

EFFECT OF NIMBADI MALHAR IN PADADARI (CRACKED HEELS): A CASE STUDY

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ABSTRACT

Ayurveda is both a science of life and a system of medicine. *Ayurved* treats diseases by treating root causes. *Padadari* is one of the *Kshudraroga* described by *Acharyas*. *Padadari* means cracked heels or fissures at heel region. It occurs in patients who are travelling a lot which aggravates the *Vata Dosha*^[1]. Also, the Causative factors of *Padadari* are intake of *Vata Dosha* aggravating foods dry, sharp, rough, hot and spicy food, like junk food, deep fried, oily food, excess spices and consuming raw food in large amounts. Certain activities like excessive walking, walking with hard improper footwear, bare foot walking, exposure to cold water, standing for a longer duration. In summer, rainy, autumn and winter seasons, Obesity, Diabetes. According to *Ayurveda*, treatment for *Padadari* includes internal medication and external applications. For external applications, *Vranaropana Dravyas*

were chosen to make *Malahar*. Preparation of *Malahara* was easy and affordable. The contents of *Malahara* were *Neem*, *Yashtimadhu*, *Bakuchi*, *Shudh Gandhak*. Local application was given to patients. Follow up was every 15 days. *Malahar* shows good results. We hereby present the following case of *Padadari* which was successfully treated.

Keywords: *Padadari*, Crack heels, *Kshudraroga*, *Nimbadi Malahar*

INTRODUCTION

Ayurveda describes a group of diseases which have been classified as *Kshudra Roga*. *Kshudra* means minor and *Roga* means disease. *Kshudra Rogas* are described by *Sushruta*, *Vagbhata*, *Madhav Nidan*. Even though these diseases are minor in nature, still prevalence of these diseases has increased nowadays. *Kshudra Rogas* are *Pansika*, *Endralupta*, *Pashangardhab*, *Arunshika*, *Padadri*, *Avapatika*, etc [2]. Nowadays the occurrence of few *Kshudra Rogas* is very high in society such as *Khalitya*, *Palitya*, *Indralupta*, *Padadari*, *Vang*. *Padadari* (Cracked feet) also known as heel fissures is common foot skin problem leading to pain, burning sensation, itching at sole. Skin becomes hard and cracks grow if proper treatment is not taken. According to *Ayurveda*, the vitiation of *Vata Dosha* and *Kapha Dosha* at feet region leads to *Padadari*. Increased *Vata* makes skin dry and reduces *Kapha*. *Kapha* helps to maintain smoothness of skin. Reduced *kapha* and increased *Vata* leads to *Rukshata* (dryness). If a patient is following the same *Aahar*, *Vihara* and not taking any medicine for the same condition, then the causative factor for increasing *Vata* remains there and that will aggravate *Vata*. Aggravated *Vata Dosha* give rise to painful cracks (*Dari*) [3]. *Aacharyas* have described various treatments for *Padadari*. External applications show good results [4]. Considering *Vranaropana* or healing properties of *Ayurvedic* plants like *Nimba*, *Yashtimadhu*, *Bakuchi*, these medicinal *Churna* were chosen for *Malahar* making. Local application of *Malahar* was given to patients to see the result.

CASE REPORT

45-year-old male patients presented to M. A. Podar Medical College, worli ,Mumbai on 24th September 2022 with chief complaints of 6 months *Dari* (cracks or fissure) over bilateral heel region along with *Ve-*

dana(pain) while walking, *Kandu*(itching), *Rukshata* (Dryness) and *Daha*(burning).

HISTORY OF PRESENT ILLNESS

The patient was well for 6 months, and then he gradually developed fissures over bilateral heel region along with pain, itching, dryness. For that he had taken Allopathic treatment from local practitioner but didn't get satisfactory results so, he came to M. A. Podar hospital for management.

PAST HISTORY

There was not any past history of Diabetes mellitus, Hypertension, Asthma, and Hyperthyroidism.

No surgical history.

FAMILY HISTORY

His wife had similar complaints.

CLINICAL EXAMINATION

Asthavidh Pariksha was within normal limit except patient had constipation.

Vital parameters - Vital parameters were within normal limits.

LOCATION EXAMINATION

Cracks over heel region along with Dryness

DIAGNOSIS

From clinical features it was diagnosed as *Padadari*.

INVESTIGATION

Initial and routine blood investigations like Complete blood count, Urine routine, blood sugar levels were sent to the laboratory which were within normal limits.

MODE OF APPLICATION

Nimbadi Malhar was prepared for patients at the institute. The patient was treated on OPD basis, he was advised to use apply *Malahar* twice a day. External application on cracks after washing of feet with warm water. duration of application was 15 days.

DRUG REVIEW

Nimbadi Malhar is an *Anukta Yog* used for *Padadari*.

Nimbadi Malhar ingredients and how to make it.

Nimb Churna 3gm

Yashti Churn 3 gm

Bakuchi Churn 3 gm

Shuddh Gandhak 3gm

Siktha Tail 50gm

Sikta Taila is heated, and while it is cooling down, the rest of the ingredients are added and stirred well.

CRITERIA OF ASSESSMENT:

1. *Vidar* (Cracks)
2. *Vedana* (Pain)
3. *Rukshata* (Dryness)
4. *Kandu* (Itching)
5. *Daha* (Burning).

Follow up after 15 days.

Table no 1: Showing gradation of *Vidar* or cracks.

Grade	<i>Vidar</i> Or Cracks
0	No <i>Vidar</i> or cracks in the feet
1	1 or 2 <i>Vidar</i> or cracks in the feet
2	Few <i>Vidar</i> or cracks in the feet
3	More <i>Vidar</i> or cracks in the feet

Table no 2: Showing gradation in *Vedana*.

Grade	<i>Vedana</i> or Pain
0	No Pain
ss1	Mild Pain in cracked feet
2	Moderate pain in cracked feet
3	Severe pain in cracked feet

Table no 3: Showing gradation in *Rukshata*.

Grade	<i>Rukshata</i> Or Dryness
0	No dryness
1	Mild dryness to touch
2	Moderate dryness in the feet
3	Severe dryness can be easily seen and felt

Table no 4: Showing gradation in *Kandu*.

Grade	<i>Kandu</i> Or Itching
0	No Itching
1	Mild Itching
2	Moderate Itching
3	Severe Itching

Table no 5: Showing gradation in *Daha*.

Grade	<i>Daha</i> or burning
0	No Burning

1	Mild burning
2	Moderate burning
3	Severe burning

OBSERVATION

Parameters	1st day	15 th day	% Improvement
1.Vidar	3	1	33.33%
2.Vedana	3	0	100%
3.Rukshata	2	1	50%
4.Kandu	2	0	100%
5.Daha	3	1	33.33%



Fig.no1.On 1st Day



fig.no.2.After 15 Days

DISCUSSION

According to *Aacharyas*, the visitation of *Vata Dosha* is the main reason causing *Padadari*. Vitiated *Vata* leads to local dryness, cracks or fissure at heel region, according to *Ayurveda*, *Neem* (*A. Indica*) is *Vranahara*, *krimihara*. It is beneficial in *Padadari* due to its *Vranaropana Guna* (wound healing properties) since it helps to heal the cracks or fissures. *Neem* leaf and its constituents show immunomodulatory, anti-inflammatory, Antihyperglycaemic, antiulcer, anti-malarial, antifungal, antibacterial, antiviral, antioxidant, antimutagenic and anticarcinogenic properties [5]. *A. indica* was shown to be effective in curing incision and excision wounds on external application in animal models [6]. The wounds treated with the *Neem* extract had shown enhanced wound contraction, increased amounts of hydroxyproline, DNA and protein content and lead to rapid wound healing [7]. *Yash-*

timadhu, being *Guru*, *Snigdha* and possessing sweet (*Madhur*) taste and post digestion effect (*Vipak*), which is antagonist to *Vata*, it pacifies aggregated *Vata* and *Pitta Dosha*. *Yashtimadhu* also shows *Vranaropana* properties. The wound healing capacity of the root extract of *G. glabra* (*Yashtimadhu*) was evaluated on dermal wounds of rats by Dinusha Balasooriya, Shyamalie Wijesinghe, Inoka Uluwaduge, Priyani Peiris. This study states that increased number of fibroblasts, capillary buds, collagen content, tensile strength, and reduced surface area of the wound in animals treated with *G. glabra* [8]. Hence by balancing vitiated *Vata Dosha* and *Vranaropana Karma*, *Yashtimadhu* heels *Padadari*. *Bakuchi* has *Raktashodhaka* property (blood purifier). All skin problems are related to the flow and circulation of blood, since *Bakuchi* has capacity to purify blood, it cures all skin inflammation, wounds and other prob-

lems^[9]. *Shuddha Gandhaka* helps in detoxification and shows capacity of tissue repair^[10]. Upon topical application, the absorption of active principles of *Malahara* happens deeper tissues through *Sira Mukha* and *Sweda Vahi Strotas*, where from it reaches deeper tissues. Hence the *Malhar* made with these *Dravyas* helps in healing the cracks or fissure.

CONCLUSION

From this study it can be concluded that *Nimbadi Malahar* is effective in management of *Padadari* which can be used externally. *Nimbadi Malahar* can be prepared easily and affordably. No adverse effects were observed during the study. Since this is a single case study, it is recommended to conduct research studies on a number of patients to prove the effectiveness of the *Nimbadi Malahara*.

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