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Siddha treatment of Palmoplantar Psoriasis - A case study

M. K. Sangeetha¹, K. Rajakumar²

^{1,2} Siddha Physician, Dr. Rajkumar's Siddha Clinic, Chromepet,
Chennai, Tamilnadu, India.

Corresponding Author: Dr. M. K. Sangeetha MD(S)

Abstract

Kalanjakapadai (Psoriasis) is a chronic skin disease comes under autoimmune deficiency which is characterized by scales and red patches. Palmo plantar psoriasis is a type of psoriasis which particularly affects the soles of the feet and palms of the hands. One of the ancient medical system is Siddha stream of medicine indicates various Herbal and Herbo-Mineral & Herbo-Metallic formulations to treat Palmoplantar psoriasis. In a case observation of Palmoplantar psoriasis of a male patient of age 54 years old was treated with Siddha formulations showed better cure. Sastric Siddha formulation such as *Parangipattai* tablet, *Palagarai Parpam* tablet, *Vetpalai* Thylam, *Seemai Agathi Kalimbu* Possessing Better management in the treatment of Palmo-plantar psoriasis. In addition to that lifestyle modifications as per Siddha text including diet regimen including restriction was followed during the treatment phase. This strongly suggests that our traditional Siddha medicines having potent therapeutic effect against Skin disease Palmoplantar psoriasis. The treatment strategy which was followed in this mentioned case study is highly recommended for better management of Palmoplantar Psoriasis.

Keywords: *Kalanjakapadai*, Siddha Medicine, Herbal, Psoriasis, Skin Disease, Palmo-Plantar

Introduction

Traditional Siddha medicines are always unique by the way of containing admirable therapeutic potentials to treat chronic diseases. Psoriasis is a skin diseases which is characterized by Scaling, inflammed, itchy red patches etc., In Siddha medical system Psoriasis is referred as *Kalanjagappadai*. Palmar plantar psoriasis is a skin disease which is classified under Psoriasis. Auto immune deficiency is the main reason

behind the causation of Palmar Plantar Psoriasis. The symptoms are Crack, Redden, Scale, Swell, Thicken, Blister etc., seen in Hands and feet. Though there are various external and internal allopathic medicines are available currently in the market to treat Psoriasis, Siddha medicines plays a very significant role in curing all kind of Psoriasis without causing any adverse effects. Enormous Siddha herbals and herbo mineral, metallic formulations are still wondering for its immense Anti-psoriatic effect. We have done a

case study of a patient who severely affected with Palmar plantar psoriasis was treated effectively with traditional Siddha formulations.

Case Study

A Known Case Of Palmoplantar Psoriasis of about 54 Aged /Male who is working in leather industry for past 20 years with the symptoms of developed itching over the palm and foot along with scaling. Hyperpigmentation developed over the plantar region along with severe itching and scaling. Mild to moderate pain was observed over the affected region.

At day 1 patient was advised to take Siddha drug *Agasthiyar Kulambu* for the purpose of Purgation. Then he was advised to took CAPSULE *Rasa Gandhi Mezhugu* from day 3 onwards 1 BD with Palm Jaggery. Next to that, the Siddha medicines *T.Parangipattai* 2 BD, *T.Palagarai Parpam* 2BD was prescribed to took. At the same time *Vetpalai Thylam* – external at bed time and *Seemai Agathi Kalimbu* - external at morning was advised for 50 days along with food restrictions (Informed to avoid Bitter gourd, Brinjal, Tamarind, Chicken, Agathi leaves). The medicines which were used to treat in this case was procured from SKM Siddha and Ayurveda Pharmaceutical company.

Results

Figure I



The patient was recovered from the signs and symptoms of Palmar plantar psoriasis. The images were recorded to document the prognosis of the diseases while taking only Siddha medications.

Discussion

The *Agasthiyar Kulambu* was given for the purpose of purgation which helps in regulates bodily vital humors *Vatham*, *Pitham* and *Kapham*. The drug *Smilax china (Parangipattai)* has proven effect of Anti-Psoriatic activity in Swiss Albino Mouse Model. Drug activity was proved by measured the increase in percentage of 11 orthokeratotic regions. Here we can observed the therapeutic effect of *Parangipattai chooranam*. The leaves of *Wrightia tinctoria* has already proven for its anti-psoriatic compound. The main ingredient of Siddha medicine *Vetpalai thylam* is *Wrightia tinctoria* was the significant reason in reducing the scales in patient. *Seemai Agathi Kalimbu* has the major ingredient of The Plant *Cassia alata* may helps to reduce the itching in this patient. The Siddha medicines which was used here to treat this case was worked synergistically against the disease effect.

Conclusion

The above mentioned case study confirms that Siddha formulations are therapeutically beneficial in treating Palmo Plantar Psoriasis. The Antipsoriatic effect of biocompounds present as ingredients in *Parangipattai Chooranam*, *Palagarai Parpam* tablet acts as beneficial role in treating Psoriasis. External Siddha medicines *Vetpalai Thylam* and *Seemai Agathi Kalimbu* was used to treat this case in order to reduce the scales of the Psoriasis. This study will help to identify these Siddha drugs as a choice to treat Palmar plantar Psoriasis. Further Clinical trails if followed in large scale based on the above findings will definitely help to achieve a better treatment strategy in proper management of Palmar plantar psoriasis for the benefit of humankind globally.

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