

MANAGEMENT OF VIPADIKA (PALMAR PSORIASIS) BY AYURVEDA – A SINGLE CASE STUDY¹**Dr. Hemant Patel**, ²**Dr. Amol Badarkhe** and ³**Dr. Shrikant Deshmukh**¹Assistant Professor, Department of Kayachikitsa, CSMSS Ayurved Mahavidyalaya, Kanchanwadi, Chhatrapati Sambhajanagar, 431010.²Associate Professor, Department of Kayachikitsa, CSMSS Ayurved Mahavidyalaya, Kanchanwadi, Chhatrapati Sambhajanagar, 431010.³HOD and Professor, Department of Kayachikitsa, CSMSS Ayurved Mahavidyalaya, Kanchanwadi, Chhatrapati Sambhajanagar, 431010.***Corresponding Author: Dr. Hemant Patel**

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ABSTRACT

All skin diseases in Ayurveda have been considered under the headings of kushta. Vipadika is one among such disease which has been included under the heading of Kshudra Kushta. It is characterized by Pani-pada Sphutan (Fissure in palm and soles) and Teevra vedana (with severe pain). It affects the individual because of unstable life style, dietary pattern, stressful life. Its manifestation is mostly caused by vitiation of Vata, Kapha, and Pitta/Rakta. In this case, the patient has been complaining for six months about discomfort and bleeding along with the dryness, scaling, itching, and cracking of both hands. Vipadika patients experience higher negative effects on their personal and social lives because they have severe difficulties with daily tasks, mobility issues, and self-care challenges.

KEYWORDS: Kushta, Vipadika, Palmar plantar psoriasis.**INTRODUCTION**

Skin is the largest organ of the body which is first exposed with the environment agents like physical, chemical and biological agents. The skin protects from microbes and the elements help to regulate body temperature, and permit the sensations of touch, heat and cold. Skin has layers. The epidermis, the outermost layer of skin, provides a water proof barrier and creates the skin tone. The dermis, beneath the epidermis, contains tough connective tissue, hair follicles and sweat glands. The deeper subcutaneous tissue (hypodermis) is made of fat and connective tissue.

Kushta is the general term used in Ayurveda to denote diseases of skin. Skin is the protective organ of the body and reflects the health of the individual. According to Ayurveda, three humors: Vata, Pitta and Kapha are responsible for health and disease depending on their equilibrium and imbalance state of the body. Acharya Charaka had mentioned that all Kushtas are Tridoshaj in nature. In Ayurveda all skin diseases are described under single heading i.e. Kushta. 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/manuum but they are discussed here as the symptoms associated with the diseases are more or less similar to the symptoms of Vipadika, which is one type of Kshudra kushta.

In this case, the patient has been complaining for six months about discomfort and bleeding along with the dryness, scaling, itching, and cracking of both hands. There was no prior history of any systemic illness. The patient admits to regularly consuming both junk food and non-vegetarian meals. Patient was treated with only Shamana Aushadhi's. This has shown a significant result. Total treatment was about 16 days with a follow-up of 15 days.

MATERIAL AND METHOD**Case Report**

A 44 year old Female patient arrived to our OPD complaining of bleeding and pain that had been present for six months, along with dryness, scaling, itching, and cracking of both hands.

Chief Complaint

Dryness, scaling, itching and cracking of both the palms for six months.

History of Present Illness

With the complaints of cracks on both palms with burning sensation and mild pain since 3 years. She has taken treatment of modern medicine and was getting temporary relief, due to recurrence of the symptoms, she approaches here for further treatment. On examination, multiple deep fissures were present on both palms with local tenderness. According to the clinical features, the patient was diagnosed as a case of Vipadika. Clinical features indicated predominance of Vata and Kapha Dosha.

Personal history

- Appetite: Moderate
- Bowel: Previously -irregular, two days once, since a year- regular, once/day
- Micturition: Regular
- Sleep: Sound
- Food: Mixed diet

General examination

- Appearance: Normal
- Built: Moderate
- Nourishment: Moderate
- Pallor: Absent
- Icterus: Absent
- Oedema: Absent
- Cyanosis: Absent

Vital Data

- Pulse: 74/Min
- BP: 120/80 mmHg
- Respiratory Rate: 20 /Min
- Weight: 78kg

Skin Examination

- Site: Plantar aspect of palms
- Dryness, scaling, cracking and bleeding from the

cracked region is seen.

- Cracked skin around the fingers
- Margins: irregular

Nidana Panchaka

Nidana: Katu, Snighdha, Guru, Abhishyandi Ahara, Vataja Ahara.

Poorva-Roopa: Kandu

Roopa: Cracking of palms with dryness, scaling, Itching, bleeding and painful lesions.

Samprapti

Nidana Sevana (Aharaja, Viharaja, Manasika)

↓
Causes Agni Vikruti

↓
Tridosha Vikruti along with Rasa, Rakta, Mamsa, Lasika Dushti

↓
Sanga and Vimargagamana of Doshas

↓
Sthanasamshraya in Pada and Hastha

↓
Causes Vipadika Kushta.

Upashaya: Application with Sarshapa taila.

Treatment given

Wash with Panchavalkala Kashaya followed by Gandhaka malhara application for 15 days.

Shamana Aushadi: for 15 days

1. Kaishor Guggulu 250mg 2-0-2 after food with lukewarm water.
2. Gandhak Rasayan 250mg 2-0-2 BD after food with lukewarm water.
3. Panchatikta gugglu ghrita 40ml BD with cow milk.
4. Gandharav Haritaki 3gm HS with Lukewarm water.

Table 1: Assessment Criteria for Sphutana.

Sr no	Clinical features	Score
1	Insignificant dryness at the foot/palms	1
2	Roughness is present when touching	2
3	Excessive roughness presents and leading to itching	3
4	Excessive roughness presents and leading to slight cracks	4
5	Roughness leading to cracks and fissures	5

Table 2: Assessment Criteria for Vedana.

Sr no	Clinical features	Score
1	No pain	1
2	Mild pain of easily bearable nature, comes occasionally	2
3	Moderate pain, but no difficulty	3
4	Appears frequently and requires some measures for relief	4
5	Pain requires medication and may remain throughout the day	5

Table 3: Observation table.

Clinical features	Before treatment	After Treatment
Scaling of skin	++++	+
Fissures	++++	
Itching	++++	+
Pain	++++	
Discharge (Blood)	++	



RESULT

After the treatment symptoms reduced. The patient was advised for follow up medicine and the proper diet was explained.

DISCUSSION

Vipadika is one of the Kshudra Kustha mentioned in classics and as all Kustha are Tridoshaj in nature its management principle is based on the Lakshana and Dosha involved in the disease process.

Kaishor Guggulu is specifically indicated in Vatarakta, Vrana, and Kushtha. In one study, the anti-allergic, anti-bacterial and blood purifying properties of this Yoga was found.

Mode of action of Panchatikta ghrita guggulu can be said as all contents are having Tikta rasa, Laghu and Ruksh guna, so it acts as anti-itching property, Kled and Vikrut meda upashoshan, Vranashodhak. It mainly acts on body wastes (Kleda), fat (Meda), Lasika (plasma), Rakta (blood), Pitta, Swed (sweat) and Shleshma. Ghrita has lipophilic action so helps in ion transportation to a target organ. This lipophilic nature of Ghrita facilitates entry of drug in to cell and it's delivery to mitochondria, microsome and nuclear membrane. Also, it helps in restoring the normal texture to skin. So all these

properties act mainly at cellular level of skin decreasing keratinization of cell layer thus improving cell cycle as a result symptoms like itching, dryness, pain are reduced giving normal texture to skin.

Gandhakarasayan has several uses in skin conditions as it is Raktashodhak, Twachya in nature. Gandharva Haritaki uses for mrudu Virechana.

CONCLUSION

Vipadika is a Kshudra Kushta Roga of Vata Kaphaja origin. Pain and extreme dryness are symptoms of the Vata Rooksha Guna, which also causes cracks to form. The Kapha Dosha is the root of Kandu. A result of deranged Pitta Dosha is Daha. As it is situated above the Mamsadhara Kala, the Dharana of Mamsa and Twak leads to Rakthasrava and Sputana. A crucial part of the treatment is played by Nidana Parivarjana, which prevent the disease from progressing further by limiting Dosha vitiation. In the current instance, the patient adhered to Kushtha Nidanans such Viruddhahara Sevana, Adhyashana, Ati Mamsa Sevana, etc. Ayurvedic medicine can be used to cure Vipadika, as this case study demonstrates. When treating skin conditions similar to Vipadika, Shamana Aushadhi's and Bahaya formulations are beneficial.

Declaration of Patient Consent

Authors certifies that they have obtained patient consent as patient has given his consent for reporting case along with images and other clinical information in the journal.

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