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## A Single Case Study Of Ayurvedic Management Of *Vipadika Kushtha* Vis-À-Vis Palmar Psoriasis

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**ABSTRACT:** Palmar Psoriasis is a skin condition which disturbs the beauty of hands substantially affecting the physical as well as psychological life of the person hence affecting the quality of life. In Ayurveda, Palmer Psoriasis shares the similarity with *Vipadika Kushtha*. Present work is an endeavour to provide a treatment option.

**Aim:** To evaluate the role of Ayurvedic treatment approach in *Vipadika Kushtha* (Palmar Psoriasis).

**Materials and Methods:** A male patient aged 27 years presented with the signs and symptoms of *Vipadika Kushtha*, and was treated with both external and internal medications, which included Vaman Therapy (purificatory emesis) and *Shamana* (palliative treatment). *Shodhan* was given as *Samyak Snehan* (proper oleation) followed by *Vamana Karma* (therapeutic emesis) and *Shamana* was given by *Kaishor Guggulu*, *Brihat Manjishthadi Kwath*, *Panchanimba Churna* and *Jatyadi Taila*. Results: At the end of *Vamana*, *Pittantik Vamana* was achieved. Patient felt notable reduction in symptoms.

**Conclusion:** This case study showed satisfactory results with the improvement of 80%, could be implemented as a treatment option.

**Keywords:** *Vipadika Kushtha*, *Kshudra Kushtha*, Palmar Psoriasis, *Vamana Karma*.

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## INTRODUCTION:

“*Hastama eva pradhana yantram*”, quoting this statement about *Hasta*; the Hand, *Acharya Sushruta* mentioned the importance of hand<sup>1</sup>, as being the prime executor for performing any function whether it is routine household chore or some professional affaire. It is also said that one must being its day by firstly seeing both of her hands united, as it is a symbol of prosperity. There are certain conditions which hampers the beauty of hands both physically and functionally, one of them is Palmer Psoriasis. As per Ayurveda point of view Palmer Psoriasis bear a resemblance to *Vipadika Kushtha*, which comes under the wide umbrella of *Kshudra Kushtha*. It may also occur in feet also or alone, hence often referred as Palmoplantar Psoriasis. It involves vitiation of *Vata* and *Kapha Dosh*a, predominantly. Symptoms being

*Pani Pada Sphutana* (cracking of skin of hands and feet), *Tivra Vedan*<sup>2</sup> (sharp pains) and *Lalima* (red patches). On the contrary, Palmoplantar Psoriasis seen as well-defined areas of raised, thickened skin, redness and scaling, an itching and burning sensation, pain, cracking and bleeding. Psoriasis accounts for having 2-5% of prevalence rate for general population, with palmoplantar further sharing its 3-4% and independently owns 0.44- 2.88%<sup>3</sup>. It is indeed different from other diseases as it can be clearly seen by the other people thus creating even more trauma on both physical as well as psychic level. To combat the same modern approach comes with treatments like topical medications, systemic medication and light therapy along with moisturisers and cooling gels, but a definite approach is still in demand.

Since skin disorder is a chronic condition plus present case is the derangement of *Vata Kaphaja Dosha* thus creates a thinking of the treatment option which can entertain all these points hence solves to go for *Vaman Karma* (*Shodhan Karma* – biopurificatory method) followed by *Shaman Chikitsa* (palliative treatment).

### Case Report

A 27 year old male patient, visited in OPD of Chaudhary Brahm Prakash Ayurved Charak Sansthan, Khera Dabar, New Delhi, with the following complaints- Scaly excoriating skin peeling from both the hands inside with pain and reddishness, since eight months. According to the patient he was apparently well eight months ago, he gradually started to observe dryness of both hands for which he used too much of cosmetic moisturiser still didn't get much relief and the condition goes on worsening day by day, with the occurrence of peeling of whitish skin and further more dryness with small fissures. Allopathic treatment also didn't provide satisfactory results. Clinical examination was performed as follows.

### Rogi Preeksha (examination of the patient)

### Ashtavidha Pariksha (Eight fold examination method)

- Pulse (*Nadi*) -74/min
- Stool (*Mala*)- Normal
- Urine (*Mutra*) -Normal
- Tongue (*Jihva*)- Mild Coated (*Ishat Saam*)
- Speech (*Shabda*)- Normal speech
- Skin (*Sparsha*) -Rough (*Khara*)
- Eyes (*Druka*)- Normal
- Built (*Akruti*) -Medium (*Madhyama*)

### General Examination:

Built:	normal
Cyanosis:	absent
Nutrition:	adequate
Lymphadenopathy:	absent
Pallor:	absent
Clubbing:	absent
Icterus:	absent
Oedema:	absent

### Local examination: bilateral palms

Inspection: scattered patches of large sizes of whitish scales with reddish skin underneath, eroded skin with epidermal damage, more on right hand, border of the lesions well demarcated, increased

superficial vasculature, no odour or foul smell present

**Palpation:** Dry scales of skin with fragile reddish skin underneath, rough surface texture while running a finger over the lesions, bleeders present on intentional scraping of the scales, tender also, blanching was absent with light pressure, mild increased temperature locally possibly

due to increased exposed vasculature. Mild oedema was also present.

Based on the clinical presentation it was considered as *Vipadika Kushta* (Palmar Psoriasis), thus treated on the line of treatment of *Kushta*. As the associated features indicating an aggravating state of *Vata* and *Kapha Dosha*, thus *Samshodhan* (*Vaman Karma*) followed by *Samshaman* was planned accordingly

## PLAN OF TREATMENT

*Shodhan Chikitsa (Vaman Karma)* followed by *Shaman Chikitsa*.

### 1. SHODHAN CHIKITSA

#### **Purvakarma**

1. Examination and initial assessment of the patient
2. Explanation of do's and don'ts to the patient
3. *Deepana Pachana*

11/03/2020, 12/03/2020, 13/03/2020 - *Chitrakadi Vati* 2 tid and *Shunthi Jala* 20ml

*Antah Snehan* (internal oleation): *Shodhanarth Snehapana* with *Mahatriphala Ghrita*.

**Table 1- Schedule of *Antah Snehan (Shodhanarth Snehapana)***

DAY	DATE	DOSE	TIME OF GHRITA ADMINISTRATION	KSHUDHA KAALA (HUNGER TIME)
1.	14/3/2020	30ml	6:25 AM	1:45 PM
2.	15/3/2020	50ml	6:28 AM	2:10 PM
3.	16/3/2020	80ml	6:35 AM	2:45 PM
4.	17/3/2020	100ml	6:45 AM	3:16 PM
5.	18/3/2020	120ml	6:30 AM	2:10 PM

4. *Vishrama Kala*: On 19/03/2020

*Kaphotkleshaka Diet- Dahi, milk, sweet dish like Suji halwa.*

5. *Bahya Snehan* (external oleation with *Jatyadi Taila*) and *Swedan* (with *Dashmoola Vashpa Swedana*): on 19/03/2020 and 20/03/2020.

**Pradhanakarma:** *Vaman Karma* on 20/03/2020

*Vaman Yoga- Madanaphala Pipli Churna 5.5 gm + Saindhava 2gm + Madhu* (quantity sufficient)

*Vamanopaka Dravya: Yashtimadhu Phanta.*

**Table 2- Drug administered during *Vaman Karma***

S. No.	Drug	Quantity
1.	Milk	3000ml
2.	<i>Vaman Yoga</i>	7.5gms
3.	<i>Yashtimadhu Phanta</i>	2500ml
4.	<i>Lavanodaka</i>	1500ml

**Table 3- Inferences after *Vaman Karma*:**

<i>Maniki</i> (measurement) Input	7000ml
<i>Maniki</i> (measurement) output	7300ml
<i>Antiki</i> (procedural Inference)	<i>Pittantik Vaman</i>
<i>Vegiki</i> (number of emetics)	7+2
<i>Laingiki</i> (symptoms)	<i>Samyak Shudhi Lakshanas</i> present
Type of <i>Shudhi</i>	<i>Pravara Shudhi</i>

**Pashchatkarma**

Hands and face washed with Luke warm water. *Dashmool Haridradi Dhoomapana* was given. Explanation of *Samsarjana Karma* was done. *Parihara Vishyas* to be followed was explained. Since the type of *Shuddhi* attained was *Madhyam*, hence *Samsarjana Karma (Peyadi Krama)* advised for next 7 days.

2. *SHAMAN CHIKITSA* for one complete month.

**Table 4- Shaman Chikitsa**

S. No.	DRUGS	DOSE	ROUTE OF ADMINISTRATION
1.	<i>Kaishor Guggulu</i> 125mg	2 tabs BD	Oral
2.	<i>Panchanimba Churna</i>	6gms BD	Oral
3.	<i>Brihatmanjishthadi Kwath</i>	40 ml BD	Oral
4.	<i>Jatyadi Taila</i>	TDS q.s.	Local Application

**RESULT**

Treatment gave satisfactory results. Improvement was seen during the *Snehapana Kala* itself as the scaling was markedly reduced, possibly due to the *Vata Shamak* and *Snighdha Gunn* of *Sneh*. After *Vaman Karma*, there was significant decrease in other features also and growth of new skin started to appear. Patient came for follow up after 7 days (after completing *Samsarjana Karma*) and there were more

remarkable changes noticed in scaling, dryness and tenderness and prescribed for *Shaman Chikitsa*. Then after one month, he again came for follow up then the skin came almost near to normal condition. During 4 months course of the above treatment and four follow-ups the patient improved about 80% in all the symptoms. There was no evidence of recurrence till date September 2020.

**Figure 1 (before treatment)**



**Figure 2 (during treatment)**



**Figure 3 (after treatment)**



## DISCUSSION

### Probable Mode of Action of *Vamana Karma*

The present case was examined properly and found to be a case of *Vidapika Kushtha* (Palmar Psoriasis) and as per the clinical experience attained till now, we planned to

give *Shaman Chikitsa* only after *Samshodhan* so that there will be better absorption of the *Shaman* medication as the bodily channels (*Strotas*) are much more absorptive for drugs, and being a

derangement of *Vata Kapha Dosha Vaman Karma* wins as a treatment choice. In *Vaman Karma*, aggravated and vitiated *Doshas* are expelled out through the upward opening; the Mouth, and to make that possible, the *Shithil* (embedded or stubborn) *Doshas* detached from the *Leenastha* (deep seated) *Dhatus*, *Ama* (bio toxin, whose presence is considered as the prime cause for all disorders) has to be removed thus *Deepana Pachan* was performed with *Chitrakadi vati*<sup>4</sup> and *Shunthi*<sup>5</sup> *Jala as a Anupana*, as it is a potent drug to digest the *Ama* and kindle the digestive fire, containing *Tikshna* (sharp in action) *Dravyas* like *Chitrak*, *Shunthi*, etc; which makes the *Dosha Nirama* and increases the *Agni*. *Abhyantara Snehana* done with *Mahatriphala Ghrita*<sup>6</sup>, being a lipid based formulation helps to lubricate the *Strotas* for the streamline flow movement of the aggravated morbid *Doshas* and dissolve the *Dosha* to increases the volume for proper flow of the *Vegas* and makes the *Dosha* free from their binding sites, to aid in the above properties, *Triphala* base was taken since it cures the condition of *Mandagni* and serves great for *Vata* and *Kaphaj* disorders. *Bahya Snehana* done with *Jatyadi Taila* as it is having wound healing and coolant drugs like

*Haridra*, *Jati*, *Nimba*, *Patola*, *Manjishtha*, etc; *Swedan* with *Dashmoola Kwath* (pacifies *Vata* and *Kapha Dosha* predominantly and is anti-inflammatory in action) was done. *Abhyanga* and *Swedana*, unitedly helps the *Dosha* to liquefy and disintegrate. All these preparatory measures helps to mobilize the *Dosha* from *Shakha* to *Koshta*. *Deepan Pachana* was done for 3 days and 4th day onwards *Snehapana* was started with and *Samyak Snigdhatata* (proper oleation) was observed on the 5th day of *Snehapana*. On 6th day, *Visrama Kala*, *Kapha Utkleshaka Ahara* was given and and On 7th day, after performing the *Bahya Snehana* and *Swedan*, *Vaman Karma* performed early morning, specifically in *Kaphaj Kala*, using *Madanaphala*, *Saindhava* and *Madhu*. *Madanaphala* being *Anapaayitwat* (not causing any complication), *Tikta* and *Madhur* in *Rasa*, is *Laghu*, *Ruksha* and *Ushna*, acts as a better emetic agent in *Kapha* aggravated conditions such as *Kushtha*, *Anaha*, *Shoth*, *Pratishyaya*, etc. *Madhu* with *Saindhav Lavan* does the action of *Kapha Chedana* and *Vilayana*. To further accelerate and for the continual emetic action of *Madanaphala*, *Vamanopaga Yashtimadhu Phanta* was used, as it is *Vata-Pitta* pacifying, aids in



the proper and painless expulsion of *Apakwa Pitta Dosha*, also, its *Madhur Rasa* helps in soothing the buccal cavity irritated due to the wear and tear of the buccal mucosa due to upcoming *Vegas* and *Katu Pitta*. As long as the *Pitta* is coming out in the vomitus one must continue administer the *Vamanopaga* followed by *Lavanodaka* for final Gastric wash. By *Vamana Dushita Kapha* along with *Apakwa Pitta* was removed thus breaking the pathogenesis causing *Kushtha Roga*. After achieving *Pravara Shuddhi*, *Samsarjan Krama* was advised for 7 days of *Peyadi Karma*, to replenish the gut mucosa which is severely affected during the tedious process of *Shodhan Karma*.

#### **Probable mode of action of Shaman Medications**

*Kaishore Guggulu* is anti-allergic, anti-bacterial and blood purifying in nature<sup>7</sup>. It is known to have analgesic and anti-inflammatory activity also, hence provides its necessity to be as one of the medicament here. *Brihat Manjishthadi Kwath* having abundance of *Tikta Dravyas* performing the action of *Kapha Pittaghna*, *Rakta Prasadana*, *Vishaghna*, *Kushthaghna*, *Kandughna* and *Daha Prahmana*, which are the desired properties for the present

case, indicated in *Kushtha*, *Jwara* and *Vatarakta* which has dominancy of *Pitta Dosha* and *Rakta* as *Dushya*<sup>8</sup>. *Pancha Nimba Churna* is a single drug medicine made with different parts of the plant, belongs to the medicinal group described in *Kushthadhikara*, is *Tikta* in nature which is one of the key role factor to treat skin disorder, indication being all types of *Kushtha*, *Visarp*, *Nadi Vrana*, *Dushta Vrana*, *Kamala*, diseases occurring due to vitiation of *Kapha*, *Rakta* and *Pitta*<sup>9</sup>. *Jatyadi Taila* used as a topical application as it keeps the local temperature on a cooler side due to its cooling effect (*Sheeta Viryatva*), being a lipid based compound keep moistened the skin hence reduces further scaling of the lesions and serves as a healer for fissures on palms. Main indications are *Kushtha*, *Vrana*, *Pama*, *Vicharchika*, *Visphota*<sup>10</sup>, etc.

#### **CONCLUSION**

It has been concluded that *Shaman Chikitsa* after performing *Shodhan Chikitsa* gives satisfactory results in performing the *Samprapti Vighatan* for treating *Vipadika Kushtha vis-a-vis* Palmar Psoriasis.

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