



## AYURVEDIC MANAGEMENT OF PALMO-PLANTAR PSORIASIS (*VIPADIKA*): A CASE REPORT

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### ABSTRACT

Palmo-Plantar Psoriasis is a chronic non-inflammatory disease affecting the skin capable of producing functional disabilities. The regions being affected by Palmo-Plantar Psoriasis are mainly the palmar surface of the hand (palm) and the plantar surface of the foot (sole). Traits such as dryness, cracking, itching along with pain and bleeding. Skin disease has a large impact on patient's physical as well as social and mental health. As there is no adequate treatment accessible for Palmo-Plantar Psoriasis in modern medical science. In Ayurveda, skin diseases have been studied under the heading of *Kushta*. Palmo-Plantar Psoriasis is associated with *Vipadika* which is a skin disorder of *Vata kapha* origin. Here, presenting a report a case of 15 years old male patient suffering from Palmo-Plantar Psoriasis that initially presented with typical features of dryness and cracking in both of the palm and plantar region (soles) causing pain and bleeding, since 3 months. The patient got satisfactory relief by adopting *Mridu Virechan* (purgation therapy) by *Aragvadha* pulp followed by *Shaman Chikitsa* using *Kaishare guggulu*, *Arogyavardhani vati*, *Khadirarishta*, *Jatyadi oil* and *Manjistha Keshar* cream. Hence, this case study proves to be successful in the management of Palmo-Plantar Psoriasis / *Vipadika* with *Ayurvedic* treatment.

**KEYWORDS:** Palmo-Pantar Psoriasis, *Vipadika*, *Mridu virechana*, *Shaman chikitsa*.

### INTRODUCTION

Palmo-Plantar Psoriasis is dermatological disease which is non-infectious, chronic inflammatory skin disease mainly affecting palms and sole regions. The causative factors involved are genetic and environmental factors. The most common genetic factor associated with Palmo-Plantar Psoriasis includes Human Leucocyte Antigen (HLA) Cw6. Environmental factors include smoking, irritants, manual or repetitive trauma. Physical examination of skin includes thick Hyperkeratosis plaque with sterile pustules along with symmetrical lesions, dryness, cracking causes pain and bleeding. In *Ayurveda*, this disease is correlated with *Vipadika* which comes under the *Kushta roga* (skin disease).

According to *Ayurveda* literature, almost all the skin diseases are illustrated under *Kushta roga*, and are further classified as seven *Mahakushta* and eleven *Kshudra kushta*. As per *Acharya Charaka*, all the types of *Kushta* are *Tridoshaja* (vitiated *Vata*, *pitta* and *kapha*) that impact *Twak*, *Rakta*, *Mamsa*, *Ambu*.<sup>[1]</sup>

*Vipadika* is included under *Kshudra kushta* (minor skin disease) with the involvement of *Vata* and *Kapha dosha*, characterized by *Pani-Pada Sphutna* (fissures in palm

and sole) associated with *Teevra Vedana* (severe pain). Specific treatment considered are *Shamana* (Palliative management) and *Shodhana* (Eliminating toxins from body), which helps to cure and prevent recurrence of the disease.<sup>[2]</sup>

### PATIENT'S INFORMATION

#### Chief complaints

A 15 years old male child with his parents visited the OPD of Doon Institute of Medical Sciences, (Faculty of Ayurveda), Hospital, Sahaspur, Dehradun, Uttarakhand, with chief complaints of dryness and cracking in both soles for five months. Gradually, the symptoms were seen to be increasing with the peeling of skin around the nails of toes with bleeding and pain since three months. The patient was also suffering with cracking of skin around nails of both hands since three months.

#### History of present illness

The history given by the patient- dryness of both the soles, gradually increases leading to fissures in both soles, further associated with peeling of skin around the nails of both toes, causing severe pain and bleeding toes while walking.

**Personal History**

- Appetite - Moderate
- Bowel – Constipated
- Micturition – Regular
- Sleep – Sound
- Food – Mixed diet, more non-veg consumption

**CLINICAL FINDINGS AND DIAGNOSTIC ASSESSMENTS****1. General Examination****A. Astha-vidha Pariksha**

<i>STHANA</i>	<i>LAKSHANA</i>
<i>Nadi</i> (pulse)	<i>Guru, Teekshna</i> (78/min)
<i>Mala</i> (feces)	<i>Vibandha</i> (constipation)
<i>Mutra</i> (urine)	<i>Samyaka</i> (normal)
<i>Jihva</i> (tongue)	<i>Nirama</i> (non-coated)
<i>Shabda</i> (speech)	<i>Spashta</i> (clear transitive verb)
<i>Sparsha</i> (touch)	<i>Anushana-sheeta</i> (afebrile)
<i>Drika</i> (eye)	<i>Samyaka</i> (no pallor/icterus)
<i>Akriti</i> (shape)	<i>Madhayam</i> (medium)

**2. Vital Data**

Pulse -78/min  
Respiratory rate -18/min  
Blood Pressure - 110/80mm Hg  
Weight - 40 kg

**3. Skin Examination**

- Site – dorsum of feet and sole
- Distribution – symmetrical
- Itching, dryness and cracking of soles associated with painful bleeding
- Peeling of skin around the nails of toes is observed.
- Surface – dry, rough with irregular margin

**4. Laboratory Examination**

Hemoglobin - 12.6 gm%  
ESR- 18 mm/hour  
TLC- 8,600 cells/mm

**5. Differential Diagnosis**

According to modern sciences

- Palmo-Plantar Psoriasis
- Tinea pedis
- Palmo-Plantar keratoderma

According to Ayurveda

- Vipadika*,
- Padadari*

<i>Vipadika</i>	<i>Padadari</i>
Dominance <i>Doshas</i> are <i>Vata</i> and <i>kapha</i>	<i>Vata Dosh</i>
Seen in both hands and foot	Seen only in foot
<i>Saruja</i> (painful) <i>Srava</i> (discharge), <i>Kandu</i> (itching)	<i>Saruja</i> (painful)

**Final Diagnosis**

Palmo-Plantar Psoriasis

*Vyadhi\_Vinischaya* - *Vipadika*

**THERAPEUTIC INTERVENTION**

Symptoms such as *Shoola* (pain), *Pada sphutana* (cracking), *Rukshta* (dryness), *Kandu* (itching), *Daha* (burning sensation) and other characteristics of skin lesions seen in this case confirmed the involvement of *Vata-Pitta-Kapha Doshas*.

As vitiated *Tridoshas* are involved in the pathological progress, both the internal and external medications are prescribed as per the involvement of *Samprapti* (complete establishment of a disease in the body). Internal medications include *Kaishore guggulu*, *Aarogyavardhani vati*, and *Khadiraristha*. External medications include *Jatyadi oil* (Sheath Veda), *Manjisth-Keshar* cream (Sheath Veda Pharmacy) were advised to be used topically. No adverse effects were seen during the course of the treatment.

MEDICATION	DOSE	DURATION
1. <i>Kaishore guggulu</i>	500mg BD	30 days
2. <i>Aarogyavardhani vati</i>	500mg BD	30 days
3. <i>Khadiraristha</i>	20 ml BD With equal quantity of water	30 days
4. <i>Jatyadi oil</i> (Sheath Veda)	L/A morning	30 days
5. <i>Manjistha-Keshar</i> Cream (Sheath Veda)	L/A evening	30 days

**Medication for Shodhana Chikitsa**

*Mridu virechana* given with 30 gms of *Aaragvadha* (cassia fistula) *Phala-Majja*. *Aaragvadha Phanta* 200 ml was given in the morning for 7 days daily for *Mridu Virechana* (mild purgation).

**FOLLOW UP AND OUTCOME**

After the *Avara shuddhi* (mild detoxification) of the patient by *Mridu Virechana karma* (mild purgation procedure) followed by *Shamana Chikitsa*, the symptoms like dryness and cracking of both soles, bleeding around

the pealed skin of foot's fingers nail along with severe pain, seems to be reduced gradually and the patient got satisfactory relief from the past complaints. After four month's treatment all the signs and symptoms seemed to be cured. The considerable improvement was observed in hyperkeratosis plaque over both the soles. As the treatment showed no adverse events during the treatment period. Thus, the protocol was found to be safe and effective. The periodical improvement has been showed through the captured photographs.



Figure: Images of the Patient- Before and After Treatment

**DIFFERENCES IN THE APPEARANCE OF SYMPTOMS BEFORE AND AFTER THE TREATMENT**

CLINICAL FEATURES	BEFORE TREATMENT	AFTER TREATMENT
1. Cracks in soles	present	slightly present
2. Local tenderness	present	absent
3. Dryness	present	absent
4. Itching	present	absent
5. Hyperkeratosis Plaque	present	absent
6. Skin Eruption (pustules)	present	absent

**DISCUSSION**

As per the *Ayurvedic* literature, Palmo-Plantar Psoriasis can be correlated with *Vipadika* (a type of *Kshudra kushta*). In this case study, the patient was firstly treated with *Mridu virechana* for *Doshas Anulomana* (setting *Doshas* in their natural direction). *Mridu Samshodhana* (bio purification therapy) is done by *Aragyavadha Phala-Majja*. *Aragyavadha* (Cassia Fistula) is *Mridu* (soft), *Guru* (heavy to digest), *Snigdha* (unctuous), *Madhura Vipaka* (conversion of taste after digestion), *Madhura in rasa* (sweet), *Sheet virya* (cold potency).<sup>[3]</sup> It helps in balancing *Kapha* and *Pitta Dosh*. It also has the properties of *Sramasana* (causes mild purgation),

*Kandhughna* (anti pruritic), *Kusthaghna* (useful in skin disorders), *Kapha-pittahara* (pacifying *Kapha* and *Pitta Dosh*).<sup>[4]</sup> It has anti-pyretic, anti-inflammatory, cardio-protective, vermifuge (anthelmintic) and blood purification properties.

For *Shamana Chikitsa*, oral medications like *Kaishore guggulu*, *Arogyavardhani vati*, *Khadiraristha*, and topical medications like *Jatyadi oil*, *Manjistha-Keshar* cream were used. *Guggulu* is very effective in chronic inflammatory diseases such as Palmo-Plantar Psoriasis because it shows anti-inflammatory, anti-oxidant and anti-bacterial properties.<sup>[6]</sup> Due to the *Yogvahi*

(synergistic) property of *Guggulu* in the *Kaishore guggulu*, it potentiates the actions of other herbs present in the formulation. *Kaishore guggulu* has mentioned this *Kushta*<sup>[7]</sup> and *Vrana* and also in *Vatarakta chikitsa*. Main contents of *Kaishore guggulu* are *Guduchi* (tinospora caulifolia), *Trikatu*, *Triphala*, *Vidanga* (*Embllica ribes*), *Chitraka* (*plumbagozeylanica*), *Nishotha* (*Operculina turpenthum*), *Dantimool* (*Baliospermum montanum*) along with *guggulu* (*Commiphora mukul*).<sup>[8]</sup> *Guduchi* is the drug of choice for vitiated *Vata-kapha Dosha* and *Rakta*, *Vidanga*, *Chitraka*, *Trikatu*, *danti*, *Pippali* is a potent medicine for *Vata* and *Kapha Dosha*. It shows *Kaantikara* (improves skin's natural radiance) effect through its blood purification property. In present case, it helps in relieving pain, inflammation due to its anti-bacterial and anti-inflammatory properties.<sup>[9]</sup>

*Khadirarisht* is useful in *Sarvakushta* (all types of skin ailments) including Psoriasis.<sup>[10]</sup> The main content of *Khadirarisht* is *Khadira* (*Acacia catechu wild*) which has anti-inflammatory, immuno-modulatory and anti-oxidant properties that play major role in chronic inflammatory conditions such as Psoriasis.<sup>[11]</sup> *Daruharidra* (*Berberis aristata*) shows anti-psoriatic and anti-inflammatory actions. *Bakuchi* (*Psoralea corylifolia* Linn) has anti-inflammatory, immuno-modulatory, anti-oxidant, anti-leprotic, anti-psoriatic and anti-bacterial effects. It acts by regulating multiple pathways in order to correct pathophysiology of chronic skin ailments.<sup>[13]</sup> *Dhataki Pushpa* (*Woodfordia fruticosa*) contains various phyto-chemicals that shows anti-psoriatic potential.<sup>[14]</sup>

*Aarogyavardhini vati* balances *Vata*, *Pitta* and *Kapha doshas* in their normal limits, hence plays main part in *Samprapti bhanga*. The contents present in *Arogya vardhani vati* are *Shuddha Paarad*, *Shuddha Gandhaka*, *Shuddha Louha bhasma*, *Shuddha Abhraka bhasma*, *Shuddha Tamra bhasma*, *Triphala*, *Shilajata*, *Guggulu* (*Commiphora mukul*), *Chitraka* (*plumbago zeylanica*), *Katuki* (*picorrhiza krura*), *Nimba* (*Azadiracta indica*) etc.<sup>[16,17]</sup> *Shuddha Gandhaka* has *Kledaghana* (removal of toxins) *Aamapachana*, *Kushtaghana*, *Kandhughana* (anti-itching) and *Rasayan* properties. So, Sulphur plays an important role in chronic inflammatory conditions like Psoriasis.

*Jatyadi oil* was given for local application. The ingredients of *Jatyadi oil* have *Tikta* (bitter), *Kshaya rasa* and *Ruksha* (dry), *Laghu* (light) *Gunah*, which are *Pitta-Kaphahara* (pacifying *Pitta* and *Kapha*) and also have the properties of *Shodhana-Ropana* (cleaning and healing) and *Pootihara* (debris removing).<sup>[18]</sup> *Manjistha-Kesar* cream was applied locally. This cream contains *Manjistha*, *Keshar*, *Mulethi*, *Neem*, *Ghritkumari*, *Coconut oil* etc. all these contents have strong actions to pacify *Pitta Dosha*, which relieve various symptoms of *Pitta Dosha* like *Daha* (burning sensation) and *Raktasrava* (bleeding) occurring from skin lesions in Psoriasis.

## CONCLUSION

Psoriasis is a serious lifelong immune-mediated, non-communicable skin disease. In *Ayurveda*, there is distinctive classification and diagnostic criteria for all the skin diseases. Palmo-planter Psoriasis comes under the *Vipadika*-a type of *Kustha* in *Ayurvedic* literature. This case study demonstrated the *Ayurvedic* management with *Mridu Virechana/Shodhana chikitsa* (bio-purification therapy) and *Shamana Aushadiya* (palliative treatment) which seems to be highly effective in the treatment. The *Ayurvedic* treatment has showed promising results in this disease. There is a need of large scale clinical trials to access its long term effectiveness.

## PATIENT INFORMED CONSENT

A written informed consent of the patient had been obtained, where the patient / caregiver had been informed about his disease, the *Ayurvedic* management to cure his disease. The patient also gave the consent to utilize his clinical information and photographs to be published in the journal.

## CONFLICTS OF INTEREST

There are no conflicts of interest.

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