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Ayurvedic Management Of Cracked Feet(Padadari) - A Case Report

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ABSTRACT

Kusta is the general term used in Ayurveda to denote diseases of skin. Padadari is one among such disease which has been included under the heading of Kshudra Kusta mentioned by Acharya Susrutha. It is characterized by Padayok Kuruthe Dari (cracks in the feet), Sa-ruja (associated with pain) and Ruksha(roughness and dryness of the sole) It affect the individual because of unstable life style, dietary pattern, stressful life. Vata, Kapha and Pitta/Rakta vitiation are major cause in its manifestation. In present case report a patient with complaint of dryness and cracking of both soles associated with bleeding and pain since 3 years. The subject was treated with Ayurvedic line of management and found significant improvement in the signs and symptoms of Padadari within 45 days of treatment.

KEYWORDS : PADADARI, AYURVEDA, SHAMANOSHADHI, CRACKED FEET.

INTRODUCTION

Padadari is a disease, described as Kshudraroga(Minor skin disease) by Sushruta ,Madhavnidana, Bhavprakasha, Yogratnakara, Padadari involves Vruddha Vata Dosha¹. Signs and symptoms of Padadari are Padayok Kuruthe Dari (cracks in the feet), Sa-ruja (associated with pain) and Ruksha (roughness and dryness of the sole).^{2,3} Padadari can be correlated with cracked feet or heel fissures⁴. Cracked feet is a clinical condition characterized with dry, itchy skin, hardness around the rim of heel and cracks around the outer edge of heel. When the cracks are deep, they become painful and even bleed on minor pressure exerted on them. In certain cases, they get infected and causes severe pain and discomfort hindering the daily activity of the patient⁵. Cracks on foot have no age limit and can occur to anyone irrespective of

sex, colour, race and occupation. These cracks are seen in people with occupations like farming and long-standing jobs. Some common causes are excessive walking on uneven floor, long standing on hard surface, uncomfortable or back open footwear⁶. Here, we discuss the case report of Padadari in Ayurveda, how we treated with Samshamana drugs and how the patient responded to the treatment.

Case report

A 19-year old male patient approached to our hospital on 30/11/2022 with the complaints of cracks on both soles with burning sensation, occasional bleeding and pain since 3years.

History of present illness

Patient was apparently healthy 3years back, gradually he developed with cracks on both soles associated with burning sensation, bleeding and pain. He was treated conventionally and was getting temporary relief, due to recurrence of the symptoms, he approached our hospital for further treatment.

Past history

No history of Diabetes, Hypertension.

Personal history

Bowel habit – Regular

Appetite – Good

Marital History – NA

Occupation – Student

Menstrual history – NA

Addiction – No

Family History

None

All other vital and systemic examination were within normal limits.

Weight – 56 kg

CLINICAL FINDINGS

Local Examination

- Site of lesion - dorsum of foot or sole
- Distribution- Symmetrical (both soles)
- Dryness, cracking of both the soles is seen (Padayok Kuruthe Dari, rukshata) which is bleeding from the cracked region is seen
- Surface is rough and dry, margins are - irregular

Showing subject's Asta Vidha Pareeksha

- Nadi - Kapajanadi, 76/min
- Mala - Prakruta, 1 time /day
- Mutra - Prakruta, 4-5 time/day
- Jihva - Aipta
- Shabdha – Prakruta
- Sparsha - Anushna Sheetha
- Drik - Prakruta
- Akriti - Madhyama

Showing subject's Dashavidha Pareeksha

- Prakriti - Kapha Vata
- Aharaja Hetu - Anupa Mamsa, Katu, Kashaya Ahara
- Viharaja Hetu – Walking bare foot
- Dosha - Kapha Vata
- Dushya - Rasa, Meda
- Desha - Anupa
- Sattva - Madhyama
- Sara - Medosara
- Samhanana - Madhyama
- Pramana - Madhyama
- Satmya - Madhyama
- Ahara Shakthi - Abhyavarana Shakthi -Uttama, Jarana Shakthi - Uttama
- Vyayama Shakthi – Madhyama
- Vaya - Madhyama
- Bala – Madhyama

On examination, multiple deep fissures were present on both soles with local tenderness. According to the clinical features, the patient was diagnosed as a case of Padadari.

TREATMENT

On 1st Day of Consultation (30/11/2022) - Medicines are prescribed for 15days

Sl.No	Medicine	Dose	Frequency	Mode of administration
1.	Pinda Taila	10ml	OD	External application
2.	Panchavalkala kwatha choorna	5g	OD	External wash
3.	Nimbadi guggulu	500mg	2 BD	PO, AF
4.	Pancha tiktha ghritha	10g	OD	PO, BF

First follow up (21/12/2022)

Sl.No	Medicine	Dose	Frequency	Mode of administration
1.	Pinda Taila	10ml	OD	External application
2.	Panchavalkala kwatha choorna	5g	OD	External wash
3.	Nimbadi guggulu	500mg	2 BD	PO, AF
4.	Pancha tiktha ghritha	10g	OD	PO, BF
5.	Gandaka rasayana	500mg	1 OD	PO, AF

Second follow up (1/2/2023) - Medicines are prescribed for 15days

Sl.No	Medicine	Dose	Frequency	Mode of administration
1.	Khadirarishta	10ml	BD	PO, AF
2.	Panchavalkala kwatha choorna	5g	OD	External wash
3.	Nimbadi guggulu	500mg	2 BD	PO, AF
4.	Gandaka malahara ointment	5g	OD	External application

Third follow up (15/3/2023) - Medicines are prescribed for 15days

Sl.No	Medicine	Dose	Frequency	Mode of administration
1.	Mahamanjishtadi kwatha	10ml	BD	PO, AF
2.	Panchavalkala kwatha choorna	5g	OD	External wash

3.	Nimbadi guggulu	500mg	2 BD	PO, AF
4.	Yeshtimadhu taila	10ml	OD	External application

Outcome –

Reduced in symptoms like

- Dari(cracks)
- Vedana(pain)
- Sushkata(dryness)
- Rakta Srava(bleeding)

RESULTS

Before treatment, severe cracks, bleeding, pain, dryness (Dari, Vedana, Sushkata, Rakta Srava). During treatment, gradual improvement in cracks and pain noted. By the third follow-up, complete resolution of cracks, pain alleviation, and cessation of dryness and bleeding observed, showcasing Ayurveda's effectiveness in managing Padadari.

Before treatment

During treatment

After treatment



DISCUSSION

Pinda Taila

With the application of Pinda taila the roughness in soles greatly reduced due to snigdha guna of oil. Also the sarajrasa in pinda taila is said to have wound healing properties that would help in healing the fissures on soles. Also the honey bee wax (madhuchishta) is having wound healing properties so it helped in wound healing as well as uniting the edges of fissure and making skin to appear uniform. Further pinda taila is said to be having analgesic property that helped in reducing the pain due to fissure and facilitated daily working. The

sarajras and manjishtha both are having varnya properties that means it helps to cure the discoloration of skin by their varnya property so the blackish discoloration over soles reduced greatly⁷.

Panchavalkala

Panchavalkala, composed of the bark from Nyagrodha, Udumbara, Ashvatha, Plaksha, and Parisha, is effective in treating kusta by balancing Kapha-Vata and cleansing Rakta and Meda. It has Vrana ropana (wound healing), anti-inflammatory, and antibacterial properties. Its phytochemical components, including tannins and flavonoids, contribute to its antiseptic, antimicrobial, antioxidant, and immuno-modulatory effects. By clearing skin ducts and improving pigmentation, Panchavalkala in Kashaya and Lepa forms promotes skin health and enhances complexion⁸.

Gandaka rasayana & Gandhakadya Malahara

Gandaka rasayana contains Shuddha gandhaka (Pure sulphur), Chaturjat, Triphala, Shunti, (Zinziber officinalis), Brahmi (Eclipta alba) and Guduchi. (Tinospora cordiolia). It acts as kushtaghna, vishaghna (Antitoxin), Rasayana (Antioxidant), Jatughna, (Antimicrobial). Gandhaka Rasayana is Pitta shamak in nature, which acts as anti-inflammatory.

The content of Gandhakadya malahara possesses tridosha-hara, snigdha, teekshna, ruksha, sara and ushna properties. All the ingredients have pharmacologically antifungal, anti-microbial and antioxidant action, thus it can effectively reduce infections and prevent its recurrence by improving the immunity of skin with its antioxidant property. Shuddha Gandhaka is antifungal and antimicrobial, it helps in detoxification and tissue repair. Shuddha Tankana is antifungal and antibacterial. Upon topical application, the active principles of malahara reaches deeper tissues through sira mukha and sweda vahi srotas with its sara and teekshna properties. Due to ushna, teekshna, sara properties, it removes the obstruction in sweda vahi srotas and cure the disease⁹.

Nimbadi guggulu

It mainly acts as immunomodulatory and anti oxidant property. Nimbadi guggulu contains 1 part of nimba (azadirachta indica), triphala {amalaki (emblica officinalis), vibitaki (terminalia bellirica), Haritaki (terminalia chebula)}, vasa (adhatoda (trichosanthes dioica) vasika), and patola guggulu (commiphora mukkal) These ingredients are having tikta (bitter), katu (pungent) and kashaya (astringent) rasa pradhana with laghu (light), ruksha (dry) guna. Nimba has vana shodhaka (antimicrobial), tridosashamaka, vranashodaka, vranaropaka properties¹⁰.

CONCLUSION

Study is concluded that Padadari (cracked feet/ heel fissure) can be successfully treated with appropriate Ayurvedic medication. As Ayurvedic treatment helps to relieve symptoms of disease and also an attempt to provide safe and effective treatment to the patient. After first medication the symptoms like cracking of both soles, itching, bleeding from cracked region reduced. The patient was advised for follow up for proper medication and is advised for avoiding fried food items, junk food, curd, non-vegetarian diet, sea foods, and milk products.

DECLARATION OF PATIENT CONSENT

CONSENT FORM FOR CASE REPORTS¹

For a patient's consent to publication of information about them in a journal or thesis

Name of person described in article or shown in photograph: Suresh

Subject matter of photograph or article: Case report

Title of article: Ayurvedic Management of Padadari (Cracked feet) - A case report.

Medical practitioner or corresponding author: Dr. Nataraj H. R.

I Suresh [insert full name] give my consent for this information about MYSELF OR MY CHILD OR WARD/MY RELATIVE [insert full name]: Suresh, relating to the subject matter above ("the Information") to appear in a journal article, or to be used for the purpose of a thesis or presentation.

I understand the following:

1. The Information will be published without my name/child's name/relatives name attached and every attempt will be made to ensure anonymity. I understand, however, that complete anonymity cannot be guaranteed. It is possible that somebody somewhere - perhaps, for example, somebody who looked after me/my child/relative, if I was in hospital, or a relative - may identify me.
2. The Information may be published in a journal which is read worldwide or an online journal. Journals are aimed mainly at health care professionals but may be seen by many non-doctors, including journalists.
3. The Information may be placed on a website.
4. I can withdraw my consent at any time before online publication, but once the Information has been committed to publication it will not be possible to withdraw the consent.

Signed: Suresh Date: 30/11/2022

Signature of requesting medical practitioner/health care worker:

[Signature] Date: 30/11/22

¹ Adapted from BMJ Case Reports consent form.

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