

AYURVEDIC TREATMENT OF PALMO-PLANTAR PSORIASIS: A CASE STUDY

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ABSTRACT

Healthy skin is a reflection of overall wellness. Skin is the largest organ of the body and also considered as beauty symbol in society. Any disease related to skin disturbs the physical and mental health status of an individual. Palmo-plantar psoriasis is a non-infectious chronic inflammatory disease of skin, mainly affects palms and soles. It is characterized by well-defined erythematous plaques with silvery scales. There is hyperproliferation and abnormal differentiation of epidermal keratinocytes, infiltration by T-lymphocytes and various endothelial vascular changes in the dermis. In *Ayurveda* all skin diseases are described under single heading i.e. *Kustha*. Although there seems no direct correlation between disease described in *Ayurveda* but it can be correlated with *Vipadika* which is one type of *Kshudrakushtha*. In present case of palmo-plantar psoriasis patient has taken treatment from different Pathies but due to frequent recurrence, he preferred *Ayurvedic* treatment. Patient got clinically significant improvement within one month of *Ayurvedic* treatment including internal medication and some external therapy.

KEYWORDS: Palmo-plantar psoriasis, *Kshudrakushtha*, *Vipadika*, Internal medication, External therapy.**INTRODUCTION**

Healthy skin is a reflection of overall wellness. Skin is the largest organ of the body and also considered as beauty symbol in society. Any disease related to skin disturbs the physical and mental health status of an individual. Palmo-plantar psoriasis (PPP) accounts for 3-4% of all psoriasis cases, produces significant functional and social disability.^[1] It is the second most common type of psoriasis followed by chronic plaque psoriasis.^[2] Palmo-plantar psoriasis is a non-infectious chronic inflammatory disease of skin, mainly affects palms and soles. It is characterized by well-defined erythematous plaques with silvery scales similar to psoriasis elsewhere and patchy or generalized thickening and scaling of entire surface of palms and soles without redness.^[3] Though only small body surface area is affected, it is difficult to treat and seriously interferes with the patient's quality of life.^[4]

In *Ayurveda* all skin diseases are described under single heading i.e. *Kustha*. Although there seems no direct correlation between disease described in *Ayurveda* but it can be correlated with *Vipadika* which is one type of *Kshudrakushtha*. It is included in *Kshudrakushtha* with *Vata-Kapha Dosha* predominance and it is characterized by *Pani-Pad Sphutana* (fissure in palms and soles) and

Tivravedana (with severe pain) which are the cardinal symptoms.^[5]

CASE REPORT

Name of patient: ABC

Gender: Male

Age: 55 years

Date of Examination: 24/6/2017

Chief Complaints

A 55 years old male, visited to Rognidan OPD of Government Ayurved College & Hospital, Nanded with complaints of, fissuring, scaling and severe itching and pain on both palms and soles since two years.

Past History

No H/O any medical or surgical illness present.

Personal History

Ahar: Mixed, Amla- Lavana- Katu Rasapradhan, Adhyashan, Aniyamit ahar sevan

Vihar: Shram, Diwaswap 2 hours daily

Vyasan: Bidi smoking since last 22 years

Vyavasay: Tailor

On Examination

Nadi (pulse): 78/min, regular

Mala (stool): *Malavashtambha* (constipation)

Mutra (urine): *Samyak*

Jivha (tongue): *Sama* (coated)

Shabda (speech): *Prakrut*

Sparsha (skin touch): *Ushna* (warm)

Druka (eyes): *Shweta* (clear)

Akruti (built): *Krusha* (thin)

Blood pressure: 130/78 mm hg

Systemic Examination

RS: Air entry bilaterally clear

CVS: S1 S2 normal, normal rate and rhythm

CNS: Conscious and oriented

Investigations

HB %: 11 gm%

ESR: 26 mm at the end of 1 hour

Urine: Albumin & Sugar – Nil

BSL (Random): 98 mg/dl

Treatment Given

1. *Abhyantara Chikitsa* (Internal Medications).

Sr no.	Drug	Dose	Anupan	Duration
1.	<i>Triphala + Musta + Vidang Kwath</i>	30 ml BD before meal	Luke warm water	First 15 days
2.	<i>Aarogyavardhini vati</i>	500 mg BD after meal	Water	1 month
3.	<i>Gandhak rasayan</i>	500 mg BD after meal	Water	1 month
4.	<i>Gandharva Haritaki churna</i>	5 gm at bed time	Luke warm water	1 month
5.	<i>Mahamanjishthadi kwath</i>	20 ml BD after meal	Water	1 month

2. *Bahya Chikitsa* (External Therapy).

Sr no.	Drug	Use	Duration
1.	<i>Triphala kwath</i>	<i>Dhavan</i> (local cleaning) once a day	First 15 days
2.	<i>Nimba taila + Karanja taila + Vaseline jelly</i>	Local application twice a day	1 month

OBSERVATION

Sr no.	Clinical features	Before treatment (24/6/2017)	After treatment (17/7/2017)
1	Fissure (both palms and soles)	+++	+
2	Scaling of skin	+++	No scaling of skin
3	Itching	+++	No itching
4	Pain	++	No pain

Before Treatment



After Treatment



DISCUSSION

In *Ayurveda* all skin diseases are described under single heading i.e. *Kustha*. Palmo-plantar psoriasis can be correlated with *Vipadika* in *Ayurveda* which is one type of *Kshudrakushtha*. It is included in *Kshudrakushtha* with *Vata-Kapha Dosha* predominance.^[5] The treatment given in this patient was in accordance with the following properties of medications. His clinical features indicated vitiation of *Vata* and *Kapha Dosha*. In this patient a combination of *Triphala*, *Musta* and *Vidanga churna* in the form of *kwath* was given for *Rukshana* and *Aampachan*. *Triphala* is used as antioxidant due to its *Rasayan karma* and act as a mild purgative which is useful in skin disease. *Musta* and *Vidanga* are also useful to pacify increased or vitiated *Dosha* in skin, hence this drug combination was given for first 15 days. *Aarogyavardhini vati* was given for 1 month, as it is indicated in all types of *Kustha roga* specially *Vata – Kaphaja*.^[6] *Gandhak rasayan* has *kandughna* (alleviates itching) and *kusthaghna* (alleviates skin diseases) properties hence it was given for 1 month.^[7] *Gandharva Haritaki churna* was given for *Kostha Suddhi* (purgative) as well as *Strotoshuddhi* (cleaning of body channels) so that medicines should be reached up to the targeted cells. And also *Erand taila* has effect in *Kusthroga* also it's a best act on *Vata – Kaphaja Dosha*. *Mahamanjishthadi kwath* is given in *Kustha chikitsa* in *Vrindamadhav* as it is *raktashodhak* (blood purifier), *kaphaghna* (alleviates *kapha*) and *kustha nashak* (alleviates skin ailments).^[8]

Triphala kwath was used for cleaning of lesions because *Triphala* is anti-inflammatory and astringent which is helpful to shed the scales of palms and soles. The *Chikitsa sthana* of the *Sushruta Samhita* recommends *Triphala* among medicines that are good for purification.^[9] *Neem taila*, *Karanja taila* and Vaseline jelly were used for local application. *Neem* is *Kandughna* (alleviate itching).^[10] and *Karanja* has *Jantughna* (antimicrobial), *Kandughna*, *vranaropan* (wound healing), *vedanasthapan* (pain reliever) properties.^[11] Vaseline jelly is best for dry and itchy skin, cracked skin and promote healing hence it was used for local application.

CONCLUSION

After observation of all data we conclude that the holistic approach of *Ayurveda* best acts on case study of palmo-plantar psoriasis and gives permanent relief to the patient.

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