

Integrative Ayurvedic Management of *Vipadika* (Palmo-Plantar Psoriasis): A Comprehensive Case Study

Vd. Shivani Bhaskar Kossambe

Assistant Professor

B.S.D.T`S. Ayurved Mahavidyalaya, Wagholi, Pune, Maharashtra, India

Abstract: *Vipadika, or palmo-plantar psoriasis, is a chronic dermatological condition that causes debilitating symptoms like fissures, scaling, and intense itching. The condition is difficult to manage due to its persistent and relapsing nature. This case study explores the effectiveness of Ayurvedic treatments, including Panchakarma therapies, internal herbal formulations, and external applications, in managing a 48-year-old male patient suffering from vipadika. Significant improvement was observed in symptoms and overall skin health, emphasizing the potential of Ayurveda in addressing chronic skin disorders holistically.*

Keywords: Vipadika, palmo-plantar psoriasis, Panchatikta Ghrita, Avipattikara churna