



An Ayurvedic Approach to *Vipadika* (Palmoplantar Psoriasis): A Case Study

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Authors' contributions

This work was carried out in collaboration among all authors. All authors read and approved the final manuscript.

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Case Study

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ABSTRACT

Ayurveda includes all the skin diseases under the broad name *Kushta* (Skin Diseases). There are 18 types of skin diseases were described in Ayurved Samhitas. Out of which 11 are *Kshudra Kushta*. *Vipadika* (Palmoplantar psoriasis) is one of them. Different Acharyas have given different presentations of signs and symptoms of *Vipadika*. According to Ashtang hridaya, *Panipadspatana* (Cracks over palms and soles), *Tivra Vedana* (severe Pain), *Manda Kandu* (Mild Itching), and *Sarag Pidika* (Red-colored Macule) are the symptoms of *Vipadika*. This skin disease hampers day-to-day activity and depresses patients because of cosmetic issues. This case was about a woman of age 55 years having Itching on the plantar aspect of both feet, cracks over soles, burning sensation, and pain during walking. There was no previous history of any systemic disease. The patient had not undergone any surgical procedure. The patient used to eat pickles twice a day on daily basis. At the first follow-up, the burning sensation was reduced. Then the cracks, itching, and

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pain during walking reduced with consecutive follow-ups. *Raktmokshan* (Leech therapy) was planned after every 15 days. Total treatment was about 3 months with a follow-up of 15 days. With this treatment protocol, the patient got completely relieved from all parameters.

Keywords: *Kushta; macule; palmoplantar psoriasis; vipadika.*

1. INTRODUCTION

Skin diseases are considered nonserious type diseases. The seriousness and awkwardness can only be felt by the sufferer. In this era, the presentation has got enormous importance. Thus, Skin is the first thing observed by others.

Skin diseases are not responsible for Mortality but the cosmetical issue affects the patient at the mental level. Researches show that the patient with skin diseases had greater impairment in mental health as compared with patients having Diabetes mellitus, Hypertension, Asthma, joint pain, Epilepsy, etc. Billions of money are spent on the cosmetical issue every year. Ayurveda includes all the skin diseases under the broad name *Kushta*. There are 18 types of *Kushta* described in Ayurved Samhitas [1]. Out of which 11 are *Kshudra Kushta*. *Vipadika* is one of them. Different Acharyas have given the different presentations of signs and symptoms of *Vipadika*. According to *Ashtang hridaya*, *Panipadspatana* (Cracks over palms and soles), *Tivra Vedana* (Intense pain), *Manda Kandu* (Mild itching), and *Sarag Pidika* (Red-colored macules) are the symptoms of *Vipadika* [2]. According to Acharya Charak crack and severe pain are the symptoms of *Vipadika* [3]. According to Sushrutacharya, Itching, Burning sensation, Pain present especially on *pada* (sole) are the symptoms of *Vipadika* [4]. Critics of Sushruta have told *Padadari* (cracks over sole) and *Vipadika* are the same. In *Vipadika* there is the involvement of Tridosha (basic constitution) but *Vata* is predominantly vitiated [5]. This case is about 55 year's old lady with *Vipadika*. There was no previous history of any systemic disease and Surgeries. The patient was good before 2 years. After that, she had cracks, Burning sensation, Pain, and reddish macules over her palms. But these symptoms got subsided after taking medicines from allopathy and Homeopathy. She didn't know which treatment gave her results. Before 1 year she had the same symptoms on both plantar aspects of the foot. She had consulted for various treatments available but of no use.

In this case, Leech therapy and Ayurvedic medication from Ayurved texts was prescribed to

break the pathogenesis. As texted, *Kushta Dirgharoganam*, the treatment was given for 3 months. [6]

2. CASE PRESENTATION

Patient information: A 55-year-old lady came to OPD of Dirghayu Ayurved Chikitsalay and Panchkarma centre, Ramnagar, Wardha from post-Arvi with the following chief complaints. The patient had cracks on both the soles for 1 year. A burning sensation for 1 year, Itching from 1 year, the patient had Insomnia due to itching from 7 – 8 months, Pain during walking from 3 months, and Constipation since 2-3 months

History of present illness: The patient came to OPD with all of the above symptoms. She did not have any systemic disease.

Clinical findings: The patient was examined based on *Dashvidh Pariksha* (Ten examinations), which includes *Nadi* (Pulse), *Mala* (Stool), *Mutra* (Urine), *Jivha* (Tongue), *Shabda* (Speech), *Spars ha* (Skin), *Dreek* (Eyes), *Akruti* (Built), *Agni* (Digestion), *Bala* (Power). Table: 1.

Subjective criteria: The patient was tested on subjective which includes *Vedana* (Pain), *Kandu* (Itching), and *Daha* (Burning sensation) [Table: 2], and in objective criteria, *Padshutana* (cracks) is observed Table:-3.

Differential Diagnosis: Palmoplantar psoriasis, Tylosis (Palmoplantarkeratoderm), and Dermatitis are the diseases that have the same pictures in the patient and get confused during the treatment. [7] While treating the diseases it is important to find out the difference between these diseases Table 4, which is useful for the further line of treatment

Treatment: Treatment was given in two ways internal medication which includes *Hingwadi vati*, *Arogyavardhini vati*, *Aragwadhakapila*, *Gandhak rasayan*, *Raktapachak kadha* and Local application *Karanj tail* is used along with the leech therapy. Each Follow up was plan after 15 days to analyzed the subjective and objective criteria after For the first 30 days line of treatment is different Table 5.

Table 1. Dashvidh Pariksha (Ten examinations)

Sr. No	Examination	Result
1	<i>Nadi</i> (Pulse)	88/ min
2	<i>Mala</i> (Stool)	Constipated – 3-4 in a week
3	<i>Mutra</i> (Urine)	Normal
4	<i>Jivha</i> (Tongue)	Coated
5	<i>Shabda</i> (Speech)	Normal
6	<i>Sparsha</i> (Skin)	<i>Ruksh</i> (Dry)
7	<i>Dreek</i> (Eyes)	Normal
8	<i>Akruti</i> (Built)	<i>Madhyam</i> (Medium)
9	<i>Agni</i> (Digestion)	<i>Visham</i> (Irregular)
10	<i>Bala</i> (Power)	<i>Madhyam</i> (Medium)

Table 2. Subjective criteria

Sr. No	Criteria	Grade	Symptoms
1	Vedana (Pain)	0	No Pain
		1	Pain after Pressing
		2	Pain on touch
		3	Pain without touching
2	Kandu (Itching)	0	No itching
		1	1-2time in day
		2	Frequent itching
		3	Itching disturbs the sleep
3	Daha (Burning sensation)	0	No Burning sensation
		1	Burning during itching
		2	Continuous burning

Table 3. Objective criteria

Sr. No	Criteria	Grade	Symptoms
1	Padshutana (cracks)	0	no cracks
		1	cracks on heels only
		2	Cracks on heels and planter aspect of toes
		3	cracks on complete foot

Table 4. Differential diagnosis between Palmoplantar psoriasis, Tylosis (Palmoplantarkeratoderm) and Dermatitis

Palmoplantar psoriasis	Tylosis (Palmoplantarkeratoderm)	Dermatitis
Itching – Moderately itchy. Scratching results in bleeding	Itching present	Very itchy. Scratching results in oozing
Morphology – well defined indurated plaques	Punctate, striate or mutilating. Sometimes, the keratoderma spills onto dorsum of hands and feet	Not so well defined and not indurated.
Surmounted with silvery plaques	Thickening and mutilation	Scale – crust
Auspitz sign – positive	Negative	Negative, Patch test is done
Nail changes – Typical	Not present	Variable

And after two follow up *Arogyavardhini vati* is stopped and *Raktapachak kadha* is replaced by *Kandughna kadha*. The rest of the treatment is

continued for the next 30 days. *Arogyawardhini vati* is again started at the fifth follow-up.

3. OBSERVATION AND RESULTS

The result was observed after Each follow-up of 15 days and pre and post-treatment after analyzed the subjective and objective criteria of the Patient. After the complete treatment for 90 days, the condition of the patient after each follow up is a follows: Table 6.

After a complete treatment assessment score is 0, it shows that the patient has 100 % relief in Cracks, burning sensation, itching, and pain. Pictures of the sole of both feet also show significant relief during the treatment and after the treatment [Fig. 1] [Fig. 2] [Fig. 3]

4. DISCUSSION

As a cosmetic purpose, many skin diseases have their unique importance, but in this case, along with the cosmetic involvement patient had difficulty in daily activity due to severe pain in both the soles. She was unable to walk properly and had insomnia due to pain and nocturnal itching. She had taken medicine from allopathy and homeopathy but still didn't get the result so, she came to OPD for Ayurvedic treatment. This

case of *Vipadika*, treated with *Hingwadi vati*, *Arogyavardhini Vati*, *Gandhak rasayan*, *Raktapachak kadha*, *Kandughna kadha* and *karanj tail* for local application.

Hingwadi vati contains *Hingu (Ferula asafoetida)*, *Amlavetas (Garcenia indica)*, *Vyosh (Piper longum, Piper and Ginger)*, and *Trilavan* [8]. It acts as the best appetizer [9].

Arogyavardhini: *Loha*(Calcined iron), *Abhrak*(Biotite mica), *Tamra*(Incinerated copper), *Shilajit*(Asphaltum), *Guggul*(Commiphora mukul), *Chitrak* (Plumbago zelaynica) and *Kutki* (Picorrhiza kuro) are the main contents of *Arogyavardhini vati*. Along with these drugs it contains *Triphala*, *kajjali*, *Nimba patra swaras*. These drugs have *Vatanashak*, *Pachak* (Digestive), *Dipak* (appetizer), *Vishaghna* (Antitoxic) and *Jantughna* (antimicrobial) effect *Arogyavardhini* is mentioned as the best medicine for skin diseases [10]. It helps to improve digestion, clears the body channels to improve the tissue health and by balancing the fat, and removes the toxins from the body, by acting on digestive system [11].

Table 5. Treatment protocol

Type of treatment	Drug	Dose	Time of administration	Duration	Anupana
Internal medication	<i>Hingwadi vati</i>	250 mg	Before meal	7 days	Lukewarm water
	<i>Arogyavardhini vati</i>	250 mg	Before meal B.D	30 days	Lukewarm water
	<i>Aragwadhakapila</i>		H. S	30 days	Lukewarm water
	<i>Gandhak rasayan</i>	250 mg	B. D, After meal	30 days	Lukewarm water
	<i>Raktapachak kadha</i>	20 ml	B.D Before meal	30 days	Lukewarm water
Local application	<i>Karanj tail</i>		B.D		
	Leech therapy			After every 15 days	

Table 6. Assessment of each follow up

Follow-up	Before Treatment	First	Second	Third	Fourth	Fifth	Sixth	After Treatment
Features								
<i>Padashutana</i> (Cracks)	3	3	3	2	2	1	1	0
<i>Daha</i> (Burning Sensation)	2	1	0	0	0	0	0	0
<i>Kandu</i> (Itching)	3	2	2	2	2	2	1	0
<i>Vedana</i> (Pain)	3	2	2	1	0	0	0	0



Fig. 1. Before Treatment



Fig. 2. During Treatment



Fig. 3. After treatment

Gandhak rasayan: It contains *Shuddha gandhak* (Pure sulphur), *Chaturjat*, *Triphala*, *Sunth*, (*Zinziber officinalis*) *Maka* (*Eclipta alba*) and *Gulwel*. (*Tinospora cordiolia*) It acts as *kushtaghna* (fights with skin ailments), *vishaghna* (Antitoxin), *Rasayan* (Antioxidant), *Jatughna*, (Antimicrobial) and *Yogvahi* (Increases the action of drug) [12]. *Gandhaka Rasayan* is *Pitta shamak* in nature, which acts as anti-inflammatory [13].

Raktapachak kadha: It contains *Patol* (*Trichosanthes dioica*), *Sariva* (*Hemidesmus indicus*), *Musta* (*Cyprus rotandus*), *Kutki*, (*Picchorhiza kurro*) and *Patha* (*Cissamplois pariera*). It is used in detoxification of blood [14].

Kandughna kadha: It contains *Chandan* (*Santalum album*), *Nalad* (*Nardostachys Jatamansi*), *Krutmalak* (*Cassis fistula*), *Latakaranj* (*Pongamia pinnata*), *Neem* (*Azadirachta indica*), *Kutaj* (*Holarrhena antidysentrica*), *Saraso* (*Brassica nigra Koch*), *Mulahathi* (*Glyrrhiza glabra*), *Daruhaldi* (*Berberis aristata*) and *Nagarmotha* (*Cyprus rotandus*) [15]. The drugs present in this *gana* are *Tikta* (Bitter) and *Kashay* (astringent) *Rasa* (Taste). *Tikta ras* is antitoxic, *Krumighna* (antimicrobial), in nature and also used in burning sensation, itching and is important in skin diseases. *Kashay rasa* is used for mitigation and also increases the healing capacity of the drug in qualities [16]. By these two important properties, it is used in most of the diseases which have prominent symptoms of itching.

Karanj tel: It contains *karanj* (*Pongamia pinnata*), *Saptacchada* (*Alstonia scholaris*), *Langali*

(*Gloriosa superba*), *Arka* (*Calatropis procera*), *Chitraka* (*Plumbago zeylanica*), *Brungaraj* (*Eclipta alba*), *Vatsanabh* (*Aconitum ferox*), *Gomutra* (*Cowurine*) [17]. It is widely used in various skin diseases. The *karanj*-oil contains medicinal properties and used in itches, abscess and other skin diseases [17].

Aragwadhakapila: It contain *Argwadha* (*Cassia fistula*) and *Kampillak* (*Mallotus philippensis*) *Cassia fistula* is best as mild laxative [6] which excretes *Pitta* and toxins. *Mallotus philippensis* is also useful as laxative and in various skin diseases to remove he toxins [18].

Jaloukavachran: According to *Acharya Sushruta*, although there are four *Doshas* in body. When *Raktadhatu* (Blood) is expelled out of the body it carries vitiated *Pitta* (Bile) along with it. *Raktmokshan* (Blood letting) cause *Prasad manas* (normalization of physiology of manas or whole body with senses), it prevents *Raktaj rogas* (formed due to Blood vitiation) like skin doshas [19]. *Jaloukavacharan* (Leech therapy) is best for diseases of *pittaj* manifestations [20]. *Daha* (Burning) was the associated symptom in this patient.

Similar dermatological problems were addressed in Global burden of disease studies [21-22]. Few of the psoriasis related studies and cases were reviewed [23-26].

In this case of *Vipadika* (Palmoplantar psoriasis), The overall symptoms namely cracks, burning sensation, pain, and itching get subsided by Classic treatment of Ayurveda. Here the work is

predominantly on *Raktavaha strotas*. In classics, it is stated that before starting treatment the *strotas* should be cleaned to ensure fast absorption of drugs [27-28]. For this purpose, *Hingwadi vati* is administered which is use as appetizer and helps in cleansing *Strotas*. *Arogyavardhini* is administered for 45 days. It mainly works on *Pitta*. *Raktapachak kadha* and *Kandughna kadha* is given to pacify the *Rakta* related symptoms like burning sensation and itching. Local application of *Karanja tail* pacifies the local symptoms immediately. It soothes the affected area and relieves from pain and itching. Leech therapy improves the condition fast where *Rakta* and *Pitta doshas* are involved [29-30].

5. CONCLUSION

Skin diseases are very hard to treat and 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 result in cracks, burning sensation, pain, and itching and gets complete relief within 90 days with no side effect. Further research can be carried out on Series of cases with the same protocol for confirmation of the drugs. Also, this can be used in other skin diseases having the same symptoms.

CONSENT AND ETHICAL APPROVAL

As per international standard or university standard guideline patients consent and ethical approval has been collected and preserved by the authors.

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COMPETING INTERESTS

Authors have declared that no competing interests exist.

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