

**AYURVEDIC MANAGEMENT OF VIPADIKA (PALMOPLANTAR PSORIASIS) – A
CASE STUDY**Suma K. J.^{1*} and Komala A.²¹Asst. Professor, Dept of PG Studies in Panchakarma. JSS Ayurveda Medical college, Mysuru, Karnataka, India.²Asst. Professor, Dept of Kayachikitsa. JSS Ayurveda Medical college, Mysuru, Karnataka, India.***Corresponding Author: Suma K. J.**

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ABSTRACT

Vipadika is one among the Kshudra Kushta mentioned in Ayurveda, with involvement of Vata-Kapha dosha. The cardinal symptoms are Pani Pada sputhana (cracking of the skin in the palms and soles) and Teevra vedana (severe pain). Acharyas have mentioned Shodhana and Shamana are the line of treatment for Kushta. Vipadika can be compared to Palmoplantar Psoriasis in which the symptoms include well defined areas of raised, thickened skin, redness and scaling, itching and burning sensation, pain, cracking and bleeding. A 54 year old female patient came with complaints of cracking of skin in palms and soles, associated with severe pain, bleeding, scaling, blackish discolouration since 6 months. She was treated with Classical Virechana and Shamanoushadhi. Significant changes were seen in the signs and symptoms of the patient.

KEYWORDS: Vipadika, Virechana, Shamana, Palmoplantar Psoriasis.**INTRODUCTION**

In Ayurveda, all the skin conditions are explained under the disease Kushta. Vipadika is one of the Kshudra Kushta according to Charaka^[1], with Pani Pada sputhana (cracking of the skin in the palms and soles) and teevra vedana (severe pain) as the cardinal symptoms.^[1] It is a Vata - Kaphaja Kushta. Acharyas have mentioned Shodhana and Shamana are the line of treatment for Kushta. As Kushta is a bahudoshavastha, repeated Shodhana has to administered to remove the doshas. Kushta is one of the Rakta Pradoshaja vikaras^[2] and Virechana is the Shodhana chikitsa in Rakta pradoshaja vikaras.

Psoriasis is a chronic auto immune disease which can affect the patients Physical and Psychological health. The craking of skin and pain badly afflicts the daily activities of the patients. Palmo-plantar psoriasis accounts for 3 to 4% of all Psoriasis cases, produces significant functional and social disability.^[3] In India, prevalence of Psoriasis varies from 0.44 to 2.8% It is twice more common in males compared to females.^[4]

Virechana being one of the Shodhana therapies helps in removing the vitiated doshas. Hence in this study Classical Virechana followed by Shamanoushadhi was given.

CASE REPORT

A 54 year old female patient came to Panchakarma opd of JSS Ayurveda Medical College and Hospital, Mysuru,

Karnataka, with complaints of cracking of skin in palms and soles, associated with severe pain, bleeding, scaling, blackish discolouration since 6 months. Initially the cracking of skin started in the feet later it was also seen in the palms. The symptoms aggravated when she exposed to soap or detergent water. Patient feels difficulty in doing her routine work because of severe pain, bleeding and scaling. Patient has taken conventional treatment for the same but found no significant results.

Patient is not a known case of any systemic diseases like Diabetes, hypertension, Asthma.

Has underwent Hysterectomy 11 years back.

Examination

General condition of patient was fair, Vitals were normal. Local and systemic examination revealed no abnormality. Bowels - normal. Micturition - normal, Appetite - good.

BP- 130/80 mmHg

PR- 78/min

Routine blood investigations were done and was normal

Skin examination.

Examination of Plantar surface of the feet and palmar surface of the hands

- Colour – Blackish
- Appearance – Rough, dry and scaling
- Lesions – multiple

- Discharge – mild bleeding
- Temperature – normal
- Auspitz sign - +ve
- Candle grease sign - +ve

MATERIALS AND METHODS

1. Classical Virechana was administered
 - a) Deepana pachana with Tab Chitrakadi vati 1 tab thrice daily half an hour before food with water for 3 days and Tab Agnitundi vati 1 tab thrice daily half an hour after food with water for 3 days
 - b) Snehapana was given with Guggulu Tiktaka Ghrita for 4 days (30ml, 60ml, 100ml, 130ml) till Samyak snigdha lakshanas were observed
 - c) After attaining Samyak snigdha lakshanas during Vishrama kala Sarvanga abhyanga with Eladi Taila and Bashpa sweda was administered for 3 days

- d) On the 4th day after Sarvanga Abhyanga and Bashpa sweda, Virechana was done by giving Trivruth lehya 60gms followed by ushna jala anupana. Total 14 vegas were observed
 - e) Samsarjana krama and pariharya vishayas were advised for 5 days
2. After Virechana, Shamanoushadhi was advised for 1 month
 - a. Tab. Kaishora guggulu 1tab thrice daily half an hour after food with water
 - b. Tab. Psorakot 1 tab thrice daily half an hour after food with water
 - c. 777oil for external application on the area of lesions

After Virechana, the patients skin had become soft, cracks reduced, no bleeding, pain scaling reduced.

Pics before and after treatment

Before treatment



After treatment



DISCUSSION

Vipadika is one of the Kshudra Kushta mentioned in Ayurveda. In this case the patient was treated with Virechana followed by internal and external medications. There was significant reduction in the signs and symptoms of the patient.

Initially Chitrakadi vati and Agnitundi vati was given for Agni deepana and Ama pachana. Snehapana was administered with Guggulu Tiktaka Ghrita which helps in Dosha utklesha. After attaining Samyak snigdha lakshanas, during Vishrama kala Sarvanga abhyanga done with Eladi taila followed by Bashpa sweda. This bahya snehana and swedana helps in Vilayana of the doshas and facilitates in the movement of the doshas

from shakha to koshta, which further facilitates the Virechana. Virechana was administered with Trivruth lehya. Due to the ushna, teekshna, sookshma, vyavayi and vikasi guna of the Virechana dravyas, it helps in bringing the doshas to the koshta and then with the predominance of Agni and Vayu Mahabhuta and adbhoga hara prabhava brings all the doshas out through the Guda marga. Patient had madhyama shuddhi, so Samsarjana krama was advised for 5 days to bring back the Agni to Prakrita avashta. Later Shamanoushadhis were advised.

CONCLUSION

Kushta being one of the chronic diseases with bahu doshavasta is difficult to cure, but can be managed

successfully. Repeated Shodhana and appropriate Shamanoshadhi would definitely help us to avoid recurrence of the disease, as we know that Recurrence is the rule of Psoriasis.

Vipadika also can be treated with Shodhana which helps in Samprapti Vighatana of the disease.

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