



ISSN 2456-3110

Vol 8 · Issue 10

October 2023

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Effect of *Girisindura Malahara* on *Padadari* - Case Study

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ABSTRACT

Ayurveda is considered to be the oldest healing science. In Sanskrit, Ayurveda means "The Science of Life". The incidence of skin disease is gradually increasing and *Padadari* is one of the most common diseases which is seen now a days. It is also called as *Vidari, Dari*, Cracked Fissure. Feet are the most often neglected and affected part of the body even though they are most important part of our body. Cracks or fissures on foot have no age limit and can affect anyone. Most of the time cracks are occupational like for farmers and for those who stand for longer duration. Excessive walking, walking bare foot, back open shoes, obesity, diabetic, psoriasis, unhygienic conditions, exposure to dust, dirt and microbes are some of the common causes for *Padadari*. In Ayurvedic classics there are various herbs mentioned as *Vrunaropaka*. Here in this study *Girisindura Malahara* has been used in the case of *Padadari*. The obtained results and outcomes are being shown. Hereby presenting the case of *Padadari* which was treated successfully.

Key words: *Padadari, Girisindura Malahara, Cracked foot.*

INTRODUCTION

In Ayurveda, *Padadari* is considered under *Kshudra Kusta* (minor diseases of the skin). Painful and cracked heels have become a predominant cosmetic problem. Cracks on foot have no age limit and can occur to anyone irrespective of sex, colour, race and occupation. Mostly these cracks are seen in people with occupations like farming and long-standing jobs. Some common causes are age, excessive walking on uneven floor, long standing on hard surface, uncomfortable or back open footwear. *Padadari* is described as the one which occurs due to vitiation of *Vata Dosha*. Signs and symptoms of *Padadari* are:

Padayok Kuruthe Dari (cracks/fissures in the feet), *Saruja* (associated with pain) and *Ruksha* (roughness and dryness of the sole).^[1] It can be correlated with Cracked heels or with Heel fissure. Cracked feet is a clinical condition characterized with dry, itchy skin, hardness around the rim of heel and cracks or fissures around the outer edge of heel.^[2] When the fissures are deep, they become painful and even bleed on minor pressure exerted on them. Sometimes they get infected and causes severe pain and discomfort hindering the daily activity of the patient.

Presentation of case

35 years old male patient presented to our Institute hospital on 17th of October, 2022 with chief complaints of *Dari* (cracks/ fissure) over both plantar regions along with *Vedana* (pain), *Teevra Sushkata* (dryness) and *Rakta Srava* (bleeding) immediately after placing the foot on floor, soon after getting up from bed in morning since 2½ years. There was no history of Diabetes or Hypertension or any other major illness.

For the above complaints he consulted many physicians and took treatment but did not get satisfactory relief.

On arrival to our institute, his general condition was good. With these clinical symptoms and presentations,

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Submission Date: 17/08/2023 Accepted Date: 23/09/2023

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.8.10.44

on the basis of visual inspection the patient was diagnosed as a case of *Padadari*. Patient was given Ayurvedic medicines like *Triphala Guggulu* twice daily, and *Sukumara Gritha* for internal administration as well as external application.

Method of administration of Medicine

On OPD basis the patient was treated and advised to take Tablet *Triphala Guggulu* twice daily after food and 10ml of *Sukumara Gritha* twice daily with luke warm water. Application of *Sukumara Gritha* to *Pada* after *Padanimajjana* in luke warm water by adding *Nimba Churna* and *Triphala Churna* to it twice daily for 30 min. This procedure was repeated for one month.

DRUG REVIEW

Girisindhura Malahara^[3]. *Girisindhura* is 6th mineral of *Sadharana Rasa* group according to *Rasa Ratna Samucchaya*. In classical text usage of *Girisindura* is not seen for internal administration. It is only found as external application in the form of *Malahara Kalpana*. *Girisindura* was being mixed with *Gritha* and *Madhuchista* and was given for local application. *Girisindhura* is *Shresta Tridosha Shamaka* and indicated in *Kandu, Pama, Vicharchika, Sidma, Visarpa, Visha, Vrana Shodhana* and *Ropana, Netraroga* and *Bhagnasandhanajanana*.^[4]

Criteria of assessment

1. *Dari* (cracks/fissure)
2. *Vedana* (pain)
3. *Sushkata* (dryness)
4. *Rakta Srava* (bleeding)

These symptoms were noted on 1st, 15th and 31st day on the basis of following charts.

Table 1: Showing gradings of *Dari* or cracks

Grade	<i>Dari</i> / cracks/ fissure
0	No <i>Dari</i> or cracks in the feet
1	1 or 2 <i>Dari</i> or cracks in the feet
2	Few <i>Dari</i> or cracks in the feet

3	More <i>Dari</i> or cracks in the feet
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Observation on arrival

1. *Dari* (cracks/ fissure) - severe cracks
2. *Vedana* (pain) - severe pain
3. *Sushkata* (dryness) - severe dryness
4. *Rakta Srava* (bleeding) - severe *Rakta Srava*

Observation on treatment

Parameters	1 st day	15 th day Improvement in %	30 th day Improvement in %	60 th day Improvement in %
<i>Dari</i> (cracks/fissure)	Grade 3	20%	45%	90%
<i>Vedana</i> (pain)	Grade 3	15%	55%	100%
<i>Sushkata</i> (dryness)	Grade 3	20%	40%	95%
<i>Rakta Srava</i> (bleeding)	Grade 3	25%	65%	100%

- **First setting:**
 - *Chitrakadi Vati* - 1BD dose - For 3 days
 - *Avipattikara Churna* - 1tsf - For 3 days
- **After 3 days**
 - Tab *Triphala Guggulu* - 1BD dose - For 15 days
 - *Sukumara Gritha* - 10ml BD dose - For 15 days
 - *Nimba Churna + Triphala Churna - Padanimajjana* in like warm water
 - *Sukumara Gritha* - application to *Pada* after *Padanimajjana*
- **Second setting:**
 - Tab *Triphala Guggulu* - 1BD dose - For 15 days
 - *Sukumara Gritha* - 10ml BD dose - For 15 days
 - *Nimba Churna + Triphala Churna - Padanimajjana* in like warm water - 15days
 - *Girisindhuradhya Malahara* - Local application - 15days

▪ **Third setting:**

- Tab *Triphala Guggulu* - 1BD dose - For 1 month
- *Sukumara Gritha* - 10ml BD dose - For 1 month
- *Girisindhuradhya Malahara* - Local application - 1 month

Later the patient was given *Sukumara Gritha* for internal administration for the next 1 month.

CONCLUSION

Nowadays, occurrence of *Padadari* is very high in the society. Painful, cracked and dry heels is a predominant cosmetic problem and has been termed as *Padadari* in Ayurveda and has been explained in *Kshudra Rogas* in *Sushruta Samhita*. Almost all texts of different chronological order have described *Kshudraroga* with less or more elaboration. In Ayurveda various treatment principles for *Padadari* are explained like administration of drugs internally, external application of drugs, *Padabhyanga* and so on. In Ayurveda, there are many herbs described which has excellent *Vranaropak* or healing properties. Getting clues from these, local application of *Sukumara Gritha*, *Girisindhuradhya Malahar* and *Padanimajjana* has been used in case of *Padadari*. The obtained results and primary observations have shown very encouraging outcomes. Thus, the given treatment was found highly effective, safe, easily available, cheap treatment for *Padadari* and proves to be one of the best treatments for *Padadari*.

Fig. 1: On arrival



Fig. 2: After 1st Setting



Fig. 3: After 2nd Setting



Fig. 4: After 3rd Setting



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How to cite this article: Veena Nandennavar. Effect of Girisindura Malahara on Padadari - Case Study. J Ayurveda Integr Med Sci 2023;10:275-278. <http://dx.doi.org/10.21760/jaims.8.10.44>

Source of Support: Nil, **Conflict of Interest:** None declared.
