



Ayurvedic management of Vipadika (Palmoplantar Psoriasis) with Shamana Aushadhis: A Case Report

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Ayurveda is one among ancient life science, where its main aim of it is to attain Dosha Dhatu Satmya and by following Dinacharya, Ritucharya and Ahara Vihara for healthy wellbeing of the individual, as in modern era due to sedentary lifestyle dietary changes and repeated exposure to these factors leads to systemic changes that is Dhatus and Doshas which leads to the disease Kustha. Among Kustha it is classified into different types by Acharya Charaka as 7 Mahakustha and 11 Ksudra Kustha diseases As Acharya Charaka opines that Vipadika as one among the Ksudra Kustha here we see Panipada Sputana and Teevavedana (cracking, irritating pain in soles and palms) and it can be correlated to palmo plantar psoriasis which is a chronic skin disease. Clinically it is defined by eruptions of sterile pustules or lesions that appear abruptly on an erythemato-squamous (hyperkeratosis, erythema, scaling, fissuring).[2] where there are all these symptoms are present in this case, so here for Vipadika Acharyas considered Shodhana and Shamana, Pathya Vyvastha, Satvayaya, Nidana Parimarjana line of treatment. Where we adopt some Shamana Aushadis and Lepana for the condition.

Keywords: Dryness, palmoplantar psoriasis, Ksudrakustha, Scaling, Shodhana, Shamana, Vipadika

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Introduction

Natural products have been the source of most active ingredients in western medicines this is widely accepted to true when applied to drug discovery. In the olden days before the advancement of high throughput screening and post genomic era, more than 80% of drug substances were obtained from natural products or inspired by natural compounds.[3] *Ayurveda* which is ancient system of medicine where the word *Ayu* denotes life and *Veda* denotes science in total it is called as life science.[4] Where its main aim is to maintain healthy lifestyle to prevent and treat illness by maintaining balance in body (*Dosha*, *Dhatu* etc.) and mind[5] by following Ayurvedic remedies as revealed by Acharyas in *Samhitas* dietary and lifestyle modification to maintain and attain healthy lifestyle, *Ayurveda* attain good results in the treatment of the skin diseases as it works upon the principle on the *Shodhana* elimination of *Doshas*, toxins from the root causes[8] and it not only has the ability of elimination of toxins from the roots but has the ability to treat the disease by *Shamana* principle that is maintain the balance in *Doshas* and *Dhatus* in body to be disease free.

Acharya Charaka explained about disease *Kustha* due to *Viruddha Annapana*, excessive intake of *Drava*, *Snigdha* and *Guru Dravyas*; restraining natural urges like vomiting etc.; exercising or coming in contact of excessive heat after eating excessive quantity of food. Indulging in habits such as, taking *Shita* quality food etc. followed by *Ushna* quality or either fasting followed by heavy meals. Having cold water immediately after exposure to scorching sun, exertion and fear, eating uncooked or raw foods or having meals although previously taken meals have not been digested. Indulging in food and other habits which have been restricted during the phase of *Panchakarma*. [7]

The vitiated three *Doshas Vata*, *Pitta*, *Kapha* and impaired *Tvak*, *Raktha*, *Mamsa* and *Ambu* together constitute seven essential entities which play role in pathogenesis of *Kushtha*. [8]

Acharya Charaka opines *Kushtha* classified into seven *Mahakushtha* (major skin disorders) and eleven *Kshudrakushtha* (eleven minor skin disorders)[9] In present case *Vipadika* which is considered as one among the *Ksudra Kustha* has complaints of *Sputana*, *Kandu* and *Vedana*. [10]

The treatment as like *Shodhana*, *Shamana*, *Nidana Parivarajana* are mentioned by the *Acharyas*, in this case we adopt *Shamana* line of treatment where our ultimate goal is to maintain or balance the vitiated *Doshas* in the body.

Case Report

A 55-year-old female presented at our *Ayurvedic* clinic with a history of chronic cracking, itching and pain in the palms region since 5months, there they was diagnosed as palmoplantar psoriasis and given medications for the same (steroids) topical applications by general physician, subject symptoms were not reduced and not satisfactory so, came to the ayurvedic clinic for the concerned issue. In this case subject has problem in washing, cleaning, cooking and doing household works so, here subject has advised to the *Shamana* line of treatment by *Aushadhis* and advised for healthy lifestyle like food, local hygiene.

Ashtavidha Pariksha

Nadi - 72 bpm
Mala - Once a day
Mutra - Normal
Jihva - Coated
Spabda - Normal
Sparsha - *Rooksha* (dry)
Druk - Normal
Akruthi - *Madhyama*
Agni - *Vishamagni*
Bala - *Madhyama*

Observations

Table 1: Clinical features for *Sputana*

Clinical features	Score	BT	AT
		4	1
Insufficient dryness in palms	0		
Roughness is present when touching	1		
Excessive roughness present and leads to itching	2		
Excessive roughness present and leads to slight cracks	3		
Roughness leads to cracks and fissures	4		

Table 2: *Kandu* (Itching)

<i>Kandu</i> (Itching)	Score	BT	AT
		2	1
No itching	0		
1-2 times a day	1		
Frequent itching	2		
Itching disturbs the sleep	3		

Table 3: Vedana (Pain)

Vedana (Pain)	Score	BT	AT
		2	1
No pain	0		
Mild pain in easily bearable nature	1		
Moderate pain but no difficulty	2		
Appears frequently requires some measures for relief	3		

Treatment Schedule

SN	Medicine	Contents	Mode of Action
1.	Arogyavardini Rasa 2-0-2 after food	1. Shuddha Parada 2. Shuddha Gandhaka 3. Lauha Bhasma 4. Abhraka Bhasma 5. Haritaki 6. Vibhitaki 7. Amalaki	These drugs have Pachak (Digestive), Dipak (appetizer), Vishaghna (Antitoxic), and Jantughna (Antimicrobial) effects. It is mentioned as the best medicine for skin diseases.
2.	Sarivadyasava 15 ml - 0 -15 ml After food	1. Sariva 2. Manjishtha 3. Madhuka 4. Usheera 5. Musta 6. Dhataki flowers 7. Jaggery 8. Water	1. Sariva (<i>Hemidesmus indicus</i>) - It has anti-inflammatory and blood purifying properties. 2. Manjishtha (<i>Rubia cordifolia</i>) - It is known for its blood purifying and detoxifying properties. 3. Musta (<i>Cyperus rotundus</i>) - It has digestive and carminative properties. 4. Haritaki (<i>Terminalia chebula</i>) - It helps in digestion and acts as a mild laxative. 5. Amalaki (<i>Emblica officinalis</i>) - It is rich in Vitamin C and has antioxidant properties. 6. Dhataki (<i>Woodfordia fruticosa</i>) - It acts as a binding agent and helps in the fermentation process of the medicine.
3.	Jeevantyadi Yamaka E/A	1. Taila 2. Ghrita 3. Arka 4. Jivanti 5. Manjistha 6. Darvi 7. Kampillaka 8. Tuttha 9. Sarjakshara 10. Madhucchista	It is having effect like 1. Anti inflammatory 2. Wound healing 3. Moisturizing 4. Antioxidant 5. Soothing
4.	Kaishora Guggulu 2-0-2 after food	1. Guggul 2. Triphala 3. Trikatu 4. Vidanga 5. Danti 6. Guduchi 7. Nishotha	1. Guggulu (<i>Commiphora mukul</i>): A resin obtained from the Guggul tree, which is known for its anti-inflammatory and cholesterol lowering effects. 2. Triphala: A combination of three fruits - Amalaki (<i>Emblica officinalis</i>), Bibhitaki (<i>Terminalia bellirica</i>), and Haritaki (<i>Terminalia chebula</i>) - commonly used to support digestion and detoxification. 3. Trikatu: A blend of three pungent herbs - Ginger (<i>Zingiber officinale</i>), Black Pepper (<i>Piper nigrum</i>), and Long Pepper (<i>Piper longum</i>) - known for their digestive and metabolic support. 4. Neem: Also known as <i>Azadirachta indica</i> , neem is valued in Ayurveda for its antibacterial, antifungal, and blood purifying properties. 5. Manjistha (<i>Rubia cordifolia</i>): Known for its detoxifying effects on the lymphatic system as well as its skin-healing properties. 6. Haridra (<i>Curcuma longa</i>): Commonly referred to as turmeric, this herb has potent anti-inflammatory and antioxidant properties. 7. Daruharidra or Indian Barberry (<i>Berberis aristata</i>): Used in traditional medicine to support healthy skin function and address various skin-related concerns due to its antimicrobial properties.

Figure 1: Before Treatment



Figure 2: After Treatment



Discussion

In *Ayurveda*, *Vipadika* is considered to be a result of an imbalance in the body's doshas (*Vata*, *Pitta* and *Kapha*).

Shamana Aushadis are *Ayurvedic* medicines that are used for pacifying or alleviating symptoms of a disease without addressing its root cause. When it comes to treating *Vipadika* with *Shamana Aushadis*, we often recommend using herbal medicines that help to soothe skin and reduce inflammation. Some commonly used herbs in these medications include *Nimba* (neem), *Haridra* (turmeric), *Manjistha* (*Rubia cordifolia*), *Kumari* (aloe vera) and *Yastimadhu* (licorice). These herbs are known for their anti-inflammatory, antiseptic and moisturizing properties which can help to alleviate itching and redness associated with eczema. In addition to topical applications such as creams and oils containing these herbs, internal medications may also be prescribed to address underlying imbalances in *Doshas* that are contributing to *Vipadika*. This may include herbal formulations or powders that help to purify blood and detoxify body.

It's important to note that while *Shamana Aushadis* can provide relief from symptoms of *Vipadika*, they may not necessarily address the root cause of the condition. It is important for individuals with *Vipadika* to recommend a comprehensive treatment plan that includes dietary changes, lifestyle modifications and *Shodhana* by performing panchakarma for long-term management of this disease. Overall, while *Shamana Aushadi* treatments can be effective in providing relief from symptoms of *Vipadika* in the short term, it is essential for individuals suffering from this condition consider adopting an appropriate approach towards imbalances within their body through multidimensional treatments as such as *Shodhana* and *Shamana*.

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