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# Role of *Sarjarasa Malahara* in the management of *Padadari* (Cracked Feet): Case Study

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## ABSTRACT

**Introduction:** *Ayurveda* (Science of life) considers lifestyle and cosmetic aspects. Feet are the most often neglected and affected part of the body which forms most important part of the body *Padadari* (Crack heels) is condition which occurs due to excessive walking, wearing improper footwear/barefoot walkers and dirt, is characterized with appearance of dryness of feet, cracks, flaring patches, itchy skin, pain in palms and soles. Its prevalence is experienced everywhere and common in rural, cannot be considered as minor and neglected. It is considered under *Kshudra Roga* (minor ailments). Can be compared with Cracked heels/Heel fissures. **Methods:** in present study patients of *Padadari* (Crack heel) were treated with topical application of *Sarjarasa Malahara* (*Sarjarasa* Ointment). **Results:** Pharmacodynamics of ingredients were effective in management of Crack Fissures. **Discussion:** *Sarjarasa Malahara* (Ointment) was used as remedy for *Padadari*. Response to treatment was recorded on assessment parameters at respective intervals and therapeutic effect was evaluated through symptomatic relief. **Conclusion:** Improvement was observed in parameters on completion of treatment.

**Key words:** *Padadari*, *Crack heels*, *Sarjarasa Malahara*, *Kshudraroga*.

## INTRODUCTION

*Ayurveda* is the science of life which not only deals with the health and illness of human being but also considers the lifestyle and cosmetic aspects.<sup>[1]</sup> *Padadari* (Crack Heel) told under *Kshudraroga*. *Padadari* (Crack Heel) is a condition where *Vata* gets aggravated and gets *Sthanasamsraya* (site) in the foot region.<sup>[4]</sup> can be compared to cracked heels/heel fissures. When the fissures are deep, they get bleed

and become painful later may get infected. It diminishes the beauty of feet. Due to hectic schedules, people find difficult to make time to protection of foot. This negligence results in the crack heel and may cause condition like *Padadari* (cracked heel), one of the most prevalent and minor illness. Occurs due to *Vata* elevating certain activity like excessive walking, poor hygiene, barefoot, improper footwear or environmental factors like summer, rainy etc. are causative factors of cracked heels.

There are various treatments Principles explained like administration of drugs internally, external applications, *Padabhyanga* (Foot Massage) and all. Many drugs like *Vranaropaka* (Wound healing), *Krimighna* (Anthelmintic), *Kushtahara* (Skin disorders) selected for the treatment procedure in ancient days.<sup>[6]</sup>

There are so many preparations in *Ayurveda* which prove effective against *Kshudra Kushta* like *Tutha*, *Kapoor*<sup>[2]</sup> etc. In *Padadari* (Cracked foot), local therapy is more effective than systemic. In this study External application of *Sarjarasa Malahara*<sup>[7,8]</sup> (*Sarjarasa*

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Ointment) which has *Snigdha* property, *Vrana Ropana*, *Vrana Shodhana*, *Sandhaniya* properties, which will elevate *Rooksha Guna* and relive symptoms.

### AIM AND OBJECTIVE

To assess clinical effect of *Sarjarasa Malahara* in management of *Padadari* (Crack heel)

### MATERIALS AND METHODS

**Table 1: Content of Sarjarasa Malahara**

Ingredients	English name
Tila Taila	<i>Sesamum indicum</i>
Sarja Rasa	<i>Shorea robusta</i>
Tuttha Bhasma	Copper sulphate
Karpura	<i>Cinnamomum camphora</i>
Madhuchista	<i>Cera alba</i>

**Table 2: Pharmacodynamics of the Ingredients of Sarjarasa Malahara**

S N	Drug	Rasa	Guna	Virya	Vipak a	Karma	Doshagh nata
1.	Tila Taila	Madhura, Kasha ya, Tikta, Katu	Guru, Snigdha	Ushna	Madhura	Snehana, Vranashodana, Sandhaniya	Tridosha Shamaka
2.	Sarjarasa	Kasha ya	Ruksha	Sheeta Katu	Sheeta Katu	Vranaropaka, Sandhaniya	Pittakapha Shamaka
3.	Tuttha Bhasma	Katu	Laghu	Sheeta		Vishanashaka	Vatapittahara
4.	Karpura	Tikta, Katu, Madhura		Tikta, Katu, Madhura		Tikta, Katu, Madhura	
5.	Madhuchista		Snigdha, Mrudu			Kustaghna	Vataghna Vranaropaka

### Criteria of assessment

1. The subjective parameters of pain, cracks of feet, itching sensation and
2. Objective parameters of depth of crack, roughness, dryness of heel, recorded on basis of score adopted with grading (0,1,2, 3 and 4)
3. After completion of treatment, assessment of scar was done on basis of gradation (0, 1, 2, 3 and 4).

### Assessment Parameters

#### Subjective Parameters<sup>[3]</sup>

#### Cracks associated with pain

Grade 0	No pain
Grade 1	Mild pain in cracked area
Grade 2	Moderate pain in cracked area
Grade 3	Severe pain in cracked area and patient is unable to walk
Grade 4	Associated with sleep disturbance

#### Cracks of feet

Grade 0	No Crack
Grade 1	Mild crack [1-7 cracks]
Grade 2	Moderate crack [8-15 cracks]
Grade 3	Severe crack [16-23 cracks]
Grade 4	Very severe [more than 24 cracks]

#### Itching sensation

Grade 0	No itching
Grade 1	Occasionally feels itching
Grade 2	Intermittent itching
Grade 3	Frequent itching
Grade 4	Always itching

**Objective Parameters**

**Depth of cracks**

Grade 0	No cracks seen
Grade 1	½ to superficial crack
Grade 2	Few superficial cracks
Grade 3	Deep cracks but not bleed
Grade 4	Deep cracks and bleed

**Roughness of heel**

Grade 0	No roughness
Grade 1	Slight rough to touch
Grade 2	Mild rough can be seen and felt
Grade 3	Moderate rough can be seen and felt
Grade 4	Severe rough which is permanent

**Dryness of the Feet**

Grade 0	No dryness
Grade 1	Slight dry to touch
Grade 2	Mild dry to touch
Grade 3	Moderate dry to touch
Grade 4	Severe dry to touch

**CASE REPORT - 1**

A 45-year female presented with crack heel since 3 months and pain while walking appreciated in patient since 3 months. So, she came to Shalya tantra OPD hospital for the treatment.

**Sthanika Pariksha (Local Examination)**

**Inspection**

- Site: Both Foot
- Size: 0.1cm
- Cracks: Present at heel

- Dryness: Present

**Palpation**

- Tenderness - Absent
- Roughness - Present

**Assessment of the Symptoms**

**Subjective and Objective**

Symptoms & Signs	Before Treatment	7 <sup>th</sup> Days	14 <sup>th</sup> Day	After Treatment 30 <sup>th</sup> Day
Crack with Pain	Grade 2	Grade 1	Grade 0	Grade 0
Cracks	Grade 3	Grade 1	Grade 1	Grade 1
Itching	Grade 0	Grade 0	Grade 0	Grade 0
Depth	Grade 2	Grade 2	Grade 1	Grade 1
Dryness of Feet	Grade 2	Grade 1	Grade 0	Grade 0
Roughness of Heel	Grade 2	Grade 1	Grade 0	Grade 0

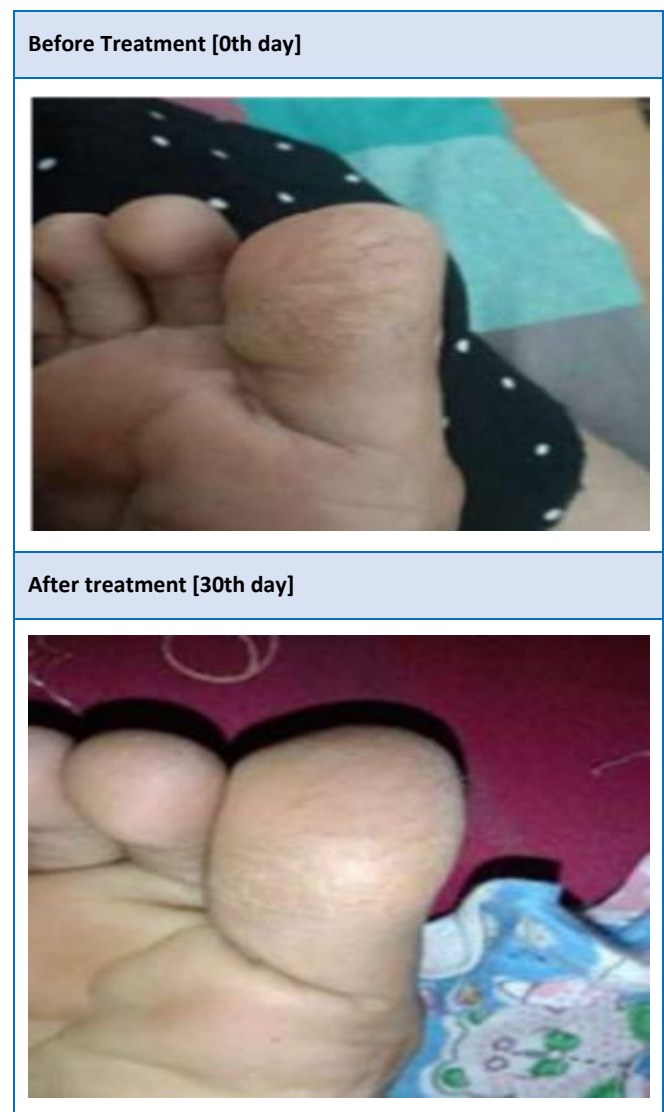
**Case 1: Images Before and After**





Cracks	Grade 2	Grade 2	Grade 1	Grade 1
Itching	Grade 0	Grade 0	Grade 0	Grade 0
Depth	Grade 2	Grade 2	Grade 1	Grade 1
Dryness Of Feet	Grade 2	Grade 1	Grade 0	Grade 0
Roughness Of Heel	Grade 3	Grade 2	Grade 1	Grade 0

Case 2: Images Before and After



Result: Improved

CASE REPORT - 2

A 22-year female presented with crack heel since 1 month and Pain while walking appreciated in patient since 1 month. So, she came to Shalya tantra OPD hospital for the treatment.

Sthanika Pariksha (Local Examination)

Inspection

- Site: Both Foot
- Size: 0.1cm
- Cracks: Present at Toes
- Dryness: Present

Palpation

- Tenderness - Present
- Roughness - Present

Assessment Criteria

Subjective and Objective

Symptoms & Signs	Before Treatment	7 <sup>th</sup> Days	14 <sup>th</sup> Day	After Treatment 30 <sup>th</sup> Day
Crack With Pain	Grade 2	Grade 2	Grade 1	Grade 1

CASE REPORT - 3

A 24-year female presented with crack heel since 3 year associated with bleeding during summer and burning sensation since 1 yr. So, she came to Shalya tantra OPD hospital for the treatment.



**Sthanika Pareeksha (Local Examination)**

**Inspection**

- Site: Both Foot
- Size: 0.1cm
- Cracks: Present at heel
- Dryness: Present

**Palpation**

- Tenderness - Present
- Roughness - Present

**Assessment Criteria**

**Subjective and Objective**

Symptoms & Signs	Before Treatment	7 <sup>th</sup> Days	14 <sup>th</sup> Day	After Treatment 30 <sup>th</sup> Day
Crack With Pain	Grade 2	Grade 2	Grade 1	Grade 1
Cracks of Feet	Grade 3	Grade 2	Grade 2	Grade 1
Itching	Grade 0	Grade 0	Grade 0	Grade 0
Depth	Grade 2	Grade 2	Grade 1	Grade 1
Dryness of Feet	Grade 2	Grade 1	Grade 0	Grade 0
Roughness of Heel	Grade 3	Grade 2	Grade 1	Grade 0

**Case 3: Images Before And After**



**CASE REPORT - 4**

A 29-year female presented with crack heel since 7 months associated with pain at heel since 7 months. So, she came to Shalya tantra OPD hospital for the treatment.

**Sthanika Pareeksha (Local Examination)**

**Inspection**

- Site: Both Foot
- Size: 0.1cm
- Cracks: Present at heel
- Dryness: Present

**Palpation**

- Tenderness - Present
- Roughness - Present

**Assessment Criteria**

**Subjective and Objective**

Symptoms & Signs	Before Treatment	7 <sup>th</sup> Days	14 <sup>th</sup> Day	After Treatment 30 <sup>th</sup> Day
Crack With Pain	Grade 1	Grade 1	Grade 0	Grade 0
Cracks Of Feet	Grade 1	Grade 1	Grade 1	Grade 1

Itching	Grade 0	Grade 0	Grade 0	Grade 0
Depth	Grade 2	Grade 2	Grade 1	Grade 1
Dryness Of Feet	Grade 1	Grade 1	Grade 0	Grade 0
Roughness Of Heel	Grade 1	Grade 1	Grade 0	Grade 0

#### Case 4: Images Before And After

##### Before treatment [30th day]



##### After treatment [30th day]



**Result:** Improved

**METHODOLOGY:** All patients were advised for Foot bath and asked to dry of feet, *Sarjarasa Malahara* was asked to apply at affected site with the help of spatula twice a day.

Post Procedure Patient were advised to avoid exposure to dust and bare foot walk.

**Quantity:** QS (quantity sufficient).

## DISCUSSION

*Padadari* has been explained under *Kshudra Roga*, common site being foot, *Vata* located in sole gets vitiated reduces all *Kleda* (moisture content of foot) resulting in Cracks known as *Padadari*. *Lepa* is one of the classical clinical-based explanations in *Shashti Upakrama* (60 Procedures); hence, *Sarjarasa Malahara Lepa* (*Sarjarasa* Ointment) was planned on *Padadari* (Crack Heel). As it contains *Tilataila* (*sesamum indicum*), *Sarjarasa* (*Shorea Robusta*), *Madhuchista* (Bee Wax), *Karpura* (*Cinnamum Camphora*), and *Tuttha* (*Copper Sulphate*). Pharmacodynamics of *Sarjarasa*, *Tilataila* have *Snigdha Guna* (Moisturizing/Humidifying). Pharmacodynamics of *Karpura* are like *Madhura Rasa*, *Sheeta Virya*, *Tikshna Guna* (Sharp penetrating qualities create cleansing effects on body). The *Lepa* (Ointment) does the *Snehana* (Moisturing) and *Vranaropana* (Healing) in *Padadari* (Crack Heel). So, more efficacy on *Padadari*.<sup>[10]</sup>

## CONCLUSION

Based on this study following conclusion may be drawn: *Padadari* (Crack heel), is considered under *Kshudra Roga* (minor ailments) it can be managed easily, in the present study *Sarjarasa Malahara* (*Sarjarasa* Ointment) was used for topical application. Properties of the formulation are, *Snehana* (Oleation), *Ropana* (Healing), *Lekhana* (Scraping) and *Varnya* (Beautifying) also has *Snigdha Guna* (Moisturizing/Humidifying), *Sandhaniya* (Approximation), *Shodhana* (wound cleansing), together with these properties *Malahara* was helpful to alleviate *Vata Dosh*a improving in dryness, roughness, Cracks and its complications. Therefore, topical application of *Sarjarasa Malahara* has improved outcome and is easy, safe, cost-effective preparation.

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