

Ayurvedic Management On Palmoplantar Psoriasis: A Case Study

Dr. Santosh Achutrao Chate

Professor, Kaumarbhrityatantra Department.
Yashwantrao Chavan Ayurvedic Medical College
and Hospital, Nipani Bhalgaon, Aurangabad.

Abstract

Palmoplantar Psoriasis is a type of Psoriasis that affects the palms of hands and soles of the feet. It can only on palms or soles also and can spread over hands or feet. There is no any direct correlation with any disease described in Ayurveda but on the basis of some of the symptoms it can be correlated with Vipadika, a type of Kshudrakushtha.

A female patient having Palmoplantar Psoriasis of age 43 yrs. came to take Ayurvedic Treatment. Patient had taken other different pathies treatment before but due to failure of treatments she opted to take Ayurvedic Treatment. And after taking three months treatment patient was cured completely.

Keywords:- Palmoplantar Psoriasis, Vipadika, Kshudrakushtha.

Introduction

Palmoplantar Psoriasis is a type of Psoriasis where affected bodyparts are palms of hands and soles of feet or only palms or only soles. Psoriasis is an autoimmune condition that can flare up with exposure to certain triggers.

Researchers suggests that psoriasis affects between 2 to 5 percent of population and 3 to 4 percent¹ of people with psoriasis are thought to have Palmoplantar Psoriasis. This can occur at any age. A patient may not have all symptoms for all the time.

The symptoms include well defined areas of raised, thickened skin, redness, scaling, pain, cracks or fissures. Though very small body surface area is affected, it affects patients walking, working, etc. daily routine activities². It is also found in isolation.

Palmoplantar Psoriasis and Vipadika has some symptoms common described as type of Kshudrakushtha in Ayurvedic texts. It is characterised by Panipadasphutan (cracks or fissures on palm and sole) and Tivavedana (severe pain)³. It involves predominantatly Vata and Kapha doshas.

Case Report :-

A female patient of age 43 yrs. Came for treatment at OPD of Yashwantrao Chavan Ayurvedic Medical College, N. Bhalgaon, Aurangabad. She had complaints of thick scaling on both soles, cracks/ fissures on both soles, severe itching, scaling on

soles s well as adjacent skin, severe pain while walking since 3 yrs.

On asking history patient said, she took treatment of various pathies before but she was getting temporary relief from pain and itching but scaling was increased did not stopped during treatment also.

On exmination, thick scaling, dry soles, deep cracks/ fissures leads to wounds on skin both soles and scaling was also seen on adjacent skin to soles on both feet. She had no any other disease and her weight was 57 kg.

Treatment given :-

Abhyantara Chikitsa -

Sr. No.	Medicines	Dose	Anupan
1.	Arogyavadhini Rasa	500 mg. twice a day after meal	Koshna jal
2.	Gandhak Rasayan	500 mg. twice a day after meal	Koshna jal
3.	Mahamanjsthadi Kadha	20 ml. twice a day after meal	Koshna jal
4.	Mahatikta Ghrut	10 ml. twice a day at 7.00 am and 5.00 pm	Koshna jal

Bahya Chikitsa –

1. Patient was asked to clean soles with luke warm water and make them dry completely.
2. Then Marichyadi tailam bruhat was advised for application to both soles twice a day.

Abhyantara and Bahya chikitsa was given for three months.

Observations :-

Sr. No.	Symptoms	Severity Before Treatment	Severity After Treatment
1.	Scaly lesions	++++	No
2.	Cracks/ Fissures	++++	No
3.	Itching	++++	No
4.	Pain	+++	No

Before and after treatment photos are given below.

Before Treatment



After Treatment



Before Treatment



After Treatment



Before Treatment



After Treatment :



Before Treatment :



After Treatment :



pacifies vata dosha which is the root cause of fissures and pain⁷.

Mahamanjishthadi Kadha⁸ with its kushthagna(alleviates skin diseases), raktashodhana (blood purifier), raktaprasadana, vranashodhana (wound cleaner), vranaropana (wound healer) and jantughna (antimicrobial) properties, it plays an important role in eradicating the disease.

Marichyadi tailam bruhat is clearly mentioned to treat all types of kushtha⁹ including kshudrakushtha in Bhaishjyarnavali chapter no. 54 Kushtharogchikitsaprakaranam.

After starting above treatment in patient, within two weeks patients symptoms started to decrease in severity and gradually after three months of treatment Palmoplantar Psoriasis was cured completely. No any adverse effects are seen throughout three months of treatment and after treatment too.

Conclusion :-

So it can be concluded considering above case that Palmoplantar Psoriasis can be successfully cured with Ayurvedic Medicines. Definitely further study is needed to strengthen our conclusion.

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Discussion :-

The selection of medicines was done considering the properties of medicines described in Ayurvedic texts.

Arogyavardhini Rasa⁴ is specially indicated for all types of Kushtha (skin disorders). Gandhak Rasayan⁵ is also another medicine which plays an important role in treatment of all types of Kushtha(skin diseases). It has kushthaghna, vishghna, jantughna properties.

Mahatikta Ghru⁶ is clearly mentioned its usefulness in the treatment of all Kushtha. It also