

Ayurvedic Management of Vipādikā (Plantar Psoriasis) – A Case Study

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Abstract:- *Vipādikā* displays very similar clinical features of Plantar Psoriasis in modern medicine. This case report deals with a male patient of 43 years who attended with the complaints of cracks, thickness of the skin on both soles with severe pain for 02 years. All the biochemical findings were within normal limits. On the basis of clinical history and examination the condition was diagnosed as *Vipādikā*. The Patient was treated with *Samana Cikitsā* including decoction of *Patola Katuka*, *Shārivān Thrivrutān*, *Laghu Manjishtha*, *Sukumāra Churna*, *Kaishora Guggulu*, *Panchatikta Guggulu* and *Tiladilepa* along with proper dietary and life style modifications. Changes in subjective and objective parameters were observed during the treatments and follow up period. By the end of one and half months of treatments, all the symptoms have relieved completely. In the follow up of two months, patient had no recurrence of previous patches, also no new patches developed on body. This case study reveals that the administration of selective Ayurveda treatment protocol proves the effectiveness in the management of *Vipādikā* devoid of adverse effects.

Keywords:- *Vipādikā*, *Plantar psoriasis*, *Samana Cikitsa*.

I. INTRODUCTION

Psoriasis, which can involve the skin, nails and joints, is a chronic, painful, disfiguring and disabling non communicable disease (NCD) for which there is no cure. Prevalence of Psoriasis in countries varies between 0.09% and 11.4%. Marked socioeconomic load is considered on an individual level because of lost opportunities in professional life and elevated economic burden for treatment expenses as per WHO^[1].

In *Āyurveda* all types of skin diseases are included under the *Kushta* which are classified into two major types; *Maha Kushta* and *Kshudra Kushta*. *Vipādikā* is one of the types of the *Kshudra Kushta* (dermatological disorder). It is included in *Kshudra Kushta* with *Vāta Kapha Dosha* involvement according to *Charaka Samhitā*. It is characterized by *Pāni-Pādasphutan* (fissure in palms and soles) and *Tivravedanā* (severe pain) according to *Āchārya*

Charaka^[2]. *Achārya Vāgbhata* has stated the same as described by *Āchārya Charaka* but added the feature of red patches over palm and sole^[3]. *Vipādikā* can be correlated with Plantar Psoriasis which is a long lasting autoimmune disease characterized by red, itchy, scaly patches of the soles, there are multiple painful fissures and bleeding also.

Methotrexate, corticosteroids etc. can be used for both skin and joint manifestations in conventional system of medicine, but their long-term use is hindered by safety concerns^[4]. Hence there is always a space for more effective way to treat plantar psoriasis avoiding adverse effects.

This case study investigated the effectiveness of treatment protocol with *Samana Cikitsā* given by internal and external medication.

II. MATERIALS AND METHODOLOGY

Case report

A male patient of 43 years attended the Skin Clinic of Gampaha Wickramarachchi Ayurveda Teaching Hospital, Yakkala, Sri Lanka with the complaints of cracks, thickness of the skin on both soles with severe pain for 02 years. He has taken treatment of modern medicine which gave him temporary relief. Due to recurrence of the symptoms, he attended this clinic for further treatment.

At the initial stage one to two cracks appeared on left sole with severe pain 02 years ago. Gradually, the number of painful cracks & thick skin of soles increased in number and appeared on both soles. Simultaneously he was suffering from constipation and disturbed sleep due to severe pain. Allopathic treatments were taken for 01 year which provided symptomatic relief till treatment continues, and on discontinuity of the treatment again the symptoms aggravated. According to his experience, when he consumed foods such as tomato, salmon, tuna fish, and vinegar added curries and due to rainy water, heavy walking & prolonged standing, symptoms got worse.

No history of diabetes, dyslipidaemia, hypertension or any major medical illness was noticed. Patient has had no history of allergy to any drug or food item. No related family history. Routine blood examination such as FBS (Fasting Blood Sugar), Liver Function Tests, Renal Function Tests, Urine Examination and Lipid profile were within the normal limits.

On examination, multiple deep fissures were present on both soles with severe pain and local tenderness. There was no oozing or pus formation. Other systemic examinations were intact.

According to the clinical features, the condition was diagnosed as *Vipādikā*.

Criteria for assessment of (*Vipādikā*) Plantar Psoriasis

Subjective criteria

Assessment of symptoms were carried out by using a Numeric Rating Scale as given below.

Pain

- 0- Absent
- 1- On deep palpation
- 2- On touch
- 3- Without touch pain is present

Roughness

- 0- No roughness in the feet
- 1- Slight roughness to touch in the feet
- 2- Mild roughness in the feet that can be seen and felt
- 3- Moderate roughness that can be easily seen and felt
- 4- Coarse roughness that can prominently see and felt

Itching

- 0- No itching
- 1- Mild / Occasional itching
- 2- Moderate (tolerable) infrequent
- 3- Severe itching frequently
- 4- Very severe itching disturbing sleep and other activities

Objective criteria

Number of fissures

- 0- Absent
- 1- 1 to 10
- 2- 11 to 20

3- 20+

Treatment plan

During the 1st two weeks

Decoction of *Patola Katuka* was prepared according to *Kashāya Paribhāsa* ^[5]. 120ml of decoction was given twice a day (6am & 6pm) before meals with added sugar and honey. 10g of *Sukumāra churna* was added to a cup of boiled water and left closed for about 20 minutes, filtered and administered at bed time ^[6]. Two pills of *Kaishora Guggulu* were given twice daily with water ^[7].

During the 2nd two weeks

Decoction of *Shārivān Thrivrutān* was prepared according to *Kashāya Paribhāsa* ^[8]. 120ml of decoction was given twice a day (6am & 6pm) before meals with added sugar and honey. 10g of *Sukumara Churna* was added to a cup of boiled water and left closed for about 20 minutes, filtered and administered at bed time. Two pills of *Panchatikta Guggulu* were given twice daily with water ^[9].

During the 3rd two weeks

Decoction of *Laghu Manjishtā* was prepared according to *Kashāya Paribhāsa* ^[10]. 120ml of decoction was given twice a day (6am & 6pm) before meals with added sugar and honey. 10g of *Sukumara Churna* was added to a cup of boiled water and left closed for about 20 minutes, filtered and administered at bed time. Two pills of *Kaishora Guggulu* were given twice daily with water.

He was advised to soak his feet in medicated water boiled with leaves of *Chakramarda-Cassia alata* L., and Rhizome of *Haridrā - Curcuma longa* for 30 minutes. 150g of leaves of *Chakramarda-Cassia alata* L., 50g of Rhizome of *Haridrā - Curcuma longa*, 100g of scraped and once squeezed *Nārikela (Cocos nucifera)* were washed and chopped well ^[11]. About 750ml of water was added and boiled up to 100°C about 5-10 minutes until it became a paste and allowed to cool. Feet were dipped in mixture and allowed for 30 minutes. This was repeated twice a day morning and evening for 1 ½ months. Then patient was asked to wash it off well using recommended herbal soap. *Tiladilepa* was applied in the morning and evening over the lesions ^[12]. The patient was strictly advised on his dietary and behavioural patterns during treatments. He was advised to avoid non vegetarian food (fish, mutton, chicken, beef etc.), fast food, fermented food, contaminated water and environment. And further he was advised for meditation to reduce mental stress and to avoid *divā nidrā*. Patient was observed for the treatment period of 1 ½ months and follow up period of two months. Changes of signs and symptoms were observed during the treatments.

III. RESULTS AND DISCUSSION

Table 1- Before and after treatment results

		Before treatment	After treatment
Subjective criteria	Pain	3	0
	Roughness	4	0
	Itching	4	0
Objective criteria	No: of fissures	1	0

Clinical images:



Fig-1: Skin lesions before treatment on 15/ 05/ 2020



Fig-2: After treatment on 30/ 06/ 2020

This case report was intended to check the efficacy of *Samana Cikitsā* in the management of *Vipādikā*.

In the follow up of two months, the patient has had no recurrence of previous cracks, also no new cracks developed on soles. Ayurvedic approach of dual detoxification of external and internal showed marked improvement in this case.

Vipādikā is associated with *Vāta* and *Kapha Dosa*. Decoction of *Patola Katukā* is composed of *Patola* (*Trichosanthes dioica*), *Katukā* (*Picrorhiza Kurroa*), *Bhiru* (*Asparagus racemosus*), *Guduchī* (*Tinospora cordifolia*), *Harithakī* (*Terminalia chebula*), *Vibhithakī* (*Terminalia belerica*), *Amalakī* (*Phyllanthus embelica*) *Guduchī* (*Tinospora cordifolia*). *Patola* and *Katukā* have *Tikta Rasa*, *Rūksha*, *Laghu Guna* and *Katu Vipāka* which subsides *Kapha Dosa*. *Ushna Vīrya* of *Patola* subsides *Vāta Dosa*. *Snigdha Guna* and *Ushna Vīrya* of *Guduchī* alleviates *Vāta* further *Tikta* and *Kashāya Rasa* subsides *Kapha*. *Bhiru* has *Madhura Rasa* and *Snigdha Guna* which alleviates *Vāta Dosa* [13].

Decoction of *Shārivān Thrivritān* is composed of *Shārivā* (*Hemidesmos indicus*), *Trivrut* (*Ipomea turpethum*), *Drakshā* (*Vitis vinifera* Linn), *Anantā* (*Tragia involucrate* Linn), *Svarna patra* (*Cassia angastifolia*), *Katukā* (*Picrorhiza Kurroa*), *Haritaki* (*Terminalia chebula*), *Vāsaka* (*Adhatoda vasica*), *Hingu Niryāsa* (*Ferula foetida*), *Haridrā* (*Curcuma longa*), *Dāruharidrā* (*Berberis aristata*), *Svādu Kantaka* (*Tribulus terrestris*). *Trivrit* is *Bhedhaka* in *Prabhava*. It helps in relieving constipation. *Dosas* get eliminated with faeces. *Tikta*, *Kashāya Rasa*, *Laghu Ruksha*

Guna, *Ushna Virya* and *Katu Vipāka* of *Trivrit* alleviates *Kapha Dosa*. *Anantā* is *Tridosha Shāmaka* in which *Tikta Rasa* and *Katu Vipāka* pacify *Kapha*. *Hingu Niryāsa* is *Kapha Vata shāmaka* and in turns *Katu Rasa* and *Vipāka*, *Laghu Guna*, *Ushna Virya* helps in reducing *Kapha* and *Ushna Virya* and *Snigdha Guna* pacify *Vata*. *Katu* and *Ushna Guna* helps for *Dipana*, *Pāchana*, *Rochana* actions. *Haridra* is also *Kapha Vata Shāmaka* in *Dosa Karma*. *Tikta*, *Katu Rasa*, *Laghu Ruksha Guna*, *Katu Vipāka* of *Haridra* pacify *Kapha Dosa* while *Ushna Virya* relieves *Vata*. *Daruharidra* has *Tikta*, *Kashaya Rasa*, *Laghu*, *Ruksha Guna*, *Ushna Virya* and *Katu Vipāka* which subsides *Kapha*. *Madhura Rasa* and *Vipāka*, *Snigdha Guna* of *Svadu Kantaka* pacify *Vata Dosa* [13].

Decoction of *Laghu Manjistadi* is composed of *Manjista* (*Rubia cordifolia* L.), *Triphala* (*Emblica officinale*, *Terminalia belerica*, *Terminalia chebula*), *Katuka* (*Picrorhiza Kurroa*), *Vaca* (*Acorus calamus*), *Daruharidra* (*Berberis aristata*), *Haridra* (*Curcuma longa* L.), *Guduci* (*Tinospora cordifolia*), *Nimbha* (*Azadirachta indica*). *Kasaya*, *Tikta Rasa*, *Ruksha Guna*, *Usna Virya* and *Katu Vipaka* of *Manjista* relieves *Kapha*. *Katu*, *Tikta Rasa*, *Laghu Guna*, *Usna Virya* and *Katu Vipaka* of *Vaca* pacify *Kapha Dosa* while *Usna Virya* relieves *Vata Dosa* [13].

Panchatiktaghrit Guggula is a highly potential drug indicated exclusively by *Chakradutta* in *Kushtha Adhikar* [14]. It has *Kushthaghna*, *Jwaraghna* (anti-pyretic), and *Vishaghna* (antipoison) properties and pacifies *Kapha* and *Pitta Doshas*. It also possesses *Rasaprasadana* (improvement in the quality of blood), *Raktaprasadana* (purification of the blood), *Amapachana* (removal of

undigested toxins), and *Agnidipana* (improvement of the biological fire) properties due to its *Tikta Rasa*.

Guggulu is very effective in chronic inflammatory conditions including Psoriasis. It shows potent anti-inflammatory and antioxidant activities due to steroidal and terpenoidal constituents, flavonoids, and guggulsterols present in the *Guggulu* [15]. *Guggulu* also has anti-infective and antibacterial properties. The *Yogavahi* property of *Guggulu* in the *Kaishora Guggulu*, potentiates the action of other herbs constituting the formulation such as *Guduchi*, *Triphala*, *Trikatu* etc. *Kaishora Guggulu* has mentioned in *Vatarakta Chikitsa* and also indicated for *Kushta* and *Vrana*. It shows *Kantikara* (improve skin's natural radiance) effects by its blood.

Skin lesions were cleansed with leaves of *Chakramarda* (*Cassia alata*), Rhizome of *Haridrā* – (*Curcuma longa*), scraped and once squeezed *Nārikela* (*Cocos nucifera*). *Chakramarda* possesses *Lekhana*, *Kusthaghna*, *Visaghna* as *Bāhya Karma*. *Haridrā* has *Shotahara*, *Varnya*, *Vrana Sodhana*, *Vrana Ropana*, *Lekhana*, *Krimighna*, *Vedanāstāpana*, *Kusthaghna* properties. *Nārikela* has *Varnya*, *Dāhanāsaka*, *Kusthaghna*, *Vranaropana* as *Bāhya Karma*.

Tiladilepa is composed of *Tila* and ghee [13]. *Tila* and ghee have *Snehana*, *Vrana Shodhana*, *Vrana Ropana* as *Bahya Karma*.

IV. CONCLUSION

This case study reveals that administration of Ayurvedic treatment protocol of *Shamana Chikitsā* together with proper dietary and lifestyle modifications proves the effectiveness in the management of Plantar Psoriasis devoid of adverse effects.

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