

EFFECT OF SHODHANA AND SHAMANA CHIKITSA IN VIPADIKA (PALMO-PLANTER PSORIASIS) - A CASE STUDY

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ABSTRACT

In *Ayurveda* all skin diseases are described under the heading of *Kushth*. *Vipadika* is a type of *kshudra kushth* described in ayurvedic text. *Vipadika* is a vata-kaphaja disease. It has similar symptoms to that of palmo-planter psoriasis i.e. *Kandu* (Itching), *Daha* (burning sensation), *Ruja* (pain), and scaling of the skin of palm and soles. Therefore, *Vipadika* can be correlated with palmo-planter psoriasis. It is a chronic condition that affects the palms and soles. There is hyperkeratosis, fissures and erythema and occasionally inflammation and pustules. These symptoms may seriously interfere with patients' quality of life and may be disturbing. There is no definite treatment for

palmo-planter psoriasis. The unique treatment modality of *Ayurveda* plays a very important role in the treatment of Palmo-planter psoriasis. *Ayurvedic chikitsa* mainly based on 3 triad i.e. *Shodhana*, *Shamana*, *Nidan parivarjana*. A 62 year old male approached to OPD of M.A. Podar Hospital, Mumbai with chronic Palmo-planter psoriasis since 2009, was treated with shodhana chikitsa and with few shaman aushadhi. It shows remarkable improvement in this condition in span of just 3 months.

KEYWORDS: *Vipadika*, Palmo-planter psoriasis, *Ayurveda*, *Shodhana*, *Shamana*.

INTRODUCTION

In *Ayurveda* all skin diseases are described under the heading of *Kushth*. The word *Kushth* is derived from '*Kush nishkrshanne*' which implies to destroy or to scrap out. *Vipadika* is a type of *Kshudra kushth* described in Ayurvedic texts. It is a *Vata-kaphaja* diseases. *Vipadika*

kushth line /furrows which have *Kandu* (Itching), *Daha* (Burning sensation), and *Ruja* (pain) appear in the feet. It can be correlated with palmo-planter psoriasis. It is a type of Psoriasis limited to the area of the palms and soles. Palmo –planter psoriasis accounts for 3-4% of all psoriasis cases, produces significant functional and social disability. It is the second most common type of psoriasis followed by chronic plaque type psoriasis. Palmo-planter psoriasis is a type of psoriasis resistant to many forms of treatment. Topical medication, phototherapy etc are general treatment used in modern medicine, which do not give complete cure but provide only temporary relief with local and sysytemic side effects as well toxicity.

Now a days, People are gradually turning towards *Ayurveda* for safe and complete cure of diseases. Especially in the treatment of skin diseases *Shodhana*, *shaman* and *nidan parivarjana* plays very vital role.

A CASE REPORT

A 62 year old male, visited to skin OPD of M.A. Podar Hospital, Mumbai with complaints of

–

1. Scaling on bilateral palms and soles
2. Reddish-blackish discolouration
3. Severe itching
4. Burning sensation
5. Pain

Patient had above complains since 9 years,

H/O = Hyperacidity

No H/O = DM/ HTN/ Asthma

History of previous illness

The patient suffering from scaling of skin over palm and soles with mild itching since 9 years. He took treatment from various places but was getting only temporary relief. Hence, he comes to Skin OPD of M. A. Podar Hospital, Mumbai for further treatment.

Personal history =

Occupation – Retired

O/E –

Nadi (pulse) =74

Mala (stool) = *Malavasthambha* (Constipation)

Jeeva (Tongue) = *Saam*

MATERIAL AND METHODS

Method = Simple random single case study

Material with daily treatment & prognosis = *Shodhana chikitsa* with shaman yoga showed good result.

1. *Deepana-pachana* = *Chitrakadi vati* 2 TDS with luke warm water for 5 days & *nirama lakshana* observed.
2. *Snehapana* with *Mahatikta ghrita* given in morning at 7:00 am for 5 days with increasing with luke warm water.

Table no.1: *Snehapana ghrita* quantity taken per day.

FIRST DAY	30 ml <i>ghrita</i>
SECOND DAY	60 ml <i>ghrita</i>
THIRD DAY	90 ml <i>ghrita</i>
FOURTH DAY	120 ml <i>ghrita</i>
FIFTH DAY	150 ml <i>ghrita</i>

After 5 days, *Samyak lakshana* were seen. Then 2 days *Sarvang snehana* with *Neem-karanja* oil *swedana* with *Dhashmula kwatha* was given. On 3rd day, Patient posted for *virechana karma*.

3. *Virechana Dravyas*

Triphala+ *aaragvadh kwath* = 80ml

Abhayadi modak = 2 *modak*

Castor oil = 20 ml

This preparation was given empty stomach orally to patient at 9:30 am in the morning after *sarvanga snehana* and *swedana*, After one and half hour *Virechana vega* has started.

Nine Virechana vega (loose motion passed) in 12 hours. Pulse rate and blood pressure after *Virechana* were within normal limit. *Sansarjana krama* (Diet to follow after Panchkarma therapy) with *peyadi krama* advised for 4 days.

4. *Shamana yoga* = After *Sansarjana krama* well prepared combination of *Rasamanikya* (dhootpapeshwar Pharma) 125mg + *Mukta pishti* 5 mg + *Khadir –bakuchi-musta* –each 25 gm *churna*.
5. External application: Winsoria oil (Kerala Ayurveda) was given for local application.
6. *Nidan parivarjana*: Fast foods, *Dadhi sevan*, fish, meat, excessive milk products etc.

Table no. 2: Before and after Virechana improvement.

Sr.	Sign & symptoms	Before Virechan	After virechan	After 10 days
1.	Erythematous papules	+++++	++++	+++
2.	Scaling of skin	+++++	+++	+++
3.	Itching	+++++	+++	+++
4.	Constipation	++	+	+
5.	Stress	+++++	+++	+++
6.	Pain	+	-	-

Photographs



a. First day in OPD



b. 10 days after virechan



c. After 3 months of Treatment

After 10 days, as some symptoms gradually decreased, patient become faithful to treatment and got confidence. Hence, we were planned for *raktmokshan chikitsa*. In *Charak samhita*, *Shonit sravan (Raktmokshan)* is described as one of the treatment for *raktradoshaja vikaras*. Patient was subjected to 10 settings of *Raktmokshan* on every 7 days follow up.

Table no. 3: Shaman Aushadhi.

Sr	Medicine	Dose	Schedule	Anupana
1.	<i>Arogyavardhini vati</i>	2 tablets	2 times a day	Warm water
2.	<i>Kaishor guggulu</i>		2 times a day	Warm water
3.	<i>Rasmanikya ras 125mg+Mukta pishti 5mg+Kadhir,bakuchi, musta churna – each 25gm</i>	500mg	2 times a day (for 21 days in 2 cycles)	<i>Khadirarishta</i>
4.	<i>Nimb+karanj oil and Winsoria oil (Kerala ayurved)</i>	Local application	2 times a day	-
5.	<i>Mahatikta ghrita</i>	10 ml	Every morning (empty stomach)	Warm water

Table no. 4: Follow up after 10 days.

Follow up after 10 days	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th
Treatment → Symptoms ↓	AAT	AAT	AAT	AAT	AAT	AAT	AAT	AAT	AAT
Erythematous	+++	++	++	++	++	++	+	+	-
Scaling	+++	++	+	+	+	+	+	-	-
Itching	+++	+	+	-	-	-	-	-	-
Constipation	+	+	-	-	-	-	-	-	-

Note:- AAT= All above treatment

DISCUSSION

Vipadika (Palmo-planter psoriasis) is disease caused by vitiation of *Vata* and *Kapha* that result in *Kandu* (Itching), *Daha* (Burning sensation), and *Ruja* (pain) for the treatment of this ailment one must plan the treatment which will correct the systemic pathology.

In present case, *Virechan karma* and *Raktamokshan* was given as *Shodhana chikitsa* and then *Shaman aushadhi* started. There was good improvement noticed immediately after *Virechana* in sign symptoms. Itching, scaling, thickness, fissuring and pain during working got reduced after *virechana*. Constipation was completely relieved. *Raktamokshan (Siravedhana)* done for *Rakta dhatu shodharnatha*. The size of lesions also reduced in both palms and soles after *virechana* and *raktamokashan*.

Mahatikta ghrita given for *shaman* therapy was beneficial in *Vata-Kapha* predominant skin disorder like psoriasis. *Neem+karanj* oil and Winsoria oil acts as *Vranashodhak*, *Krimihar* and *Kushthhar* hence given for local application. *Rasamanikya ras* is mentioned as “*Sarvakushtha nashanam*” in *Bhaishajya Ratnavali*. therefore *Rasamanikya* combination with other *kuthghna* drugs like *mukta pisthi khadir*, *bakuchi*, *musta churna* was given for 21 days. *Arogyavardhini vati* is used as *deepan-pachana* and *Kaishor guggulu* is used as *pitta* pacifying, anti-inflammatory and detoxifying. After 3 months of treatment lesions of both palms and soles were completely disappeared. Other symptoms like Itching, Burning sensation and Pain were also relieved.

CONCLUSION

The *Ayurvedic* diagnosis of *Vipadika* is made for palmo-planter psoriasis in present case. *Shodhana* and *shamana chikitsa* is very effective in providing relief in the signs and symptoms of palmo-planter psoriasis. Present study findings cant't be generalized and further long term follow up studies with large sample size are required to substantiate.

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