

EFFECTIVE AYURVEDIC MANAGEMENT OF VIPADIKA (PALMO-PLANTAR PSORIASIS) – A CASE REPORT**Aishwarya Narayan Bhor^{1*}, Nagnath S. Gangasagre² and S. P. Mirajkar³**¹PG Scholar Agadtantra Department Government Ayurvedic College Dharashiv (MH).²HOD Agadtantra Department Government Ayurvedic College Dharashiv (MH).³Asso. Prof. Agadtantra Department Government Ayurvedic College Dharashiv (MH).Article Received on
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Dharashiv (MH).**ABSTRACT**

An immune-mediated condition known as psoriasis cause persistent skin inflammation. All skin diseases in Ayurveda have been considered under the heading of *kushtha*. *Vipadika* is one among such disease which has been included under the heading of *Kshudra Kushta*. It is characterized by *Pani-pada Sphutan* (Fissure in palm and soles) and *Teevra vedana* (With severe pain). The main cause of its expression include vitiation of *Vata*, *Kapha* and *Pitta/Rakta*. In present case report a patient with complaints of dryness and cracking of both palms, itching. The patient attended our skin opd of *Vipadika* have a greater negative impact on their personal and social life as they have extreme difficulties in daily activities, self-care challenges.

KEYWORDS: *Vipadika*, *kushta*, palmoplantar psoriasis.**INTRODUCTION**

Skin diseases are most common form of infections occurring in people of all ages. Skin diseases not only affects the patient physically but also disturb mental and social health of the patient. Acharya Charaka had mentioned that all *Kushthas* are *Tridoshaj* in nature.^[1] According to acharyas *charak* cracks and severe pain are the symptoms of *Vipadika*.^[2] According to *ashtang hridaya panipadsphutan* (Cracks on Palm and Soles), *tivra vedana* (Intense pain), *Manda Kandu* (Mild itching), *Sarag pidika* (Red coloured macule) are the symptoms of *Vipadika*.^[3] *Vipadika* is correlated with palmoplantar psoriasis which is chronic skin disease mainly affects palm and sole region. In modern science, it is commonly treated with corticosteroids, topical therapies, vitamins, Immune modulators. But commonly this

disease relapses again and again. Through Ayurvedic treatment it can be managed without re-occurrence of the disease.

AIM AND OBJECTIVES

1. To demonstrate the clinical aspects of *Vipadika*.
2. To assess *Vipadika* treatment in Ayurveda.

MATERIAL AND METHOD

Case report

A 55-year male patient came to our OPD of Government Ayurvedic College Dharashiv on 06/05/2024 with the complaints of cracks on both palms with burning sensation and mild pain.

Chief complaint

The complaint of cracks on both palms with burning sensation and mild pain.

History of present illness

With the complaints of cracks on both palms with burning sensation and mild pain since 2 years. He has taken treatment of modern medicine and was getting temporary relief, due to recurrence of the symptoms, she approaches here for further treatment. On examination, multiple deep fissures were present on both palms with local tenderness. According to the clinical features, the patient was diagnosed as a case of *Vipadika*.

Family history

No member of family had such illness.

Dashvidh pariksha

1. *Nadi* (Pulse) -90/min
2. *Mala* (Stool) -Constipated-3-4 in a week
3. *Mutra* (Urine) -Normal
4. *Jivha* (Tongue) -Coated (saam)
5. *Shabda* (Speech)- Normal
6. *Sparsha* (Skin) -*Ruksh* (Dry)
7. *Dreek* (Eyes)- Normal
8. *Akruti* (Built)- *Madhyam* (Medium)
9. *Agni* (Digestion)- *Visham* (Irregular)

10. *Bala* (Power) -*Madhyam* (Medium)**Personal history**

1. Appetite: Moderate
2. Bowel: Previously -irregular, two days once, since a year- regular, once/day
3. Micturition: Regular
4. Sleep: Sound
5. Food: Mixed diet

General examination

1. Appearance: Normal
2. Built: Moderate
3. Nourishment: Moderate
4. Pallor: Absent
5. Icterus: Absent
6. Oedema: Absent
7. Cyanosis: Absent

Vital data

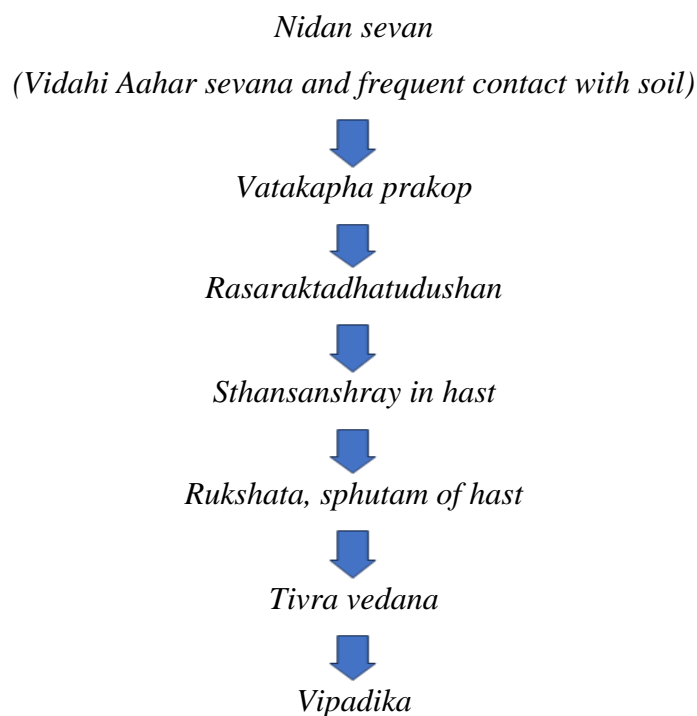
1. Pulse: 90 /Min
2. BP: 110/90 MmHg
3. Respiratory Rate: 20/Min
4. Weight: 54kg

Skin examination

1. Site of both palms
2. Distribution- Symmetrical (Both palms)
3. Dryness, itching and cracking of both the palms is seen (*Hast sphutana*) which is painful
bleeding from the cracked region is seen
4. Surface is rough and dry, margin- irregular

Laboratory examination

Hb%-12.6gm%, ESR-22mm/hr, Total WBC count 8,700cells/mm

Samprapti**External application**

1. *Avagaha swedana*:- *Triphala kwath* (200ml)+ coconut oil (4tsp)+ aloe vera gel (10gm)+ *shatdhaut ghrut* (10ml) in morning for 10 min
2. *Karanj tail* for local application. (Twice in a day)

Internal medication

1. *Panchatiktaghrita* 1tsp with luke warm milk/water in morning half an hour before breakfast.
2. *Gandhaka Rasayana* (250mg) 1 TDS after meal.
3. *Kamdudha vati* (250mg) 1 TDS after meal.
4. *Panchnimb churn kadha* 20ml BD after meal.
5. *Gandharva haritaki churn* 2gm HS at night before bed.

Clinical Features: Before & After Treatment

Sr. No	Clinical Features	Before Treatment	After Treatment
1	Cracks over palms	++++	-
2	Burning sensation	+++	+
3	Itching	++	-
4	Pain	++++	-
5	Dryness	+++	+



Before Treatment



After second follow up

DISCUSSION

Vipadika is *vata Kaphaj kushta* so treatment should be aimed at alleviating *vata* and *kapha dosha* alongwith correction of *twak*, *rakta*, *mansa* and *lasika*, as these are the *dushyas*. After 1st follow-up, the symptoms of cracking of both palms, itching and burning sensation started reducing. The patient was advised for routine follow up upto 30 days and to avoid *Vidahi*, *Katu* and *Ruksha Ahara* along with taking proper care of palms.

Panchatikta ghrita

It include *Nimba*^[4] (*Azadirachta indica* A. Juss), *Patola*^[5] (*Trichosanthes dioica* Roxb.), *Vyaghri*^[6] (*Solanum surattense* Burm.f), *Guduchi*^[7] [*Tinospora cordifolia* (Thunb) Miers], *Vasa*^[8] (*Adathoda vasica* Linn.), *Haritaki*^[9] (*Terminalia chebula* Retz), *Vibhitaki*^[10] (*Terminalia bellerica* Gaertn. Roxb), *Amalaki*^[11] (*Embllica officinalis* Gaertn), and *Goghrta* (ghee prepared from cow's milk (most of which have *Kushtaghna* and *Raktaprasada ka* properties.^[12] *Tikta Rasa* itself is ideal for *Pitta* and *Rakta Vikaras*. As a *Shamana Ousadha*, *Panchatikta Ghrta* is a good option for *Vipadika*.

Ghrta is *Mrudu*, *Snigdha*, *Vranaropak*, *Sanskaranuvartit*. Being fat soluble, it will play an important role in healing the cracks in *Vipadika*.

Karanj taila

It contains *karanj* (*Pongamia pinnata*), *Saptacchada* (*Alstonia scholaris*), *Langali* (*Gloriosa superba*), *Arka* (*Calatropis procera*), *Chitraka* (*Plumbago zeylanica*), *Brungaraj* (*Eclipta alba*), *Vatsanabh* (*Aconitum ferox*), *Gomutra* (Cowurine). It is widely used in various skin

diseases. The *karanj*-oil contains medicinal properties and used in itches, abscess and other skin diseases.^[13]

Shatadhauta ghrita

Is indicated in *Visarpa*, *Kushtha* and *Kandu*.^[14] It mixed with *triphala kwath* for *awgaha swedana*. It is used for the cleansing the wound. *Ghrita* is *Mrudu*, *Snigdha*, *Vranaropak*, *Sanskaranuvartit*. Being fat soluble, it will play an important role in healing the cracks in *Vipadika*.

Gandhak rasayan

It contains *Shuddha gandhak* (Pure sulphur), *Chaturjat*, *Triphala*, *Sunth*, (*Zinziber officinalis*) *Maka* (*Eclipta alba*) and *Gulwel*. (*Tinospora cordiolia*) It acts as *kushtaghna* (fights with skin ailments), *vishaghna* (Antitoxin), *Rasayan* (Antioxidant), *Jantughna*, (Antimicrobial) and *Yogvahi* (Increases the action of drug). *Gandhaka Rasayan* is *Pitta shamak* in nature, which acts as anti-inflammatory.^[15]

It mainly acts on skin, blood and it is *Rasayana* in action. So, it more or less acts on all *Doshas* and *Dhatu*s. *Gandhak* is *Ushna Veeryatmaka* and *Katu Rasa Vipaki* so acts as best *Kaphaghna* and *Kledaghna*. *Gandhak Rasayan* helps to destroy the *Sampratri* (pathogenesis) of *Kshudra Kushtha* due to its *Ushnaveerya* and *Katukshaya Rasa*.

Gandharva haritaki

It was used as a mild purgative for achieving *Shodhan* of *Malas* before starting the external application therapy.

CONCLUSION

Vipadika is *Vata Kaphaja Kshudra Kushta Roga*. The *Rooksha Guna* of *Vata* causes pain and severe dryness which leads to the formation of cracks. *Kandu* is caused by *kapha Dosha*. *Daha* due to *pitta Dosha*. The *Dharana* of *Mamsa* and *Twak lea Rakthasrava* and *Sputana* as it lies above the *Mamsadhara Kala*. *Mansik Chikitsa* and *Nidan Parivarjana* plays important role in the treatment. The case study could be conclude that Ayurvedic management seems to very effective and curative over *Vipadika* like skin disease. From the above case, it can be said that *Palmo-plantar Psoriasis* can be successfully managed through Ayurvedic treatment. After first medication the symptoms like cracking of both soles, itching, bleeding from cracked region reduced. The patient was advised for follow up for proper medication and is

advised for avoiding fried food items, junk food, curd, non-vegetarian diet, sea foods, and milk products.

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