



Case Study

AYURVEDIC MANAGEMENT OF VIPADIKA (PALMOPLANTAR PSORIASIS): A CASE REPORT

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Jeevantyadi Yamaka
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ABSTRACT

Vipadika is one among the *Kshudra Kushta*. It features with *Panipada sphutana*, *Teevravedana*. Its symptoms can be correlated with palmoplantar psoriasis, which is a form of psoriasis and is chronic and recurring in nature that affects the palms and soles of the feet and is characterized by hyperkeratosis, fissures, erythema and occasionally inflammation and pustules. This disease not only affects person physically but also affects the mental and social health of the patient. Since there is no satisfactory treatment for psoriasis in conventional medicine. Ayurvedic treatment can provide promising results in this condition. In this article a case of 50 years old female with a complaints of Peeling of the palmoplantar skin and Itching with occasional burning sensation in the palmoplantar region since 3-4 months is presented which was successfully treated with *Shamanoushadis* like *Manjishtadi Kashaya*, *Nimbadi Guggulu*, *Navayasa Loha*, *Kamaduga Rasa* and external application of *Jeevantyadi Yamaka lepam* for a period of one month. This is an effort to show the brighter side of Ayurvedic interventions not just in alleviating the symptoms but also in improving the immune strength and causing no recurrence of disease.

INTRODUCTION

Vipadika is a *Kshudrakushta* with the predominance of *Vata-Kapha Dosha*, which is characterized by *Pani-pada sphutana* (fissures in palms and soles) and *Teevravedana* (with severe pain)^[1].

Vipadika is explained by Acharya Charaka in *Charaka Chikitsasthan* 7th chapter i.e., *Kushtachikitsa Adhyaya*^[2], Madhava Nidana 49th chapter i.e., *Kushta Nidana* ^[3].

Commonly elicited causative factors for the development of *Kushta* are consumption of *Viruddha ahara*, *Drava snigdha guru bhojana*, intake of food in *Ajeerna avastha*, *Divaswapna* and *Mithyopachara* of *Panchakrmas* etc. All the three *Doshas* gets vitiated in a person who indulges in these kind of practices and the vitiated *Doshas* further causes vitiation of *Twak* (skin),

Raktha (blood), *Mamsa* (muscular tissue) and *Lasika* (serum/lymph) and ends up in manifestation of *Kushta*. This condition can be correlated with palmoplantar psoriasis which is a most commonly occurring autoimmune disease in humans. Exact etiology is unknown and it is characterized by hyperkeratosis, fissures, erythema and occasionally inflammation and pustules. These symptoms may affect patient's quality of life. As there are very limited treatment options in conventional medicine like topical steroids and symptomatic drugs like methotrexate which can only manage the condition but fails to cure it.

Case Report

A 50 year female patient presented in D G M Ayurvedic Medical College and Hospital, Kayachikitsa OPD with complaints of scaly lesions and fissures associated with pain, itching and occasional burning sensation in palmoplantar region since 3-4 months. She had no history of major medical and surgical illness. She approached for Ayurvedic treatment.

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On Examination

- Patient was afebrile.
- Vitals were normal
 - Temperature: 97.8°F
 - Blood pressure: 130/90mm of Hg
 - Heart rate: 78 /min
 - Respiratory rate: 17 /min

Integumentary System Examination

Multiple fissures with scales were present on both palms and soles. They were well deformed. Blackish discolouration was seen on both palms and soles. On the basis of clinical history and examination this condition was diagnosed as *Vipadika vis-à-vis* palmoplantar psoriasis.

MATERIALS AND METHODS**Treatment Protocol**

The treatment was started with administration of both internal and external treatment.

Table 1: First 15 days

S.No.	Drug	Dosage	Adjuvant	Duration
1	<i>Manjishtadi Kashaya</i> [4]	4 tsp twice a day- before food	Equal quantity of water	15 days
2	<i>Nimbadi Guggulu</i> [5] (1 tab = 500mg)	1 tab twice a day- after food	water	15 days
3	<i>Navayasa Loha</i> [6] (1 tab = 250mg)	1 tab twice a day- after food	water	15 days

For External Application: *Jeevantyadi yamaka Lepa*, twice a day.

Table 2: Last 15 days - follow up

S.No.	Drug	Dosage	Adjuvant	Duration
1	<i>Manjishtadi Kashaya</i>	3 tsp thrice a day- before food	Equal quantity of water	15 days
2	<i>Nimbadi Guggulu</i> (1 tab = 500mg)	1 tab twice a day- after food	water	15 days
3	<i>Kamaduga Rasa</i> [7] (1 tab = 250mg)	1 tab twice a day- after food	water	15 days

For External Application: *Jeevantyadi yamaka Lepa* [8], twice a day.

With the above mentioned line of treatment patient got satisfactory relief from the symptoms of *Vipadika*. It can be well appreciated in the photographs documented before and after treatment.

Diet

- Light and wholesome food, vegetables having bitter taste.
- Avoid heavy and sour food, milk, curd and meat of animals of marshy land, fish, *Guda* (jaggery) and *Tila*.

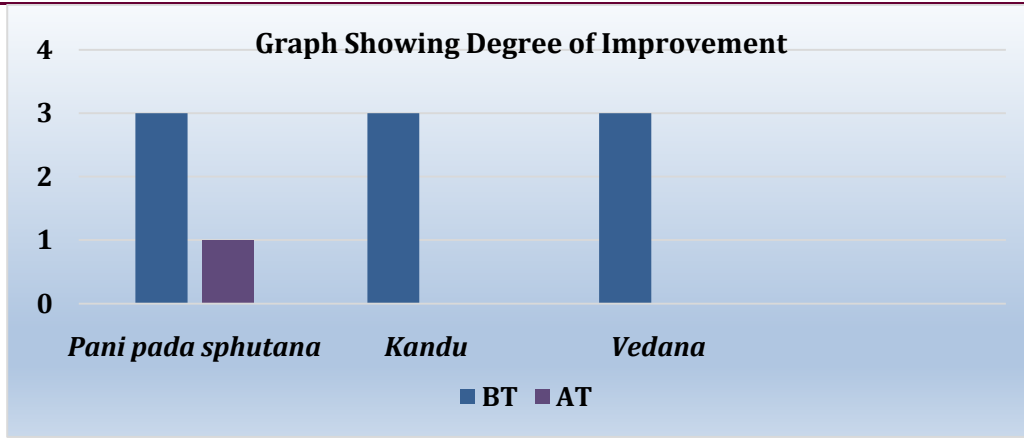
Assessment Criteria**Subjective Criteria**

Symptoms	Grade 0	Grade 1	Grade 2	Grade 3
<i>Pani-pada sphutana</i>	Absent	Mild	Moderate	Severe
<i>Kandu</i>	Absent	Mild	Moderate	Severe
<i>Vedana</i>	Absent	Mild	Moderate	Severe

<i>Pani-pada sphutana</i>		<i>Kandu</i>		<i>Vedana</i>	
BT	AT	BT	AT	BT	AT
3	1	3	0	3	0

RESULTS

Assessment of the patient was done for 30 days with Ayurvedic treatment and diet.



Before Treatment



During Treatment



After Treatment



DISCUSSION

Palmoplantar psoriasis is a chronic inflammatory skin disorder that affects the palms of the hands and soles of the feet. It is a systemic autoimmune disease characterized by the excessive production of skin cells and inflammation.

Palmoplantar psoriasis can be caused by various causes like genetic, environmental and immune factors. The pathophysiology of palmoplantar psoriasis involves immune dysregulation, abnormal keratinocyte proliferation and differentiation.

The immune system plays a main role in the development of palmoplantar psoriasis. In a normal immune response, immune cells, particularly T cells, help protect the body against pathogens. However, in psoriasis, there is an abnormal activation of these immune cells in the skin. These T cells release cytokines which promote inflammation and trigger the proliferation of keratinocytes.

There will be an accelerated turnover of skin cells, known as hyperproliferation. This will lead to thickening and scaling of the affected areas. In addition to increased proliferation, there is also abnormal differentiation of keratinocytes in palmoplantar psoriasis. In healthy skin, keratinocytes mature and move from the basal layer to surface, where they eventually shed. However, in psoriasis, this process is disrupted and the keratinocytes do not have sufficient time to fully mature and properly differentiate. This contributes to the thickened and scaly appearance of the affected skin.

This condition in Ayurveda is correlated with *Vipadika* which is characterized by *Panipada sphutana*, *Teevravedana* where there will be a vitiation of *Twak*, *Raktha*, *Mamsa* and *Lasika* along with *Tridosha* vitiation. So, following *Shamanoushadis* along with external application of *Jeevantyadi Yamaka Lepam* is advised to the patient.

Manjishtadi Kashaya: It is having anti-inflammatory, anti-proliferative, anti-oxidant and immunomodulatory properties. Anti-inflammatory property of *Manjishta* in *Manjishtadi kashaya* helps to reduce inflammation in the affected skin by inhibiting the production of pro-inflammatory cytokines and enzymes. This helps alleviate the inflammation and controls the abnormal proliferation of keratinocytes. Anti-proliferative^[9] property also helps in normalizing the process of proliferation. Along with this anti-oxidant property of *Manjishta* reduces the oxidative stress and damage to the skin cells.

Rakthashodhaka property of *Manjishta* will help purify the vitiated blood and removes toxins from the body which are responsible for the manifestation of *Vipadika*. And also restores the health of skin.

Nimbadi Guggulu: The main ingredient of *Nimbadi guggulu* like *Nimba* is having anti-inflammatory, antioxidant and immunomodulatory^[10] properties which helps in reducing inflammation, itching and other symptoms associated with *Vipadka*. Other ingredients like *Triphala*, *Guggulu* also have similar properties.

Navayasa Loha: The main ingredients of *Navayasa Loha* are *Triphala*, *Musta*, *Vidanga*, *Chitraka* and *Trikatu*. These drugs possess anti-inflammatory properties which are useful in reducing inflammation and symptoms associated with *Vipadika* like *Kandu*, *Daha*, *Vedana*. The immunomodulatory property of these will help regulate the immune system.

Kamaduga Rasa: The main ingredient of *Kamaduga Rasa* is *Guduchi Satwa* which is having antioxidant, anti-inflammatory^[11] properties will help reduce inflammation and associated symptoms. The detoxifying property of *Kamaduga rasa* will help purify the blood and remove toxins from the body which are responsible for the manifestation of skin disorders. The immunomodulatory action of this formulation will help strengthen immune system.

Jeevantyadi Yamaka Lepa: It is having anti-inflammatory, antimicrobial, wound healing as well as tissue regeneration properties. Which help reduces the symptoms and promotes healing by enhancing tissue regeneration and repair. The lepa will also provide moisturizing effect to the skin and reduces the itching sensation. The moisture content of *Lepa* will prevent dryness of skin and promotes overall skin health.

CONCLUSION

This report shows that Ayurvedic intervention is potent enough in treating *Vipadika* effectively. Following *Pathya ahara* and *Vihara* along with medications help break the pathogenesis and alleviates the symptoms and also improves the immune strength. Hence, the treatment was effective in relieving the symptoms and causing no remission.

Conflict of Interest: None

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