

A Case Study on Management of Vipadika (Palmo-Plantar Psoriasis) through Ayurveda

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Abstract: *Twakvikaar {skin disease} according to Ayurved acharyas is considered under the headings of KushtaRoga. Kushta is a general term, as it covers all types of skin diseases with eighteen sub types of it. Vipadika is one such disease that has been included under the heading of Kshudra Kushta. Vata and Kapha doshas vitiation is the major cause of its manifestation. The patients of Vipadika have social, mental and physical impact of the disease on them worsening the patient's quality of life. Vipadika {Psoriasis} when affects the skin of the palms with the features of hyperkeratotic, pustular, or mixed morphologies. Its signs and symptoms can be correlated with the Palmo-plantar psoriasis mentioned in modern texts, which is a chronic skin disease that mainly affects the palms and soles of the body. In the present case report a female patient with complaint of stiffness, severe to moderate pain, complete cracking and dryness of palms of both hands since two years was provided ayurvedic management to combat her suffering.*

Keywords: Vipadika, Kshudra Kushta, Palmo-planter Psoriasis.

1. Introduction

Skin is the first thing we observe in anyone and when one has some deformity in it he or she gets conscious of facing public. So, the concern of patients stress and challenge of the doctor to cure becomes equally important. Palmo-plantar psoriasis is a variant of psoriasis that characteristically affects the skin of the palms and soles. Palmo-plantarpsoriasis is caused by a combination of genetic and environmental factors. The most common genetic factor associated with Palmo-plantar psoriasis includes the human leukocyte antigen {HLA-Cw6}. In the texts of ayurveda different acharyas have provided signs, symptoms and management of vipadika through ayurveda. There is an apparent co-relation observed in modern disease of psoriasis and vipadika of ayurveda.

Aim and Objectives

- 1) Confirming the disease as Vipadika through its clinical signs and symptoms in accordance with acharyas explanation of the disease.
- 2) The management of Vipadika according to Ayurveda texts.
- 3) To correlate the sign and symptoms of Vipadikawith Palmo-plantar psoriasis.
- 4) To differential diagnose vipadika from other kshudraroga.

History of present illness

Patient complaints of stiffness, severe to moderate pain, complete cracking and dryness of palms of both hands since two years. in ability to manage day today house chores. Initially the disease was mild for six months but due to unattended management the condition started worsening. Patient had taken allopathic treatment off and on with less satisfactory results.

Personal history

- Appetite: Moderate
- Bowel: irregular,

- Food: vegetarian
- Acidity: at times
- Micturition: Regular
- Sleep: at times disturbed
- Tongue: coated
- Touch: cool/dry
- Eye: normal

General examination

- Pulse: 72 /Min
- BP: 114/74 Mm of Hg
- Respiratory Rate: 18/Min
- Weight: 60 kg
- Height: 156 cm
- Appearance: Normal
- Built: Moderate
- skin: dry
- Oedema: Absent

Palm examination

- Distribution-Symmetrical (both palm)
- Itching: yes
- Dryness: yes
- cracking of both the palms: yes
- pain: yes {severe}
- margin: irregular.
- Stiffness: yes

Prakriti analysis

- Vata kaphaj

2. Case Study

A 45 year old female patient came to kriya sharir OPD of Shri Krishna Government Ayurvedic College, Kurukshetra, Haryana with complaints of severe stiffness, pain, cracks on both palms since 2 years. She took allopathic treatment off and on with mild to moderate relief proceeded by recurrence of the symptoms again and again. On proper examination and history taking of the patients disease she was diagnosed

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with Vipadika and management of the disease was planned accordingly.

Investigations

- Hb
- Fasting blood sugar
- ESR
- Lipid profile

All investigation reports were within normal limits.

Bahya Chikitsa {external treatment}

- 1) Patient was provided triphlanchuran+yashthimadhu+neemchuran for fresh decoction preparation to do prakshalan of both palms with it two times in a day.
- 2) Patient was asked to apply paste of tankan bhasm along with water on the outer border of the cracks for 2 to 5 minutes {provided it didn't cause itching or burning sensation}
- 3) After cleaning the palms to dry patient was asked to apply jatyadi tail, two times.

For 1 month

Abhyantarachikitsa {internal treatment}

- 1) Maha Panchtiktaghrita 5 ml daily empty stomach for 15 days.
- 2) Kaishoreguggal 250 mg two tablets two times. from 7 th day for a month.
- 3) Arogyavardhanivati 1 tablet two times from 7 th day for 15 days.
- 4) Giloyatva 125 mg two times with honey from 7 th day for a month.
- 5) Manjishthadichuran 3gm at bed time with luke warm water from 7 th day for a month.
- 6) Shilajitguggal 1 tab. two times with water from 7 th day to a month.

Do's and Dots Advice

- 1) Avoid spicy, fried, staple, heavy diets.
- 2) Avoid chutneys, pickles, fermented food.
- 3) Drink water in tamrapatra {copper vessel}.
- 4) No curd or butter milk

3. Result

After one month of treatment the cracks and stiffness from the palms became mild.

Patient was able to do her house chores to some extent.

Patient got relief from pain and itching.

The management after one month

Bahyachikitsa

After bath and dry pat shatdhautghritta application for two months

Abhyantarchikitsa

Continued.... . Kaishoreguggal 250 mg two tablets two times for two months.

Giloyatva 125 mg two times with honey for one month. Khadirarishtha 15 ml two times. For two months Cutispsora tablet 1 tab. two times for two months

4. Observational findings

- Patients both palms were almost completely healed
- No cracks, pain, itching or stiffness persisted

Advised

- Patient was advised to continue do's and don't's
- Drink plenty of water
- Contact immediately on recurrence of even mild symptoms
- Keep the palms dry
- Continue using shatdhautghrit

5. Discussion

Mahapanchtiktaghrita acts as pitta virechak. Neem + triphla and yashthimadhu act as cleanser and remove toxins and softens the palm. Tankan bhasm application on borders helped in preventing further spread of the disease. arogyavardhani is drug of choice for skin ailments with Vishaghna, and jantughna effects. Giloyatva, shilajitguggal and kaishoreguggal helps to improve digestion, clear the body channel to improve tissue health by balancing the fat

6. Conclusion

Skin problems are not only physically challenging but taking care of the mental stigma of the patient being a social stigma associated to the skin problems is something needed to be parallelly managed. From the above case, we can draw a conclusion that Vipadika (Palmo-plantar psoriasis) can be successfully managed through the Ayurvedic line of treatment. The way a chronic case of Vipadikagot satisfactory relief from ayurvedic management is one such example of effective result oriented ayurvedic protocol. In future more cases of this condition shall be taken care of with this line of treatment to confirm its efficacy.

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