

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

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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/ heels³. He also explained *chikaitsa* 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 study⁵. 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*³. *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 *Snuhitailam* under *Rogadhikar Padadari/ Vipadika*, it contains *Snuhi Kshira, Sarshaptaila, and Sindhava*⁵. Which have the property of *lekhan, snehana, vatashaman, vedanasthapan*.

METHODOLOGY –

In this study of *padadari* patient was treated by an *Ayurvedic* formulation *Snuhitailam* 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)

Patient 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 :-**

Snuhi 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 TAILAM⁵

Sr. no	Name of Drug	Rasa	Virya	Vipaka	Doshaghata	Action
1	<i>Snuhi Kshira</i> L.N.- Brassica campestris	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vataghna</i>	<i>Lekhan, Raktatkleshakara</i>
2	<i>Sarshap Taila</i> L.N.- Euphorbia nerifolia	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vataghna, Pittakara</i>	<i>Germicidal, Vedanasthapan, Snehan</i>
3	<i>Saindhav Lavan</i>	<i>Lavan madhur</i>	<i>Madhur</i>	<i>Anushnashita, Shita(ऋ.प्र.)</i>	<i>Tridoshaghna</i>	<i>Ropan</i>

- **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) *Udbhvsthana- Twaka*
- 5) *Vyaktisthan-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 an 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 *padadari*.

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*.

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Conflict of Interest:

Non

DOI

<https://doi.org/10.52482/ayurline.v5i03.559>

Source of funding:

Nil

Cite this article:

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Ayurline: International Journal of Research In Indian Medicine 2021; 5(3):01-05

