

EFFECT OF GANDHAKA MALAHARA ON PADADARI: A CASE STUDYDr. Nirmala Chandrabhanji Apaturkar^{*1}, Aparna Deshpande², Neha Kothari³ and Prerana Karare⁴¹Lecturer (Rachana Sharir) at Bhausaheb Mulak Ayu College, Nandanwan, Nagpur.²Reader (Shalyatantra) at Bhausaheb Mulak Ayu College, Nandanwan, Nagpur.³Lecturer (Kayachikitsa) at Bhausaheb Mulak Ayu College, Nandanwan, Nagpur.⁴Reader (Kriya Sharir) at Bhausaheb Mulak Ayu College, Nandanwan, Nagpur.***Corresponding Author: Dr. Nirmala Chandrabhanji Apaturkar**

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ABSTRACT

Ayurveda is the ancient system considered to be the first medical record of ancient knowledge and civilization in the world. The incidences of skin diseases in the population is shooting up in alarming rate most common is padadari means "Vidar or dari or Cracks or Fissures" in the hands or feet. And as the feet are the powerful part of the body helping one to withstand in all conditions, still it is the part of the body which is often neglected and affected. Cracks on foot have no age limit and it can affect anyone for that matter irrelevant of the sex, color and origin. Most of the time cracks are occupational like farming or those people whose job demands continuous standing. Age, Excessive walking on uneven surface, prolonged standing on hard floors, Uncomfortable, not so fitting or open back footwear, Unhealthy diet, Obesity, Diabetes, psoriasis and other skin allergies, Unhygienic condition of feet or High exposure of feet to dust, dirt, germs are common causes of Padadari. In Ayurveda various treatment principles are explained like administration of drugs internally, external application of drugs, padabhyanga and so on. In ancient Ayurvedic texts, there are many herbs described which has excellent Vranaropak or healing properties. Getting clues from these, local application of Gandhak Malahar has been used in case of Padadari. The obtained results and primary observations have shown very encouraging outcomes. We hereby present the following case of Padadari which was successfully treated.

KEYWORDS: Padadari, Cracked heels, Gandhak Malahar.**INTRODUCTION**

Nowadays, occurrence of a few *Kshudrarogas* is very high in the society, such as *Padadari*. 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.

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Modern science mentions that cracked heels can occur due to lack of zinc, omega-3 fatty acids, vitamin E, calcium, and iron.

As per Ayurvedic principles, Vata and Kapha are the two basic energies that uphold the balance of our body equilibrium. According to Ayurveda, dry skin is caused by vata dosha. When vata dosha increases in body it reduces kapha and makes skin dry and wrinkled. Kapha keeps skin soft and smooth where as vata makes the skin dry and rough. Thus the aggravated vata gives rise to peculiar painful cracks (Dari in the affected parts) which are called Padadari. When the feet become too dry, heel fissures can develop quite easily. The heel pad wants to expand outward, but the skin is not pliable enough to expand with it, so it cracks. As the skin cracks, it may begin to bleed. These deep heel fissures can allow bacteria and viruses to enter the body, leading to infection and illness.

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Presentation of case

A 44-year-old male patient presented to our Institute hospital on 12th Feb, 2018 with chief complaint of 10 months dari (cracks or fissure) over both feet along with Vedana (pain), Kandu (Itching), Rukshata (Dryness) & Daha (burning) off and on. There Was no history of Hypertension or Diabetes or any other major systemic as well as surgical illness.

For the above complaints he went to multiple institutes and took various treatments for Padadari resulting in temporary relief.

On arrival to our institute, his general condition was good. With this clinical presentation, on the basis of visual inspection the patient was diagnosed as a case of Padadari and following Ayurvedic preparations like local application of Gandhak malahar was started as he have been received many other treatment modalities for Padadari. Meanwhile initial and routine blood investigations like Complete Blood Count, Urine Routine & Microscopic and Blood Sugar levels were sent to the labs which were within normal limits.

Along with this the progress in the condition of feet was closely observed to assess the efficacy of this Gandhak Malahar on Padadari. Interestingly the results were very encouraging clearly suggest that this local medicamentworks as a best treatment for Padadari.

Method of Application

On OPD basis the, the patient was treated and advised to apply market preparation of Gandhak malahar twice a day. After cleaning of feet with warm water, Gandhak Malahar is evenly applied locally. After 1 hour it is again washed & likewise this procedure repeated for One month.

DRUG REVIEW

Gandhaka Malahara is an Ayurvedic medicine. It is an ointment used to treat skin diseases:

“सिक्थतैलं सुविमलं रसतोलक सम्मितम् ।
गन्धकं गिरिसिन्दूरं तोलकार्द्धमितं पृथक् ॥
टंकणं घनसारं च पृथक् माषद्वयोन्मितम् ।
दत्त्वा सम्मेल्य यत्नेन काचकूप्यां निधापयेत् ॥
मतो मलहरोऽयं तु गन्धकाद्यं समाहवयः ।
विनाशयत्याशु भृशं पामामत्यर्थदारुणम् ॥

Reference: Rasa Tarangini 8/63-65, AFI, Vol. II, 9

Gandhak Malam ingredients, how to make

Sikta taila – Sesame oil – bee wax base – 72 g
Gandhaka – Purified and processed Sulphur – 6 g
Girisindura – 6 g

Tankana Bhasma – Borax – 2 g

Ghanasara – Camphor – Cinnamomum camphora – 2 g

Sikta taila is heated, and while it is cooling down, 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).

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

Table no 1: Showing gradation of Vidar or cracks.

Grade	Vidar Or Cracks
0	No vidar or cracks in the feet
1	1 or 2 vidar or cracks in the feet
2	Few vidar or cracks in the feet
3	More vidar or cracks in the feet

Table no 2: Showing gradation in Vedana.

Grade	Vedana or Pain
0	No Pain
1	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	Rukshata 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	Kandu Or Itching
0	No Itching
1	Mild Itching
2	Moderate Itching
3	Severe Itching

Table no 5: Showing gradation in Daha.

Grade	Daha or Burning
0	No Burning
1	Mild burning
2	Moderate burning
3	Severe burning

OBSERVATION

Parameters	1st day	15 th day	30 th day	% Improvement
1.Vidar	3	2	1	66.67%
2.Vedana	3	2	0	100%
3.Rukshata	3	2	1	66.67%
4.Kandu	2	1	0	100%
5.Daha	2	1	0	100%

On 1st dayOn 15th dayOn 30th day

CONCLUSION

Nowadays, occurrence of a few *Kshudrarogas* is very high in the society, such as *Padadari*. 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 *Gandhak Malahar* has been used in case of *Padadari*. The obtained results and primary observations have shown very encouraging outcomes.

Thus, *gandhak Malahara* is highly effective, safe, easily available, cheap treatment for *Padadari* and proves one of best treatment for *padadari*.

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