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Case Study

AYURVEDIC MANAGEMENT OF *VIPADIKA KUSTA* (PALMAR PSORIASIS)

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ABSTRACT

In Ayurveda, most skin diseases are mentioned under *Kushta. Kushta* is broadly classified into *Maha Kushta* and *Kshudra Kushta*. *Vipadika* is a type of *Kshudra Kushta* (minor skin disorder) which is caused by *Vata-Kaphaja* dominance and has *Lakshana* like *Pani-Pada Sputana* (cracks and fissures in hand and feet), *Teevra Vedana* (severe pain in the region of fissures), *Manda Kandu* (mild itching), and *Saraga Pidika* (red colored macule). This skin disease hampers day-to-day activity and depresses patients because of cosmetic issues. In modern view the symptoms are co-related to palmar psoriasis. In this case report, a 51-year-old female patient with poliomyelitis in bilateral lower-limbs, complaints of itching, redness, and flaky-skin lesion associated with severe pain and burning sensation since 2 years (on and off). She was clinically diagnosed as a case of *Vipadika Kusta* (palmar psoriasis). The treatment approach exclusively involves *Shamana Chikitsa* along with *Nitya Virechana. Trayodashanga Guggulu, Gandaka Rasayana, Khadirarista* and, *Nitya Virechana* with *Trivrit Churna*, topically *Panchavalkala Qwatha Avagaha* followed by *Jathyadi Gritha* application, along with *Pathya-Apathya* and significant lifestyle modification. The patient's response was assessed over 12 weeks and post treatment follow up for 6 months to assess the symptoms improvement and recurrence. After 6 months of follow up patient had significant relief in symptoms. This case highlights the potential effectiveness of *Shamana Chikitsa* in management of *Vipadika Kushta* among poliomyelitis patient, offering a promising alternative or complementary approach for chronic cases of relapsing palmar psoriasis.

INTRODUCTION

Not all skin diseases are cause of mortality but some hampers day to day activities and due to its cosmetic issues, it depresses the patient. Research show that the patient with skin diseases have greater impairment in mental health as compared with patients having systemic disorders. Palmar psoriasis is a non-infectious chronic inflammatory disease of the skin bounded to the palms[1]. In Ayurveda, all skin diseases are recounted under a single rubric i.e., *Kushta* (skin diseases); *Kushta* is broadly classified into 18 types of *Maha Kushta* and 11 types of *Kshudra Kushta*[2]. *Vipadika* is one among *Kshudra Kushta* which is caused by *Vata-Kaphaja* dominance.

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Different *Acharyas* have given different presentation of signs and symptoms of *Vipadika*. According to *Ashtanga Hridaya*[3], *Pani-Pada Sputana* (cracks over palms and soles), *Teevra Vedana* (intense pain), *Manda Kandu* (mild itching), and *Saraga Pidika* (red-colored macules) are the symptoms of *Vipadika*. According to *Sushruta Acharya*[4], itching, burning sensation and pain is present especially on *Pada* (sole) are the symptoms of *Vipadika*. Although there seems no direct correlation between *Vipadika* as described in Ayurveda and any of modern disease such as palmo-plantar psoriasis, dyshidrotic eczema, contact dermatitis, pityriasis rubra pilaris, acquired palmoplantar keratoderma and tinea pedis/manum but they are discussed here as the symptoms associated with the diseases are more or less similar to the symptoms of *Vipadika*[5].

In this case, a 51-year-old female patient with poliomyelitis in bilateral lower-limbs, has been complaining for 2 years about discomfort and discharge along with the dryness, scaling, itching and

cracking of both hands. There was no prior history of any systemic illness. The patient admits to regular consumption of oily fried food and non-vegetarian meals. Patient was treated with only *Shamana Aushadhis*. This has shown a significant result. Total treatment was about 2 months with follow up of 4 months.

Patient Information

A 51-year-old female patient with poliomyelitis in bilateral lower-limbs, approached the OPD of Government Ayurveda Hospital, Holenarsipur. Complaining of itching, redness, and flaky-skin lesion associated with severe pain and burning sensation, associated with Sero-sanguinous discharge from cracked lesion on bilateral palms since 2 years (on and off).

Family and Past History: Nothing significant

Menstrual History

Married, G_3 P_2 L_2 A_1 D_0
Menarche: 13 years
Menstrual cycle was regular (4-5 days/ 28 days)
Menopause: 2 years back

Personal History

Diet: Mixed diet
Appetite: Moderate
Exercise: No
Habit: No
Sleep: Disturbed
Bowel: Regular (once in a day)
Micturition: Regular (4-5 times in day, 1-2 times at night)

Vital Parameters

BP: 130/80 mmHg
Pulse: 84/min
SPO2: 96% at RA
Weight: 74 kg
Respiratory Rate: 20/min

Skin Examination

Site: Plantar aspect of palms and fingers
Inspection: Dryness, scaling, cracking and bleeding from the cracked region is seen
Margin: Irregular
Color: Greyish white
Lesion: Elevated
Exudates: Present

Asta Sthana Pariksha

Nadi: Vata Kapha Pradhana
Mala: Once in a day
Mutra: 4-5 times in day, 1-2 times at night
Jihwa: Aaliptha
Shabda: Prakruta
Sparsha: Prakruta
Drik: Prakruta
Akruti: Madhyama

Dashavidha Pariksha

Prakriti: Vata-Pitta
Vikriti: Vata Kapha
Sara: Madhyama
Samhanana: Madhyama
Pramana: 74kg, *Madhyama*
Satmya: Avara
Satva: Madhyama
Aharashakti: Madhyama
Vyayama Shakti: Madhyama
Desha: Sadarana
Rogibala: Madhyama
Rogabala: Balwan

Nidhana Panchaka

Nidhana: Vata-Kapha Vriddhikara Ahara like *Katu, Snigdha, Guru, Abhishyandi Ahara, Vataja Ahara, Virudha Ahara.*
Purvaroopa: Kandu and redness in bilateral palms.
Roopa: Itching, Raised, Flaky-skin lesion, severe pain and burning sensation in bilateral palms.
Upadrava: Sero-sanguinous discharge in bilateral palms

Samprapthi

Dosha: Vata Kapha dominant
Dushya: Rasa (Twak), Rakta, Mamsa, Lasika
Adhistana: Twak
Agni: Vishamagni
Udbhavasthana: Amashaya samutthana
Srotas: Rasavaha, Rakthavaha, Mamsavaha
Srotodushti: Sanga, Vimarga-gamana
Rogamarga: Bahya
Vyadhi Swabhav: Chirakari
Sadhya-Asadhyatva: Kastasadhya

Diagnostic Assessment

Table 1: Assessment Criteria for *Sputana*

S.No.	Clinical Features	Score
1.	Insignificant dryness at the palms	0
2.	Roughness is present when touching	1
3.	Excessive roughness present leading to itching	2
4.	Excessive roughness presents leading to slight cracks	3
5.	Roughness leading to cracks and fissures	4

Table 2: Assessment Criteria for *Vedhana*

S.No.	Clinical Features	Score
1.	No pain	0
2.	Mild pain only on pressure/ touch	1
3.	Moderate pain but no difficulty in daily chores	2
4.	Appears frequently and requires some measure for relief	3
5.	Pain requires medication and may remain throughout the day	4

Table 3: Assessment Criteria for *Kandu*

S.No.	Clinical features	Score
1.	No itching	0
2.	Mild Itching	1
3.	Moderate and Infrequent Itching	2
4.	Severe and Continuous Itching	3
5.	Severe Itching that disturbs sleep	4

Diagnosis

Palmar psoriasis

Therapeutic Intervention

The treatment approach exclusively involves *Shamana Chikitsa* along with *Nitya Virechana*. *Shamana Chikitsa* (palliative treatment) with *Trayodashanga Guggulu*, *Gandaka Rasayana*, *Khadirarista* and, *Nitya Virechana* with *Trivrit Churna*, *Sthanika Chikitsa* (topical treatment) with *Panchavalkala Qwatha Avagaha* followed by *Jathyadi Gritha* application, along with *Pathya- Apathya* and significant lifestyle modification.

Table 4: *Shamana Aushadhi*

Drug Name	Dose and Time	*Anupana*	Duration
Trayodashanga Guggulu	2 tab BD after food	Lukewarm water	3 months
Gandaka Rasayana	2 tab BD after food	Lukewarm water	3 months
Khadirarista	15ml BD After food	15ml lukewarm water	3 months
Trivrit Churna	5gm HS	Lukewarm water	3 months
Panchavalkala Qwatha	For *Avagaha*		3 months
Jathyadi Gritha	For external application		3 months

- Avoid curd, milk and heavy *payasa* (milk puddings).
- Avoid *Virudha Ahara*, fermented foods.
- Avoid sour, and salty foods, *Guru Ahara*, *Tila* and *Guda* (jaggery).
- Avoid *Anupa Mamsa*, oily and fried foods, *Kulattha* and *Masha.*
- Avoid sleeping during day times, suppressing natural urges and extreme physical and mental stress.

Follow Up and Outcome

The patient was managed through *Shamana Chikitsa* for 3 months and patient was assessed for alleviation of symptoms with multiple follow up spaced every 15 days after treatment for next 6 months.

Table 5: Observation Table

S.No.	Clinical Features	Before treatment	After Follow up 1	After Follow up 2	After Follow up 3	After Follow up 4
1.	Scaling of skin	++++	+++	++	+	-
2.	Fissures	++++	++	+	+	-
3.	Itching	++++	++	+	+	-
4.	Pain	++++	+	+	-	-
5.	Discharge (serosanguinous)	+++	+	+	-	-
6.	PPASI score	28.8	16.8	12	7.2	0

Outcome of Treatment



Before Treatment



After Follow-Up 1



After Follow-Up 2



After Follow-Up 3



After Follow-Up 4

DISCUSSION

Vipadika Kushta is one among the *Kshudra Kushta* with *Vata* and *Kapha Dosha* dominant disease and its management principle is based on *Lakshana* and *Dosha* involved in disease process.

Mode of action of *Trayodashanga Guggulu*[6]: It contains the *Shudda Guggulu*, and has anti-inflammatory, anti-arthritic, carminative, anti-oxidant, analgesic. It reduces the risk of autoimmune inflammatory diseases and being a natural vasodilator, it is beneficial in treating inflammatory condition. It has detoxifying, antioxidant and anti-inflammatory characteristics, it helps in healing a host of skin ailments. It helps in safeguarding the skin from oxidative stress, reducing inflammation and skin infection.

Mode of action of *Khadirarista*[7]: *Khadira* is having *Krimighna, Kushtaghna, Medohara, Raktashodaka, Kapha-Pittahara* properties. *Guduchi* acts as *Tridoshahara*. It flushes out toxins that accumulate in the blood and deep tissues. It promotes the healing of cracked skin by improving circulation and regenerating damaged skin tissue.

Mode of action of *Gandaka Rasayana Vati*[8]: It contains *Shudda Gandhaka* (pure sulphur), *Chaturjata, Triphala, Shunti, Guduchi* etc. It acts as *Kushtaghna*, Antimicrobial action, Blood purification, anti-toxin action, which helps in curing the *Vipadika*. Its *Rasayana* properties nourish the skin, promoting tissue repair and helping to heel deep, bleeding fissures. It acts as a natural blood purifier, *Tridoshahara* to reduce inflammation, redness, severe itching and antimicrobial agent which prevents secondary infection in open cracks.

Mode of action of *Jathyadi Gritha*[9]: *Jathyadi Gritha* contains *Jathi, Kushta, Padmaka, Daruharidra,* and *Lodhra* like *Dravyas.* The majority of the *Dravyas* of *Jathyadi Gritha* contains, *Tikta, Kashaya Rasa, Laghu, Ruksha* and *Snigdha Gunas*. It has *Vrana Shodhana* (cleaning the wound), *Ropana* (healing property), *Pooti-hara* action. It also has anti-microbial activity,

anti-oxidant, anti-inflammatory action and it promotes the shedding of dead tissues and necrotic tissues and promotes healing of cracks, antifungal properties, analgesic, soothing and healing action on skin lesion, anti-septic properties. Overall, the healing effect is getting by the application of *Jathyadi Gritha* over cracks.

Mode of action of *Panchavalkala Qwatha Avagaha*[10]: *Panchavalkala Qwatha* is a decoction of five *Kashaya Dravyas* i.e., *Nyagrodha, Udumbara, Ashwatha, Plaksha* and *Parisha*. It acts as an antiseptic to clean oozing, bleeding or infected fissures on the palms and soles. The astringent and cooling properties help soothe burning sensations, reduce swelling and alleviate severe pain. It dries up excess moisture (*Kleda*) and reduces itching (*Kleda*), making the skin firmer. It creates a healthy base for subsequent healing and herbal oil application.

Mode of action of *Trivrit Churna*[11]: It is used as a potent purgative (*Virechana*) to detoxify the body. It balances vitiated *Kapha* and *Vata Doshas*, helps eliminate accumulated toxins from deep tissues and relieves severe itching and cracking. It serves as an internal cleansing (*Shodhana*) agents that clears out the digestive and excretory channels, treating the root cause of systemic skin disorders. It scraping action *(Lekhana*) clears metabolic waste (*Ama*) from blood tissue (*Rakta*), helps heal bleeding and painful fissures. Balances the *Pitta* and *Kapha* that cause burning sensation (*Daha*) and inflammation on the skin.

CONCLUSION

Vipadika is *Vata Kaphaja Kshudra Kushta Roga*. The *Ruksha Guna* of *Vata* causes pain and severe dryness which leads to the formation of cracks. *Kandu* is caused by *Kapha Dosha*. *Daha* due to *Pitta Dosha*. The *Dharana* of *Mamsa* and *Twak* leads to *Rakthasrava* and *Sputana* as it lies above the *Mamsadhara Kala*. *Mansika Chikitsa* and *Nidhana Parivarjana* plays important role in the treatment as it stops the further progression of the disease by restricting *Dosha* vitiation. In the present case, the patient followed *Kushta Nidhana* like *Virudha Ahara Sevana, Adhyashana, Ati Mamsa Sevana* etc. this case study shows that *Vipadika* can be managed through Palliative treatment (*Shamana Aushadhi*) with *Nitya Virechana* are effective in the treatment of *Vipadika Kushta*

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