

Ayurvedic Management of Vipadika with Special Reference to Palmoplantar Psoriasis- A Case Report

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ABSTRACT

Vipadika is one of the types of the Kshudrakushta. There is involvement of Vata-Kaphadosha predominantly. It is characterized by Paanipaadasphutana (Fissure in palms and soles) and Teevravedana (Severe local pain). Vipadhika can be correlated with Palmoplantar psoriasis due to its similarity in clinical features. Here in this article, A 41year old female subject came to DGMAMC, GADAG, with complaints of pus filled blackish lesions over the both the lower limbs and soles since 6months. Associated complaints with severe Itching, Giddiness and generalised weakness. Reduced weight 6kgs in 3months. Visited Kayachikitsa department with OPD NO.-21016669. Checkout for the results after treating the condition with Ayurvedic line of treatment.

Key words : Vipadika, Palmoplantar- psoriasis, Panchatikta gritha, Panchavalkala choorna, shodhana and Shamana.

I. INTRODUCTION

Vipadika¹ is dermatological disorder explained under the context of Kshudra Kushta. According to Charaka², Vata and Kaphadoshas are predominant Doshas involved with symptoms like Panipada Sphutana (Cracks in palms and soles) and Teevra Vedana (Severe pain); Vagbhata has also explained similarly with one more symptom as red patches over palm and sole. The symptoms of Vipadika are similar to Palmoplantar psoriasis³, which is long lasting autoimmune disease characterised by red itching, scaly patches of the palms and soles. There are fissures and bleeding also. The treatment in modern science is not satisfactory and with more chances of recurrence, Steroids and Immunomodulators are usually preferred. The chances of recurrence are common. This case is a chronic in nature and treated by multiple modalities, so it is a challenge for us to treat it completely

Nidana¹:

Virruddha ahara, Katu Ruksha Ahara, Vataja Vihara.

Rupa:

Paada sputana (cracking of foot), Raga (Burning sensation), difficulty to walk, Oozing of blood due to cracks on feet and Kandu (severe Itching).

Patient details:

Pradhana vedhana

A 41year old female subject presented with complaints of pus filled blackish lesions over the both the lower limbs and soles since 6months. Associated complaints are severe Itching, Giddiness and generalised weakness. Reduced weight 6kgs in 3months. Visited Kayachikitsa department with OPD NO.-21016669.

Pradhana vedhana vrittanta

Subject said to be healthy 1year back, then gradually started with blackish pus filled lesions in Right extensor part of leg. Later developed on the both the soles and palms of the subject with blackish discoloration, pain and severe itching since 6months and since 2months in the left extensor part of leg. Subject lost her mother 4years back and was in depression as she was attached to her closely. Irregular intake of hypertensive medicines. Received Allopathic treatment for 7months and during treatment subject was satisfied after completion of medicine found increase of lesions again. Hence approached DGM Ayurvedic Hospital for Ayurvedic Management.

Poorvavyadhi vrittanta

History of Essential Hypertension since 5years on medications. History reveals subject not taken Hypertensive medicines regularly.

Chikitsa vrittanta

For this condition patient received Allopathic line of treatment for 7months

Kautumbika vrittanta

No such specific history.

Clinical examination

Ashtavidha pariksha

Nadi (Pulse): 70b/min, Mala pravrutti (Stool): 1time/day, Mutra pravrutti (Urine):4-5times a day, Jihwa (Tongue): Aliptata, Shabda (Hearing): Prakrutha, Sparsha (Skin): Shitoshna, Druk (Eyes): Prakrita, Akriti (Stature): Madhyama.

Systemic Examination

CVS: S₁, S₂ heard

RS: NVBS

CNS: Conscious, oriented

Abdomen: Soft, no organomegaly, Bowels sounds-proper

Materials and Methods

Treatment plan

- Parisheka
- Virechana⁵
- Shamanaushadhi⁶
- Pathya-Apathya palana

Table 1: Showing schedule/Intervention

Date	Treatment	Medicine/Procedure
7/7/21 8/7/21 9/7/21	Deepana-pachana	Chitrakadhi vati-1TID-before food with sukoshna jala
10/7/21	Snehana Parisheka to adharanga	Panchatikta grita ⁴ (40ml) Panchavalkala kashaya ⁷
11/7/21	Snehana Parisheka to adharanga	Panchatikta grita(80ml) Panchavalkala kashaya
12/7/21	Snehana Parisheka to adharanga	Panchatikta grita(120ml) Panchavalkala kashaya
13/7/21	Sarvanga abhyanga Sarvanga sweda Parisheka to adharanga	Marichadi taila Bashpa sweda with Dashamoola quatha Panchavalkala kashaya
14/7/21	Sarvanga abhyanga Sarvanga sweda Parisheka to adharanga	Marichadi taila Bashpa sweda with Dashamoola quatha Panchavalkala kashaya
15/7/21	Sarvanga abhyanga Sarvanga sweda Parisheka to adharanga	Marichadi taila Bashpa sweda with Dashamoola quatha Panchavalkala kashaya
16/7/21	Virechana	Trivrit leha -40gms Vegas-11 times

	<p>Pathya Laghu ahara, Vyayama</p> <p>Apathya Taila samskaravat ahara, Lavana, Katu, Dadhi, Matsya</p>	
1week advised for follow up	Shamanaushadhi	<p>Manjishtadi Kashaya-15ml twice a day with double quantity of sukoshna jala before food</p> <p>Gandhaka rasayana 2 Bd f after food</p> <p>Cutfar ointment- external Application</p> <p>Panchavalkala Kashaya for prakshalana at night</p>

Table 2: Observation and results

Sl No.	Clinical features	Before treatment	After treatment
1.	Sputana (Fissures)	+++	+ (mild)
2.	Vedana (Pain)	+++	Absent
3.	Kandu (Itching)	++++	Absent
4.	Sarakta srava (Bleeding)	+	Absent

Fig 1: Showing images before and after treatment

BEFORE TREATMENT AFTER TREATMENT AFTER FOLLW UP





II. DISCUSSION

- Subject came to our hospital with pain, bleeding and fissure in soles after receiving all kinds of treatment yet not satisfied and obvious came with doubt in her mind to give last try.
- After taking her brief history subject we diagnosed with Vipadika and planned Ayurvedic line of management with pathya and apathya to be followed which includes occupational because subject is teacher who needs to be in contact with chalk and dust and long time standing.
- After a course of the treated shodhana and prakshalana patient saw the changes and felt relieved with follow ups.
- **Panchatikta gritha** has Katu (pungent), Tikta(Bitter), Kashaya (Astringent), Madhura (Sweet), Laghu (Light), Ruksha (Roughness) and Sheeta (Cold), Snigdha (Oily) properties along with ushna virya (hot in potency) helps to pacify vata Pitta and kapha Doshas.
- **Panchavalkala choorna** is a poly herbal compound from the barks of five major drugs from the ficus family. It is widely quoted as an effective remedy in various skin disorders.

- **Shodhana** (eliminating therapy) purifies the body in a deeper level by the eliminating vitiated doshas (bodily humors) that are responsible for manifestation of a disease.
- **Shamana** is the next step followed by shodhana chikitsa for the elimination of Sesa Dosh (remnant humors). Especially in Twak vikaras.

III. CONCLUSION

- Vipadika is effectively treated effectively with proper Shodhana, Shamana and Bahirparimarjan Chikitsa like prakshalana.
- Giving proper guidance on Pathya and Apathya for preventing for recurrence is helpful.

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