

## Ayurvedic Management of Plantar Psoriasis (Vipadika); A Case Report

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**ABSTRACT;** Vipadika is a condition classified under Kshudra Kushta in Ayurvedic texts, and it primarily affects the skin. It is characterized by Pani-pada Sphutan, or fissures in the palms and soles, accompanied by Teevra vedana, meaning severe pain. The underlying causes of Vipadika are primarily attributed to imbalances in the Vata, Kapha, and Pitta/Rakta doshas. Contributing factors include an unstable lifestyle, poor dietary habits, and stress.

The clinical presentation typically involves dryness, cracking of the skin on the soles, bleeding, and pain. Patients suffering from Vipadika face significant challenges in their daily lives, including limitations in mobility, difficulties with self-care, and overall discomfort. The condition can negatively impact personal and social life, especially when topical medications become less effective, further worsening the patient's quality of life.

In Ayurveda, treatment often focuses on balancing the doshas through a combination of dietary changes, lifestyle modifications, internal medicines, and external therapies.

**KEYWORDS:** Kustha, Vipadika, Pani-pada Sphutan (Fissure in palm and soles), Teevra vedana (with severe pain)

### I. INTRODUCTION

In Ayurveda, Kushta is a broad term used to describe various skin diseases. The skin, being a protective organ, mirrors the overall health of an individual. According to Ayurveda, the balance and imbalance of the three doshas—Vata, Pitta, and Kapha—determine health and the onset of diseases. Acharya Charaka mentioned that all types of Kushta are caused by the imbalance of all three doshas (Tridoshaj in nature) [1].

While no direct equivalent exists between the Ayurvedic concept of Vipadika and modern medical conditions such as palmo-plantar psoriasis,

dyshidrotic eczema, contact dermatitis, pityriasis rubra pilaris, acquired palmoplantar keratoderma, or tinea pedis/manuum, they share similar symptoms. Vipadika, a type of Kshudra Kushta in Ayurveda, is primarily associated with imbalances in Vata and Kapha doshas and is marked by fissures in the palms and soles (Pani-pada sphutan) accompanied by intense pain (Teevra vedana) [2]. Acharya Vagbhat echoed these views, noting the additional symptom of red patches on the affected areas. [3]

### Aim and Objectives;

1. To illustrate the clinical features of Vipadika ,The study aims to explore and document the specific signs and symptoms of Vipadika as described in Ayurvedic texts, focusing on its manifestation in the palms and soles.
2. To evaluate the management of Vipadika in Ayurveda,The objective is to assess the Ayurvedic approaches to treating Vipadika, including herbal formulations, therapies, and lifestyle modifications suggested in classical Ayurvedic literature.
3. To compare the clinical features of Vipadika with palmo-plantar psoriasis, allergic contact dermatitis, dyshidrotic eczema, pityriasis rubra pilaris, acquired palmoplantar keratoderma, and tinea pedis/manuum

The study will analyze the similarities and differences in symptoms between Vipadika and modern dermatological conditions to understand potential correlations and distinctions.

### II. MATERIAL AND METHOD

Case report- A 10 year female patient came to our OPD (OPD No. 35579) of Government Dhanwantari Ayurvedic College Ujjain on 26/06/2024 with the complaints of cracks on both soles with burning sensation and mild pain.

Chief complaint- the complaint of cracks on both soles with burning sensation and mild pain.

History of present illness- with the complaints of cracks on both soles with burning sensation and mild pain since 1 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 soles 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: irregular,
- 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: 100/70 MmHg
- Respiratory Rate: 18/Min
- Weight: 54kg

#### Skin examination

- Site dorsum of foot or sole
- Distribution- Symmetrical (both soles)
- Dryness, itching and cracking of both the soles is seen (pada sphutana) which is painful bleeding from the cracked region is seen
- In and around the fingers cracking is seen
- Surface is rough and dry, margin- irregular

#### External application

1. Kokam oil+ gandhak malham
2. Shatdhaut ghrit
3. Yamak made of oil+ghee+aloevera in equal quantity

#### Internal medication

1. Panchatiktaghrita 1tsp with luke warm milk/water in morning half an hour before breakfast.
2. Sitopladi churna 1 gm+Sankhbhasma 250 mg+kamdudha ras 250mg+muktashukti bhasma 250mg  
+ laghu sutashekhar 125 mg
3. Kaishor guggul 1tds
4. avipattikar churn with luke warm water before bed.

### III. DISSCUSSION

This discussion focuses on the Ayurvedic approach to treating skin disorders, particularly those arising from an imbalance of Pitta and Rakta dhatus (blood). In Ayurveda, Pitta is linked to heat, and its vitiation can lead to overheating of the blood, which manifests as various skin conditions. The treatment, therefore, aims to remove the aggravated Pitta and cleanse the blood (Rakta Shuddhi).

#### Key Treatments:

1. **Panchatikta Ghrita:** This formulation contains herbs like Nimba (*Azadirachta indica*)<sup>[4]</sup>, Patola (*Trichosanthes dioica*)<sup>[5]</sup>, Vyaghr (Solanum surattense)<sup>[6]</sup>, Guduchi (*Tinospora cordifolia*)<sup>[7]</sup>, and Vasa (*Adathoda vasica*)<sup>[8]</sup>. Haritaki<sup>[9]</sup> (*Terminalia chebula* Retz), Vibhitaki<sup>[10]</sup> (*Terminalia bellerica* Gaertn. Roxb), Amalaki<sup>[11]</sup> (*Emblica officinalis* Gaertn), and Goghrita (ghee prepared from cow's milk) It is known for its Kushtaghna (anti-skin disease) and Raktaprasadaka (blood-purifying) properties.<sup>[12]</sup> The bitter taste (Tikta rasa) is particularly effective in balancing Pitta and Rakta disorders. Panchatikta Ghrita is used as a Shamana Ousadha (palliative medicine) in treating Vipadika (cracked palms and soles).
2. **Kaishor Guggul:** This Ayurvedic preparation is particularly recommended for conditions like Vatarakta (gout), Vrana (wounds), and Kushtha (skin diseases). Its antibacterial, antiallergic, and blood-purifying effects make it an essential part of the treatment.<sup>[13]</sup>
3. **Shatadhauta Ghrita:** This medicated ghee is useful for treating Visarpa (erysipelas), Kushtha (skin diseases), and Kandu (itching)<sup>[14]</sup>. It is applied topically after cleaning the affected areas, providing relief from inflammation and supporting wound healing.

Overall, the treatment is tailored to address the imbalances of Vata and Kapha, the

primary doshas responsible for fissures and itching in this case, while also focusing on detoxifying the blood and calming Pitta-related heat in the body.<sup>[15]</sup>

**Cracks;**

No cracks	0
Length of cracks less than 1 cm	1
Length of cracks in between 1.1 cm to 1.5 cm	2
Length of cracks in between 1.6 cm to 2 cm	3
Length of cracks in between 2.1 cm to 3 cm	4
Length of cracks more than 3 cm	5

**Itching;**

No itching	0
Mild itching (only aware of itching when relaxing)	1
Moderate (sometime disturb the sleep and daytime activity)	2
Severe (constant itching, frequent sleep disturbance)	3

**Roughness and Dryness;**

Insignificant dryness at the foot/palms	0
Roughness is present when touching	1
Excessive roughness presents and leading to itching	2
Excessive roughness presents and leading to slight cracks	3
Roughness leading to cracks and fissures	4

**Pain;**

No pain	0
Mild pain of easily bearable nature, comes occasionally	1
Moderate pain, but no difficulty	2
Appears 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

**BLACK DISCOLOURATION;**

No discoloration	0
Mild black discoloration	1
Moderate black discoloration	2
Severe black discoloration	3

**BLEEDING:**

No bleeding	0
Bleeding after intense itching	1
On touch bleeding	2
Spontaneous bleeding	3

**BURNING:**

No burning at the affected site	0
Mild burning at the affected site but bearable nature comes occasionally	1
Moderate burning at the affected site, but no difficult	2
Burning present all over the day: requires some measures for relief (water)	3
Requires some medical applications but may remain throughout the day	
More difficulty and burning is severe, disturbing sleep	4

**OBSERVATION AND RESULT;**

Score	Score before treatment	Score after treatment	diffrence
Cracks	5	0	5
Itching	2	0	2
Roughness and dryness	4	1	3
Pain	2	0	2
Discolouration	3	1	2
Bleeding	1	0	1
Burning	2	0	2



**FIG 1 BEFORE TREATMENT**



After 1<sup>st</sup> follow up



After 2<sup>nd</sup> follow

#### IV. CONCLUSION

The study highlights the effectiveness of Ayurvedic treatment in managing Vipadika (a condition described in Ayurvedic texts) and its symptoms, such as cracking, itching, and bleeding of the soles. The treatment not only alleviates symptoms but also provides a safe and holistic approach, emphasizing the importance of lifestyle and dietary modifications. Patients are advised to avoid fried food, junk food, curd, non-vegetarian diets, seafood, and milk products to support treatment.

Ayurvedic Perspective and Comparison to Modern Dermatological Conditions;

While Vipadika does not directly correlate with a single modern dermatological condition, its clinical presentation overlaps with several disorders, including:

1. Palmar Plantar Psoriasis: An autoimmune condition characterized by thick, scaly patches on palms and soles, influenced by genetic and environmental factors.
2. Chronic Vesicular Dermatitis (CVD): A recurring condition with vesiculation on the palms and soles, often triggered by irritants or allergens like detergents, cosmetics, or occupational exposures.[16,17,18]
3. Dyshidrotic Eczema: Sudden eruptions of small, itchy blisters, commonly affecting palms, fingers, and soles.
4. Palmoplantar Keratoderma (PPK): A condition marked by abnormal thickening of skin on the palms and soles, which can be genetic or acquired.

5. Pityriasis Rubra Pilaris (PRP): A rare skin disorder causing reddish-orange scaly patches, sometimes affecting palms and soles.
6. Tinea Pedis (Athlete's Foot): A fungal infection that often begins between the toes and causes scaly, itchy, and burning rashes.

Ayurvedic treatment proves to be a promising approach in addressing Vipadika by offering symptomatic relief, addressing the root cause of the disease, and promoting long-term wellness through lifestyle changes. This integrative approach shows potential in managing conditions with overlapping symptoms of various dermatological disorders, emphasizing the need for personalized treatment and regular follow-ups.

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