



“AYURVEDA TREATMENT PROTOCOL IN THE MANAGEMENT OF VIPADIKA (PALMO-PLANTER PSORIASIS)” - A CASE STUDY

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ABSTRACT

All skin diseases in *Ayurvedic* scriptures have been considered under the headings of *Kushta Roga*. *Kushta* is a broad term, as it covers all skin diseases mentioned in *Ayurvedic* scriptures. *Vipadika* is one such disease that has been included under the heading of *Kshudra Kushta*. It is characterized by *Pani-pada Sphutan* (Fissure in palm and soles) and *Teevra Vedanam* (severe pain). *Vata* and *Kapha doshas* vitiation are major cause of its manifestation. The patients of *Vipadika* have a greater negative impact on their personal and social life like- dietary habits, and stressful lifestyles, they have extreme difficulties in daily activities, mobility, self-care challenges, and impairments with topical medicine dependency worsen the patient's quality of life. Psoriasis affects the skin of the palms and soles with the features of hyperkeratotic, pustular, or mixed morphologies. *Vipadika* is correlated with Palmo-plantar psoriasis which is a chronic skin disease that mainly affects the palms and soles of the body. In the present case report a patient with complaint of burning sensation, mild pain, cracking, and dryness of both soles associated with bleeding and pain for 1 year.

Keywords: Vipadika, Kshudra Kushtha, Palmo-planter Psoriasis.

INTRODUCTION

Skin diseases are considered nonserious type diseases. The seriousness and awkwardness can only be felt by the sufferer. In this era, presentation has got enormous importance. Thus, Skin is the first thing observed by others. *Acharya Charaka* mentioned that all *Kushthas* are *Tridoshaj* in nature.¹ *Vipadika* is one of the types of *Kshudra kushtha* (dermatological disorder). *Vipadika* is one among the *Kshudra Kushtha*. It is also one among the *Vatajananatmaja Vikara* which is commonly prevalent. It is included in *Kshudrakushtha* with *Vata Kapha dosha* involvement² and it is characterized by *Pani-Padasphutanam* (fissure in palms and soles) and *Teevravedanam* (severe pain) by *Acharya Charak*.³

Vipadika

It is included in *Ksudra kushta* with *Vata-Kapha Doshas* involvement and it is characterized by *Pani-Pada Sphutanam* (fissure in palms and soles) and *Teevra Vedana* (with severe pain). The treatment which is given in *Ayurvedic Samhitas* is *Shodhana* and *Shamana* and helps to cure the disease without recurrence of the diseases.

Palmo- plantar psoriasis-

Vipadika is correlated with Palmo-plantar psoriasis which is a chronic skin disease. Palmo-plantar psoriasis is a variant of psoriasis that characteristically affects the skin of the palms and soles. Palmo-plantar psoriasis is caused by a combination of genetic and environmental factors. The most common genetic factor associated with Palmo-plantar psoriasis includes the human leukocyte antigen (HLA-Cw6). On physical examinations, thick hyperkeratosis plaques, sterile pustules, or a mixture of morphologies may be seen in Palmo-plantar psoriasis. Hyperkeratosis plaques are the most common subtype. Symmetrically distributed lesions are common, as well as erythema, fissuring, and scaling.⁸

AIM AND OBJECTIVES-

1. Elucidating the clinical features of Vipadika.
2. Elucidating the management of Vipadika in Ayurveda.

3. To compare the sign and symptoms of Vipadika with Palmo-plantar psoriasis, dyshidrotic eczema, allergic contact dermatitis, pityriasis rubra pilaris, acquired palmo-plantar keratoderma, and tinea pedis/magnum.

History of present illness- with the complaints of cracks on both palms and soles with burning sensation and mild pain for 1 year. She has taken treatment of modern medicine and homeopathy and was getting temporary relief, due to the recurrence of the symptoms, she approaches here for further treatment. On examination, multiple deep fissures were present on both palms and soles with local tenderness. According to the clinical features, the patient was diagnosed with a case of *Vipadika*. Clinical features indicated a predominance of *Vata* and *Kapha Dosha*.

Personal history • Appetite: Moderate • Bowel: Previously -irregular, three days once, since a year-regular, once/day • Micturition: Regular • Sleep: Sound • Food: Mixed diet

General examination • Appearance: Normal • Built: Moderate • Nourishment: Moderate • Pallor: Absent • Icterus: Absent • Oedema: Absent • Cyanosis: Absent • Pulse: 78 /Min • BP: 130/90 Mm of Hg • Respiratory Rate: 20/Min • Weight: 53kg

Skin examination • Site dorsum of foot or sole • Distribution- Symmetrical (both soles) • Itching, dryness, burning, and cracking of both the soles is seen (*Pada sphutana*) which is painful bleeding from the cracked region is seen. • In and around the fingers cracking is seen. • Surface is dry and rough, margin-irregular.

CASE STUDY –

A 30-year female patient came to *Twak sharir* OPD (OPD NO -15408) of Dhanwantari Ayurveda Medical hospital, Ujjain on 27/07/2021 with complaints of cracks on both palms and soles with burning sensation and mild pain for 1 year. She has taken treatment of modern medicine and homeopathy and was getting temporary relief, due to the recurrence of the symptoms, she approaches here for further treatment. On

examination, multiple deep fissures were present on both palms and soles with local tenderness. Accord-

ing to the clinical features, the patient was diagnosed with a case of *Vipadika*.

Table 1: Abhyantara chikitsa

Sr. No.	Drug	Dose	Anupan
1	<i>Arogyavardhani vati</i>	500mg. Twice daily after the food	Water
2	<i>Guduchi Satva</i> <i>Chopchini churna</i> <i>Amlaki churna</i> <i>Shankh bhasm</i>	3gm 1gm 2gm 250mg	Water
3	<i>Mahatiktagruta ghrita</i>	10ml. once in the morning	Lukewarm milk or tea
4	<i>Tab Soraneem</i>	500mg. Twice daily after the food	Water
5	<i>Khadirarisht</i>	30ml. Twice daily after the food	Water

Table 2: Bahya Chikitsa

Sr No	Drug	Use	Duration
1	<i>Vipadikahar lepam</i>	Local application Twice a day	4 months
2	<i>Ghee + tail + elovera</i>	4-5 times a day	3 months



Fig.1

DISCUSSION

Mahatiktagruta is described in *Vagbhat* under the *Kushtha chikitsadhyaya* in which he has described its effectiveness in *kushtha*, *visarpa*, *shivtra*, *vyanga*, *vidradhi*, *kandu*.⁹ *Mahathiktaka ghrita* used for *Snehapana* acts as a *Raktashodhak* and helps to expel vitiated *Dosha* from *Shakha* to *Koshtha*. *Sneha* by its *Sukshma guna* reaches the cellular level. Lipid consuming is helpful in the excretion of lipid-soluble substances. *Neem* was also used because neem is *Rakta shuddhikara* property.¹⁰ *Shatadhautagruta* is

indicated in *visarpa*, *kushtha*, and *kandu*.¹¹ *Arogyavardhani vati* – *Loha*, *Abhrak*, *Tamra*, *Shilajit*, *Guggul*, *Chitrak*, and *kutki* are the main contents of *Arogyavardhani vati*. Along with these drugs it contains *triphala kajjali*, and *nimba patra swaras*. These drugs have *Vaatnashak*, *Pachak*, *Dipak*, *Vishaghna*, and *jantughna* effects *Arogyavardhani* is mentioned as the best medicine for skin disease.¹² it helps to improve digestion, clear the body channels to improve tissue health by balancing the fat and

removing the toxins from the body, by acting on the digestive system.¹³

CONCLUSION

From the above case, we can draw a conclusion that *Vipadika* (Palmo-plantar psoriasis) can be successfully managed through the *Ayurvedic* line of treatment. Skin diseases are very hard to treat and the line of treatment is not fixed in each patient so this study can be taken as the primary protocol to treat the patients of *Vipadika* as it shows good results in cracks, burning sensation, pain, and itching and gets the effect. Further research can be carried out on a series of cases with the same protocol for confirmation of the drug. Also, this can be used in other skin diseases having the same symptom.

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