

## EFFECT OF SHODHAN CHIKITSA (VIRECHAN AND RAKTAMOKSHANA) IN VIPADIKA WITH SPECIAL REFERENCE TO PALMOPLANTAR PSORIASIS

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### ABSTRACT

**Background:** Palmoplantar Psoriasis (PPP), a chronic inflammatory skin disorder impacting daily functionality, correlates closely with Vipadika (Vata-Kapha dominant Kshudra Kushta) in Ayurveda, characterized by painful cracks on the palms and soles. Case Description: A 36-year-old female presented with severe dryness, scaling, itching, and deep, bleeding cracks on both palms for four months. The condition was diagnosed as Vipadika resulting from Dosha vitiation and dietary triggers. Intervention: The patient underwent a 16-day Ayurvedic protocol combining Shodhana (purification) and Shamana (palliative) therapies. Treatment included Amapachana, Snehapana with Mahatiktaka Ghrita, Virechana (purgation) via Trivruttavleha, and two sessions of Raktamokshana (bloodletting), supplemented by external

applications. **Results:** The integrated therapy led to a significant reduction in symptoms. By the end of a 15-day follow-up period, scaling, pain, itching, and bleeding fissures were successfully resolved. **Conclusion:** This case demonstrates that Vipadika (Palmoplantar Psoriasis) can be effectively managed without side effects through a structured Ayurvedic approach utilizing Virechana, Raktamokshana, and targeted internal medications.

### INTRODUCTION

Skin, the largest organ of the body is also considered elegant in. Healthy skin is a mirroring of general healthiness. Not all skin diseases are responsible for mortality but hampers day-to-

day activity and due to its cosmetic issues, it depresses the patients. Researches show that the patient with skin diseases have greater impairment in mental health as compared with patients having systemic disorders like Diabetes mellitus, Hypertension etc. prevalence of Psoriasis imprecisely ranges between 2 and 3% worldwide. In India, the prevalence of psoriasis also varies from 0.44 to 2.88%. Ayurveda includes all the skin disorders under the broad name Kushta. There are 18 types of Kushta described in Ayurveda Samhitas. Out of which 11 are Kshudra Kushta. Vipadika is one of them. It involves predominantly Vata and Kapha dosha<sup>[8]</sup> (bodily humor), vitiation of Rakta Dhatu (blood) and is characterized by Pani-Pada Sphutana (Fissure in palm and soles) and severe pain (Teevra Vedana).<sup>[7]</sup> According to Ashtanga Hridaya, Panipadspatana (Cracks over palms and soles), Teevra Vedana (Intense pain), Manda Kandu (Mild itching), and Saraga Pidika (Red-colored macules) are the symptoms of Vipadika.<sup>[1]</sup> According to Sushruta Acharya, Itching, burning sensation and pain is present especially on Pada (sole) are the symptoms of Vipadika.<sup>[3]</sup> Palmo-plantar psoriasis (PPP) (L 40.3) is a common chronic immune-mediated, inflammatory, proliferative, non-communicable disease of skin influencing people who are genetically predisposed with habitat having a crucial role in pathogenesis.<sup>[1][2]</sup> There are many treatment manners accessible but since its chronic relapsing nature<sup>[3]</sup>, Palmo-plantar psoriasis is a challenge to treat. Modern medical science treats psoriasis with PUVA (Psoralen plus ultraviolet-A radiation) along with corticosteroids and immuno-modulators.<sup>[4]</sup> But according to Ayurveda, it's unfurling because of the inapt way of living such as dietary patterns and tensivity. Ayurveda treatments are nature-based and devoid of side effects and the chances of relapse are low. Hence, it is a need of time to search out a safe and effective medicine for the complete cure of psoriasis, and here comes the role of Ayurveda. Palmo-plantar psoriasis is one such disease that can't be correlated exactly with any disease mentioned in Ayurveda but to a certain extent based on its symptoms, it can be correlated with Vipadika (AAB-90-Charaka). Palmoplantar Psoriasis (PPP) remains a difficult dermatologic disorder to treat, even in the age of biologics. This condition causes significant morbidity that can interfere with a patient's ability to work and carry out routine activities.

This case is about a patient complaining of dryness, scaling, itching and cracking of both hands associated with bleeding and pain since 4 months. There was no previous history of any systemic disease. The patient reports eating vegetarian food on daily basis along with junk food. Patient was treated with Shodana (Virechana) and Shamana Aushadhi's, followed

by Raktamokshana. This has shown a significant result. Total treatment was about 16 days with a follow-up of 15 days.

### **Case Report**

A 36 year-old female patient was admitted at Ayurveda Mahavidyalaya Hospital on 02/11/2025 in Panchakarma Dept. bearing IPD No. 347. Reported with dryness, scaling, itching and cracking of both palms associated with bleeding and pain since 6 months.

Chief complaint: Dryness, scaling, itching and cracking of both the palms.

History of present illness: The patient was normal 4 months back. Gradually developed symptoms like dryness, scaling, itching and cracking in both palms associated with bleeding and pain. On examination, multiple deep fissures were present on both palms with local tenderness. According to the clinical features, the case was diagnosed as Vipadika. Clinical features indicated predominance of Vata and Kapha Dosha.

### **Personal history**

Appetite: Moderate

Bowel: constipated

Micturition: Regular

Sleep: Disturbed

Food: Non-veg and junk food

### **Vital data**

Pulse: 70/Min

BP: 120/80 mmHg

Respiratory Rate: 20 /Min

Weight: 62kg

### **Skin examination**

Site: Plantar aspect of palms

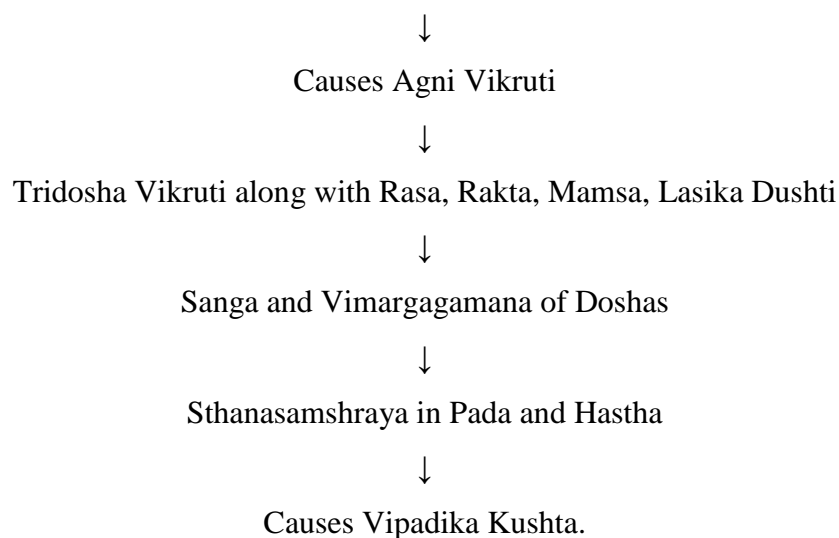
Dryness, scaling, cracking and bleeding from the cracked region is seen.

Cracked skin around the fingers,

Margin: irregular

### **Samprapti**

Nidana Sevana (Aharaja, Viharaja, Manasika)



Nidana Panchaka

Nidana: Katu, ruksha, Guru, vidahi Ahara, Vataja Ahara.

-Roopa: Kandu

Roopa: Cracking of palms with Dryness, scaling, itching, bleeding and painful legions.

Upashaya: Application with Mahatiktaka Ghrita.

Treatment given

External application: Mahatiktaka Ghrita application for 7 days.

Amapachana: Avipattikara Churna for 7 days.

Snehapana with Mahatiktaka Ghrita

Days	Dosage
1st	20ml
2nd	50ml
3rd	80 ml
4th	110 ml
5th	140ml

Sneha Siddhi Lakshanas were seen on 5th day of Snehapana like Sneha Dwesha, Gatra Mardhava, Snighdha Gatrata, Pureesha Snigdhata etc.

### Procedure Medicine Days

1. Sarvanga Abhyanga Bashpa Sweda karanjh Taila 2 days
2. Vishrama Kala Diet: drav laghu ushna kaph apramopak Ahara 1 day
3. Virechana trivruttavleha 45 gms Total Vegas- 18
4. Samsarjana For 7 days

5. Raktamokshana 2 sittings (2 consecutive days)

**Table 1: Assessment Criteria for Sphutana.**

S.N.	Clinical features	Score
1	Insignificant dryness at the foot/palms	0
2	Roughness is present when touching	1
3	Excessive roughness presents and leading to Itching	2
4	Excessive roughness presents and leading to slight cracks	3
5	Roughness leading to cracks and fissures	4

**Table 2: Assessment Criteria for Vedana.**

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

**Table 3: Observation Table.**

S.N.	Clinical features	Before treatment	After treatment	After first follow up
1	Scaling of skin	+++	++	+
2	Fissures	++	+	-
3	Itching	+	-	-
4	Pain	+++	+	-
5	Discharge(blood)	++	+	-

### **RESULT**

After the treatment symptoms reduced. The patient was advised for follow up medicine and the proper diet was explained.

### **DISCUSSION**

The Avipattikar Churna<sup>[4]</sup> consists of Triphala (best anti-oxidant combination), Pippali, Marica, Sunti, Musta, Patra, Lavanga (anti-oxidant), Ela-patra (relieves pain and inflammation), Trivrt, Vida, Vidanga (anti-microbial drug) and Sarkara. It helps in conditions like Agnimandhya Vibhanda Prameha etc.

Mahatiktaka Ghrita<sup>[5]</sup> is useful in treating Amlapitta, Rakta Pitta, Vata Rakta, Kushta, Visarpa, Kushta, Asrigdhara. It contains drugs like Saptaparna which detoxifies and cleanses the blood, Aragvadhya used for skin diseases and is a mild laxative, Patha used for skin infections, Musta corrects the digestion and metabolism, Usira Dhanvayasa Shweta Chandan does Pitta Shamana, Triphala best anti-oxidant combination, Patola purifies the blood, Varnya and relieves itching, Nimba is a good anti-inflammatory drug useful in allergic skin rashes and wound healing.

Nimbidin, Curcuminoids have Broad spectrum Antibiotic action against both Gram Positive and gram-negative Bacteria thus effectively heal Chronic Skin Ulcers, Diabetic Ulcers, and Anti-Viral action to manage Herpes infections. Nimbidin promote wound healing activity through increased inflammatory response and neovascularization heals the chronic skin ulcers and inflammatory skin lesions making it effective in various skin diseases such as furunculosis, seborrheic dermatitis.<sup>[6]</sup>

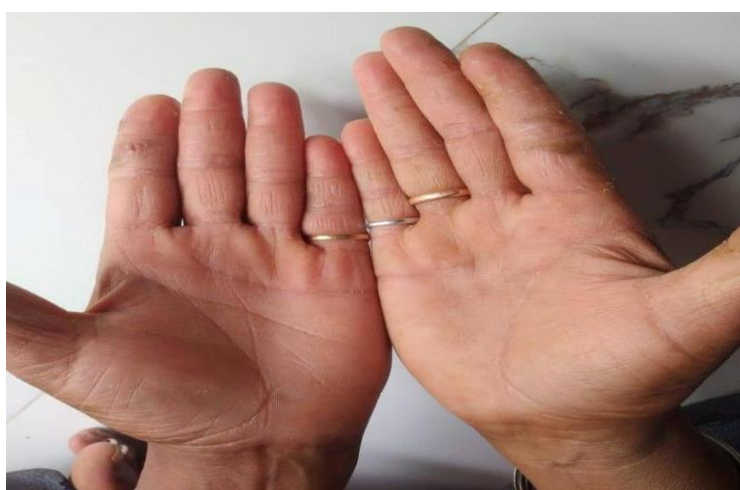
Karanja Taila was used because of its Kandughna and Kustaghna properties. It is Kaphaghna and Vataghna due to its Tikta, Katu Rasa and Ushna Virya. It is also having Jantughna Vranaropana and Vedanasthapana properties.<sup>[7],[8]</sup>

As Kushta is the Raktavaha Srotodusti Vikara, Virechana is the main line of treatment adopted in it. Virechana is given with trivruttavleha contains Trivrut, tvak, ela, tejpatra, sita guda. Trivrut has Virechaka Prabhava.

Acharya Charaka considers Rakta Dusti as one of the prime causes of skin diseases<sup>[10]</sup> By doing Raktamokshana it helps to remove Dushita Rakta which enables proper circulation to the tissues helping in its regeneration, relieves the pain. In case of Padadaha, Harsha, Vipadika, Vatakantaka and Chippa, Siravyadha is advised at two Angula above the site of Kshipra Marma.<sup>[11]</sup>

Kaishor Guggulu<sup>[12]</sup> is specifically indicated in Vatarakta, Vrana, and Kushtha. In one study, the anti-allergic, anti-bacterial and blood purifying properties of this Yoga was found.

Gandhaka Rasayana is extensively used in treatment of various skin disorders such as psoriasis, urticaria, eczema and wound healing, gastro-intestinal disorders and sinusitis. It is used effectively in healing of abscesses and chronic non healing wounds.<sup>[13]</sup>

**BEFORE SHODHAN****AFTER SHODHAN**

### **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 leads to Rakthasrava and Sputana as it lies above the Mamsadhara Kala. Mansika Chikitsa and Nidana Parivarjana plays important role in the treatment as it stops the further progression of the disease by restricting Dosha vitiation. In the present case, the patient followed Kushta Nidanas like Viruddhahara Sevana, Adhyashana, Ati Mamsa Sevana etc. This case study shows that Vipadika can be managed through Ayurvedic treatment. Virechana as Shodhana therapy followed by Raktamokshana and Shamana Aushadhi's are effective in the treating of Vipadika like skin disorders.

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