some measures for relief	3
Pain requires medication and may remain throughout the day	4

Assessment Criteria for Itching

Clinical features	Score
No itching	0
Mild itching, occasional, annoying	1
Moderate itching, frequent, disturbing	2
Severe itching, constant, continuous	3
Very severe itching, unbearable, disturbs day-to-day activities and sleep	4

Observation Table

Clinical features	Before treatment	After treatment
<i>Sputana</i>	3	1
<i>Ruja</i>	2	0
<i>Kandu</i>	4	0



Figure 4: After treatment 10/5/2024

OBSERVATION

Before treatment (fig: 1)

- Patient had Cracks, Dryness, scaling, itching, pain, and bleeding in both sole

After treatment (figure:2)

- After 7 days of treatment pain, scaling and bleeding were reduced

After treatment (figure: 3)

- After 20 days of treatment cracks were reduced, and dryness and itching reduced

After treatment (figure: 4)

- After 1 month of treatment complete scaling, dryness, bleeding and all other symptoms were reduced.

RESULT

After treatment symptoms are reduced, and follow-up medicine and proper diet are advised.

DISCUSSION

Based on the symptoms of *Vipadika Kushta* it can be correlated to plantar psoriasis. Two sittings of *Siravyadha* were done over a gap of 7 days. As *Kushta* is a *Raktha Pradhoshaja Vikara*, *Siravyadha* does *Raktha Shodhana* by removing the *Dhushitha Raktha* and reducing symptoms like itching etc. *Indukantham Kashaya* was given for 10 days which has *Poothika*, and *Dharu Dashamoola* which corrects *Agni* and reduces *Rooksha*, *Sputana* and *Ruja* caused due by *Vata*, *Aragwadadi Kashaya* was given for 20 days which has a direct indication in *Kushta*, the drugs of the



Figure 1: Before treatment 7/4/2024

Figure 2: After treatment 14/4/2024



Figure 3: After treatment 28/4/2024

formulation reduce *Kelda* in *Vaipadika Kushta* hence reduce *Kandu*, and helps in healing of the cracks and along with *Vatanulomana*. *virechana* was given on the 10th day of treatment with *eranda thaila* as it does *ama pachana* as well as reduces *Vata*.

Eternally *Parisheka* was done with *Kashaya* prepared with *Aragwadha Twak* does *Shodhana* of the lesion and reduces the symptoms, *Eladi Kera* was advised to apply externally as it reduces *kapha* and *Vata*, does *Vrana Prasadana* and reduces *Kandu*.

CONCLUSION

The present study concludes that *Vipadika* can be effectively treated with ayurvedic treatments like *Sira Vyadha* and *Virechana*.

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