

Ayurvedic Management of Vipadika (Palmoplantar Psoriasis) with Internal and External Snehana: A Case Report


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In Ayurveda all the skin diseases have been classified under the topic Kushtha (skin disorders). Acharyas have further classified Kushtha Roga into Maha Kushtha and Kshudra Kushtha. Vipadika is one of the Kshudra Kushtha which is characterized by "Panipada Sphutana and "Teevra Vedana". The present case report talks about the patient who came to Government Ayurveda College and Hospital, Varanasi with the complaint of dryness, itching and cracks on the bilateral sole associated with pain and bleeding and was diagnosed with Vipadika.

Keywords: Kushtha, Vipadika, Palmoplantar psoriasis, Nidana Parivarjana

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Introduction

Skin diseases is a major cause of low confidence due to cosmetic issue and it not only affects the mental health of a person but also has a great impact on his social life.

Skin diseases do not cause mortality but hampers the daily life activities. In Ayurveda, all the skin disorders have been mentioned under the topic "Kushtha". *Kushtha Roga* is a broad topic which is further classified into *Maha Kushtha* and *Kshudra Kushtha*.^[1]

Vipadika

Vipadika is one of the *Kshudra Kushtha* which is characterized by "Panipada Sphutana" and "Teevra Vedana".^[2] Symptoms of *Vipadika* as mentioned by various *Acharyas* are as follows:

Charaka[3]	Sushruta[4]	Vagbhatta[5]
Paanipada Sphutana	Kandu	Paanipada Sphutana
Teevra Vedana	Daha	Teevra Vedana
	Ruja	Manda Kandu
		Saraga Pidika

The causative factors^[6] leading to *Vipadika Roga* include *Viruddha Ahara, Atidrava Ahara, Ati-Snigdha Ahara, Guru Ahara, Vegadharana, Asatmya Ahara, Papa Karma, Mansika Bhava* and exposure to adverse environmental conditions. These *Nidan*s aggravate the *Tridosha* leading to *Agnimandya* and further inducing *Dhatu Shaithilya*.

Among the *Tridosha*, *Vata* and *Kapha Dosha* are particularly susceptible to disturbance, infiltrating the *Rasa-Raktadi Dhatus* disrupting the circulation in the *Tiryakgata Siras* and settle in the *Twaka* thereby causing *Vipadika Roga*. According to *Acharya Charaka*, all types of *Kushtha* are *Tridoshaja* which vitiate the *Twaka, Rakta, Mamsa, Lasika* collectively causing *Kushtha*. *Vipadika* can be correlated with Palmoplantar Psoriasis on the basis of symptoms.

Palmoplantar Psoriasis

Palmoplantar psoriasis is a chronic type of psoriasis that characteristically affects the skin of the palms and soles and produces significant functional disability. It features hyperkeratotic, pustular, or mixed morphologies.

Palmoplantar psoriasis is caused by a combination of environmental and genetic factors. The most common genetic factor associated with palmoplantar psoriasis includes the human leukocyte antigen (HLA) Cw6. Patients with palmoplantar psoriasis present with symptoms which includes itching, pain, and fissuring. Though spontaneous remission can occur, the persistence of flares is common. Patients may experience exacerbations brought on by seasonal changes, household work, and detergents. In fact, palmoplantar psoriasis is more common amongst farmers, manual laborers, and housewives.

Case Report

Chief complaints

A 50 years old female patient came to Government Ayurveda College and Hospital, Varanasi with the complaint of dryness, itching and cracks on bilateral sole associated with severe pain and bleeding in the last 2 years.

History of present illness

Patient was asymptomatic 2 years back after which she complained of dryness and itching on bilateral soles. She gradually developed painful cracks on the soles and later on she complained of bleeding from the cracks. The case was diagnosed as *Vipadika*.

Personal History

Bowel - Clear
 Micturition - Normal in frequency
 Sleep - Sound
 Appetite - Good
 Addiction - None
 Allergy - Not known

General Condition

Blood Pressure - 124/78 mmHg
 Pulse - 76/min
 Respiratory Rate - 14/min
 Temperature - Afebrile
 Pallor - Absent
 Icterus - Absent
 Cyanosis - Absent
 Edema - Absent

Skin Examination

- Site: Plantar region of bilateral feet
- Distribution: Symmetrical (bilateral soles)

- Margins: Irregular
- Signs: Dryness, Scaling, Itching, Cracks, Bleeding

Nidana Panchaka

Nidana - Katu, Tikta Rasa Pradhana Ahara, Viruddha Ahara

Purvarupa - Kandu

Rupa - Cracking of skin on bilateral sole associated with dryness of skin, itching, pain and bleeding.

Upashaya - Sneha application

Samprapti

Nidana Sevana

↓

Agni Dushti

↓

Tridosha Vikruti along with Rasa, Rakta, Mamsa and Lasika Dushti

↓

Sanga and Vimargagamana of Dosha

↓

Sthanasamshraya in Pada and Hastha

↓

Vipadika

Treatment Given

External:

Yamaka Sneha: Jatyadi Taila + Jatyadi Ghrita for local application.

Internal:

Medicine	Dose
1. Mahatikta Ghrita	10 ml OD (empty stomach)
2. Arogyavardhini Vati	2 Tab BD
3. Panchatikta Ghrita Guggulu	2 Tab BD
4. Nimbadi Churna	3 gm BD

Assessment Criteria

1) Sphutana (Cracks)

Clinical features	Scores
1. No cracks	0
2. Cracks only on heels	1
3. Cracks only on plantar aspect	2
4. Cracks both on heels and plantar aspect	3
5. Cracks on complete foot	4

2) Vedana (Pain)

Clinical features	Scores
1. No pain	0
2. Pain on pressing/walking	1
3. Pain on touch	2
4. Pain without touching	3
5. Severe continuous pain requiring analgesic	4

3) Kandu (Itching)

Clinical features	Scores
1. No itching	0
2. 1-2 times a day	1
3. Frequent itching, 3-10 times a day	2
4. Severe itching, >10 times a day	3
5. Itching disturbs sleep and daily activities	4

4) Daha (Burning Sensation)

Clinical features	Scores
1. No burning sensation	0
2. Mild burning sensation	1
3. Moderate burning sensation	2
4. Severe burning sensation	3
5. Continuous burning along with itching	4

5) Raktasrava (Bleeding)

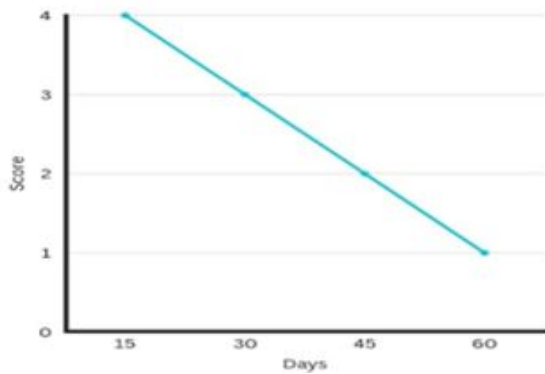
Clinical features	Scores
1. No bleeding	0
2. Occasional bleeding	1
3. Bleeding from 1-2 cracks on itching	2
4. Bleeding from 3-4 cracks on itching	3
5. Bleeding from complete foot without itching	4



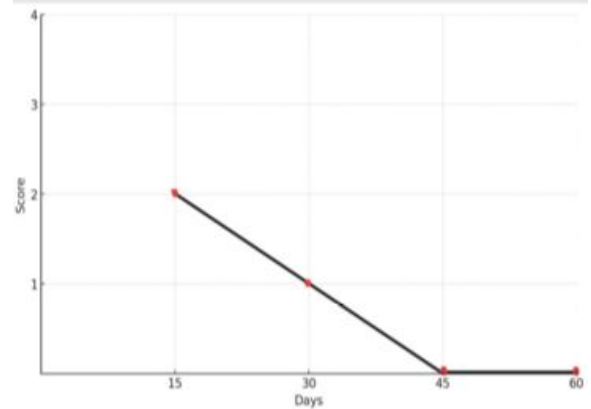
Observations and Results

Clinical features	Before treatment	After treatment (1 month)	Follow-up (2 months)
Cracks	4	3	1
Pain	3	2	0
Itching	4	2	1
Burning Sensation	2	0	0
Bleeding	2	1	0

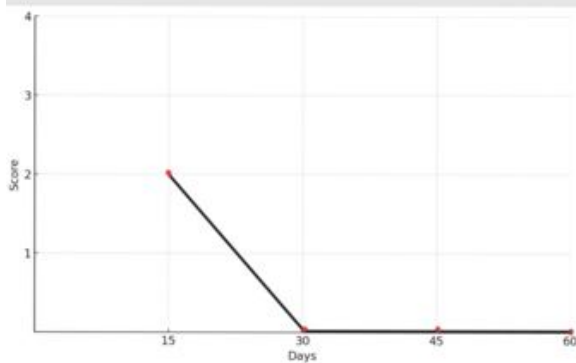
SPHUTANA(CRACK)



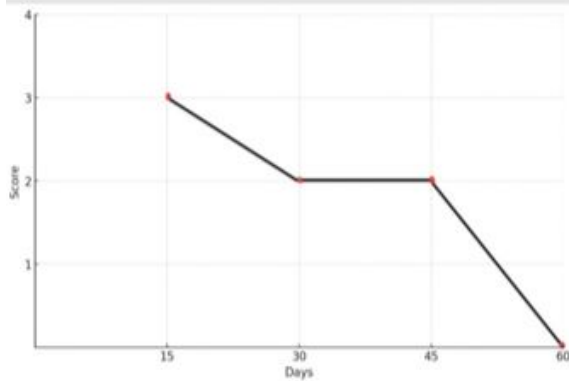
RAKTSRAVA(BLEEDING)



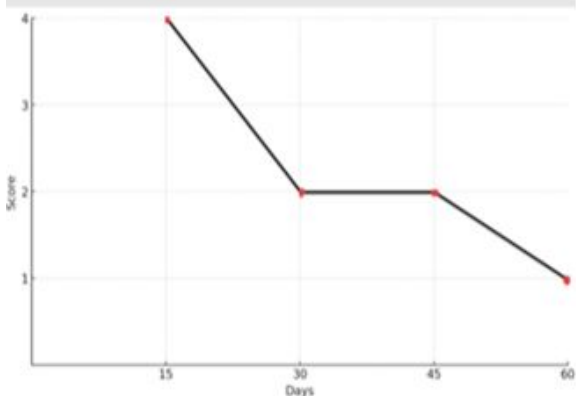
DAHA(BURNING SENSATION)



VEDANA(PAIN)



KANDU(ITCHING)



Discussion

Vipadika is Vata-Kapha Pradhana Roga. As mentioned by Acharya Charaka, Kushtha is a Tridoshaja Roga, hence Vipadika can also be considered as a Tridoshaja Roga. Ruksha Guna of Vata is responsible for the pain and dryness which further causes cracks on the sole. Pitta Dosha is responsible for the burning sensation. Kapha Dosha causes itching. Since Vipadika is a skin disorder there is also involvement of Rakta Dhatu Dushti. The treatment was given in accordance with the vitiation of Doshas.

1) Jatyadi Yamaka: The use of Yamaka Sneha[7] is mentioned in Charaka Chikitsa, Kushtha Rogadhikara. Hence, Jatyadi Taaila & Jatyadi Ghrita have been chosen for healing purpose. Most of ingredients of Jatyadi Taila & Jatyadi Ghrita have Tikta, Katu, Kashaya Rasa, Ruksha & Laghu Guna & possess Shodhana, Ropana & Vedana Sthapana

- **Kashaya Rasa:** Shodhana and Vrana Ropana.
- **Tikta Rasa:** Twaka-Mamsa Sthirakarana and Lekhana.
- **Katu Rasa:** Vrana Shodhana and Avsadhana.
- **Tuttha:** It is one of the ingredients of Jatyadi Taila which has Lekhana and Ropana property.
- **Tila Taila:** Madhura, Ushna, Teekshna, Vatahara, Vyavayi, Vikasi, Sookshma and helps in reducing pain.
- **Siktha:** Snigdha, Mrudu, Kushthaghna, Bhutaghna, Vranaropaka, Sandhankara. It increases the absorption of the drug on local application and penetrates into deep wounds which leads to healing of wound.

- **Ghrita:** Sheeta Guna, Vata and Pitta Dosha Shamaka, Daha Shamaka, Vranaropana.

2) Maha Tikta Ghrita[8]: Mahatiktaka Ghrita useful in treating Amlapitta, Rakta Pitta, Vatarakta, Kushtha, Visarpa, Asragdara. In Kushtha Roga there is excessive accumulation of Tikta Rasa acts as Amapachaka and Kleda Soshaka. Mahatiktaka Ghrita contains drugs like Saptaparna which detoxifies and cleanses blood, Aragvadha is used for skin diseases and is a mild laxative, Patha is used for skin infections, Musta corrects digestion and metabolism, Usheera, Dhanvayasa and Shweta Chandan pacifies Pitta dosha, Triphala is best anti-oxidant combination, Patola purifies blood 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 healing Chronic Skin Ulcers, Diabetic Ulcers, and possess Anti-Viral property to manage Herpes infections. Nimbidin promotes wound healing activity through increased inflammatory response and neovascularization heals chronic skin ulcers and inflammatory skin lesions making it effective in various skin diseases such as furunculosis, seborrheic dermatitis.

3) Panchatikta Ghrita Guggulu[9]: Panchatikta Ghrita Guggulu contains ingredients with Tikta Rasa, Laghu, and Ruksha Guna. Thus, it is effective in Kandu, Kleda Shoshana and Guggulu, which is characterized by its Katu, Tikta, Kashaya, Madhura Rasa, Ushna Veerya, and Katu Vipaka properties, effectively targets the Vikruta Kleda, Meda, and Mamsa Dhatu.

4) Arogyavardhini Vati [10]: According to Rasa Ratna Samucchaya, Arogyavardhini Vati acts Rasayana and Kushtha Nashaka, while also serving as a Pathya, Deepana, Pachana, Medonashaka, Mala-Shuddhikara and Sarva Roga Prasamana. Arogyavardhini Vati removes the Srotavrodha and helps in healing Vipadika by reducing the dryness and pain.

5) Nimbadi Churna[11]: Nimbadi Churna contains ingredients such as Nimba, Khadira and Bakuchi that pacifies the Pitta and Kapha doshas by the action of Sheeta Virya and Katu Vipaka and these drugs also have Kandughna, Krimighna and Raktashodhaka Haritaki, Amalaki and Guduchi are Tridosha Shamaka, Kandughna, Krimighna, Anulomaka in action.

Vidanga, Devadaru, Kushtha and Vacha removes the Kapha Dosha by the action of Ushna Virya and Katu Vipaka and possess Krimighna and Kandughna property.

Conclusion

From the above case report, it can be concluded that Vipadika can be effectively managed through Ayurvedic line of treatment. After the treatment was started, symptoms such as dryness, itching, cracking of skin, bleeding and pain reduced. Nidana Parivarjana plays an important role in the treatment as it stops the further progression of the disease by restricting Dosha vitiation. The patient was advised to avoid junk food, fried food items, curd, non-vegetarian diet, sea food and milk products to avoid recurrence of disease.

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