



CLINICAL EVALUATION OF SHATADHAUTA GHRITA PADABHYANGA - TRIPHALA KASHAYA PADAVAGAHA- SHATADHAUTA GHRITA PADALEPA IN PADADARI W.S.R. TO CRACK HEELS.

Wagh Vijaya Dadarao*¹ and More Manjusha Sunil¹

¹Department of Panchakarma, SSAM and H Nashik, Maharashtra University of Health
Science Nashik, India.

Article Received on
02 Dec. 2018,

Revised on 23 Dec. 2018,
Accepted on 13 Jan. 2019

DOI: 10.20959/wjpps20192-13066

*Corresponding Author

Dr. Wagh Vijaya Dadarao

Department of
Panchakarma, SSAM and H
Nashik, Maharashtra
University of Health Science
Nashik, India.

ABSTRACT

Padadari is describe in Laghutrayee and Sushrut Samhita as Kshudra Roga. It is the most common and negligible disease in India. Some of the procedures from “Bahirparimarjan Chikitsa” are mentioned in Padadari. So in the present study Shatadhauta Ghrita and Triphala Kashaya were used to know the clinical efficacy in Padadari as they have Vataghna and Ropan properties. It is randomized uncontrolled clinical study. the patients were assisted subjectively by Gradation chart and objectively by Visual aids before and after treatment. Statistically It is effective by healing, decreasing number of cracks and smoothen the skin. It has been proved that Shatadhauta ghrita padabhyanga- Triphala kashay padavagaha- Shatadhauta ghrita lepa is

clinically effective in Padadari by relieving Shool, Shoth, Daha and Number of cracks within 10 days without any adverse effect.

KEYWORDS: Padadari, Padabhyanga, Padavagaha, Lepa, Shatadhauta Ghrita, Triphala Kashaya.

INTRODUCTION

Padadari is one of the Kshudra roga described in laghutrayi and Sushrut samhita.^[1] In classical Ayurvedic text, Vataprakop is the main cause of the Padadari.

परिक्रमणशीलस्य वायुरत्यर्थरूक्षयोः पादयोः कुरुते दारीं पाददारीं तमादिशेत् ॥ माधवनिदान /क्षुद्रोग/
25

In present era, everyone has to compete for good economical status. Due to today's fast life style, poor hygiene and negligence to health, Padadari is the disease most commonly seen in practice. Though it seems negligible, but when associate with symptoms like Shoth, Shula, Daha patient becomes harassed.

People may ignore this problem due to lack of consciousness about foot care or may be due to expensive remedies.

The signs and symptoms, pathogenesis and treatment of Padadari are mentioned in classical Ayurvedic text, which indicates that the disease was affecting the people since ancient time. It is mentioned that Padadari is caused due to Vataprakopaka hetu, Antichankraman (i.e. Excessive walking with barefoot) and Ruksha guna.^[2] It can lead to severe symptom as acute pain (Shula), oedema, (Shotha) burning sensation (Daha) in cracks.

Shatadhauta ghrita is the 'Anubhavik yoga', has healing property and Triphala is indicated in wound healing.^[3] So these drugs were selected for the present study.

Bahirparimarjan chikitsa is treatments applied externally with tailas, lepa, malahar. For the present study Shatadhauta ghrita was used for Padabhyanga and Padalepa, Triphala kashaya for Padavagaha in Padadari.

AIM

To study the clinical efficacy of Shatadhauta ghrita Padabhyanga -Triphala Kashaya Padavagaha -Shatadhauta ghrita Padalepa in Padadari W.S.R. to Crack Heels.

OBJECTIVE

1. To study the literary review of Shatadhauta ghrita, Triphala Kashaya.
2. To study the literary review of procedures from Bahirparimarjan chikitsa i.e. Padabhyanga, Padavagaha and Padalepa in Padadari.

MATERIAL AND METHOD

For the present study details of Trial Drugs used were as

Procedure	Drugs	Quantity
Padabhyanga	Shatadhauta ghrita	50 gm
Padavagaha	Triphala kashaya	2 lit.
Padalepa	Shatadhauta ghrita	As required for local application

METHODS

The patient were treated on OPD basis from department of Panchakarma of SSAM and H Nashik.

SOP of present study was done as follows.

Procedure	Time	Duration	Position of patient
Padabhyanga	At evening	20 min	Sitting position
Padavagaha			
Padalepa	Over night		Supine position

Follow up will be taken

On 0th day before treatment, 10th day after treatment.

Inclusion criteria

1. Patient having sign and symptom of Padadari included irrespective of gender and prakruti.
2. Patient between age of 30 to 60 years were included.
3. Patient is indicated for Snehan and Swedan.

Exclusion Criteria

1. Infectious crack.
2. Patient with bleeding crack,
3. Gangrenious wound,
4. Ulcerative wound.
5. Uncontrolled Diabetes malitus.

CRITERIA FOR ASSESSMENT

10 patients were assessed and treated as follows.

Subjective Parameters

- Padashula.
- Padadaha.

➤ Padakandu.

Objective parameters

The patients was assessed according to Gradation chart.^[4]

The objective parameters for padadarana are as follows

- Average length of dari.
- Average width of dari.
- Distribution of dari.
- Number of dari.

OBSERVATION AND RESULT

Demographic data

Table no.1: Etiological factor wise classification of Patients.

Sr.No	Nidana	No.of patients
1	Excessive walking	02
2	Excessive contact with cold	03
3	Not using footwear regularly	04
4	Others(vata pitta prakopaka)	01

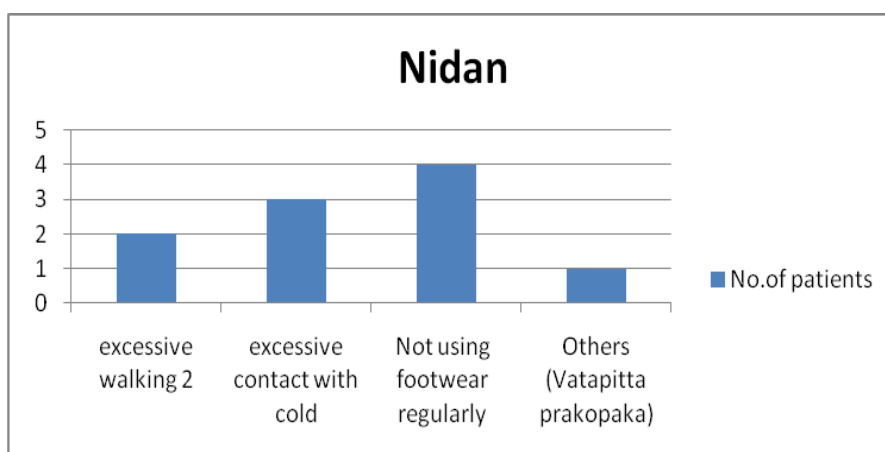


Fig.1.

Table no 2: Gender wise Classification of Patients.

Gender	No.of patients
Female	07
Male	03

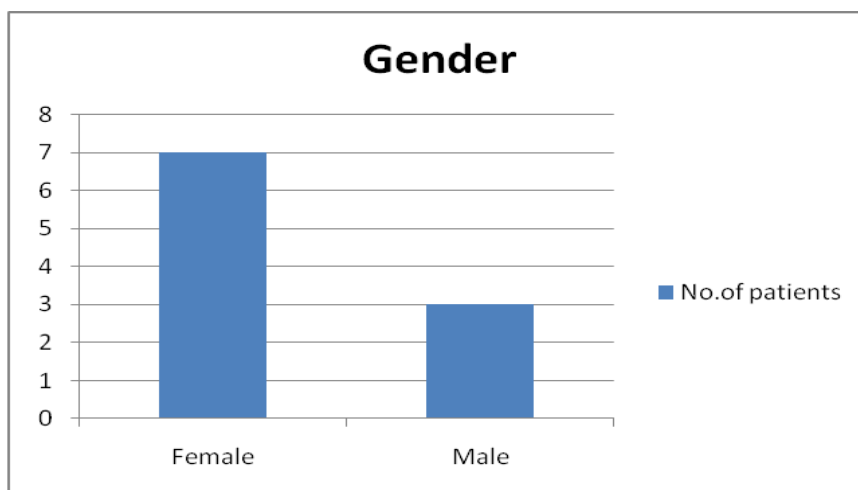


Fig. 2.

Table no 3: Prakruti wise classification of Patients.

Prakruti	Vata pitta	Vata kapha	Pitta vata	Pitta kapha	Kapha vata
No. of patients	04	01	02	01	01

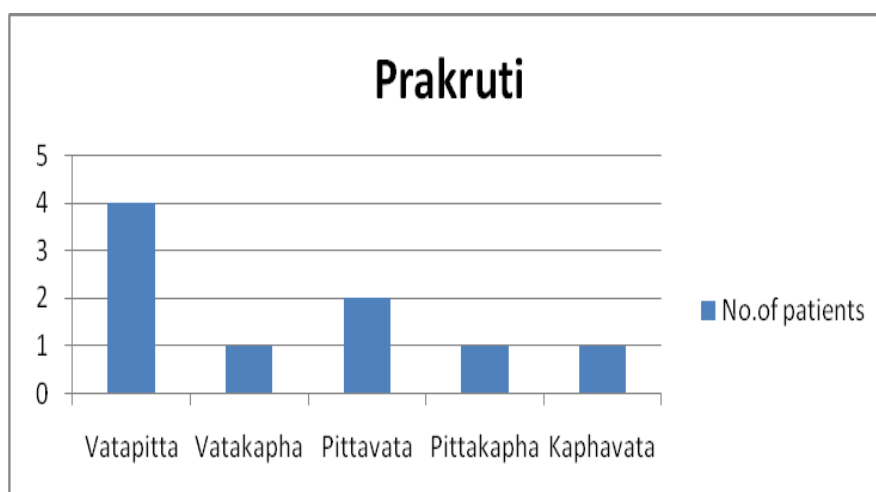


Fig.3

Table No. 4: Generalised symptoms wise Classification of Patients.

Sr.no	Symptom	No. of patients
1	Padadarana	10
2	Padashula	06
3	Padadaha	01
4	Padakandu	03

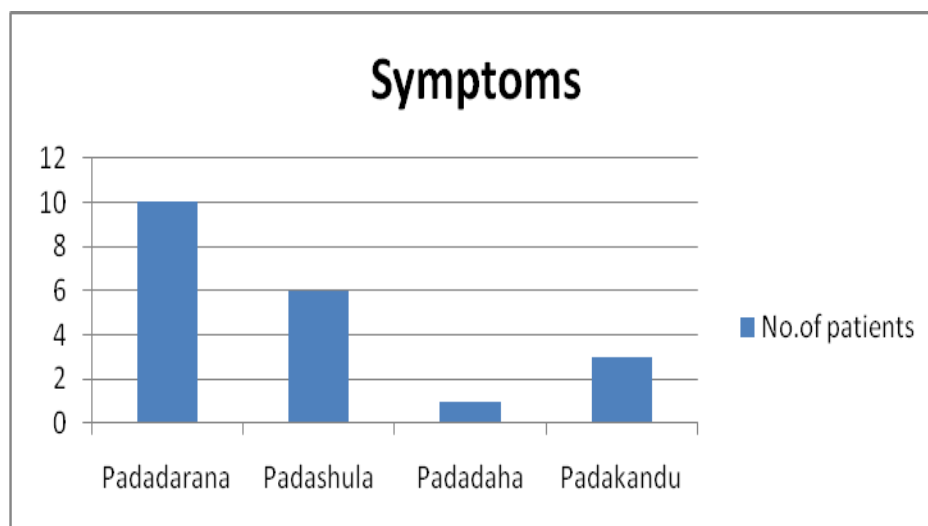


Fig. 4

Table no 5: Observations found in Subjective Parameters.

Patients no.	Padashula		Padadaha		Padakandu	
	BT	AT	BT	AT	BT	AT
1.	0	0	0	0	0	0
2.	0	0	0	0	0	0
3.	0	0	0	0	0	0
4.	0	0	0	0	0	0
5.	0	0	0	0	1	0
6.	1	0	0	0	1	0
7.	2	1	0	0	0	0
8.	0	0	1	0	2	1
9.	1	0	1	0	1	0
10.	1	0	2	1	0	0

Table no. 6: Observation found in Objectives Parameters.

Sr.No	Total	No. of dari	Avarage length of dari		Avarage width of dari		Distribution of dari	
	BT	AT	BT	AT	BT	AT	BT	AT
1	14	9	1	0.9	0.1	0	2	1
2	16	10	1.2	0.7	0.2	0	2	1
3	15	12	1.3	0.8	0.2	0	1	0
4	17	13	1	0.5	0	0	1	0
5	10	6	1	0.8	0.1	0	1	0
6	8	3	1.4	1	0.3	0	1	1
7	10	6	0.8	0.3	0.3	0	1	1
8	12	7	0.9	0.2	0.4	0.1	1	0
9	12	5	1.2	1	0.2	0.1	1	0
10	14	10	1.2	0.9	0	0	1	0

Table no 7: Statistical analysis of subjective and objective parameters.

Sr.No	Parameters	X	S.D	S.E.	t	P	Significance
1.	Padashula	0.4	0.516	0.163	2.45	<0.05	Significance
2.	Padadaha	0.3	0.483	0.152	1.973	<0.05	Significance
3.	Padakandu	0.4	0.516	0.163	2.453	<0.05	Significance
4.	Total No.of dari	4.7	1.159	0.366	12.84	<0.001	Highly significance
5.	Avarage length of dari	0.39	0.185	0.058	6.724	<0.001	Highly significance
6.	Avarage width of dari	0.16	0.117	0.037	4.324	<0.001	Highly significance
7.	Distribution of dari	0.8	0.421	0.133	6.015	<0.001	Highly significance

**Fig. 5.**

Before treatment

**Fig. 6.**

After treatment

DISCUSSION

- It is observed that the patient who are not using footwear regularly has more incidence of Padadari than the others. (Table no.1).
- Prevalence of Padadari is more common in female than male (Table no 2).
- Padadari has found more in patient with vatapitta prakruti (Table no.3).
- In Padadari, Padshula lakshana was mostly found.(Table no.4).
- Table no.5 and 6 shows relief in subjective and objective parameters.
- By using “Pair t test”, it is found that the given treatment is significant subjectively and highly significant objectively.(Table no.7).

Mode of action

In this study, it is observed that Shatadhauta ghrita Padabhyanga(due to Snehan guna) is very much effective in soothing the cracks, reduces kharata, rukshata, stambha, supti etc, by its vataghna property.^[5]

Padavagaha is kind of external swedan procedure. It decreases shula guna of vata by activate the local metabolic process which in turn produces relief of pain swelling and tenderness

etc.^[6] Triphala kashaya padavagaha has tridoshaghna properties so it reduces the sthambha, gaurav and due to kashay ras gunatmak Triphala has ropana properties^[7] which is effective in healing the cracks and promotes the rejuvenation of skin.

Shatdhauta ghritha padalepa has Bruhana, Ropana properties it is useful in healing of cracks by reducing the twakgat vata and give smoothing effect.^[8]

CONCLUSION

Shatadauta ghritha Padabhyanga - Triphala kashaya Padavagaha - Shatdhauta ghritha Padalepa has highly significant in reducing the cracks, decreased the length and width of crack heels. Also have a significant effect in reducing the shula, daha and kandu in Padadari.

REFERENCES

1. Dr. Anantram Sharma, Sushruta samhita volume 1, Chaukhamba prakashan Varanasi, reprint 2004, Kshudraroganidanama, page no. 558.
2. Narendranath sastri ed. Madhav nidan with madhukosh tika-1st edition -motilal Banarasidas publication 1979-chapter 55/25.page no.681.
3. Priyavrat sharma Dravya guna vidnyan part 2choukhambha bharati academy Banaras. chapter 9 page no.757.
4. Priya Bangar, A clinical study of efficacy of Madanphaladi lepa in Padadari, IAMJ volume 5, issue 12, Dec.2017, Page no.4409-4416.
5. Ravidatta tripathi charak samhita part 1.Chaukhamba Sanskrit pratishthan Delhi. Sutrasthan 14/4.page no 217.
6. Ravidatta tripathi charak samhita part 1.Chaukhamba Sanskrit pratishthan Delhi. Sutrasthan 5/90 page no.101.
7. Ravidatta tripathi charak samhita part 1.Chaukhamba Sanskrit pratishthan Delhi. Sutrasthan 14/13 page no.218.
8. Ambikadatta Shastri – Sushrut samhita part 1- 11th edition-chaukhamba prakashan sansthan Varanasi - sutra sthan 18/6.page no 74.