

CASE STUDY

An Ayurvedic Management of Palmoplantar Psoriasis- A Single Case Study

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ABSTRACT

Palmoplantar psoriasis is a chronic, refractory inflammatory dermatosis affecting the palms, soles, often associated with pain, fissuring, and significant functional impairment. In Ayurveda it can be correlated with Vipadika, a type of Kshudra Kushtha, characterized by Pani-Pada-Sputana (Fissure), Vedana (Pain), Kandu (Itching) and Daha (Burning sensation) with predominance of Vata & vitiation of Rakta. a 46-year-old female presented with scaly hyperkeratotic lesions over the soles, severe itching, and burning sensation persisting for 40 days, with a history of recurrence after allopathic treatment. Clinical assessment & Ashtavidha Pariksha indicated Ama & Dosha imbalance. management was planned on the principles of Samprapti Vighatana including Nidana Parivajrana, Shamana Chikitsa i.e. Vaishwanar Churna, Haridra khanda, Gandhaka Rasayana, Mahatikta Ghrita, etc. Followed by Shodhana in the form of Rakta Mokshana (Siravedhana). Pathya-Apathya was strictly advised. complete resolution of symptoms was achieved within 42 days without adverse effects. this case highlights the effectiveness of an integrative ayurvedic approach in achieving sustained remission in Palmoplantar Psoriasis & supports Ayurveda as a safe, holistic, and sustainable treatment options.

KEYWORDS- Palmoplantar Psoriasis, Kushtha, Shodhana, Shamana, Rakta Mokshana

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INTRODUCTION

Palmoplantar Psoriasis is a chronic non-infectious immune mediated inflammatory & proliferative condition of the skin refers to psoriasis that develops on the palms and soles; however, the disease is associated with many different morphologic patterns, including predominantly pustular lesions to thick scaly, hyperkeratotic plaques. Skin with genetic & environmental influences. Also Associated with systemic involvement of joints, cardiovascular, metabolic & renal disease have been described. Palmoplantar psoriasis is a refractory, persistent & disabling variant of psoriasis affecting nearly 5% of all psoriasis patients [1-3]. Palmoplantar Psoriasis can be seen with or without psoriasis elsewhere on the body. It may express itself in many different clinical forms. PP is mostly characterized by well-demarcated, erythematous, scaly plaques of the palms and/or soles. Additional findings include pustules, known as palmoplantar pustular psoriasis, nail involvement, and painful fissures seen as thick, scaly, and hyperkeratotic plaques on the palms and soles. In *Ayurveda*, all the skin diseases come under the broad name 'Kushtha'. There are 18 types of *Kushtha* described in *Ayurved Samhitas*⁴. Out of which 11 are *Kshudra Kushtha*. *Vipadika* is one of them. Different *Acharyas* have given the different presentations of signs and symptoms of *Vipadika*. According to *Ashtang Hridaya*, *Panipadspatana* (Cracks over palms and soles), *Tivra Vedana* (Intense pain), *Manda Kandu* (Mild itching), and *Sarag Pidika* (Red-coloured macules) are the symptoms of *Vipadika* [5]. According to *Acharya Charak* crack and severe pain are the symptoms of *Vipadika* [6]. According to *Sushrutacharya*, Itching, burning sensation, Pain present especially on pada(sole) are the symptoms of *Vipadika* [7]. *Acharya Sushruta* mentioned that *Padadari* (cracks over sole) and *Vipadika* are the same. In *Vipadika* there is the involvement of *Tridosha* (basic constitution) but *Vata* is predominantly vitiated [8].

CASE STUDY

Patient profile

Age – 46 years

Gender- Female

Occupation- House wife

Symptoms- The patient presented with below mentioned complaints which had been persistent for 40 days .



Figure 1: Before treatment



Figure 2: Before treatment



Figure 3: Before treatment

Table 1: Distribution of Patients According to Complaints and Their Severity Grades

Sr. No	COMPLAINTS	GRADES
1	Scaly patches on feet's	3
2	Itching	3
3	Burning sensation	2
4	Secretion	0

INVESTIGATOR GLOBAL ASSESSMENT (IGA)

This scale is used by investigator in clinical trials. The scores range from 0(clear) to 3(severe)

0- No symptoms

1- Mild

2- Moderate

3- Severe

Medical history

The patient has Hypertension, which she has been managing with allopathic medications and dietary modifications for the last 6 years.

Family history

Nil

Initial diagnosis

The patient had experienced similar symptoms 10 months ago and was temporarily cured by allopathic treatment. The patient began experiencing symptoms heading back again gradually. Then the patient sought for the immediate medical attention. Informed consent was taken before treatment.

Asthavidha Pariksha (Eight Diagnostic Tools of Ayurveda): A thorough assessment using the *Asthavidha Pariksha* was conducted, including: -

Nadi (Pulse): *Pitta-Kaphaja*

Mutra (Urine): Slight turbid

Mala (Stool): Irregular bowel movements

Jivha (Tongue): *Sama* (Coated tongue)

Shabda (Voice): *Prakrut*

Sparsha (Touch): Anushna

Drika (Eyes): Prakrut

Akruti (Built): Madhyam

Therapeutic Intervention

In *Ayurveda*, the first line of management for all diseases has been defined as '*Samprapti Vighatana chikitsa*'. So, the first step of management of *Kushtha* is "*Nidana Parivarjana*" i.e. to avoid the known disease-causing factors in diet & lifestyle of the patient. Along with this, the treatment was designed to balance the aggravated *doshas*, eliminate *Ama*, and restore the *Agni* and along with this treatment we also focused on hypertension condition which not to be get disturbed.

Shamana: For 21 days we started *Shamana Chikitsa*.

Table 2: Ayurvedic Medicines, Dosage, and Anupana Used in the Treatment Regimen

Sr. No.	MEDICINE	DOSAGE	ANUPANA
1.	<i>Vaishwanar Churna</i> [9]	3gm BDS- B/F	Lukewarm water
2.	<i>Khadirarishta</i> [10]	10ml BDS- A/F	Water
3.	<i>Haridra khanda</i> [11]	3gm TDS	Lukewarm water
4.	<i>Gandhaka Rasayana</i> [12]	1Tab BDS-A/F	Water
5.	<i>Mahatikta Ghrita</i> [13]	5ml OD- B/F	Lukewarm water
6.	<i>Jatyadi Ghrita ointment</i> [14]	LA	-

Shodhana

Rakta Mokshana [15]- In which *Siravedhana* (Bloodletting) is done from both the feet.



Figure 4: Rakta Mokshana

After 21 days patient came for the follow up & observed that she got significant relief. Then treatment further continued for 21 days.

Table 3: Ayurvedic Medicines, Dosage, and Anupana Used in the Treatment Group

Sr. No.	MEDICINE	DOSAGE	ANUPANA
1.	<i>Khadirarishta</i>	10ml BDS- A/F	Water
2.	<i>Haridra Khanda</i>	3gm TDS-B/F	Lukewarm water
3.	<i>Gandhaka Rasayana</i>	1 Tab BDS-A/F	Water
4.	<i>Mahatikta Ghrita</i>	5ml OD- B/F	Lukewarm water
5.	<i>Arogyavardhini Vati</i> [16]	1 Tab BDS-B/F	Lukewarm water
6.	<i>Jatyadi Ghrita ointment</i>	LA	-

RESULT

After 42 days of the treatment patient got complete resolution of all presenting symptoms. We further continue the treatment for another 15 days & regular follow-ups ensured continued monitoring of the patient's condition and adjustment of the treatment plan as needed in future.

Pathya-Apathya [17, 18]:

In *Ayurveda*, *Pathya* (recommended practices) and *Apathya* (things to avoid) are essential for effective management and prevention of the diseases. These guidelines support the body's natural healing processes, balance the *doshas*, and prevent further aggravation of disease.



Figure 5: After treatment



Figure 6: After treatment



Figure 7: After treatment

Table 4: Distribution of Patients According to Complaints and Their Severity Grades

COMPLAINTS	GRADES
Scaly patches on scalp	0
Itching	0
Burning sensation	0
Pain	0
Secretion	0

Pathya

Ahara:

- Pointed Gourd (*Parwal*), Ridge Gourd (*Turai*), and Bottle Gourd (*Lauki*): These are easy to digest, making them ideal for balancing *doshas*.
- Barley and Millet.
- *Moong Dal* (Green Gram): *Moong dal* is a legume that is highly light in digest and beneficial for reducing *Pitta* and *Kapha*.
- Cow Ghee: Ghee, is revered in *Ayurveda* for its ability to nourish the body while also balancing *Pitta*.
- *Shali Rice* (Unpolished or Red Rice): *Shali* rice is easy to digest, suitable for those with *Pitta* and *Kapha* *dosha* imbalances.

Vihara:

- Exercise, including *Yoga* and *Pranayama*: Regular physical activity, especially *yoga* and *pranayama*, helps in maintaining a balance between *tridosha*.

Apathya

Ahara:

- *Viruddha Ahara*: Combining foods that are incompatible, these combinations can create *Ama* in the body, leading to further *dosha* imbalance.
- Tomatoes and Citrus Fruits.
- Rice (especially polished or white rice)
- Milk Products
- Excessive Use of *Lavana* (Salt): *Lavana* is known to increase *kleda* and can lead to exacerbating the *doshas*.
- Black Gram (*Urad Dal*)
- Jaggery
- *Vishamasana* (Irregular Eating Habits): Eating at irregular times or skipping meals disrupts the *Agni*, leading to *Ama* formation and aggravating *dosha* imbalances.

Vihara:

- Day Sleep
- Controlling Natural Urges

DISCUSSION

Palmoplantar Psoriasis is a chronic, refractory variant of psoriasis that significantly impairs quality of life due to pain, fissuring, burning sensation, and functional limitation of the palms and soles. Patient shouts for the holistic and sustainable management approach. In *Ayurvedic*, Palmoplantar Psoriasis closely resembles *Vipadika*, a type of *Kshudra Kushtha*, characterized predominantly by *Panipadasphutana*, *Vedana*, *Kandu*, and *Daha*. Classical texts describe the involvement of *Tridosha*, with *Vata* predominance and associated vitiation of *Rakta* and *Twacha*. The treatment strategy was based on the principle of *Samprapti Vighatana*, beginning with *Nidana Parivarjana* followed by *Shamana* and *Shodhana* therapies. Initial *Shamana Chikitsa* aimed to correct *Agni*, reduce *Ama*, pacify aggravated *Doshas*, and alleviate symptoms. Considering the chronicity and severity of symptoms, *Rakta Mokshana* in which *Siravedha* (Bloodletting) was performed which plays a significant role in reducing local inflammation, improving microcirculation, and eliminating vitiated *Rakta*, which directly contributes to symptom resolution. After *Shodhana*, continuation of internal medications helped in sustaining the therapeutic benefits and preventing recurrence. The inclusion of *Pathya-Apathya* further strengthened the outcome by preventing *Dosha* aggravation and supporting long-term disease control. The complete resolution of symptoms within 40 days, along with sustained improvement during follow-up, suggests the effectiveness of an integrative *Ayurvedic* approach in managing Palmoplantar Psoriasis.

Mode of Action of drugs

Vaishwanar Churna- was prescribed to stimulate *Agni*, improve digestion, and aid in the elimination of *Ama*.

Haridra Khanda is a formulation containing turmeric, used for its anti-inflammatory and immune-boosting effect. *Khadirarishta*- primarily involves disrupting bacterial cell membrane permeability, as well as acting as a systemic detoxifier, blood purifier, and anti-inflammatory agent. *Gandhaka Rasayana* pays a better way in reduction of symptoms in diseases associated with *Pitta*, *Kapha* and *Rakta dusti*. *Gandhaka* exhibits excellent *Rasayana* qualities which does regeneration activity in the body and is useful in chronic diseases. Does *Raktaprasadana*, *Kledaghna*, *Krimihara*, *Vishaghna*, *Kushtaghna*, *Amapachana*, *Agnideepana* activity which helps in overall maintenance of health. *Arogyavardhini Vati* promotes balancing of *Tridoshas*, detoxification of liver, promoting *Agni* & elimination of *Ama*.

Mahatika Ghrita- is a medicated ghee used for its deep-penetrating properties, to pacify *Pitta* and *Kapha*, and promote healing from within.

Jatyadi Ghrita ointment- *Goghrita* is having the property of *Sheeta Veerya*, *Madhura Rasa* & *Tridosahara*. *Goghrita* has *Samskara Anuvartana* property. Through *yogavahi guna* it carries the active principle of the drugs at the level of body tissue. As *Jatyadi Ghrita* includes the drugs which possess both *Shodhana* and *Ropana* qualities it helps in proper healing of affected skin.

Rakta Mokshana -*Siravedhana* (Bloodletting) acts predominantly on *Pitta*, *Rakta* and *Kaphaja Vyadhi* or when *Pitta* and *Kapha* is in association with *Vata dosha*. In such conditions of *Vata Prakopa* which leads due to *Avarana* of *Kapha* and *Pitta*, *Siravedhana* can remove the *Avarana* of *Kapha* and *Pitta dosha* and giving way for *Anulomana* indirectly this ultimately cures the *Vatika* symptoms along with *Pitta* or *Kapha* dosha and patients get instant relief from the pain.

CONCLUSION

This case study demonstrates that ayurvedic management based on classical principles of *Samprapti Vighatana*, *Shamana*, *Shodhana chikitsa*, can be highly effective in the management of palmoplantar psoriasis. The combination of internal medications, *Rakta Mokshana*, local therapy, and strict adherence to *Pathya- Apathya* results in complete remission of symptoms without adverse effects. *Ayurvedic* intervention not only addresses symptomatic relief but also targets the underlying pathophysiology, thereby reducing recurrence and improving overall quality of life. This case supports the potential role of ayurveda as a safe, holistic and sustainable therapeutic options in chronic & refractory dermatological conditions like palmoplantar Psoriasis.

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