



Effect Of Unmatta Taila Malahara In The Management Of Padadari W.S.R To Cracked Feet

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ABSTRACT :

Ayurveda is the science of life, deals with the health and illness of human being and also throws considerable light on life style and cosmetic aspects with its objects. The first and foremost aim of Ayurveda is 'Swasthasya swasthya rakshanam aathurasya vikaara prashamanam cha' i.e. to maintain the health of healthy individual and cure the diseases. To satisfy this, it has given many procedures and measures under the heading like Dinacharya, Ritucharya etc. by following these one can maintain and promote the health and prevent many diseases. Ayurveda has given much importance to feet hygiene. But in this hurried life people are unable to spare time for the protection, nourishment of even the vital parts such as head, eyes and thus least to the feet. This negligence leads to the disease *Padadari*. Rhagades/cracked feet are common foot problem that are often referred to as heel fissures. *Padadari* is now days considered as one of the major cosmetic health problem affecting both sex. *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. It directly affects routine of an individual.

Hence the present study in undertaken to evaluate the effect of *Unmatta Taila Malahara* in the management of *Padadari*.

Keywords: Kshudraroga, Padadari, Cracked Feet, Unmatta Taila Malahara

INTRODUCTION :

Ayurveda being science of life which deals with the health and illness of human beings and also throws considerable light on lifestyle and cosmetic aspects with its objects. Rhagades/ Cracked feet are common foot problem that are often referred to as heel fissures. *Padadari*^[1] is nowadays considered as one of the major cosmetic health problem affecting both sex. *Acharya Sushruta* has explained *Padadari* briefly under *Kshudrarogas*. Its major incidence is seen in dry skinned people who cover long distances daily often without proper foot care. It directly affects routine of an individual. Cracked heels^[2] are a sign of lack of attention to foot care rather than just overexposure or lack of moisturizing. Fissures are regular linear cut wounds and mostly affect the surface level which comprises of the epidermis. Sometimes it may get deep into the dermis and become painful. Excessive pressure on the feet pads make the feet to expand sideways. As the skin, surrounding the sides of the feet are dry they crack and cause cracked feet. Dry skin or xerosis is one of the most common causes that lead to cracked heels. The other key reason being thick or callus skin around the rim of the heel. Most of the foot problems arise due to negligence and oversight with regard to feet care. Cracked feet are not a harmful in anyway except when the fissures or cracks are deep, and tend to become painful and the skin begins to bleed. Cracked feet are a common occurrence for people who are constantly on their feet thus exerting pressure on the foot pad. In addition to this, sebum production decreases with age so, people tend to suffer from dry and cracked heels. Dry skin on the heels is often a recurrent problem.

Incidences^[3] – In general population the prevalence ranges from 42-54%. The prevalence is found to be higher in females (58.4%) than in males (33.3%) and it is seen more among housewives (63.7%) and among farmers (41.9%). Females suffer most commonly than males, "with more indulgence in water, causing cracks". But, unfortunately, people living in dry climates have higher incidence than persons in wet regions.

Padadari^[4] is characterized by mild to severe forms of cracks, which are seen in the foot, more common on the heel. *Acharya Sushruta* has explained *Padadari* under *Kshudraroga*^[5]. Even though it is mentioned as a *Kshudraroga*, it produces a lot discomfort to the sufferer demanding more complex treatment modalities. Locomotion is the most commonest and basic physical need or activity, which is carried out throughout the life. *Padadari* is one such skin disease of the feet affecting mainly sole. *Kshudraroga* refer to simple diseases having simple aetiology and symptoms. But the negligence by the patient or by the treating physician makes the condition worse and patient may ultimately made to suffer heavily compromising walking. The fissures may deepen causing extension of features or complicating the condition. *Adhwagamana* as mentioned in *Ayurveda*, i.e. walking for a long distance, without any proper protection to feet, are more vulnerable to suffer from *Padadari*. It is not only a painful condition but also considered to be a cosmetic problem too. The disease involves the *Vata dosha* leading to dryness, cracks, and fissures. The symptoms may include *Vedana, Kandu, Daha, Raktasrava*.

So in case of *Padadari*, *Swedana*, *Abhyanga*, *Padalepa* and *Siravyadha* are advised as treatment modalities. So in the present study the *Snehana* modality in the form of *Malahara* is selected.

Aim:- To know the role of *Unmatta Taila Malahara* in the management of *Padadari* with special reference to Cracked feet.

MATERIALS AND METHODS:-

Source of Data

- A. Literary source
 - 1) Classical textbooks(Samhitas)
 - 2) Articles from periodicals, journals, and other published works
 - 3) Related source of data from internet
- B. Clinical source The diagnosed patients of *Padadari* were selected by random sampling method from the OPD, IPD and medical camps from of the BVVS Ayurved Medical College and Hospital, Bagalkot.
- C. Drug Source: Drugs required for the study was procured from GMP Certified Pavaman Pharmaceuticals, Vijayapur.

Preparation of Medicine : 1. Preparation of *Unmatta Taila Malahara*

- Reference: Bhavaprakash, Madhyama Khanda
- Ingredients: *Unmatta* beeja, *Manakanda* Kshara, *Katu Taila*, *Madhuchishta*

Treatment

- *Aushadha*:- *Unmatta Taila Malahara*
- *Matra*:- QS
- *Kala*:- Morning and Night
- *Route of administration*:- External application
- *Duration*:- 7 days
- *Follow up* - 15th day
- *Total duration of study*- 15 days

Selection Criteria:

1. **Diagnostic criteria:** Diagnosis will be made based on signs and symptoms of *Padadari* with special reference to Cracked feet.

- 1) *Dari* (cracks)
- 2) *Vedana* (pain)
- 3) *Rukshata* (dryness)
- 4) *Daha* (burning sensation)
- 5) *Kandu* (itching)

1. Inclusion criteria:

- 1) Patients presenting with classical signs and symptoms of *Padadari* of either sex.
- 2) Patients between age group 18- 70 years.

2. Exclusion criteria:

- 1) Patients with history of other chronic systemic illness.
- 2) Patients of other skin disorders like psoriasis, foot ulcers and local dermal lesions.

Assessment criteria :

The efficacy of the medicine *Unmatta Taila Malahara* will be assessed before and after the treatment based upon subjective and objective parameters.

a) Subjective Parameters :

- 1) *Dari*
- 2) *Vedana*
- 3) *Rukshata*
- 4) *Daha*
- 5) *Kandu*

b) Objective Parameters :

- 1) Number of cracks
- 2) Depth of cracks

CRITERIA FOR ASSESSMENT OF PARAMETERS:

Symptom severity score

Grading on Subjective and Objective Parameters

Sl.no	Scoring Assessment	G0	G1	G2	G3	G4
1	Dari	No cracks	Mild cracks	Moderate cracks	Severe cracks	Very severe cracks
2	Vedana	No pain	Mild pain	Moderate pain	Severe pain	Very severe pain
3	Rukshata	No roughness in feet	Slight roughness of feet	Mild roughness in feet that can be felt	Moderate roughness that can be easily seen and felt	Coarse roughness that can be easily seen and felt
4	Daha	No burning	Mild burning	Moderate burning	Severe burning	Very severe burning
5	Kandu	No itching	Mild itching	Moderate itching	Severe itching	Very severe itching
6	No. of Cracks	No cracks	1- 3 cracks	4 -6 cracks	>6 cracks	-
7	Depth of cracks (in mm)	0	< 2mm deep	2 - 5mm deep	>5mm deep	-

Statistical Analysis:

Data was collected and statistically analyzed by using Student's T- test and Z -test.

Disease data

Distribution of patients according to Subjective Parameter

Symptoms	No	%
<i>Dari</i>	20	27.39
<i>Vedana</i>	16	21.97
<i>Rukshata</i>	19	26.02
<i>Daha</i>	11	13.69
<i>Kandu</i>	7	9.58

OVERALL ASSESSMENT OF RESULT AFTER TREATMENT :

Overall assessment of result after treatment

Result	(On day 7 th)	Improvement
<i>Dari</i>	73.58%	Maximum Improvement
<i>Vedana</i>	75%	Maximum Improvement
<i>Rukshata</i>	80.43%	Cured
<i>Daha</i>	70%	Maximum Improvement
<i>Kandu</i>	81.81%	Cured
No. of Cracks	73.80%	Maximum Improvement
Depth of Cracks	80.76%	Cured
Total	76.48%	

Overall Clinical assessment of trial

Improvement	%	Parameters (Total - 7)
		Group A (Study)
Cured	100%	3
Maximum improvement	75% - 99%	4
Moderate improvement	50% - 75%	0
Mild improvement	25% - 50%	0
Not Cured	0% - 25%	0

In the present study, in 3 parameters there was Cure i.e. in *Kandu* and Depth of Cracks, Maximum Improvement was noted in 4 parameter i.e. in *Daha*, *Vedana*, *Dari*, No. of Cracks and Depth of Cracks.

OVERALL EFFECT OF THE THERAPY

Improvement	Number	%
Cured (Reduction in 7 parameters)	0	0%
Marked Improvement (Reduction in 5 – 6 parameters)	10	50%
Moderate Improvement (Reduction in 3-4 parameters)	4	20%
Mild Improvement (Reduction in 1 – 2 parameters)	6	30%
No Improvement (No change in any Parameter)	0	0%
Raised symptoms	0	0

In the present study, among 20 patients, in 10 patients reduction in 5-6 parameters was noted, in 4 patients 3- 4 parameters were reduced and in 6 patient reduction in 1-2 parameters was noted.

DISCUSSION :**DISCUSSION ON RESULTS****Dari:**

In Group A, Statistical analysis showed that the mean score which was 2.65 before treatment was reduced to 0.70 after treatment along with 73.58% of improvement in *Dari* with P value <0.001 i.e. highly statistically significant. In *Unmatta Taila Malahara*, *Unmatta* has *Vatahara* and *Vranahara* property when applied locally and *Sarshapa* has *Snigdha*, *Ushna guna*, *Vranaropana karma* and the *Madhuchishta* used in the preparation of *Malahara* has *Vatahara*, *Snigdha*, *Mridu guna* and *Vranaropana karma* which provides unctuousness and helps in healing the cracks.

Vedana:

In Group A, Statistical analysis showed that the mean score which was 2.20 before treatment was reduced to 0.55 after treatment along with 75% of improvement in *Vedana* with P value <0.001 i.e. highly statistically significant. In *Unmatta Taila Malahara*, *Dhattura* has *Tikshna guna*, *Vatahara*, *Vedanasthapana* and *Shulahara Karma* apart from this *Dhattura* has analgesic and anti-inflammatory effects which helps in relieving the localized pain in *Pada pradesha*.

Rukshata:

In Group A, Statistical analysis showed that the mean score which was 2.30 before treatment was reduced to 0.45 after treatment along with 80.43% of improvement in *Rukshata* with P value <0.001 i.e. extremely statistically significant. In *Unmatta Taila Malahara*, *Sarshapa taila* has *Madhura rasa*, *Ushna*, *Snigdha*, *Picchila guna* and *Madhuchishta* used as base in preparation of *Malahara* has *Snigdha*, *Mridu guna* and *Vatahara karma* which provides softness to the skin when applied locally.

Daha:

In Group A, Statistical analysis showed that the mean score which was 1.00 before treatment was reduced to 0.30 after treatment along with 70% of improvement in *Daha* with P value =0.009 i.e. statistically significant. In *Unmatta Taila Malahara*, *Manakanda* and *Madhuchista* have *Madhura rasa* and *Snigdha*, *Sheeta and Shlakshna guna* and has *Vata-Pittahara karma* which helps in pacifying the *Daha*.

Kandu:

In Group A and Group B, Statistical analysis showed that the mean score which was 0.55 before treatment was reduced to 0.10 after treatment along with 81.81% of improvement in *Kandu* with P value =0.008 i.e. statistically significant. In *Unmatta Taila Malahara*, *Dhattura* and *Sarshapa taila* have *Katu rasa*, *Katu vipaka*, *Tikshna*, *Snigdha*, *Ushna guna* and *Vata-Kaphahara karma* which helps in pacifying the *Kandu*.

PROBABLE MODE OF ACTION OF DRUGS :**UNMATTA TAILA MALAHARA:**

The Formulation Unmatta Taila Malahara is mentioned in Bhavaprakasha Madhyama Khanda in Kshudraroga Adhikara under Padadari Chikitsa contains Dhatura Beeja as it's main ingredient along with Manakanda and Katu Taila, it has Ushna Virya, useful in Vata Vikara and it acts as Kushtaghna, Kandughna, Vranaropaka, Twakdoshahara and Shoola-prashamana. Madhuchishta has Snigdha, Mridu Guna, it is Vataghna, acts as Vranaropaka and Kushtaghna due to these properties it reduces the Rukshata and thereby helps in healing wounds and cracks in foot.

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