

A CASE STUDY OF VIPADIKA & MANAGEMENT THROUGH AYURVEDA W.S.R.
PALMAR -PLANTAR PSORIASIS

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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 *Sphutanam* (fissures) either in palms or soles or in both with *Theevra vedana* (severe pain). *Vipadika* is correlated with palmar-plantar psoriasis which is a chronic skin disease which mainly affects palms and sole region. It affects individual because of unstable of life style, dietary habits. Vata – Kapha Pitta /Rakta vitiation are major cause in this diseases .In present case report a patient with complaint of dryness and cracking of palm and soles region associated with pain since 5 years, was treated with Shodana (virechana) and Shamana aushadhi's like *Mahtikta ghrta* pan shown a significant result. *Shodhana* helps remove the root cause of the disease, and prevent from recurrence

KEYWORDS: *Kushta*, *Vipadika*, Palmar plantar psoriasis, *Shodana*, *Shamana*.

INTRODUCTION

Skin is the largest organ of the body which 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.

Skin disease not only affects the patient physically but also disturbs mental and social health of the patient. In *Ayurveda* almost all the skin diseases are explained under *Kushta* and classified as 7 *Mahakushta* and 11 *Kshudra Kushta*. Nidanans of *Kushta* aggravates the Doshas, causes *Agnimandya* (indigestion) and on the other hand produces *Dhatu Shaitilyata* (cause weakness of the muscles, etc.). Among all the *Doshas*, Vata and Kapha get aggravated predominantly and causes the *Shithilyata* of *Dushyas* like *Twak* (skin), *Rakta* (blood), *Mamsa* (muscles), *Lasika* (channels) and obstruct the *Lomakupa* (sweat glands) to vitiation of *Sweda Vaha Srotas* (channels of sweat glands). This *Prakupita* (vitiated) *Doshas* enters into *Rasa Raktadi Dhatus* especially *Sanchara* (movement) in *Tiryaka Siras* (vein) and lodges in *Twak* resulting in *Kushta*. *Acharya charak*

had mention that all *kusthas* are *tridoshaj* in nature.**Vipadika**

It is included in *Ksudra kushta* with Vata-Kaphaja Dosha involvement and it is characterized by *Pani-Pada sphutna* (fissure in palms and soles) and *Thrivra Vedana* (with severe pain). The treatment which is given in Ayurveda is *Shodhana* and *Shamana* helps to cure the disease without recurrence of the disease. *Acharya Vagbhata* also opines that same as stated by *Acharya Charak* and added occurrence of red patches over palm and soles.

Palmar plantar psoriasis

Vipadika is correlated with palmar-plantar psoriasis which is a chronic skin disease mainly affects palms and sole region. Palmar plantar psoriasis is a variant of psoriasis that characteristically affects the skin of the palms and soles. Palmar plantar psoriasis is caused by a combination of genetic and environmental factors. The most common genetic factor associated with palmar plantar psoriasis includes the human leukocyte antigen (HLA) Cw6. On physical exam, thick hyperkeratosis plaques, sterile pustules, or a mixture of morphologies may be seen in palmar plantar psoriasis. Hyperkeratosis plaques are the most common subtype. Symmetrically distributed lesions are common, as well as erythema, fissuring, and scaling.

CASE REPORT**Chief Complaint**

The present case study is an *Ayurvedic* approach in the management of *Vipadika*. A 22year old male visited to the OPD of Dayanand Ayurvedic Medical College & Hospital Siwan, Bihar, presented with c/o dryness and cracking of palm and soles region associated with itching sensation and pain since 5 years.

History of Present Illness

Patient gave a history of cracking of palm and soles region since 5 years which gradually increased associated with itching sensation and pain in the region. The condition worsens during winter season where even bleeding from cracked regions is seen. Pain is said to be so severe such that the patient cannot walk. Since one and a half year peeling of the skin in and around the fingers is seen. Patient took treatment from contemporary and other allied medicines for 4-5yrs but recurrence was seen on stopping of medication. Since 3 months he is not under any medication and was admitted here for better relief.

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: 80 /Min
- BP: 110/90 MmHg
- Respiratory Rate: 18/Min
- Weight: 60kg

Skin examination

- Distribution- Asymmetrical
- Dryness, itching and cracking of the palm and soles is seen (pani - pada sphutana) which is painful.
- Surface -is rough and dry, margin- irregular

Laboratory Examination

- Hb %- 12.6gm%
- ESR- 20mm/hr
- Total WBC count - 8,700cells/mm

Table 1: Nidana Panchaka.

<i>Nidana</i>	<i>Poorva- roopa</i>	<i>Roopa</i>	<i>Samprapti</i>	<i>Upashaya</i>
<ul style="list-style-type: none"> • <i>Katu, Ruksha Ahara</i> • <i>Vataja Ahara</i> 	<ul style="list-style-type: none"> • Nothing specific 	<ul style="list-style-type: none"> • Cracking of palm and foot (Pani- Paada Sphutana) • Difficult to walk due to pain 	<ul style="list-style-type: none"> • <i>Nidana Sevana</i> • <i>Vata Kapha Prakopa</i> • <i>Rasa Rakta Dhatu Dushana</i> • <i>Sthana Samshraya</i> in pani and Pada • <i>Rushatha</i> of pani and Pada, • <i>Sphutana</i> of pani Pada. • <i>Teevra Vedana</i>, 	<ul style="list-style-type: none"> • Cracking and pain subsides on Application of <i>Narikel taila</i>

Vyadhi Vinishchaya (Final Diagnosis)

Vipadika

Treatment given

Deepana - Pachana

Table 2: Deepana Pachana.

Sl. No	Medicine	Dose
1	Panchakola Churn	1tsp 3times before Food with warm water

Table 3: Snehapana.

Procedure	Medicine	Dosage
<i>Snehapana</i>	<i>Mahatikta Ghrita</i>	
	1 st day	30 ml
	2 nd day	60 ml
	3 rd day	90ml
	4 th day	120ml

Table 4: Panchakarma Procedure.

Procedure	Medicine	Days
<i>Sarvanga abhyanga</i> <i>Bashpa sweda</i>	<i>Nimb taila</i> for <i>abhyanga</i> and <i>Mridu swedan</i>	5 th , 6 th day, 7 th day
<i>Virechanam</i>	<i>Trivritta lehya</i> on empty stomach Total no of Vegas: 10	7 th day
<i>Samsarjana</i>	Peyadi karma for 3 days	

Table 5: Follow up medication.

Medicine	Dose	Duration
<i>Mahatikta ghrta</i>	1 tsp early morning in empty stomach	15 days
<i>Kaishore Guggulu</i>	1 tid	15 days
<i>Narikela Taila lepa</i>	External application	15 days



RESULTS AND DISCUSSION

After first medication the symptoms like cracking of both soles, itching, reduced. The patient was advised for follow up medicine and for avoiding fried food items, junk food, curd, non-vegetarian diet, sea foods, and milk products.

Deepana pachana-Panchakola Churna contain *Pippali* (Piper longum), *Pippali moola* (root of Piper longum), *Chavya* (Piper chaba), *Chitraka* (Plumbago zeylanica), *Nagara* (Zingiber officinale). This combination corrects *Agni Dushti*, is an appetizer, carminative, and digestive. It is given for *Ama Pachana* procedure before *Panchakarma* procedure.

Snehpana- Mahatikta ghrta- contains *Saptaparna*, *Ativisha*, *Shampaka*, *Tiktahini*, *Patha*, *Musta*, *Ushira*, *Triphala*, *Patola*, *Neem*, *Parpataka*, *Dhanvayasa*, *Chandana*, *Pippal*, *Gajapippali*, *Padmaka*, *Haridra*, *Daruharidra*, *Uragandha*, *Vishaka*, *Shatavari*, *Sariva*, *Vatsaka*, *Vasa*, *Murva*, *Amruta*, *Kiratitkta*, *Yashtimadhu*, *Trayamana*, *Water*, *Amalaki phala rasa*,

Ghrta. It's having *Sophaghna* (anti-inflammatory) property. This helps to eliminate toxic contents from the body. It is *Vata Pitta Shamaka Ghrta* and helps to relieve constipation, pain, bloating and itching also. In *Kushta* there is excessive accumulation of *kleda*. *Tikta Rasa* is *amapachaka* & *kleda shoshaka* in nature.

Abhyanga - Nimb Taila - *Nimb taila* used for *Abhyang* in *Vishram kala* by virtue of its *Tikta*, *Kashaya ras* will encounter *Pitta dosha*. *Tikta ras* contains *shodhan* property which can help to open channels and clean the *srotas*. *Snigdha*, *Sukshma*, *Vyavayi*, *Vikashi* and *Tikshna* property of *Taila* penetrates the *twak* and pacifies the *Vata* and *kapha dosha*.

Virechana - Trivrita Lehya - *Trivrita* was considered as *Agrya Dravya* among ayurvedic classics apart from *Sukha Virechan Karma*, it has many therapeutic uses and it is mentioned of *Kushta*, *Kamala*, *Visharp* etc. It has *Madhura*, *Tikta Katu Ras*, *Ruksha Guna Ushna Virya Katu Vipaka*. *Madhura Tikta* and *Kashaya Ras* are *Pitta Shamak* in nature they are *Soumya Ras*. *Katu Tikta*

Kashaya Ras will causes *Kapha Shaman* and *Trivrita* being *Sukha Virechan Dravya*, it causes *Vata Anuloman*, thus its mainly *kaphapitta hara* and at the same time *Tridoshshamak*. By its *Tikshan* and *laghu guna* it reaches the minute channels and remove *sanga* that is main *sroto dusti* in *twak vikar* and also dose *dosha Vilayana* .and when *doshas* reach the *koshta* it increase the *kostha gati* and it being *Sukha Virechan dravya* expels out *doshas* from *Adhobhag* in *drava form*.

Shaman Aushadhi – Mahathikthaka ghritha contains *Saptha parna* (*Alstonia scholaris*), *Ativisha* (*Aconitum heterophyllum*), *Patha* (*Cyclea peltata*), *Musta* (*Cyperus rotundus*), *Ushira* (*Vetivera zizanoids*), *Triphala* (*Harithaki-Terminalia chebula*, *Vibhithaki-Terminalia bellerica*), *Amalaki- Emblica officinalis*), *Patola-Trichosanthes dioica*, *Pichumardha* (*Azadirachta indica*), etc. In *Kushta* there is excessive accumulation of *kleda*. *Tikta Rasa* is *amapachaka* & *kleda shoshaka* in nature, also in *Kushta Chikitsa Acharya Charaka* gives importance to *Tikta Rasa*.

Kaishore guggulu- *Kaishore guggulu* is an herbal remedy. *Kaishore guggulu* mainly used as antiallergic, antibacterial and blood purifying properties. it act as natural blood cleanser, aging skin health promoter. *Kaishore guguulu* is one of the most important formulation in *ayurvedic* medicine, prominent herbs in this formulation are *Guduchi*, *Triphla* and *Trikatu* which are having action like blood rejuvenating focus on *Pittashudhi*, *Shvayathu* and *shoolhar* property.

Narikel Taila - It is the oil extracted from the endocarp of coconut. It is one of the most popular oil. It is used both for internal and external application. It is popularly used to prepare various *taila* preparations especially used externally for skin. *Narikel taila* is *Brimhan*, *Balavardhak*, *Vatapittashamak*, *Raktpittahar* property. It is useful in dry skin for moist the skin

CONCLUSION

This case study demonstrated that *Ayurvedic* management *Virechana* as *Shodhana* therapy and *Shamana Aushadhi's* seems very effective for the treatment of *Vipadika* like skin disorders. From the above case, it can be said that *Palmo-plantar psoriasis* can be successfully managed through *Ayurvedic* line of treatment.

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