

A review on Paranthimukuladi Kashayam in the management of Podivarppan w.s.r. to Erythrodermic Psoriasis

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Varppan is a skin condition explained in Arogyakalpadrumam, wherein the Kupitha Vata (vitiated Vata) moves out Raktha (blood) from Rakthashaya (seat of Raktha) and both moves together throughout the body and cause Vyadhi (disease). Podivarppan, a subtype, exhibits symptoms like Kandu (itching), Mandala Sopha (round swelling) and Dhumra Varna Raja (powdery discharge) on scratching. These symptoms of Podivarppan aligns with that of erythrodermic psoriasis, characterized by erythema, scaling of skin in sheets, edema, psoriatic plaques and pruritus. Paranthimukuladi Kashayam is a Yoga (formulation) mentioned in the management of Podivarppan, in Arogyakalpadrumam. This conceptual article examines the potential therapeutic applications of action of Paranthimukuladi Kashayam in managing Podivarppan and erythrodermic psoriasis.

Keywords: Arogyakalpadrumam, Varppan, Podivarppan, Erythrodermic psoriasis, Paranthimukuladi Kashayam

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Introduction

Arogyakalpadrumam, by Kaikulangara Rama Varier, a *Keraleeya* Ayurvedic text addresses specific skin conditions, including *Karappan*, and *Varppan*.

Varppan is condition wherein *Kupitha Vata* displaces *Raktha* from *Rakthashaya* & both moves together throughout body causing *Vyadhi*.^[1] *Podivarppan*, subtype, exhibits symptoms like *Kandu*, *Mandala Sopha* & *Dhumra Varna Raja* on scratching.^[2] Symptoms of *Podivarppan* align with that of erythrodermic psoriasis, an inflammatory type of psoriasis, characterized by erythema, scaling of skin in sheets, edema, psoriatic plates & pruritus.^[3]

Paranthimukuladi Kashyam^[4] is *Yoga* described in *Arogyakalpadrumam* in management of *Podivarppan*. Majority of ingredients of these drugs possess *Kushtahara* (alleviating skin disease) properties & has *Vata Pithahara* (alleviates *Vata* & *Pitha*) property. Therefore, this *Yoga* can also be used in management of erythrodermic psoriasis

Conceptual Study

For this study, basic conceptual materials were collected from *Arogyakalpadrumam*, text books of *Dravyaguna Vignanam* and scientific journals, research papers.

Varppan

Arogyakalpadrumam explains about a skin condition named *Rakthanavastha*^[5]/ *Varppan*. They are of 18 types.

Nidhana (Causative Factors)^[6]

Vata and *Raktha Prakopaka Ahara Vihara* (food and activities that vitiate *Vata* and *Raktha*)

Samanya samprapthi of Varppan (General Pathogenesis)

Nidana

↓

Vata and *Raktha Prakopa*

↓

Obstruction of *Vata* by *Raktha* in *Rakthashaya*

↓

Vitiates each other

↓

Prakupitha Vata moves out *Raktha* from *Rakthashaya*

↓

Moves together throughout body

↓

Rakthanavastha

Podivarppan

Podivarppan is one among the 18 types of *Varppan*

Nidhana - *Aganthuja*^[7](external)

Dosha - *Kevala Vata*^[8] (*Vata* alone)

Synonym - *Kshodaka*^[9]

Symptoms

- *Kandu* (itching)
- On *Nakha Sankharsha* (scratching with nails) - white powdery discharge
- *Mandala Sopha* (round swelling)

Erythrodermic Psoriasis

Erythrodermic psoriasis is an inflammatory type of psoriasis. Though rare, it is a severe variant of psoriasis. In this type of psoriasis, there will be inflammatory erythema involving at least 75% of body surface.

Clinical Features

- Erythema
- Edema
- Pruritus
- Ill-defined psoriatic plaques
- Scaling – Skin sheds in sheets
- Hair loss
- Occasionally exudative lesions
- Palmoplantar or diffuse desquamation

Systemic Symptoms

- Fever
- Tachycardia
- Fatigue
- Malaise
- Dehydration
- Myalgia

Paranthimukuladi Kashayam

Paranthimukuladi Kashayam is a *Yoga* described in *Arogyakalpadrumam* in the management of *Podivarppan*.

Table1: Ingredients of *Paranthimukuladi Kashayam*

SN	Ingredients	Botanical name[10]	Family[11]
1.	Paranthi	<i>Ixora coccinea</i> L.	Rubiaceae
2.	Akhora	<i>Flacourtia indica</i> Syn	Flacourtiaceae
3.	Nirgundi	<i>Vitex nirgundo</i> Linn	Verbenaceae
4.	Vasuka	<i>Spermacoce alata</i> Aubl	Rubiaceae
5.	Ikshura	<i>Hygrophila auriculata</i> (Schumach.)Heine	Acanthaceae
6.	Murva	<i>Marsdenia tenacissima</i> W&A	Asclepiadaceae
7.	Vrschiva	<i>Boerhavia diffusa</i> L.	Nyctaginaceae
8.	Shamyaka	<i>Cassia fistula</i> L.	Fabaceae
9.	Katuki	<i>Picrorhiza kurroa</i> Royale ex Benth	Scrophulariaceae
10.	Devadaru	<i>Cedrus deodara</i> (Roxb. ex D. Don) G. Don f.	Pinaceae
11.	Vairi	<i>Salacia reticulata</i> Wight	Hypocrateae
12.	Ambhoda	<i>Cyperus rotundus</i> L	Cyperaceae
13.	Indravaruni	<i>Citrullus colocynthis</i> L	Cucurbitaceae

Table 2: Properties of the Ingredients [12]

SN	Name of drug	Rasa	Guna	Virya	Vipaka	Doshagnata	Karma
1.	Paranthi	Kashaya (astringent) Tiktha (bitter)	Grahi (absorbent)	Sheeta (cold)	Katu (pungent)	Vata- Pitha hara	Jwarahara (anti -pyretic) Prasadana (purifying)
2.	Akhora	Amla, (sour) Madhura (sweet)	Laghu (Light)	Sheeta	Madhura	Vata-Pitha hara	Deepana (stomachic) Pachana (digestive) Asrgna (pacifies vitiated Rakta)
3.	Nirgundi	Katu, Tiktha	Laghu, Ruksha (dry)	Usna (hot)	Katu	Vata-Kaphahara	Sula, Sotha, Krimi, Kushta Visarpa, Visharogahara (cures pain, swelling, worm, skin disease, herpis and poison)
4.	Vasuka	Katu Thiktha	Laghu	Usna	Katu	Vata-Pithahara	
5.	Ikshura	Madhura Amla, Tiktha	Snigda, Pichila	Sita	Madhura	Vata-Pitha hara	Balya (strengthening) Vatarakta (gout) Sothahara (anti-inflammatory)
6.	Murva	Tiktha, Kashaya	Guru (heavy) Ruksha	Ushna	Katu	Kapha-Vatahara	Kushta, Jwarahara
7.	Vrschiva	Madhura, Tiktha Kashaya	Laghu, Ruksha	Usna	Katu	Kapha-Vatahara	Deepana, Sothahara
8.	Shamyaka	Madhura	Guru, Snigdha (unctuous)	Sheeta	Madhura	Kapha-Pithahara	Kushta, Vatarakta Jvarahara
9.	Katuki	Tiktha,	Ruksha, Laghu	Sheeta	Katu	Kapha-Pithahara	Lekahana (bio scrapping) Deepana, Kushta Krimihara
10.	Devaduru	Tiktha, Katu, Kashaya	Ruksha Laghu	Usna	Katu	Kapha-Vatahara	Deepana, Krimi, Kandu. Kushta, Sopha, Dushta- Vranahara (wound healing)
11.	Vairi	Kashaya, Tiktha	Laghu,ruksha	Usna	Katu	Kapha-Pithahara	Madhumeha (diabetics)
12.	Ambhodha	Tiktha, Katu, Kashaya	Laghu,ruksha	Sheeta	Katu	Kapha-Pithahara	Deepana Pachana Jvara ,Krimi, Kandu, Rakthavikara, Visarpa, Kushta
13.	Indravaruni	Tiktha	Laghu, ruksha, Tikshna	Usna	Katu	Kapha-Pithahara	Rechaka (purgative), Kushta, Krimi,

Anupana

Sita (Sugar), *Madhu* (Honey), *Grtha* (Ghee)[13]

Discussion

Paranthimukuladi Kashayam is mentioned exclusively in management of *Podivarppan*. In *Varppan*, there will be *Prakopa* of both *Vata* & *Raktha*. Given presence of *Raktha Kopa*, *Pitha Kopa* can also be inferred (*Ashraya - Ashrayi Bhava*)[14] Also, *Podivarppan* is said to be *Kevala Vataja Vyadhi*.

Thus, *Yoga* used in this disease should be *Vata-Pithahara* in nature. Upon analyzing ingredients of this *Yoga*, it is observed that *Paranthi*, *Akhora*, *Nirgundi*, *Vasuki* & *Ikshura* exhibit *Vata-Pithahara* properties. Also, drugs, *Nirgundi*, *Murva*, *Vrschiva*, *Devaduru* are *Vatahara* in nature & *Shamyaka*, *Katuki*, *Vairi*, *Ambhodha*, *Indravaruni* are *Pithahara* in nature. Collectively, these drugs act as potent *Vata Pithahara*, effectively alleviating *Vata-Pitta* imbalance that underlies *Podivarppan*. Additionally, *Paranthi*, is prominently featured in Kerala's traditional medicine for treating skin ailments.

Moreover, the majority of the *Yoga's* constituent drugs exhibit *Kushtahara* properties, rendering it an effective formulation for managing *Podivarppan*. Erythrodermic psoriasis presents with *Vata-Pithaja* symptoms such as scaling, itchiness, erythema and inflammation. Thus, *Paranthimukuladi Kashaya* can be effectively used in the management of this skin condition. Also, the ingredients of this *Yoga* possess anti-inflammatory, anti-toxic and anti-oxidant property, making it an effective remedy in Erythrodermic psoriasis.

Conclusion

In conclusion, the formulation of *Paranthimukuladi Kashayam* has been shown to be an effective treatment for *Podivarppan*. The collective *Vata Pithahara* properties of its constituent drugs, effectively alleviate the underlying *Vata-Pitta* imbalance. Furthermore, the presence of *Kushtahara* properties in many of the *Yoga's* constituent drugs renders it a potent formulation for managing *Podivarppan*. The traditional use of *Paranthi* in Kerala's medicine for skin ailments also lends credibility to its inclusion in this *Yoga*. Overall, *Paranthimukuladi Kashayam* emerges as a well-formulated and efficacious treatment for *Podivarppan* and also in the management of erythrodermic psoriasis.

Declaration of generative AI and AI-assisted technologies in the writing process

During the preparation of this work the author(s) used Meta AI in order to improve the language. After using this tool/service, the author(s) reviewed and edited the content as needed and take(s) full responsibility for the content of the publication.

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