

# Management of Kshudra Roga ( Padadari) Through Shaman Chikitsa: A Case Report

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## Abstract:

Rhagades/cracked heels are a common foot problem that is often referred to as heel fissures. Padadari is nowadays considered one of the major cosmetic health problems affecting both sexes. Acharya Sushruta has explained Padadari briefly under Kshudra Rogas. Its major incidence is seen in dry-skinned people who cover long distances daily often without proper foot care. Padadari is a disease, occurs due to vitiation of Vata Dosha. Intake of Vata aggravating Ahar-Vihar, lack of Dincharya eventually leads to Sthanika Vatadushti and manifest symptoms like Dari, Rrukshta, Ruja. Vatashamaka, Varnoropna Aushadh should be used in Padadri Chikista.

**Aim:** In present article, key findings to reveal the efficacy of Ayurvedic formulations in Padadri addressing underlying imbalances in the body's Doshas.

**Material & Methodology:** A nine- year-old boy presented in the outdoor patient department of Kaumarbhritya, Rishikul Campus (UAU) Haridwar Uttarakhand, on 24/12/2024 with complaints of – Cracked lesion on both soles, associated with pain & discomfort on walking and standing since 4-5 months.

**Results:** It was observed that intervention of ayurvedic formulation- drug having Vatashamak, Kushthaghna, Kandughna, Raktashodhaka ,Varanropna properties shows significant results in Padadari patients.

**Keywords:** Dincharya, Vatashamak, Kushthaghna, Kandughna, Raktashodhaka ,Varanropna

## Introduction:

In Ayurveda, major skin diseases have been described under Kushtha Roga. Literary meaning of Kushtha is “Kushnati Vapuh Eti Kushtham” which means any diseases that deforms the skin is known as Kushtha. There are two types of Kushtha: 1. Mahakushtha, which is further classified into seven subtypes and 2. Kshudra-kushtha which is further classified into eleven subtypes<sup>(1)</sup>. The name of Maha-kushtha is based on the chronicity of the disease and severity of their symptoms. Less severe skin diseases are described in Kshudra-Kushtha. Remaining skin diseases are enumerated in Kshudraroga. Kshudraroga is described in a separate chapter in Shusrut samhita. Kshudra roga is derived of two words i.e. Kshudra and Roga. Kshudra means Alpa or short/ small/ minor, and Roga means disease. According to Shusruta samhita, Kshudraroga are 44 in number, while Vagbhatta has mentioned 36 Ksudra-rogas. Among Ksudrarogas- Padadari, is a Vata predominant skin disease<sup>(2)</sup>. Padadari/ Cracked heels are a sign of a lack of attention to foot care, rather than just a lack of moisturizing.

Etiopathogenesis as per ayurveda are: Atichankraman, Vataprakopak Ahar- Vihar, not doing Padabhyanga, more prone in Grishma and Shishir Ritu are main reason for Padadari. The Samprapti of this disease can be considered due to Atichankraman (too much walking), results increase in the Ruksha Guna of Vata Dosha and then Vata Prakopa occurs<sup>(3)</sup>. This leads to Padagata, Twak Rukshata (roughness), Darana (cracks), and Ruja (pain). Twak is Updhatu of Mamsa. Increase in Ruksha guna of Vata dosha, leads to Kledata (Drava guna) of the skin is reduced. The reduction of Kledata leads to improper Rasa Dhatu Poshana. Due to improper Rasa Dhatu Poshana, Twak Poshana also decreased. Hence, the Rukshata of Twak helps in developing the disease Padadari.

Due to severe pain, high recurrence propensity, and beauty-conscious patients seek Indigenous medical treatments rather than any other treatment methods. Here, use of internal medication (Shamana) along with Padhabhyang helps in detoxify the body, provide nutrition & strengthening to heels, thus decreasing episodic recurrence of the disease and providing long term relief to the patient.

### CASE HISTORY:

**Chief Complaints:** A nine- year-old boy patient with his mother was brought to the outdoor patient department of Kaumarbhritya, Rishikul Campus (UAU) Haridwar with the complaint of-

- Cracked lesion on both soles, associated with pain & discomfort on walking and standing since 4-5 months.

**History Of Presenting Complaints:** According to the patient's mother, he was asymptomatic before 5 months. He gradually observed minor cracks on the soles. He had a tendency of walking and running barefoot, and day by day, he discovered increasingly severe cracks on the soles associated with a burning sensation. He also complained about pain while standing and walking. He had been suffering from these complaints for around 4.5 months. For above complaint, he took conventional treatment, got temporary relief, and recurrence of symptoms occurred. So, the patient came to the Rishikul campus on 24/12/2024 for further management .

**Past Medical & Surgical History:** No any significant history was noted.

**Treatment History:** Not any

### General Examination:

General Condition: Average

Build & Nutrition: good

Pallor: Not present

Cyanosis: Not present

Clubbing: Not present

Lymph Node: Not Enlarged

Hairs: Dry, thin hairs

Scalp: Normal

Nails: Pinkish white in color

Skin: Dry

### Local Examination:

- Site of lesion - dorsum of foot or sole

- Distribution- Symmetrical (both soles)
- Dryness, cracking of both the soles is seen
- Surface is rough and dry, margins are - irregular

**Table no 1.**

Anthropometry	Vitals
Weight: 28.40 kg (Expected Wt.29 kg)	Temperature: 98.1 F
Height: 134 cm (Expected Ht.131cm)	Pulse Rate: 84 bpm
Head Circumference: 52 cm	Respiratory Rate: 20/min
Chest Circumference:54 cm	SpO2: 98%
Mid Upper Arm Circumference: (Lt)& (Rt) 19 cm	Blood Pressure: 116/78 mmHg

**Immunization history-** Immunization done up to age.

**History of allergy-** Patient do not have any type of allergy.

**Family History -** There was no relevant family history.

**Dietary History -** Vegetarian diet

Qualitative- Rice, dal, chapati, vegetable, milk, fruits.

Quantitative – Breakfast: - 1 Parantha ,1 glass milk

Lunch: 1½ bowl Dal, with rice

Dinner:1½chapati, 1 bowl veg, 1 glass milk at night

**Appetite-** Average

**Bowel-** Regular (Consistency – Semisolid with Frequency 1 time/day).

**Micturition** – Normal (Frequency 5-6 times/day)

**Thirst-** 3-4 glass/day

**Physical Activity** – Excessive

**Sleep -** Sound sleep (approx. 7-8 hours a day)

**Addiction -** Habit of eating packed food and junk food daily.

**Systemic Examination:** No abnormalities were detected in examinations of respiratory, cardiovascular, gastro-intestinal and urogenital systems.

## Asthavidha Pariksha:

Nadi: Vata Pardhan Pitta Anubhandi	Shabda: Spastha
Mala: Nirama	Sparsha: Ruksh, Samsheetoshana
Mutra: Samanya Pravrtti, Peetabha Varna	Drikka: Samanya
Jiwha: Aipta	Aakriti: Samanya

## Samprapti Ghataka:

<b>Dosha:</b> Vata Pardhana	<b>Adhithansa:</b> Pada
<b>Dushya:</b> Rasa (Twak), Rakta, Mamsa	<b>Udbhavasthana:</b> Pada
<b>Srotasa:</b> Rasavaha, Raktavaha, Mamsavaha	<b>Vyaktisthan:</b> Pada Twak
<b>Srotodushthi:</b> Sanga	<b>Agni:</b> Jataragnimandiya
<b>Rog Marg:</b> Bhaya	

**Treatment Protocol:** After a thorough interrogation with the patient and his father regarding the diet, life style and habits of the child and the history of present illness and after a proper evaluation regarding the present condition of the child, the treatment was planned with internal medications and local application.

**Treatment Duration:** Treatment was given for a period of 35 days, at an interval of 7 days.

**Table 2.**

Medication	Duration	Advice
1. Arogyavardhani vati-125mg Pravalpanchamrit Ras-65 mg Panchtikta Ghrita Guggulu- 125 mg Giloy Satva- 125 mg Bhrami Vati- 125mg 1*2 with Honey 2. Panchtikta Ghrita-1 tsf with milk -twice a day & local application at night. 3. 777 Oil- Local application twice a day 4. Vitamin A- 2ml orally Stat 5. Psoralen Bathy Bar	7 Days	1. Increase intake of water (4-5 glass/ day) 2. Avoid packed and junk, spicy food 3. Maintain the hygiene of the foot.

## Result:

The patient was instructed to follow up every 7 days. All signs and symptoms after treatment are likely to be pacified by Shaman Chikitsa. According to his guardians, all symptoms were absent at the last follow up. Treatment was continued for 1.5 months to get relief with no recurrence, and the patient was advised to follow pathya and apathya and maintain hygiene in his daily life.



**Before Treatment**



**During Treatment**



**After Treatment**

## Discussion And Conclusion:

Nowadays, the occurrence of a few Kshudra Rogas is very high in society such as Khalitya, Palitya, Indralupta, Padadari, Vang. Padadari (Cracked feet), also known as heel fissures, is a common foot skin problem leading to pain, burning sensation, itching at sole. Skin becomes hard and cracks grow if proper treatment is not taken. According to Ayurveda, the vitiation of Vata Dosha leads to Padadari. Increased Vata makes skin dry (Rukshata) and reduces Kapha. Kapha helps to maintain the smoothness of skin. Aggravated Vata Dosha gives rise to painful cracks (Dari). Acharya's have described various treatments for Padadari. Internal medication along with external applications shows good results in Padadari. Considering Vranaropana or healing properties of drugs were selected for the management.

Panchtikta Ghrita contains Nimba, Patola, Vyaghri, Guduchi, Triphala, Ghrita. It has Shothahara, Tridhoshhara property, which helps provide relief in itching and irritation. It has Pitta balancing and Snigdha (oily) properties help to control dryness (Rukshata).

Panchtikta Ghrita Guggulu- contents are similar to the Panchtikta ghrita with guggulu, so probable Rasa is Tikta, Kashaya, Madhura, Guna- Laghu, Ruksha, Snigdha, Sookshma, Sara, Ushna Veerya, & Katu Vipaka, making it potent in Parbal Vatavyadhihar, & possessing Varna Ropnartha property.

Arogyavardhani Vati- The formulation is a magical remedy for treating various skin infections. The abundance of triphala in this formulation is very effective in removing the AMA toxins from the body. The anti-inflammatory and potent analgesic properties of this vati is extremely beneficial in treating acne and eczema. Being loaded with antioxidants, Arogyavardhani vati scavenges free radicals from the body and its antipruritic nature alleviates itching sensation caused due to allergic conditions.

Other drugs chosen included Giloy Satva, a powerful immunomodulator, and Bhrami Vati, whose main ingredient is Bhrami, which aids in wound healing by increasing the percentage of collagen in the cell layer fibronectin, promotes wound healing, and aids in the remodelling of collagen synthesis in wounds. Praval Panchamrit Ras medicines include Madhur, Tikta, Kashaya, and Katu Rasa, Madhura Vipaka, and Sheeta Virya, all of which are Pittashamak, therefore, symptoms such as Daha caused by Vidagda Pitta are eased. Arka Ksheer has Deepana, Pachana Karma due to its Katu and Tikta Rasa, and it pacifies the Vata Doshas due to its Ushna Virya, which is responsible for Agnimandya and Ajirna. Vitamin A helps in regulation of cell proliferation and differentiation of epidermal cells and also in down regulation of inflammation.

The cumulative effect of these drugs acts as Kushthaghna, Kandughna, Raktashodhaka, Twagdosahara, Krimighna, Balya and Rasayana, Deepana- Pachana, which clearly explain its mode of action in Padadari. Most of the content of the drug possesses blood purifier, anti-inflammatory, antihistaminic, antifungal, antibacterial, wound healer and immunomodulator properties. Also, the 777 oil contains extracts of coconut and Swetha Kutaja, both have soothing effect and acts as moisturizer. Both ingredients reduce dryness, itching, redness and inflammation. It also softens the skin and reduces thickness. It exerts as, Anti-inflammatory, Antipruritics, Antiulcerogenic, Demulcent.

Therefore it can be concluded by the results of this study that if this disease is treated by breaking down of doshas and Nidana Parivarjanam can absolutely get good results. Shamana chikitsa along with local application is beneficial in Padadari and it also prevents the relapse considerably.

## References:

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