“The study of therapeutic effect of Snuhitailam local application in the management of Padadari (crack heels)” - A case study.


1. P. G. Scholar
2. H. O. D. /Professor
3. Assistant Professor

Department of Kayachikitsa, D.M.M. Ayurveda Mahavidyalay, Yavatmal, M.S., India

*Corresponding author: pallaviparde26@gmail.com

ABSTRACT –
Skin is the largest layer of our body which protects and shows shades of color of humans or any other creature on the earth. The most harshly and frequently used skin over body part is the sole of the foot, and it is also the most ignored skin part. Ayurveda is ancient science explained decades and is says that good foot/sole care lead to healthy eyes. Massaging ghrita over the sole of the foot helps in an increase in eyesight. Acharya Shruta explained a disease padadari (crack heels) under kshudra roga which includes symptoms like fissure’s and pain over sole/ heels. He also explained chikais of Padadari in brief. As Padadari is a vatapradhan roga it is important to treat vata and it is a locally affecting disease so local application medicine seems to be more effective. The best treatment for vata is tailam so by reference of Vaidya Manorama I took Snuhi tailam for study. As it has ingredients like snuhiksheera, sarshap taila, saindhav which combinedly act as lekhana, snehana, vedanashamna and ropana.

KEYWORDS –
Padadari, Kshudraroga, Snuhitailam, Vata, Crack heels, nehana, ropana, lekhana.

INTRODUCTION –
Ayurveda is an ancient science explains traditional Indian medicine. Here we are talking about disease Padadari which is a skin disease, skin is a largest organ and also an outer most covering of body. Acharya’s explain skin and its layer in brief. Acharya Sushruta explained padadari under Kshudrarogas. Acharya Charak does not explain it separately but
he explained symptoms padadaran which resembles to Padadari as a symptom/lakshana of vatavyadhi.  

**Padadari** :- pada – foot, Dari – fissure

Padadari means fissured foot/ fissured sole of foot

The prevalence rate of Padadari (crack heels) – 42-54% which is very high but awareness about disease and foot care is very low. So to aware people and to search effective medicine I am doing this study.

Vaidya Manorama explained drug Snuhitaillam under Rogadhikar Padadari/ Vipadika, it contains Snuhi Kshira, Sarshaptaila, and Sindhava. Which have the property of lekhan, snehana, vatashaman, vedanasthapan.

**METHODOLOGY** –

In this study of padadari paitent was treated by an Ayurvedic formulation Snuhitaillam locally.

**METHOD – a case study**

A patient of age 45 yrs female came to OPD of Kayachikitsa department of L.K. Ayurved rugnalay, Yavatmal with c/o-

1) Dari (cracks over sole of foot)  
2) Rukshata (dryness)  
3) Vedana (pain)

Paitent have the complaints from 10 yrs.

- **Past History** :- Non HTN, DM, Asthma  
  No /H/O- Tuberculosis, HIV, HBSag

- **History of present Illness** :-

Pt. was apparently alright before 10 yrs then she started suffering above complaints, so came to OPD in L. K. Ayurved hospital for Ayurvedic treatment so examined and included in study for further treatment and trial.

- **Rugna Pariksha:**-
  1) Nadi – 76/min  
  2) Mala – Asamyak (Irregular)  
  3) Mutra – Samyak  
  4) Jivha - Alpasama  
  5) Shabda – Spashta  
  6) Sparsha – Samashitoshna  
  7) Druka – Prakruta  
  8) Akruti – Madhyam  
  9) Nidra – Samyak  
  10) BP – 130/80 mmhg  
  11) PR – 76/min  
  12) Temp – Afebril

- **Systemic Examination** –
  1) CVS – S₁ S₂ Normal  
  2) CNS – Conscious Oriented  
  3) RS – Chest Clear

**Material And Methods :-**

- **Methods** :-
  1) Case Study  
  2) Center :- P.G.Dept. of Kayachikitsa L.K. Ayurved Hospital, Yavatmal, affiliated to D.M.M Ayurved Collage, Yavatmal.

- **Material :-**

Snuh Tailam local application at night

**Method of application** – first wash foot clean then take some oil on cotton and apply it on sole of foot or affected area of sole, rub it slightly. Then wear a plastic bag and after that wear socks leave it over night, wash in morning.
**SNUHI TAILAM**

<table>
<thead>
<tr>
<th>Sr. no</th>
<th>Name of Drug</th>
<th>Rasa</th>
<th>Virya</th>
<th>Vipaka</th>
<th>Doshaghnata</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Snuhi Kshira L.N.-Brassica campestris</td>
<td>Katu</td>
<td>Ushna</td>
<td>Katu</td>
<td>Kapha-Vataghna</td>
<td>Lekhan, Raktatkleshakara</td>
</tr>
<tr>
<td>2</td>
<td>Sarshap Taila L.N.-Euphorbia nerifolia</td>
<td>Katu</td>
<td>Ushna</td>
<td>Katu</td>
<td>Kapha-Vataghna, Pittakara</td>
<td>Germicidal, Vedanasthapan, Snehan</td>
</tr>
<tr>
<td>3</td>
<td>SaindHAV Lavan</td>
<td>Lavan madhur</td>
<td>Madhur</td>
<td>Anushnasita, Shita(भार्ष्ट्री)</td>
<td>Tridosaghna</td>
<td>Ropan</td>
</tr>
</tbody>
</table>

- **Method of preparation of drug:**
  - Snuhi ksheera and sarshap taila were mixed together in proportion 1:4 and then boiled on low flame. Then when all snuhi ksheera burned procedure completed then let it cool. And after that saindhava is added to the taila like this taila was prepared.

- **Before treatment**

- **After treatment**
  - **Pathya**
    - **Ahara:**
      - Laghu, supachya, Snigdha, Ushna
    - **Vihara:**
      - Wear footwear covering heel area/ shoe
      - Avoid excessive walking or wear smooth sole foot wear
  - **Discussion:**
    - 1) **Hetu:**
Excessive walking (atichankraman)
Not wearing socks/ good footwear
Excessive exposure to water and detergents

Samprapti Ghatak :-

1) Dosha- Vata
2) Dushya- Mamsa, Rakta, rasa
3) Strotas-Mamsavaha, Raktavaha, rasavaha
4) Udghvsthana- Twaka
5) Vyaktishthan-Pada tala twaka

In this case study the drug snuhi tailam used locally which contains snuhi ksheer acts as lekhan, sarshap taila acts as snehana, vedana shamak, germicidal and saindhava acts as ropana.

Result –

In Ayurveda there are plenty of drugs used but in this case aan Ayurvedic formulation of Snuhitailam locally application showed significant effect to reduce clinical sign and symptoms of padadari. And also specially seems really effective in vedanashaman of patient of padadri.

Conclusion –

On the basis of above discussion it is concluded that Ayurvedic drug formulation of Snuhi Tailam is effective to reduce sign and symptoms of Padadari and specially pain in padadari.

References –

6. SHARNGDHAR SAMHITA of Acharya sharngadhar “jiwanprada”
Conflict of Interest: Non

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