

Management of *Vipadika* (Palmoplantar Psoriasis) through *Nitya Virechana* and *Shaman Chikitsa*- A case report

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ABSTRACT:

Background- The *twak vikaras* (skin problems) in Ayurveda have been considered under the headings of *kushta*. *Vipadika* is one of the *vikara* that has been incorporated under the title of *Kshudra Kushta*, which is described by *Sphutanam* (gaps) either in palms or soles or with extreme *vedana* (severe agony). *Vipadika* is related to palmar-plantar psoriasis, a persistent skin illness that mainly influences the palms and sole area. The causative variables of *Vipadika* are equivalent to *kushta*. Dietary variables like *Viruddha aahara* (contradictory food varieties), over-the-top utilization of *Drava, Snigdha, Guruaahar* (abundance utilization of food varieties which are fluid, unctuous and complex to process), *Vega dharana* (concealment of desires) particularly retching and extravagance in any corrupt demonstration are the significant aetiologies according to Ayurveda. **The objective-** was to study the efficacy of *Nitya Virechana* and *Shaman Chikitsa* in managing *Vipadika*. **Material and Method-** In the present case report, a patient with complaints of burning sensation over both heel and pain in the sole of both legs for one and half years was treated with *Shodana* (*Nitya virechana*) along with *Shamanaushadhi* like *Krimikuthar Ras, Mahamanjishtadi kwatha, Avipattikarchurna, Aragwadhchurna*, and Cap S-kin. **Conclusion-** *Shodhana* helps remove the root cause of the disease and prevent a.

recurrence **Key Words:** *Kushta, Vipadika, Palmoplantar psoriasis, Shodhana, Nitya virechana*

Introduction:

Up to 1% of the world's population is affected with psoriasis, a chronic inflammatory immune-mediated proliferative multisystem inflammatory dermatological illness that mainly affects the skin and joints (1). Beyond the core aspects of the disease, psoriasis has a significant emotional and psychosocial impact on individuals, affecting social interactions and romantic relationships (2). "It affects both sexes equally and has a bimodal age of onset (16 to 22 and 57 to 60 years). There are seven different forms of psoriasis: Psoriatic arthritis, nail psoriasis, guttate psoriasis, pustular psoriasis, erythrodermic psoriasis, and plaque

psoriasis are some examples of psoriasis (3). “Plaque psoriasis is the most common, i.e. 80% of all psoriasis cases, which causes inflamed and red skin covered with white and silvery scales. It can appear commonly on elbows, scalp, lower back and knees”. These patches can burn or itch. Palmoplantar psoriasis is come under plaque psoriasis and is 3-4% of all plaque psoriasis cases in which palms and soles are mainly affected. It is caused by genetic factors like Human Leukocyte Antigen (HLA) CW6 and environmental factors (4). Ayurveda describes another type of *kushta*, especially *Shwittra* (leucoderma), and its classifications in addition to the other eighteen varieties. The *Doshas* are irritated by *Nidanas* of *Kushta*, which results in *Agnimandya* (heartburn) and *Dhatu Shaitilyata* (cause deficiency of the muscles, etc.). Out of all the *Doshas*, *Vata* and *Kapha* become disturbed the most and obstruct the *Lomakupa* (sweat organs), *Twak* (skin), *Rakta* (blood), *Mamsa* (muscles), and *Lasika* (channels), causing *Sweda Vaha Srotas* to become vitiated (channels of sweat organs). This *Prakupita* (vitiating) *Dosha* enters the *Rasa-Raktadi Dhatus*, particularly the *Sanchara* (improvement) in the *Tiryaka Siras* (vein), and settles in the *Twak*, which takes place in the *kushta*. (5).

Psoriasis of the palms and soles is associated with *Vipadika* in Ayurveda. One of the varieties of *Kushudrakushtha* is *Vipadika* (dermatological problems). It is remembered for *Kshudra kushta* with *Vata-Kapha dosha* inclusion, and Acharya Charak describes it as *Tivravedana* (extreme torment) and *Pani-Padasphutan* (crevice in the palms and soles). Acharya Vagbhat compared his expression to that of Acharya Charaka, although he only mentioned one aspect—the red patches on the palm and sole. According to Acharya Charak, *Shaman Chikitsa* can treat *Kushtaroga* similarly to *Vaman*, *Virechan*, and *Raktamokshan*. (6).

The patient was old and didn't ready to stay at the hospital due to CORONA. So we planned the *Nitya Virechana* for him. Acharya Sushruta mentioned the *Nitya Virechana* for *Kushta*.

Aim- This study aimed to find the efficacy of *Nitya Virechana* and *Shaman Chikitsa* in managing *Vipadika* concerning palmer psoriasis.

Patient Information

It is a single case study, having demographic details mentioned in Table No. 1

and the patient's informed consent was obtained in his language.

History of Present illness

A 57-year male patient came to Panchkarma OPD (OPD NO -2011120020) of Mahatma Gandhi Ayurveda Medical Hospital, Salod (H), Wardha, on 12-11-2020 with complaints of Burning Sensation over both heel and Pain in the sole of both legs. He has taken treatment of current medication in his town from a neighbourhood specialist and was getting impermanent help; because of the repeat of the side effects, he drew closer to Ayurvedic Hospital for additional treatment. On assessment, different profound gaps were available on the two soles with nearby delicacy, blackish skin at the palm. As per the clinical highlights, the patient was analyzed as a *Vipadika* (Palmoplantar psoriasis). Clinical highlights demonstrated the power of *Vata* and *Pitta dosha*. The treatment was planned according to Table no 4.)

HISTORY OF THE PATIENT

Past History – No specific history was found

FAMILY HISTORY- No family history found

PERSONAL HISTORY-

Diet- Non-vegetarian once a week

Addiction- Alcohol consumption occasionally

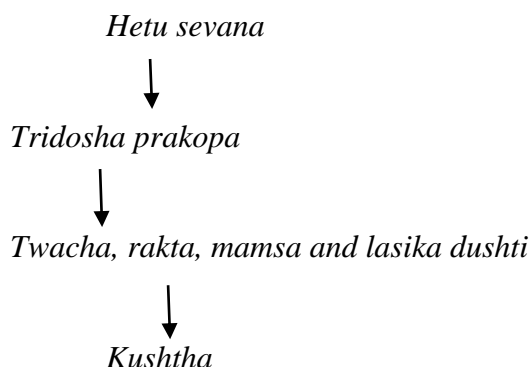
CLINICAL EXAMINATION

Ayurvedic Examination

Ayurvedic examinations of the patient are narrated in table no. 3

SAMPRATI-

Samprapti:



Samprapti Ghattaka's

Dosha: *Vatakaphaja (vata pradhana tridoshaja)*

Dushya: Samanya: Rasa, Rakta, Mamsa, Ambu

Vishsha: Twak

Srotas: Rasavaha, Raktavaha, Swedavaha

Sroto dusti: Sanga of rasavaha, rakta vaha, sweda vaha srotas, Vimarga gamana of dosha and dushyas.

Adhithaana: Ama pakwashaya

Vyaktasthaana: Hasta, kurpara

Rogamarga: Bahya

Modern Examination

Examination Of Skin:

A. Inspection:

Lesion- (Reddish erythematous graze over both lower limbs) -

Colour- Red

B. Palpation:

Moisture- Dryness

Temperature – Warmth to the touch

Texture – Rough

Diagnosis- Vipadika (Palmoplantar psoriasis)

OBSERVATION AND RESULT:

The patients' pictures of sole were taken before, during, and after treatment.

Pictures before and after treatment

Before Treatment



Fig No. 1.



Fig No. 2

After Nitya Virechana



Fig no. 3



Fig No. 4

After Follow up**Fig no. 5****Fig No. 6****Table no. 1 Demographic details of the patient**

Name of patient	ABC
OPD NO -	2011120020
Age	57
Occupation	

Table no. 2 Complaints of the patient

Chief Complaints	Duration
Burning sensation over both heel	Six month
Itching	Five months

Pain in the sole of both legs	Six month
Constipation	1 & ½ months
<i>Aruchi</i> (Anorexia)	2months

Table no. 3 Ashtavidha Pariksha

<i>Nadi:</i>	78 / min
<i>Jivha:</i>	<i>Alpa Sam</i>
<i>Mutra:</i>	<i>Samyak</i>
<i>Mala:</i>	<i>Asadhankarak</i>
<i>Shabda:</i>	<i>Spashta</i>
<i>Sparsha:</i>	<i>Ishat Ushna</i>
<i>Drik:</i>	<i>Prakrut</i>
<i>Akruti</i>	<i>Madhyam</i>

Table no. 4 Type of Panchakarma Chikitsa and Shaman Chikitsa

Sr. no.	Date	Medicines	Dose		<i>Anupana</i>	Duration
1	10-8-2020	Tab. <i>Krimikuthar Rasa</i>	250mg	BD	Lukewarm Water	Seven days
2	10-8-2020	<i>Avipattikarchurna</i> 10gms + <i>Aragwadhchurna</i> 5 gms <i>Kadha</i> 40 ml empty stomach for <i>Nitya Virechana</i> for 14 days				
4	26-8-21	Cap. S-kin	1tab	BD	water	15 days
5		Tab. <i>Mahamanjishtadi Kwath</i>	15 ml	BD	-	One month
6.		<i>Panchtiktaghritam</i>	20 ml	Once Empty stomach	Lukewarm water	15 days

Table no. 5 Therapeutic outcome

S.N.	Assessment of subjective parameters	Graduation	Before Treatment	After Treatment
1	No itching	0	3	0
	Mild itching (only aware of itching when relaxing)	1		
	Moderate (sometimes disturb the sleep and daytime activity)	2		
	Severe (constant itching, frequent sleep disturbance)	3		
2	The roughness of the affected site Insignificant dryness at the foot/palms	0	4	0
	Roughness is present when touching	1		
	Excessive roughness presents and leads to itching	2		
	Excessive roughness presents and leads to slight cracks	3		
	Roughness leading to cracks	4		
3	Pain		4	0
	No pain	0		
	Mild pain of easily bearable nature comes occasionally	1		
	Moderate pain but no difficulty	2		
	Having frequently and requires some measures for relief	3		
	Pain requires medication and may remain throughout the day	4		
	More difficulty: pain is severe, disturbing sleep and requires analgesics	5		
4.	Oedema		1	0
	No swelling	0		
	Slight swelling	1		
	Moderate swelling	2		
	Severe swelling	3		

5.	Burning sensation at the affected site			
	No burning sensation at the affected site	0	2	0
	Mild burning sensation at the affected site but bearable nature comes occasionally	1		
	Moderate burning sensation at the affected site, but no difficulty	2		

Therapeutic Intervention

The treatment (*Panchakarma & Shamana Chikitsa*) is given in Table 4.

Therapeutic outcome

Observations: noted an improvement in symptoms is shown in table no 5. After the successful intervention of all treatments, the patient got complete relief from all signs & symptoms of palmoplantar psoriasis, such as Pain and burning sensation in the sole, after 15 days.

DISCUSSION:

Vipadika is a kind of *kshudra kushta* with *Vata-Kapha pradoshahaj* and *raktapradoshaj vyadhi*. The *Shodhan* and *Shaman Chikitsa* are depicted in *Samhitas* for the administration of *Kushtha*. The *Shodhan*, *Vaman*, *Virechan* and *Raktmokshan* are the best *Chikitsa* for the *Kushtha* as it dispenses with vitiated *doshas* from the body. In the present study, *Shodhan* and *Shaman Chikitsa* were given to the patient.

1. ***Krimikutharrasa***: *Krimi Kuthara*, as its name suggests, is an ayurvedic remedy that helps treat stomach worms like Helminthiasis. This recipe contains the herbs *Karpura*, *Ajamoda*, *Vidanga*, *Indrayava*, etc. These plants have qualities that are anti-inflammatory, analgesic, carminative, anthelmintic, astringent, and antitoxic. It eliminates parasitic worms from the body due to its anthelmintic ability. It has a de-worming effect that combats intestinal worms such as helminthiasis. It detoxifies the body because of its antioxidant properties. It has many similar qualities, including being helpful for anorexia. (8).
2. ***Mahamanjishtadi Kwath***: It helps in blood purification, which helps reduce toxins from the blood. This supplement helps balance vitiation in the *Doshas*. It is particularly

effective in helping to maintain *Pitta* vitiation. It can also help balance *Vata* and *Kapha* *Doshas* (9).

3. **Avipattikar Churna:** *Amla, Behada, Black pepper, Cardamom, Clove, Ginger, Haritaki, Indian bay leaf, Long pepper, Nutgrass, Turpeth, Mishri, and Vidanga* are all ingredients in *Avipattikarchurna*. *Avipattikarchurna's* high antioxidant and anti-inflammatory qualities prevent free radical damage and lessen inflammation, which reduces pain and swelling. Additionally, it increases metabolism and regulates the stomach's excessive acid production. (10).
4. **Aragwadha Churna:** *Aragvadh* has *tiktarasa, shitavirya* due to its *tiktarasa kledashoshan* and *dahanashan* is carried out due this *bhrajak-pitta* and *kaphadushti* decreases, due to its *shitavirya* and *ushnaguna* of *bhrajakpitta* decreases all this result in a reduction of *kleda, atisveda, raga*. Due to *Aragvadha stransanguna, kaphapitta vishodhan* is carried out, destroying *kaphas kleda* and *styanaguna & pittasushna, tikshnaguna* all intern result in *raktavaha strotas dushti nashan* due to this symptoms decreases which gives rise to normal skin (11).
5. **Panchtikta Ghrita:** It is made up of 5 *tikta rasatmak dravya* like *Neem, Giloy, Kantkari, Patola, and Vasa*. *Tikta rasatmak dravya* in the treatment of *Kushtha* is portrayed in *Charak Samhita*. *Tiktarasa Pradhan dravyas* are *Deepak, Pachak* and *Kaphaghna*. *Tiktarasa* is *lekhana* and *vishaghna* in nature and annihilates *kleda*. The impact of *tikta rasa* on skin is *swedaghna, kandooghna, kushthaghna, dahprashmana* and *stirikarana*. Hence, *Panchatikta Ghrita* was utilized (12).
6. **Cap S-kin** is the combination of *Arogyavardhini Vati* and *Gandhaka Rasayana*. *Arogyavardhini Vati* It can destroy all types of skin disorders, analgesic, wound healing, and antipruritic properties, which help reduce symptoms of plantar psoriasis. Pungent drugs are beneficial for lowering burning sensation and itching. The bitter taste is believed to help destroy all skin disorders. It possesses appetizer and digestive properties, so it enhances digestive power and improves metabolism at the cellular level. The dominance of hot potency in the composition of *Arogyavardhini Vati* helps to pacify aggravated *Vata*, relieves symptoms such as pain, and improves digestive fire. The complexion-strengthening action of the sweet property enhances the skin's complexion and bestows the ideal skin texture. Astringent property promotes wound healing and reduces secretions. This helps in reducing symptoms of plantar psoriasis (13).

Gandhaka Rasayana is used in skin diseases and as a blood purifier selected for the study. It is *Raktshodhak, Vranaropaka, Twachya* (14,15).

Probable mode of action of *Nitya Virechana*

Nitya Virechana planned with *Avipattikar churna* and *Aragwadha churna*. *Aragwadha* has 'Anapayitwa' properties means less complication (16). Hence no adverse effects were found in old age too. It opens the microchannels and improves the circulation by *Nitya virechana* through its *srotoshodhak* property. The *pitta* and *kaphahara* property of *Nitya Virechana* corrects the *Rakta dhatu* and reduces the significant lesion. *Nitya Virechana* acts on all *doshas* due to its *tridoshna*. Due to its *vatanulomana* property, it converts the *rukshata*. Also, it acts on the liver and improves deranged hepatic functions (17). *Aragwadha* has *Vrana ropak* and *Vrana shodhana* (18), so they did the work correctly.

CONCLUSION- This case study revealed that palmoplantar psoriasis could be successfully managed with *Nitya virechana* and *Shamana Chikitsa* based on Ayurveda results' fundamentals. No, an undue side effect was generated due to this treatment protocol. In the future, further clinical trials with the same protocol should be planned in a large population.

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