

**MANAGEMENT OF PADADARI WITH JIVANTYADI YAMAK AND  
INTERNAL MEDICINE – A CASE STUDY****Dr. Ruchida Vishnu Umbare\*<sup>1</sup> and Dr. Yogesh Shankarrao Surse<sup>2</sup>**

<sup>1</sup>PG Student, Kaumarbhritya Department, Shree Saptashrungi Ayurved Mahavidyalaya and Hospital, Nashik.

<sup>2</sup>Guide and HOD of Kaumarbhritya Department, Shree Saptashrungi Ayurved Mahavidyalaya and Hospital, Nashik.

Article Received on  
20 September 2024,

Revised on 11 October 2024,  
Accepted on 31 October 2024

DOI: 10.20959/wjpr202421-34495



**\*Corresponding Author**

**Dr. Ruchida Vishnu  
Umbare**

PG Student, Kaumarbhritya  
Department, Shree  
Saptashrungi Ayurved  
Mahavidyalaya and  
Hospital, Nashik.

**ABSTRACT**

In Ayurveda much importance is given to personal health and hygiene. So if we all follow Ayurveda we will keep our health away from many lifestyle health problems. People are more conscious about ourselves regarding cosmetic point of view. Now a days because of change in lifestyle most common cosmetic problem which deals with beauty of foot is padadari(cracked feet) taken for case study. Vitalization of vata dosha which disturbs the healthy condition of pada and produces padadari (cracks in feet) In Padadari vata get aggravated and goes into padapradesha which produces rukshata, Darana, ruja, these symptoms are due to increase ruksha guna of vata so line of treatment is vatashamana to decrease dryness and healing of the cracks which is possible by applying sneha dravya (lubricants) to affected area. Present study jivantyadi Yamak for local application.

**INTRODUCTION**

According to Ayurveda our body is formed by combination of tridoshas (vata, pitta, kappa), saptadhatus(rasa - shukra), trimala (purisha, mutra, Sveda) If this doshas are in balance condition the individual will be healthy and vice versa. Ayurveda includes all skin diseases under broad name kushtha. There are 18 types of kushtha out of which 11 are kshudrakushtha. Different Aacharyas have given different presentations of signs and symptoms of vipadika. According to ashtang hridaya panipadasphutana (cracks over palm and soles), tivra vedana (intense pain) manda kandu (mild itching), Sarakta pidika (red coloured

macules) are symptoms. According to charakas cracks and severe pain are symptoms of vipadika According to sushruta- itching, burning sensation, pain at pada Critics of sushruta told padadari and vipadika are same.

### AIMS AND OBJECTIVES

1. To study the effect of Jivantyadi yamak and internal medicines in the management of Padadari.
2. To find out the effective ayurvedic management for Padadari.

### MATERIALS AND METHODS

**Selection of patient** - For this study, patient was registered from OPD in our institute.

**Plan for study**- Patient taking allopathy medicine was

Stopped during study period. The drugs required for this study, obtained from pharmacy in our institute.

**Duration of study**- 10 days, with regular follow up

### CASE STUDY

Patient name - xyz Religion - Hindu OPD no - 9155

Occupation - student SES- lower middle class

Registration date - 20/04/2023 Department-kaumarbhritya Diagnosis- Padadari

#### 1) Vedana Vishesh

Cracks on both feet.

Since 1.5yr Pain while working

Since 1.5 yr

**2) Vedana vrittant- (History of present illness)** - Patient was apparently normal before 1.5 yrs back patient experienced cracks over both feet itching and pain while walking, gradually these complaints increased Patient consulted allopathic and homeopathic doctors and took internal medicines with local application of ointment for 1 year, didn't get relief in the condition with the complaints patient approached in our institute.

#### 3) Purvotpanna vyadhi vrittant (History of past illness)

Nothing significant

4) **Kula vrittant-(Family history)** – No significant family history was observed

5) **Balak avstha - Annad Avastha**

6) **Janma Itivrutta**

1) **Garbgakalin** : No any ANC illness

2) **Prasavakalin** : FT/NVD/ BCIAB/ Birth weight- 2.8 Kg/No H/O NICU stay

#### General Examination

Examination	Observation
<b>Pulse</b>	87/min
<b>Blood Pressure</b>	110/70 mm of hg
<b>RS</b>	AEBE Clear
<b>CVS</b>	S1 and S2 Normal
<b>CNS</b>	Conscious and oriented
<b>P/A</b>	Soft

#### Ashtavidha Parikshan

Examination	Observation
<b>Nadi</b>	Samyak
<b>Jivha</b>	Saam
<b>Mala</b>	Baddham
<b>Mutra</b>	Samyak
<b>Shabda</b>	Prakrut
<b>Sparsha</b>	Anushnasheeta
<b>Druk</b>	Prakrut
<b>Akruti</b>	Madhyama

#### Dashavidha Parikshan

Examination	Observation
<b>Dushya</b>	Dosh- Vata Dhatu- Rasa Strotas- Rasavaha, Pureeshvaha
<b>Desha</b>	Deham- Urdhwajatru Bhoomi- Sadharanam
<b>Bala</b>	Roga- Pravar Rogi- Avar
<b>Kala</b>	Vyadhi avstha- Purana
<b>Anala</b>	Avar
<b>Prakruti</b>	Kaphapradhan Vata
<b>Vaya</b>	Baal
<b>Satva</b>	Madhyama
<b>Satmya</b>	Madhur rasa pradhan
<b>Ahara</b>	Abhyavaran- Avar Jaranam- Avar

L/E - Rukshata at sole region

Darana at sole region at both feet

### Treatment

#### INTERNAL MEDICINE

Sukshma triphala.

1 gm \_ \_ \_ \_ \_ 1gm \_ \_ \_ \_ \_ 1gm

X15 days

Gandhak rasayana

2 tab \_ \_ \_ \_ \_ 2tab X 15 days

#### EXTENAL MEDICINE

Jeevantiyadi yamak for local application X Three times a day

Dravya	Latin name And family	Rasa	Virya	Vipak	Guna	Karma
Jeevanti	Lata deniya Reticulatae (Asclepiadaceae)	Madhur	Sheeta	Madhur	Laghu, snigdha	Tridoshaghna, dahaprashamanam
Manjishtha	Rubia cordifolia	Tikta, kashay	Ushna	Katu	Laghu, ruksha, Tikshna	Shothaghna, vranupasak, vedanasthapak, kushtaghna
Darvi	Berberi aristata	Tikta, kashay	Ushna	Katu	Laghu, ruksha, tikshna	Shothaghna, vedanasthapak, vranropak
Kampillak	Mallotus philippinesis	Katu	Ushna	Katu	Laghu, ruksha, Tikshna	Vedanasthapak, shothaghna, vranupasak, kushtahar
Arka	Calotropis procera	Katu, tikta	Ushna	Katu	Laghu, ruksha, Tikshna	Vedanasthapak, shothaghna, vranupasak, kushtahar
Tuthya	Copper sulphate	Kashay Madhur	Ushna	Katu	Guru, snigdha	Tridoshghna, rasayan, twakdosshar
Madhushishta	Bee wax	-	-	-	Snigdha	Vedanasthapak
Sarja ras	Vereria indica	Kashay Madhur	Ushna	Katu	Laghu, ruksha	Tridoshhar, vedanasthapak, jantughna

### Subjective Criteria

1) Panipadyot Kurute Dari (Cracks In Feet and hands)

- 2) Kandu (itching at Feet and hands)

## OBJECTIVE CRITERIA

- 1) Length of cracks
- 2) Width of cracks

## DISCUSSION

Padadari is due to vata prakopa. Mainly occurs due to vitiation of vata dosha which eventually leads to sthanik vata dosha dushti. Due to increase in rukshata in hasta pada pradesha leading to occurrence of dare (cracks) Often associated with saruja(pain) & kandu(itching). Not only internal medicine but skin diseases needs local application of ointment or oil.

## CONCLUSION

Padadari is correlated with cracked feet based on clinical signs and symptoms Jeevantyadi yamak is affordable efficient and simple to use In this study it was found that managing padadari with aid of traditional medicine Jeevantyadi yamakand recommended.

## REFERENCES

1. SUSRUTA SAMHITA OF Volume 1(NIDANSTHANA) Edited with 'Susrutavimarsini' Hindi Commentary Alongw ith Special Deliberation etc. By Dr. Anant Ram Sharma Foreword by Acharya Priya Vrat Sharma VARANASI CHAUKHAMBHA SURBHARATI PRAKASHAN Edition, 2000; 5: 494.
2. SUSRUTA SAMHITA OF Volume 1(NIDANASTHANA) Edited with 'Susrutavimarsini' Hindi Commentary Along with Special Deliberation etc. By Dr. Anant Ram Sharma Foreword by Acharya Priya Vrat Sharma VARANASI CHAUKHAMBHA SURBHARATI PRAKASHAN Edition, 2000; 13: 558.
3. ASTANGAHRDAYA OF VAGBHATA Edited with the "Vidyotini' Hindi Commentary By Kaviraja Atrideva Gupta Vidyalkankara, Edited By Vaidya Yadunandana Upadhyaya CHAUKHAMBHA PRAKASHAN VARANASI Edition: Reprint, 2007 Chapter 19 shloka77.
4. Prof. P.V. Sharma, Dravyagunavigyan, Edition-Reprint, Chaukhamba Bharati Academy, 2005; 2: 743.
5. Prof. P.V. Sharma, Dravyagunavigyan, Vol-2 Edition-Reprint, Chaukhamba Bharati Academy, 2005; 800.

6. Prof. P.V. Sharma, Dravyagunavigyan, Vol-2 Edition-Reprint 2005, Chaukhamba Bharati Academy, 800,801.
7. Prof. P.V. Sharma, Dravyagunavigyan, Vol-2 Edition-Reprint 2005, Chaukhamba Bharati Academy, 521,522,523.
8. Prof. P.V. Sharma, Dravyagunavigyan, Vol-2 Edition-Reprint 2005, Chaukhamba Bharati Academy, 433.
9. Prof. P.V. Sharma, Dravyaguna vigyan, Vol-2 Edition-Reprint 2005, Chaukhamba Bharati Academy, 672.