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Role of Ayurveda in the Management of Padadari (Cracked Heels): A Review Study

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Absract
'Kshudra Roga' a term used for minor skin diseases which was explained by Acharya Sushruta & Madhavnidan. Padadari is one among them. As per modern science it called as Crack heel, roughage. This shows that Kshudra means very small but very severe in pain. This description is very much fit to Padadari. Padadari denotes uncleanliness of sole. Disease 'Padadari' makes the sole rough & hampers beauty & smoothness of foot. Patients with symptoms of Padadari are twak – rukshta, Daran (fissures / cracks), pain and bleeding the cracks (sometimes).
To study various research articles and find the best remedy in management of Padadari so, there is emerging need to search an efficient, safe and cost effective options for the same. Present review aimed to study role of ayurveda in the management of Padadari. To review various research articles related to management of Padadari and to analyze the collected data.
Among all 16 research articles 15 were clinical studies and 1 was case study. In these studies various drugs were used for the management of Padadari. Various herbals drugs were also used such as snuhi ksheer, snuhi swarasa, haritaki, vruksha amlak beeja, madanphala.
From this review we can conclude that, there is effective remedy present for the management of Padadari. Drugs those are having snigdh, vatashamak guna are can be used for the management of Padadari.

Keywords: Kshudra Roga, Crack Heels, Roughage, Snuhi Ksheer

INTRODUCTION

'Kshudra Roga' a term used for minor skin diseases which was explained by Acharya Sushruta & Madhavnidan .Padadari is one among them. In persons who are in the habit of too much walking on rough ground without footwear, vata gets increased producing fissures in the sole of feet, this is called Padadari.
As per modern science it called as Crack heel, roughage. This shows that Kshudra means very small but very severe in pain. This description is very much fit to Padadari. Padadari denotes uncleanliness of sole.

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Disease 'Padadari' makes the sole rough & hampers beauty & smoothness of foot. Patients with symptoms of Padadari are twak – rukshta, Daran (fissures / cracks), pain and bleeding the cracks (sometimes).[1] Because of excessive walking with Bare foot there is vataprakopa (Padagata) especially with Ruksha guna cause locally (at foot region) dryness fissure & pain.
In Sushruta samhita the line of treatment for Padadari is Siravyadha followed by Svedana, Abhyanga and application of Padalepa prepared out of Madhu chishtha, Vasa, Majja, Sarjarasa with Ghrita[2]

Need of study
To study various research articles and find the best remedy in management of Padadari so, there is emerging need to search an efficient, safe and cost effective options for the same.

Aim
Present review aimed to study role of ayurveda in the management of Padadari

Objectives
1. To review various research articles related to management of Padadari.
2. To analyze the collected data.

Materials and Methods
Data source: The related data were collected from various research articles from PubMed, google scholar, research gate of the year 2013–2020 and from the classical texts of Ayurveda.

Observation and results

Sr no	Year	Title of the study	Author	Outcome	Ingredients of drug
	2013[3]	A comparative clinical study on shala niryasa and Madhuchishtha in the management of padadari	Bagade Sarojini	Both the drugs showed equal efficacy in healing the Padadari in each group such as Vrana Shod-hana, Ropana, Twak Sandhanakara and Vatahara. Superior clinical efficacy is found by both the drugs with respect to Pada-darana, Vedana, Shotha and Rakta-srava and both rehydrated the skin without any sort of irritation.	Shala niryasa Madhuchishta
	2014[4]	A clinical study on effect of paste of haritaki	E.R.H..S.S.Ediriweera et al.	The paste of Haritaki completely or partially reduced the symptoms	Haritaki churna paste

		(terminalia chebula retz) in padadari (cracked feet)		of Padadari. It is concluded that the paste of Haritaki is an effective treatment for Padadari (Cracked feet) which can be used externally.	
	2015[5]	Study the efficacy of madanadi lepa in management of padadari	Digish thakkar et al.	Madanadi lepa having Snigdha and Vranropan property helped in reducing the signs and symptoms of Padadari, thereby enhancing the healing of cracked feet's. Present study showed 67 % relief in Padasputan (cracks) and 70% in pain relief.	Madanphala Samudra lavan Sikta Mahish navneet
	2015[6]	Efficacy of 'madhusikthadi lepa'in padadari	Chaitanya Shah et al	application of Madhusikthadi lepa (ointment) is effective in Padadari.	Madhusiktha Saindhava Gudha Guggul Gairik Go ghrita
	2016[7]	To study the effect of vrukshamla tail padabhyanga as a upakrama w.s.r. to padadari	Sandeep and Nisha Jaglan	Pada abhyang with vrukshamla tail showed significant relief in the Padasphutan and ruja of Padadari	Vrukshamla Til tail
	2017[8]	A Comparative Clinical Study of Grithayavakshara Lepa and Katutaila in Management of Padadari W.S.R Rhagades	Dr. Sunil .A. Arali	application of both i.e Sagrithayavakshara Lepa and Katutaila padabyanga is effective in Padadari.	Yava kshar Ghrita Katu tail
	2017[9]	A clinical study on the ropana (padadari) karma of snuhi	Jangam Dhana Lakshmi et al.	Snuhi ksheera is more effective than other Snuhi swarasa and wheat powder.	Snuhi Ksheera Saindavalavana Tilataila Madhucchista

		(euphorbia neriifolia linn) sidda malahara			Snuhi swarasam Wheat powder
	2017[10]	Clinical evaluation of the efficacy of an ayurvedic cream healmate in the management of cracked heels (pad-dari)	K.Rajeshwar Reddy	Clinical symptoms like Peeling & Cracked skin with Crack size (in length, width, depth), Dry & Itchy skin, Red & flakey patches and Painful Cracked heel decreases progressively.	Shudha Hingul Jatyadi tail Ral (shudha) TIl tail Goghrit
	2017[11]	A clinical study on efficacy of madanadi lepa in padadari	Priya Bangar	Madanphalādi lepa had shown excellent result in 33% of the patients, good result in 7% and average result in 40% of the patients within 7 days.	• Madanphala • Samudra lavan • Sikta • Mahish navneet
	2017[12]	Clinical efficacy of Vrukshamla Beeja Taila (Kokum Butter) in the Management of Padadari (Cracked Heels)	Faisal Mohammed et al.	this clinical study showed that it has a significant effective in the management of Padadari.	Vrukshamla Beej
	2017[13]	To Assess Effect of Nidan Parivarjan in the Management of Padadari Vyadhi with Application Sarjaras Malahar	Vedashri A. Kalawade and Priyanka S. Hanmane	Group A (nidan Parivarjan+sarjarasa malahar) showed significant result than group B (sarjarasa malahar).	Tila taila Sarjaras Tutha Sphatika
	2018[14]	Effect of gandhaka malahara on padadari: a case study	Apaturkar Nirmala C et al.	local application of Gandhak Malahar has been used in case of Padadari. The obtained results and primary obserations have shown very encouraging outcomes.	Sikta taila Gandhaka Girisindura Tankana Bhasma (Borax) Ghanasara (Camphor)
	2018[15]	A clinical study	Dr. Parashuram S.	application of both the	Khaakhas beej

		to evaluate the efficacy of Khaakhasadi Lepa in Padadari (Crack Heel)	Suryawanshi et al	Lepa i.e. Khakhasadi Lepa (Group A) and Moisturex cream (Group B) is effective in Padadari. But we have seen that Control drug, moisture cream is more effective than Khakhasadi Lepa.	Dhamargav Musta Goghrita
	2018[16]	Management of Padadari (cracked feet) with Rakta Snuhi (Euphorbia caducifolia Haines.) based formulation: An open labeled clinical study	Shashi Gupta and Rabinarayan Acharya	It can be concluded that in the management of Padadari, E. caducifolia Ksheera gel, when applied locally, provides statistically highly significant results in symptoms such as cracks associated with pain (P < 0.001), dryness of the feet (P < 0.001) and itching of the feet (P < 0.001).	Rakta Snuhi ksheera Sarshapa taila Saindhava lavana
	2019[17]	Clinical efficacy of snuhi based Formulation on Padadari	Jigyasa Pathak and Rabinarayan Acharya	It can be concluded that in the management of Padadari, E. caducifolia Ksheera gel, when applied locally, provides statistically highly significant results in symptoms such as cracks associated with pain (P < 0.001), ruksha (dryness of the feet) (P < 0.001), and kandu (itching of the feet) (P < 0.001).	Rakta Snuhi ksheera Sarshapa taila Saindhava lavana
	2020[18]	"Effectiveness of Goghrita and Shuktyadilepa in	Dr. Ashish Chhaganlal Zanwar1, Dr Sadhana Misar	From this study it can be concluded that Goghrita and Shuktyadi Lepa both	shuktyadi lepa goghrita

		the Management of Padadari(Crack heels) – A Comparative Study.”	Wajpeyi2, Abhinav Raut3	are effective in the management of Padadari but in comparison Shuktyadi Lepa showed more improvement than Goghrita.	

Discussion

Among all 16 research articles 15 were clinical studies and 1 was case study. In these studies various drugs were used for the management of Padadari. Most of the drugs were containing madhuchishthi, raal, tail, ghruta etc are common ingredient were found.

Various herbals drugs were also used such as snuhi ksheer, snuhi swarasa, haritaki, vruksha amlak beeja, madanphala etc. according to ayurveda due to excessive walking, bare foot walking and exposure to soil, soap water, etc will cause vata prakop at local site and leads to cracks in the foot. For the management of vata vrudhi, chatur sneha (ghruta, tail, vasa, majja) are stated to be best. Depending on this most of studies having base ingredient as tail and ghruta.

Conclusion

From this review we can conclude that, there is effective remedy present for the management of Padadari. Drugs those are having snigdh, vatashamak guna are can be used for the management of Padadari.

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