

A CASE STUDY ON PADADARI: GANDHAK-COCONUT OIL TOPICALLY AND PITTAPAPDA WITH NAGARMOTHA INTERNALLY

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ABSTRACT: The world is an acronym for integrated science of the Hatha, Tantra and Ayurveda. Ayurveda involves ancient practice from India to heal and prevent disease while keeping the body and spirit in harmony. Ayurveda principle includes all the physical and mental activities starting from waking up in the morning up to sleep at night. The patient of dermatological diseases in the population are rapidly increasing. Padadari disease described in Ayurveda under *kshudra-roga* has been first mentioned in Sushruta Samhita. It can be correlated with cracked feet. Padadari means "Vidar or dari or Cracks or Fissures" in the hands or feet. In a person who is in the habit of too much walking on rough ground without footwear, so the *vaat dosh* gets increased and it produces fissures in the sole of feet, this is called as padadari. Padadari denotes uncleanliness of the sole. Ayurveda has mentioned many preparations for such minor conditions as well as oral remedies. Gandhak Kalpa is the best remedy for padadari when used with Pittapapada and Nagarmotha, tremendous results occur.

KEYWORDS: Padadari, Kushtha, Vidar

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INTRODUCTION:

Acharya Sushrut & madhavnidha explained group of diseases known as '*kshudrarog*' Nowadays, occurrence of many *Kshudrarogas* is in society, Padadari has included that group only. Painful, cracked and dry heels are a predominant cosmetic problem and have been termed as Padadari; Almost all books of different chronological order have described *Kshudraroga* with less or more elaboration. Cracks on lower limb have no any age limit and it can affect anybody . many of the time cracks are occupational like bus conductor , water worker ,fisherman and whose job with continuous standing. Due to old Age, dry skin , continuous walking on rough surface, standing on stony or woody floors, open brogan , Unhealthy food, hyperlipidemia , Diabetes mellitus and insipidus , plantar psoriasis and other dermatological reckless, dirty condition of lower limb or continuous exposure of lowe limb to grime, , microbe are common causative factor for Padadari.

According to present day science described that cracked heels can occur because deficiency of vitamin C , vitamin B-3, vitamin E , zinc, omega-3 fatty acids, calcium, and iron.

As per aspect of ayurvedic science Vata and Kapha dosha are those two are basic dosha's that maintain the equilibrium. vata dosha vrudhi may cause ruksha then vata dosha deceises kapha and makes twak rukshata and vali formation . Kapha maintain twak moist and mrudu . Thus, the prakop of vata can causes ruja ; when to severe painful dari in lower limb known as Padadari. When administration of medicine as internally, external application of medicine. according to Ayurvedic samhitas there are many herbs medicine are mentioned which has Vranaropak or healing properties. Getting clues from these, local application of Gandhak with coconut oil as well as internally use pittapapda and nagarmotha has been used in case of Padadari. Now-a-days cosmetology is growing rapidly , new procedure and medicine are coming from the field of modern medicine , but still some disease are there which are out of modern control . specifically skin diseases do not have firm and total cure in modern medicine, they tend to recure. This kind of pit and fall of modern medicine where Ayurveda can come strong and give total cure to the patient

Presentation of case A 69-year-old male patient presented to our Institute hospital on 29th November, 2021 with chief complaint of 1 months dari (cracks or fissure) over both lower limb along with Vedana (pain), Kandu (Itching), Rukshata (Dryness) & Daha (burning) off and on. There Was history of Hypertension or Diabetes since 7 yr and h/o hernioplasty of inguinal hernia .no h/o allergy of food and medicine , no h/o of any habbit For the above complaints he went to multiple hospitals and took various treatments for Padadari resulting in temporary relief. Patient b/b relative in our hospital ,he had vitally stable , general condition was well . With this clinical general presentation, on the basis of local and general examination patient was diagnosed with Padadari .

Ayurvedic remedies like local application of Gandhak with coconut oil and pittapapda and nagarmotha internally was started as he have been received many other treatment for Padadari. Meanwhile initial and routine blood investigations like Complete Blood Count and Blood Sugar levels were sent to the labs which were within normal limits. Along with this the progress in the condition of feets was closely observed to assess the efficacy of this Gandhak with coconut oil and pittapapda and nagarmotha on Padadari.

Accordingly, to over all study of local medicine works as a best treatment for Padadari. Method of Application on OPD basis the, the patient was treated and advised to apply preparation of Gandhak and coconut oil two time in a day and pittapapda +nagarmotha each 6gm 8 hrly in

a day with warm water . when cleaning of feet with warm water, Gandhak with coconut oil is evenly applied locally. After 1 hour it is again washed & and maintain proper hygiene of feet keep it moisturized likewise this procedure repeated for 3 months.

DRUG REVIEW:

GANDHAK- gandhak has antimicrobial as well as antifungal activity it effective in both when taking if p/o and locally as antimicrobial agent . locally use of it sulphur kill bacteria and fungus by formation of not only hydrogen sulphide but also pentatonic acid.

NAGARMOTHA- according to samhitas it having wound healing properties now this study was aimed to evaluate the wound healing activity of extract of tuber parts of C.rotundus. the alcoholic extract of tuber parts of C. rotundus was new intervention for wound healing activity.

PITAPAPDA-Pittapapda' is a well-known crude drug used in Indian system of traditional medicine for diverse pharmacological activities like anthelmintic, antipsoriatic, hypoglycaemic, antidiarrhoeal and hepatoprotective. It is a major constituent of Ayurvedic preparations like 'Parpatadi-kwath', 'Parpatadi-arishta', 'Parpatadi-arka,' etc. During crude drug market survey it was observed that whole plant of seven botanically different species,

Criteria of Assessment 1. Vidar (Cracks) 2. Vedana (Pain) 3. Rukshata (Dryness) 4. Kandu (Itching). These clinical features were noted on 1stmonth , 2ndmonth and 3rd month on the basis of following charts.

Table no 1: Showing gradation of Vidar or racks Grade Vidar Or Cracks

0	No vidar or cracks in the feet 1
1	1 or 2 vidar or cracks in the feet
2	2 Few vidar or cracks in the feet
3	3 More vidar or cracks in the feet

**Table no 2: Showing gradation in Ruja .
Grade Vedana or Pain**

0	No pain
1	Mild pain
2	Moderate pain
3	Severe pain

Table no 3: Showing gradation in Rukshata.

Grade Rukshata Or Dryness

0	No dryness
1	Mild dryness to touch
2	Modrate dryness in the feet

3	Severe dryness can easily seen and felt
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Table no 4: Showing gradation in Kandu.**Grade Kandu or Itching**

0	No itching
1	Mild itching
2	Moderate itching
3	Severe itching

Observation

Parameters	1month	2month	3month	% improvment
1.Vidar	2	1	0	100%
2.Vedana	3	2	0	100%
3.Kandu	3	2	1	66.67%
4.Rukshata	3	2	1	66.67%

CONCLUSION:

There are large number of skin diseases which are mostly treated from conventional source which bases on steroid therapy and required long term treatment. When the drug stopped than the chance of recurrences is more. It can be concluded that in the management of padadari, gandhak-coconut topically and nagarmotha with pittapapada internally provide significant result. No adverse effect was observed during treatment. In Ayurveda various treatment principles for Padadari are explained like administration of drugs internally, external application of drugs, massage of pad and so on. cheap treatment for Padadari and proves one of best treatment for padadari.

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