

**ROLE OF NITYAVIRECHANA AND SHAMANA CHIKITSA IN PALMO-PLANTAR PSORIASIS (VIPADIKA): A CASE STUDY**Kavitha Venu Chavan<sup>1</sup>, Niranjan Rao<sup>2</sup>

<sup>1</sup>MD Scholar 3rd Year, <sup>2</sup>Dean PG and Ph.D. Studies, HOD.  
P G Department of Panchakarma, SDM college of Ayurveda, Udupi, Karnataka, India

Corresponding Author: [chavankavitha26@gmail.com](mailto:chavankavitha26@gmail.com)<https://doi.org/10.46607/iamj6510072022>

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**ABSTRACT**

Psoriasis is a chronic, unpredictable, and immune-mediated disease that has a negative impact on the patient's quality of life. Palmo-Plantar Psoriasis can add a negative impact as it directly affects the activities of daily routine<sup>1</sup>. Palmo-Plantar Psoriasis accounts for 2-4 % of psoriasis cases, reducing significant functional and social disability<sup>2</sup>. In India prevalence of psoriasis varies from 0.44-2.8 %. It is twice common in males compared in female<sup>3</sup>. Palmo-Plantar Psoriasis is variant psoriasis resistant to many forms of treatment<sup>4</sup>. According to *Ayurveda*, all skin-related diseases come under *Kushta Roga*<sup>5</sup>. Palmo-Plantar Psoriasis can be correlated with *Vipadika*. *Vipadika* is one of the *Kshudra Kushta* which is explained in classics. According to *Charaka* in *Chikitsa Sthana*'s 7<sup>th</sup> chapter *Vipadika* is *Vata Kaphaja Vyadhi*. *Vipadika* has *Pani, Pada, Sphutanam* and *Teevravedana Lakshanas*<sup>6</sup>. **Objectives:** The efficacy of *Nitya Virechana* and *Shamana Chikitsa* in the management of Palmo-Plantar Psoriasis (*Vipadika*). **Materials:** A single case study: a 77-year-old man was diagnosed with Palmo-Plantar Psoriasis before 4 months. Symptoms such as itching at night, silvery scaling on bilateral soles and palms along with pain, and slightly burning sensation and advised for *Nitya Virechana* and *Shamana Chikitsa*. **Result:** Symptomatic assessment of the patient was carried out after 3 months and the satisfactory outcome was there and overall quality of life and patient was significantly improved. **Conclusion:** *Nitya Virechana* and *Shamana Chikitsa*,

brought about satisfactory relief in symptoms in patients. With this basic concept, a male patient of 77 years diagnosed case of Palmo-Plantar Psoriasis was treated with *Ayurvedic* management 1 sitting in IPD level and 1 OPD level sittings. The treatment showed highly significant even improvement seen in the symptoms. Hence it can be effectively practiced in the management of Psoriasis.

**Keywords:** Palmo-Plantar Psoriasis, *Vipadika*, *Nitya Virechana*, *Shamana Chikitsa*

## INTRODUCTION

Palmoplantar Psoriasis is an autoimmune condition that can flare up with exposure to certain triggers. It affects the palms of the hands and soles of the feet. According to research, psoriasis affects 2-5% of the population and 3-4% of individuals with Psoriasis have Palmoplantar Psoriasis. Symptoms are well-defined areas of raised, thickened skin, scaling, itching and burning sensation, Pain, cracking and bleeding, redness and dryness. The Pathogenesis of Palmoplantar Psoriasis is similar to Psoriasis in that there is an interplay between genetic factors and antigenic triggers. Complications are Crohn's disease, type 2 diabetes mellitus, depression, cancer, uveitis, obesity, and osteoporosis<sup>7</sup>.

## CASE REPORT

A 77-year-old male patient was symptomless for 4 months, he had gradually emerging symptoms like a fissure in the palm, and sole region increased during the cold and dry atmosphere and also had itching at night, silvery scaling on bilateral soles and palms along with pain, and slightly burning sensation since

4 months (since July 2021). The patient took allopathy treatment he got only symptomatic temporary relief, there was a reduction in itching only. So he came to our hospital for further treatment. He has undergone 3 months of *Ayurvedic* treatment.

### General Examination

*Nadi*- 78/min

*Mutra*- *Samyak*, 5-6 *vega*/day

*Mala*- *Katina*, once in three-four days

*Jihva*- *Upalepatwam*

*Shabdha*, *Druk*, *Aakruti*- *Prakruta*

*Sparsha*- *Ruksha*

*Prakriti*- *Vata-Pitta*

*Sara*, *Satva*, *Satmya*, *Samhanana*, *Pramana*- *Avara*

*Aharashakti*, *Vyayamashakti*- *Alpa*

*Vaya*- *Vridhdha*

### Routine Investigation:

Routine investigation such as Haemogram, ESR, RBS, LFT, RFT, Urine routine were in normal range.

### Samprapti Ghataka:

*Dosha*- *Vata Pradhana Tridosha*

*Dooshya*- *Ama Twak, Rakta, Mamsa, Lasika*

*Srothas*- *Raktavaha Srothas*

*Srothodusthi Lakshana*- *Sanga*

*Adhishtana* - *Twak and Mamsa*

*Rogamarga*- *Bahya*

*Swabhava*- *Chirakari*

### General examination:

Built, Nourishment- Moderate

Pallor, Icterus, Cyanosis, Clubbing, Oedema- Absent

Lymphnodes- Not palpable

Pulse -78 BPM

B.P -120/80mm of hg

Temp -97.6

RS -22 times/min

### Systemic Examination:

RS- NVBS Heard

CVS- S1, S2 Heard No Murmur

CNS- HMF Intact, fully conscious, oriented to time, place, person, memory intact, intelligence good, speech disturbance absent, Cranial nerve examination- NAD

P/A- Soft and non-tender no organomegaly

**Diagnosis: Palmo-Plantar Psoriasis (Vipadika)**

Vipadika: according to Charaka Panipadasphutanam, Tivravedanam, depending upon the symptoms can be diagnosed as Palmoplantar Psoriasis.

Table no 1:

**Intervention:** 1 sitting in IPD level and 5 OPD level sittings of follow up

DATE	OPD	IPD	DISCHARGE MEDICINES
04/10/2021	--	Karanja Nimba Parisheka Nitya Virechana with Nimbamritadi Eranda Taila 50 ml+250 ml milk+10gm Guda+5 gm Avipattikara Churna @ 9:30 am For 7 days	Nimbamritadi Eranda Taila ml 15 HS Psora cap 1 TDS Nimbamritasava 6 TSP BD
25/10/2021	Psora cap 1 TDS Swadista Virechana Churna 2 TSP HS Triphala Ghrita 10 ml BD	--	--
08/11/2021	Psora cap 1 TDS Swadista Virechana Churna 2 TSP HS Triphala Ghrita 10 ml BD	--	--
22/11/2021	Psora cap 1 TDS Swadista Virechana Churna 2 TSP HS Triphala Ghrita 10 ml BD	--	--
06/12/2021	Psora cap 1 TDS Swadista Virechana Churna 2 TSP HS Triphala Ghrita 10 ml BD	--	--
20/12/2021	Psora cap 1 TDS Swadista Virechana Churna 2 TSP HS Triphala Ghrita 10 ml BD	--	--

**Mode of Action of Nitya Virechana:**

Acharya Sushruta recommends Nitya Virechana for Kushta as it is a Bahudoshajanya Vyadhi<sup>8</sup>. So considering the strength of the patient, Nitya Virechana was selected as Shodhana for the line of treatment for a duration of consecutive 7 days. Virechana pacifies the morbid Pitta and helps to carry out its function normally, hence helping the skin lesions to heal<sup>9</sup>. Nitya Virechana removes the toxic materials from the body and provides purification of the body at two levels: (1) gross level, where various organs and systems of the body are thoroughly cleansed, cardiovascular level and gastrointestinal tract, and (2) cellular level, where the purification and cleansing of the body are produced at cell membrane and molecules. Gut absorption improves considerably, and metabo-

**Signs and Symptoms-** Panipada Sphutanam, Tivratara Vedana, Kandū, Vibhandham, Disturbed Sleep, Erythematous Plaques, Scaling, Auspitz Sign, Candle Grease Sign- Present.

lism is also corrected<sup>10</sup>. Nitya Virechana by Srotoshodhaka property opens the microchannels and improves the circulations. Nitya Virechana acts on all Doshas and controls scaling. Rukshata occurs mainly due to Vata Dosha, Nitya Virechana corrects it by Vatanulomana and ultimately reducing Rukshata. Kandū indicates the involvement of Kapha, Rasa, and Rakta Dushya, Nitya Virechana has Pitta Shodhaka and Rasa Rakta Prasadana property, which may be the reason behind reduced Kandū. Daha is mainly due to Pitta Dosha and Rakta Dusti, Nitya Virechana removes vitiated Pitta Dosha and Rakta, thus reducing Daha. "Candle grease sign" indicates extremely increased Ruksha and Khara Guna in Twak caused by Vata Dosha, Nitya Virechana pacifies Vata Dosha and thus reduces the candle grease

sign. Auspitz sign is mainly due to *Pitta Dosha* and *Rakta Dushya*, *Nitya Virechana* is an ultimate therapy for *Pitta Dosha* and *Rakta Dushti*. In this way, *Nitya Virechana* helps in breaking pathogenesis, resulting in controlling the symptoms in *Vipadika*. *Nitya Virechana: Nimbamritadi Eranda Taila- Asthanga Hridaya* explained in *Chikitsasthana 21/58-61* it is indicated in *Kushta*. It acts as an *Anulomana*, due to its *Tikta Rasa* it acts on the skin also. *Avipattikara Churna- Bhaishaja Ratnavali 53/25-29: Vibandham Malamootrayoho: Avipattikara Churna* helps to relieve constipation. *Amlapittam Nihanti-Aashu*: It helps to relieve gastritis very quickly. *Agnimandya*-It helps to relieve indigestion. *Durnama Nashanam*- It is used even in chronic conditions. *Karanja Nimba Parisheka- Karanja* (*Pongamia pinnata* Pierre) and *Nimba* (*Azadirachta indica* A. Juss.) *patra Parisheka* were selected. *Parisheka* is one among the variety of *Swedana* therapy specially administered in *Vata Dosha Pradhana Vyadhi* due to its *Vatashamana* nature. *Karanja* (*Pongamia pinnata* Pierre.) and *Nimba* (*Azadirachta indica* A. Juss.) *Patra* are *Kushtahara* and *Kandughna* in nature. *Katu, Tikta* rasa and *Ushna*

*Veerya* of *Karanja* (*Pongamia pinnata* Pierre) & *Nimba* (*Azadirachta indica* A. Juss) *Patra Kashaya* helped in alleviating *Kapha* and *Vata dosha*, resulting in reduction of dryness as well as itching in this case. Once the itch-scratch cycle is controlled, excoriations will reduce naturally. *Nimba* and *Karanja* possess antimicrobial, anti-inflammatory properties. *Psora capsule*- In Psoriasis it is used as main ingredients are *Panchatikta guggulu Ghrita, Narayana Taila*, etc. name itself indicates psoriasis. *Nimbamritasava*- Indicated in Skin allergy, Psoriasis, etc. *Swadista Virechana Churna*- As *Anulomana* that it acts as a Blood purifier, Laxative, Antibacterial and Antimicrobial, Antipruritic. *Triphala Ghrita*- In *Pitta*-related problems, in constipations. It works by balancing the aggravated *Vata* and *Pitta* which are the leading cause of digestion-related problems. It has *Rasayana* properties. After the completion of treatment symptoms slightly reduced but after 3 months of *Shamanaoshadhis* lot of improvement is seen. The patient symptomatically improved.

**Table no 2:**

**Assessment Criteria:**

Signs and Symptoms	BT	AT
Panipada Sphutanam	3	1
Tivratarata Vedana	3	1
Kandu	3	0
Vibhandham	2	0
Disturbed Sleep	2	0
Erythematous Plaques	2	0
Scaling	3	1
Auspitz Sign	2	0
Candle Grease Sign	2	0

**Photos:**



Before Treatment

After Treatment

## CONCLUSION

The conclusion of this case is that Ayurveda management by *Shodhana* and *Shamana* therapy in Psoriasis is a disease that is triggered by some local and systemic factors. It has both hormonal and immunological mechanisms, which are involved at a cellular level. The treatment given for *Vipadika* was *Nitya Virechana* and *Shamana Yoga*, which helped in the removal of vitiated *Dosha* from the body and opened the *Srothomukha*, and brought *Samyavastha* of *Doshas*. *Nitya Virechana* was the best treatment for eliminating the *Dosha*. Clinically, no adverse effect was observed due to the administration of medicine and *Nitya Virechana*. Hence it can be concluded that the *Ayurveda* line of management gives a satisfactory result. It is equally beneficial for the promotion and preservation of health by removing toxic wastes, balancing *Tridoshas*, and by correcting *Agni*

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