



## A Clinical Study On Effect Of Paste Of Haritaki (*Terminalia Chebula*) In Padadari (Cracked Feet)

Dr. Krantisingh Gawade <sup>1</sup> Dr. L. M. Narhare <sup>2</sup>

<sup>1</sup>Post Graduate scholar, Dept. of Shalyatantra, Yashwantrao Chavan Pratishthan, Post Graduate Training & Research Center, Kodoli, Maharashtra.

<sup>2</sup> Professor, Dept. of Shalyatantra, Yashwantrao Chavan Pratishthan, Post Graduate Training & Research Center, Kodoli, Maharashtra

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### ABSTRACT

Padadari is the dry thickening of skin of sole. Increased pressure on fat pad which is seen in obesity, prolonged standing causes padadari. Padadari is most common problem in india. But people dont take it seriously. But further padadari causes complication. So we need to aware the people in society about this padadari disease.

**Keywords:** Padadari, haritaki, cracks, vata, ruksha.

### INTRODUCTION

Padadari is one of the most common and negligible disease. The feet bear whole body weight. Majority people of india work in farms in wet soil and water. So there is evidence of cracking of skin of the foot.

In ayurveda padadari is described as kshudra roga by shushruta (1) madhavnidana (2) This disease was affecting the people since ancient time.

Person who having habit of too much walking, working in wet areas, soil, rough surfaces with bare foot. in this scenario according to ayurveda vata gets increased that produce fissure in sole. If the fissure goes deep the standing will be most painful If cracked heels left untreated that will cause discomfort and complications.

### AIMS AND OBJECTIVES

To study the efficacy of haritaki lepa in padadari.

### MATERIAL AND METHODS

**Study design:** A randomized open controlled clinical study.

**Selection of drug**

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Apply paste of Haritaki in treatment of Padadari. The paste of Haritaki is selected to study its effect on Padadari (Cracked feet). (3)

### **Preparation of Paste of Haritaki**

10g. of powdered haritaki was added to 20ml of cow's Ghee and mixed. This mixture is used to apply on cracked heels.

### **Preparation of Placebo**

Yellow food colour was added to 20 ml of boiled water. This is used as placebo.

### **Selection of patients**

**Sampling:** Randomization has been done by using a random numbers.

**Sample size:** 60 patients

### **Study setting**

The patients of either sex suffering from Padadari, were selected from patients attending Ayurveda hospitals of kodoli in India from January 2019 to December 2022.

### **Diagnostic criteria**

- 1) Padayok Kuruthe Dari (cracks in the feet,)
- 2) Saruja ( with pain)
- 3) Ruksha (rough and dry sole).

### **Inclusion criteria**

- 1) Patients irrespective of gender, caste, religion, 20 to 80 age group.
- 2) Patient having signs and symptoms of padadari.
- 3) Patient ready to trial and give consent

### **Exclusion Criteria**

- 1) k/c/o diabetic mellitus.
- 2) Gangrenous foot.
- 3) Patient not ready to give consent.

### **Grouping**

The patients were divided in two groups: namely Group A and Group B and each group consist of 30 patients. After selection of patients, written consent taken. Patients informed that they are able to withdraw from the study any time without any notice.

### **Investigations**

Complete blood count (CBC)

### **Intervention**

#### **GROUP A**

**Drug:** Paste of Haritaki

**Dose:** 10g. Of Paste of Haritaki was applied on cracked sole once a day in the morning and was kept for 30 minutes. Then it was rinsed off.

**Duration:** daily for 14 days.

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**Follow up:** Two weeks

## **GROUP B**

**Drug:** Placebo for paste of Haritaki, (prepared with food colouring and water)

**Dose:** 10g. of placebo paste of Haritaki applied on cracked sole once a day in the morning and was keep for 30 minutes

**Duration:** daily for 14 days.

**Follow up:** Two weeks

### **Criteria for Assessment:**

Responses to the treatment were evaluated by using a specially prepared grading scale for clinical features.

#### **1) Padayok Kuruthe Dari (Cracks/fissures in the feet)**

0= No cracks in the feet

1= One or two cracks in the feet

2= Few cracks in the feet

3= More cracks in the feet

4= Numerous cracks in the feet

#### **2) Saruja (associated with pain)**

0 = No Pain

1 = Mild pain in cracked region

2 = Moderate pain in cracked region

3 = Severe pain in cracked region and the patient is unable to walk due to pain

4 = Sleep is disturbed due to pain in cracked region

#### **3) Ruksha (Dry foot )**

0 = No dryness

1 = Slight dryness to touch.

2 = Mild dryness in the feet that can be seen and felt

3 = Moderate dryness in that can be easily seen and felt

= Severe dryness that can prominently seen and felt

#### **4)Kandu (Itching of the feet)**

0 = No Itching

1 = sometimes feels Itching sensation

2 = intermittently feels Itching

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- 3 = Often feels Itching.  
4 = Always feels Itching sensation

**Overall Assessment Criteria:**

- Completely relieved = 75 to 100 % cure  
Marked improvement = 50 % to 75 %  
Improvement = 25 % to 50 % Cure  
Aggravated = 0 % to 25 % Symptoms become aggravated.

**Statistical Analysis**

Statistical analysis was done by using Mann–Whitney U test.

**OBSERVATIONS AND RESULTS:**

- 1) Patients having treatment of haritaki paste had result as follows:-  
20 patients -100% cured  
7 patients - 70% marked improvement  
3 patients-40% improvement
- 2) Patient having placebo treatment do not have any significant relief.

**DISCUSSION**

The cracks in the feet, dryness and roughness of the feet and pain of the heel occur due to vitiation of Vata Dosha. Haritaki (T. chebula) pacifies all three vitiated humours that is to say Vata, Pitta and Kapha [4] It especially pacifies Vata Dosha. Ghee pacifies vitiated Vata and Pitta. Therefore paste of Haritaki helps to pacify vitiated Vata Dosha in patient suffering from Padadari and is beneficial in reducing the symptoms.

**CONCLUSION**

Symptoms of padadari are completely or partially reduced due to the Haritaki paste.

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