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 Āyurveda including decoction of Patola Katuka, Shārīrvān Thriruttān, Laghu Manjistha, 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 Āyurveda.

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 Kushtha which are classified into two major types; Maha Kushtha and Kshudra Kushtha. Vipādikā is one of the types of the Kshudra Kushtha (dermatological disorder). It is included in Kshudra Kushtha with Vītā Kapha Dosha involvement according to Charaka Samhitā. It is characterized by Pānti-Pādasphutan (fissure in palms and soles) and Tivaravedanā (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 Āyurveda 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, Yăkka, 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 (Vipadiκā) 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 seen 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 *Patula Katuka* was prepared according to *Kashāya Parībhāṣā* [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 *Śārīrvān Thiruvratăn* was prepared according to *Kashāya Parībhāṣa* [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 Manjīṣṭā* was prepared according to *Kashāya Parībhāṣa* [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

<table>
<thead>
<tr>
<th>Subjective criteria</th>
<th>Before treatment</th>
<th>After treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>Roughness</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>Itching</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>Objective criteria</td>
<td>No: of fissures</td>
<td>1</td>
</tr>
</tbody>
</table>

Clinical images:

![Fig-1: Skin lesions before treatment on 15/05/2020](image1)

![Fig-2: After treatment on 30/06/2020](image2)

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), Bhīru (Asparagus racemosus), Guduchi (Tinospora cordifolia), Harīthākā (Terminalia chebula), Vibhīthākā (Terminalia belerica), Amalākī (Phyllanthes embelica) Guduchi (Tinospora cordifolia). Patola and Katukā have Tikta Rasa, Rūkṣa, Laghu Gunā and Katu Vipāka which subsides Kapha Dosa. Ushna Virya of Patola subsides Vāta Dosa. Snigdha Gunā and Ushna Virya of Guduchi alleviates Vāta further Tikta and Kashāya Rasa subsides Kapha. Bhīru has Madhura Rasa and Snigdha Gunā which alleviates Vāta Dosa[13].

Decoction of Shārīrvaṇa Trirvittān is composed of Shārīrvaṇa (Hemidesmos indicus), Trivrūt (Ipomoea turpethum), Drakṣā (Vitis vinifera Linn), Anantā (Tragia involucrata Linn), Svarna patra (Cassis angastifolia), Katukā (Picrorhiza Kurroa), Haritaki (Terminalia chebula), Vāsaka (Adhatoda vasica), Hinga Niryāśa (Ferula foetida), Haridrā (Curcuma longa), Dāruharidrā (Berberis aristata), Svādu Kantaka (Tribulus terrestris). Trirvittān 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 Trirvittān alleviates Kapha Dosa. Anantā is Tridosa Shāmaka in which Tikta Rasa and Katu Vipāka pacify Kapha. Hinga Niryāśa is Kapha Vata shāmaka and in turns Katu Rasa and Vipāka, Laghu Gunā, Ushna Virya helps in reducing Kapha and Ushna Virya and Snigdha Gunā pacify Vata. Katu and Ushna Gunā helps for Dipana, Pāchana, Rohana actions. Haridrā is also Kapha Vata Shāmaka in Dosa Karma. Tikta, Katu Rasa, Laghu Ruksha Gunā, Katu Vipāka of Haridrā pacify Kapha Dosa while Ushna Virya relieves Vata. Daruharidrā has Tikta, Kashāya Rasa, Laghu, Ruksha Gunā, Ushna Virya and Katu Vipāka which subsides Kapha. Madhura Rasa and Vipāka, Snigdha Gunā of Svaḍu Kantaka pacify Vata Dosa[13].

Decoction of Laghu Manjistādi is composed of Manjīsta (Rubia cordifolia L.), Triphala (Emblica officinalis, Terminalia bellerica, Terminalia chebula), Katukā (Picrorhiza Kurroa), Vaca (Acorus calamus), Daruharidrā (Berberis aristata), Haridrā (Curcuma longa L.), Guduchi (Tinospora cordifolia), Nimbha (Azadirachta indica). Kasaya, Tikta Rasa, Ruksha Gunā, Usna Virya and Katu Vipaka of Manjistādi relieves Kapha. Katu, Tikta Rasa, Laghu Gunā, Usna Virya and Katu Vipaka of Vaca pacify Kapha Dosa while Usna Virya relieves Vata Dosa[13].

Panchatīkātpīrit Guggula is a highly potential drug indicated exclusively by Chakradatta in Kushta Adhikar[14]. It has Kashātakghna, Jvaraghna (antipyretic), and Vishaghna (antipoison) properties and pacifies Kapha and Pitta Doshas. It also possesses Rasaprasadanā (improvement in the quality of blood), Raktaaprasadanā (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. 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, Kushtaghna, Visaghna as Bāhya Karma, Haridrā has Shotakara, Varnya, Vrana Sodhana, Vrana Ropana, Lekhana, Krimighna, Vedanāstāpana, Kushtaghna 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 Bhahya 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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