

## ROLE OF *MADHUCCHISTADI LEPA* IN THE MANAGEMENT OF *PADADARI* (CRACKED FEET) – A CASE STUDY

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### ABSTRACT

In Ayurvedic context various diseases are described as *Kshudraroga*, among which *Padadari* is mentioned. It is correlated with cracked feet. Now a day it is major common problems in day today life. Cracked feet is also known as heel fissures is common foot problem characterized by hardening and cracks heel associated with burning pain, itching and sometimes bleeding. According to Ayurveda *padadari* is *vataj vyadhi*, leads to symptoms as *padadaha*, *vedana*, *rukshta*. *Atichankramana* and *vataprakopaka ahara* are main cause of *padadari*. According to modern, common cause of *padadari* includes age, excessive walking, dryness of skin, improper shoes, skin allergies, some secondary causes like, psoriasis, thyroid, diabetes etc. Dust also plays a role which reduces humidity and dries out the skin. In

Ayurveda varies treatment modalities mentioned such as *abhangya*, *snehana*, *swedana*, *lepana*, *raktamokshana* etc. According *acharya sushruta* cases of *padadari* should be treated with medicinal *lepa* formulation composed of *sarjarasa*, *vasa*, *majja*, *ghruta*, *yavakshara*, and *swarnagairika* which is used after *shehana* and *swedana*.

**KEYWORDS:** *Padadari* (cracked feet), *padabhyanaga*, *swedana*, *madhucchistadi lepa*.

### INTRODUCTION

Ayurveda is a science of life, which always helps and support in maintenance of healthy body. Human skin is a biological marvel. Hence it is essential to protect and preserve the skin for a person's own health and self esteem. One of the most commonly encountered problems

in the daily workers. It is *twaka vikara* which calls for a result oriented management. A common *samprapti* of *twaka vikara* involves all *tridoshas*, *dhatu*s i.e *twaka*, *rakta*, *mamsa*, and *lasika*. According to Ayurved literature the etiological factor which is resulting into *padadari*. It occurs due to excessive walking with bare foot while according to modern literature the etiological factors are dry skin, prolonged standing, obesity, surgeries of lower extremities, heel spurs, flat feet, high arched feet etc. In treatment of *padadari*, modern practices involve topical ointment containing urea, salicylic acid ointment etc. In *sushruta samhita* *padadari* is included under the diseases of *kshudraroga*. Among the mentioned treatment *sushruta* has described *madhucchistadi lepa* as a local application. This *lepa* contains *madhucchista*, *vasa*, *majja*, *sarja rasa*, *ghruta*, *yavakshara*, and *swarnagairika*. *Purvakarma* includes *snehana* and *swedana*. *Pathya* involves walking with shoes, food should be rich in *madhura*, *amla*, *lavana rasa*.

## CASE STUDY

A 38 years male patient presented to our OPD of our hospital with chief complaint of over *Vedana* (pain), *Kandu* (Itching), *Rukshata* (Dryness) & *Daha* (burning) and redness since 8 months. There no history of any systemic diseases like HTN, DM and any other major surgical illness. Occupation of patient is labour worker. For the above complaints he went to multiple private and govt. hospital and took various treatments for *Padadari* resulting in temporary relief. On arrival to our institute, his general condition was good. on the clinical assessment of the patient was diagnosed as a case of *Padadari* and following Ayurvedic preparations like local application of *madhucchistadi lepa* was started as he have been received many other treatment modalities for *Padadari*. Meanwhile initial and routine blood investigations like complete blood count, urine routine & microscopic and blood sugar levels were sent to the labs which were within normal limits. Along with this the progress in the condition of feet was closely observed to assess the efficacy of this *madhucchistadi lepa* on *Padadari*.

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## METHOD OF APPLICATION

On OPD basis the, the patient was treated and advised to *snehana* and *swedana* and application of *madhucchistadi lepa* twice a day. Treatment were given for duration of 1 month.

## DRUG REVIEW

Madhucchistadi lepa is mentioned in sushruta samhita contains madhucchista, vasa, majja, sarjarasa, ghrita, yavakshar, and swarnahgairika.

### Criteria of Assessment

1. Vidar (Cracks)
2. Vedana (Pain)
3. Rukshata (Dryness)
4. Kandu (Itching)
5. Daha (Burning)

These clinical features were noted on 1<sup>st</sup>, 15<sup>th</sup> and 30<sup>th</sup> day on the basis of following charts.

**Table no 1: Showing gradation of *Vidar* or cracks.**

Grade	<i>Vidar</i> Or Cracks
	No <i>vidar</i> or cracks in the feet
1	1 or 2 <i>vidar</i> or cracks in the feet
2	Few <i>vidar</i> or cracks in the feet
3	More <i>vidar</i> or cracks in the feet

**Table no 2: Showing gradation in *Vedana*.**

Grade	<i>Vedana</i> or Pain
0	No Pain
1	Mild Pain in cracked feet
2	Moderate pain in cracked feet
3	Severe pain in cracked feet

**Table no 3: Showing gradation in *Rukshata*.**

Grade	<i>Rukshata</i> Or Dryness
0	No dryness
1	Mild dryness to touch
2	Moderate dryness in the feet
3	Severe dryness can be easily seen and felt

**Table no 4: Showing gradation in *Kandu*.**

Grade	<i>Kandu</i> Or Itching
0	No Itching
1	Mild Itching
2	Moderate Itching
3	Severe Itching

Table no 5: Showing gradation in *Daha*.

Grade	<i>Daha</i> or Burning
0	No Burning
1	Mild burning
2	Moderate burning
3	Severe burning

**OBSERVATION**

Parameters	1st day	15 <sup>th</sup> day	30 <sup>th</sup> day	% Improvement
1.Vidar	3	2	1	66.67%
2.Vedana	3	2	0	100%
3.Rukshata	2	1	0	100%
4.Kandu	2	1	0	100%
5.Daha	2	1	0	100%

Before and after treatment (Image 1 and Image 2)



Image 1



Image 2

**DISCUSSION**

Various treatment modalities available in the management of *padadari* but local application of *madhucchistadi lepa* along with *padabhyanga* and *swedana* shows effective result as *vatahara* and *ropana* properties. *Padadari* caused basically due to *atichankramana* and *vataprakopaka ahara* and *vihara*. *Madhucchistadi lepa* acts as smoothing, analgesic and *vatashamaka* effect.

## CONCLUSION

Patient having *Padadari* were mainly from the middle age and working class. It was due to Poor hygiene of foot and doing work or *Atichankraman* especially foot wear. *Padadari* was more prevalent in those who had frequent exposure to mud or soil, those who were not using foot wears, exposure to cold weather, Nowadays, occurrence of a few *Kshudrarogas* is very high in the society, such as *Padadari*. Painful, cracked and dry heels is a predominant cosmetic problem and has been termed as *Padadari* in Ayurveda and has been explained in *Kshudra Rogas* in *Sushruta Samhita*. Almost all texts of different chronological order have described *Kshudraroga* with less or more elaboration. In Ayurveda various treatment principles for *padadari* are explained like administration of drugs internally, external application of drugs, *padabhyanga* and so on. In Ayurveda, there are many herbs described which has excellent *Vranaropak* or healing properties. Getting clues from these, local application of *madhicchistadi* lepa has been used in case of *Padadari*. The obtained results and primary observations have shown very encouraging outcomes.

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