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# Ayurvedic Management of Vipadika Kushtha (Palmoplantar Psoriasis) - A Single Case Study

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## ABSTRACT

*Vipadika* is one form of the *Kushtha* with *Pani Pada Spathana* (cracking of the skin in the palms and soles) and *Teevra Vedana* (severe pain) as the cardinal symptoms. It can be correlated with Palmoplantar psoriasis (PPP) having symptoms fissuring of skin in the palms and soles, severe pain, burning, itching and roughness. It is *Vata-kaphaj Kushtha*. In the pathogenesis of *Kushtha*, *Tridoshas*, *Twacha*, *Rakta*, *Mamsa* and *Lasika* are involved. In this case, treatment was planned to alleviate *Vata* and *Kapha Dosh*. *Twak*, *Rakta*, *Mamsa* and *Lasika Dushya* were treated effectively. *Kushthaghna* medicines were used along with this. In the end, significant results were found in the patient.

**Key Words:** *Vipadika Kushtha*, Palmoplantar psoriasis, *Raktapachak Yoga*, *Arogyavardhini Vati*, *Khadirarishta*, *ErandaHaritaki*, *Jivantyadi Yamakam*

## INTRODUCTION

Skin is the largest protective organ of the body covering an area of just under 2m<sup>2</sup>. Along with this, it also performs sensory and thermoregulatory functions. Healthy and attractive skin plays a major role in one's self-worth, and it is a key component of the image to be presented to the outside world. Skin diseases are more common. In Ayurveda, all skin diseases come under *Kushtha*.

*Kushtha* is also included in eight *Mahagad* (dreadful diseases).<sup>1</sup> It is further classified into *Mahakushtha* and *Kshudra Kushtha*. Vitiating of *Tridosha* and their invasions into four *Dhatus* like *Twak*, *Rakta*, *Mamsa* and *Lasika* lead to *Kushtha*. These seven are called as the seven morbid factors (*Sapta Dravya Sangraha*) of *Kushtha*.<sup>2</sup> *Kushtha* do not manifest itself due to the aggravation of single *Dosha*. *Vipadika* is one form of the *Kushtha* with *Pani Pada Spathana* (cracking of the skin in the palms and soles) and *Teevra Vedana* (severe pain) as the chief symptoms.<sup>3</sup> Acharya Charaka and Acharya Vagbhata described it under *Kshudra Kushtha*.<sup>4,5</sup> It manifests due to the aggravation of *Tridosha* especially the dominance of *Vata* and *Kapha*.<sup>6</sup>

Psoriasis is a non-infectious, chronic inflammatory disease of the skin that occurs with exposure to certain triggers. Re-

searchers suggest that the worldwide prevalence of psoriasis ranges between 0.09% and 11.4% making psoriasis a serious global problem.<sup>7</sup> In India the prevalence is between 0.44-2.8 per cent.<sup>8</sup> Psoriasis is clinically classified into 2 groups: pustular and non-pustular lesions. Palmoplantar psoriasis (PPP) is non-pustular psoriasis. This type of psoriasis affects the palms of the hands and soles of the feet, and thenar regions are more frequently affected than hypothenar regions. Squamae are the predominant lesions.<sup>9</sup>

About 2.8% to 40.9% psoriasis patients are thought to have PPP.<sup>10</sup> Palmoplantar psoriasis can occur at any age. Similar to other forms of psoriasis, it is an autoimmune condition. It probably occurs due to a combination of genetic and environmental factors. In this disease, patients may experience exacerbations due to seasonal changes, household work, and detergents. Palmoplantar psoriasis is more common amongst farmers, manual labourers, and housewives.<sup>10-12</sup> From the modern side, treatment of psoriasis contains steroids and these steroids have many serious adverse effects and also have limitations for long term therapy. Considering this there's a need for treatment which can have more efficacies with a low toxic profile in this condition. Here a case is discussed which has given *Shaman Chikitsa* according to Ayurveda.<sup>13-15</sup>

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## CASE REPORT

A 44 years old female patient came to the outpatient department on date 14/2/2019 with complaints of fissuring of skin of both palms scaling on bilateral palms, severe pain, burning sensation, itching; especially at night also in cold and dry weather dryness, bleeding sometimes represented in figure 1.



**Figure 1:** Conditions of hands when patients visited the clinic for clinical diagnosis and treatments.

These complaints were present for the last 10 years. Due to these complaints, she found difficulty in doing daily routine work. She was treated with allopathic medicines such as corticosteroids but did not get complete relief. So she came for further treatment in Ayurveda. She was not having a history of diabetes mellitus, hypertension or any major illness, however agreed to have taken Hetu: Taking peanuts in excess since 2-3 years. Personal history is depicted in table 1.

**Table 1: Personal history**

Name: XYZ	Marital status: Married
Age: 44yrs	Occupation: Homemaker
Sex: Female	Addiction: Nil
Weight: 52 Kg	

### Clinical findings

The general condition of the patient was fair and table 2 showed general sign and table 3 presented the ashtavidha parikshan.

**Table 2: General examination**

Pulse rate	76/min.
B.P.	130/80 mm of Hg
R.R	20/min
Temp	98°F

**Table 3: Ashtavidha Parikshana**

<i>Nadi</i> : Vatapittaj	<i>Shabda</i> (Speech): Spashta
<i>Mutra</i> (Urine): Samyaka. 6-7	<i>Sparsha</i> (Skin): Anushnasheet times per day
<i>Mala</i> (Stool): Unsatisfactory,	<i>Druk</i> (Eyes): Prakrut once in 2-3 days
<i>Jivha</i> (Tongue): Sama	<i>Akriti</i> (Body Built): Madhyam

### Local examination

Appearance: Rough, dry and scaling in palmer surface of both hands. Multiple cracking were present (Table 3,4).

Colour: Blackish Temperature: Normal

**Table 4: Criteria for gradation of symptoms**

Symptoms	Grade 0	Grade 1	Grade 2	Grade 3
Fissuring of skin	Absent	Mild	Moderate	Severe
Scaling	Absent	Mild	Moderate	Severe
Pain	Absent	Pain occasionally	Pain more than twice but not continuously	Pain throughout the day
Burning	Absent	Burning sensation occasionally	Burning sensation more than twice but not continuously	Burning sensation throughout the day
Itching	Absent	No disturbance while doing work	Disturbs the work	Severe Itching
Dryness	Absent	Mild	Moderate	Severe

**Table 5: Treatment given**

Medicine	Dose	Route
<i>Raktapachakayog</i>	500 mg BD before the meal	Oral
<i>Arogyavardhini Vati</i>	500 mg BD after the meal	Oral
<i>Khadirarishta</i>	15ml BD after the meal	Oral
<i>ErandaHaritaki</i>	1gm at bedtime	Oral
<i>Jivantyadi Yamakam</i>	2 times in a day (After bath and at bedtime)	Local application

*Anupama*: Koshna Jala (Lukewarm water) Duration of treatment: 30 days ( Table 5).

Follow up: After 7 days.

### Diet plan

Take healthy food.

Avoid heavy, spicy, fermented food, stale food, junk food, bakery products, cold water and fruits with milk.

Avoid sleeping in the day time.

Avoid the use of soap and other cosmetics. Maintain hygiene.

Do regular exercise and meditation ( Table 6).

**Table 6: Drug review**

Sr. No.	Kalpa	Contents	Rogadhikara
1.	Raktapachak Yoga <sup>11</sup>	Patol (Trichosanthes dioica), Sariva (Hemidesmus indicus), Musta (Cyperus rotundus), Patha (Cissampelos pareira), and Kutaki (Picrorhiza kurroa)	Raktagata Jwara
2.	Arogyavardhini Vati <sup>12,13</sup>	Parad (Mercury), Gandhak (Sulphur), Lohabhasma (Iron), Abhrakabhasma (Mica), Tamra (Copper), Haritaki (Terminalia Chebula), Amalaki (Phyllanthus Emblica), Bibhitak (Terminalia Belerica), Shilajatu (Black Asphaltum Punjabinum) etc.	Kushtha, Jwaravikara, Medanashak
3.	Khadirashtha <sup>14,15</sup>	Khadir (Senegalia catechu), Deodaru (Cedrus deodara), Bakuchi (Psoralea corylifolia) Daruharidra (Barberis aristata), Haritaki (Terminalia chebula), Amalaki (Phyllanthus emblica), Bibhitak (Terminalia belerica), Pippali (Piper Longun), Kankola (Piper Cubeba), Nagakeshara (Mesua ferrea),	Mahakushtha, Hridroga, Pandu, Krimi, Kasa, Shwasa, Plihodara, All Types of Kushtha

**Table 6: (Continued)**

Sr. No.	Kalpa	Contents	Rogadhikara
4.	Eranda Haritaki <sup>16</sup>	Lavang (Caryophyllus aromaticus), Dalchini (Cinnamomum zeylancum Blume) etc. Erandataila (Ricinus communis), Haritaki (Terminalia chebula)	Anulomana, Amavata, Gridhrasi, Vriddhi, Ardita
5.	Jivantyadi Yamakam <sup>17,18</sup>	Jivanti (Leptadenia reticulata), Manjishtha (Rubia cardifolia), Daruharidra (Barberis aristata), Kampillaka (Mallotus philippinesis), Tuttha (Copper sulphate), Sarjarasachurna (Vateria indica), Madhucchishta	Vipadika Kushtha, Charma Kushtha, Eka Kushtha, Kitibh, Alasaka

### RESULTS

Assessment of the patient was done for 30 days with Ayurvedic treatment (Table 7).

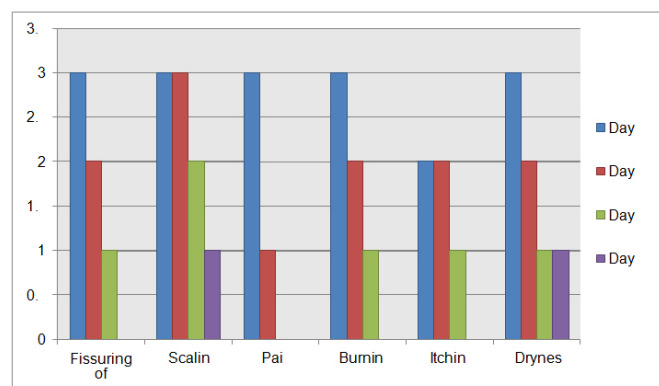
Predominantly. The similarity between Palmoplantar psoriasis and Vipadika Kushtha is given in table 8 and figure 3.

**Table 7: Follow- up**

Symptoms	Day 1	Day 7	Day 15	Day 30
Fissuring of skin	3	2	1	0
Scaling	3	3	2	1
Pain	3	1	0	0
Burning	3	2	1	0
Itching	2	2	1	0
Dryness	3	2	1	1



**Figure 2:** Condition of palm after treatment.



**Figure 3:** Graph showing gradation of observations during follow up of patient.

**Table 8: Similarity between symptoms of Palmoplantar psoriasis and Vipadika Kushtha** <sup>19, 20, 21</sup>

Sr. No.	Palmoplantar psoriasis	Vipadika
1	Fissuring of skin in the palms and soles	Pani Paada Sphutan
2	Severe pain	Teevra Vedana
3	Burning sensation	Daha
4	Itching	Kandu
5	Roughness	Khara Ruksha Twak

## DISCUSSION

As per symptoms explained in Ayurveda, Palmoplantar psoriasis can be correlated with *Vipadika Kushtha*. It is included in *Kshudra Kushtha* with the involvement of *Vata-Kaphaja Dosha*.<sup>17,18</sup>

As *Vipadika* is *Vata –Kaphaj Kushtha*. So, treatment should be aimed at alleviating *Vata* and *Kapha Dosha*. *Twak* and *Rakta*, *Mamsa* and *Lasika Dhatu* are *Dushya* which should be treated effectively. So *Kushthaghna* medicines are used along with this.

### Mode of action of medicines

*Raktapachak yoga* contains *Patol*, *Sariva*, *Musta*, *Patha*, and *Kutaki*. All the contents of this *Vati* act as *Kushthaghna*, *Raktaprasadak*. By *Tikta Rasa* and *Laghu*, *Ruksha Guna* it does *Rakta- Mamsagataklea Shoshana*. It is *Kapha Pitta Shamak*.<sup>15,16</sup>

*Arogyavardhini Vati* contains the drugs having *Kushthana-saka* properties (can alleviate all types of skin disorder). It is indicated in all type *Kushtha* specially *Vataj* and *VataKaphaja* such as *Kapal*, *Mandal*, *Ekakushtha*, *Kitibh*, *Vipadika*, *Charmadala*, *Alasaka*. It helps in purifying blood and also forms proper *Dhatu*s. It pacifies *Tridosha*. Due to its *Katu*, *Tikta Rasa Ushna*, *Laghu* and *Ruksha Guna* enhances the digestive capacity and acts as *Deepana*, *Pachana*, *Kledashoshana*, *Malabhedak*. It also contains *Tamra* (Copper) which acts on *Lasik*.

*Khadirarishta* is beneficial in all types of *Kushtha*. It acts on the *Dushya* of *Kushtha* specially

*Lasika* and resists vitiation of further *Dhatu*s.

*Eranda Haritaki* has *Anulomaka* property. Improper functioning of Large intestine is the primary cause for all types of *Kushtha*. It causes *Malavarodha* (constipation) which vitiates *Vata* and further vitiation of *Pitta* and *Kapha* occurs. *Erand* enhances the property of *Haritaki* i.e. *Anulomana*. By *Anulomaka* property it helps in removing constipation.

*Jivantyadi Yamakam* is indicated in *Vipadika Kushtha*. It is

applied externally to heal cracked palms, feet and lips. It relieves pain and burning sensation.<sup>19,20,21</sup>

## CONCLUSION

In this case, study marked improvement was seen in the patient of *Vipadika Kushtha*. The *Ayurvedic* treatment of mentioned oral medications and the local application was found effective in relieving the symptoms and pacification of vitiated *Dosha* from the body. Further studies should be done in more numbers of cases to validate multiple actions of *Ayurvedic* treatment without any recurrence.

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