



**TO STUDY THE EFFECT OF VRUKSHAMLA TAIL PADABHYANGA AS A
UPAKRAMA W.S.R. TO PADADARI**

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ABSTRACT

Ayurveda, the ocean of knowledge about life, is an eternal science. The aim of Ayurveda is to maintain the health of *Swasth Purush* and also to cure the *Vyadhi of Atura Purush*¹. But being an eternal science, its principles and theories are as useful as these were years back. Now days in developing countries like India, man has to compete for good economic status. In order to get such desired lifestyle, one has to face continuous busy and stressful life. These are also supplemented by fast food, tinned food (*Adhyashana, Viruddhashan*), leading to irregular dietary habits. All these factors including poor hygiene are predominant to develop chronic diseases, skin diseases, and *kshudraroga* like Padadari. *Padadari* is one of the commonest & most negligible diseases². It is observed that people are least bothered about their feet though feet bear the whole body weight. In India 80 % of population live in rural area. Most of them work in farms in wet soil and water also. So incidence of cracking the skin of the foot is very common. Poor people ignore this problem due to lack of consciousness about foot care or may be due to costly drugs.

Keywords: *Padadari, Padabhyanga, Vrukshamla Tail.*

INTRODUCTION

Ayurveda, the ocean of knowledge about life, is an eternal science. The aim of Ayurveda is to maintain the health of *Swasth Purush* and also to cure the *Vyadhi of Atur Purush*¹. But being an eternal science, its principles and theories are as useful as these were years back. Now days in developing countries like India, man has to compete for good economic status. In order to get such desired lifestyle, one has to live continuous busy and stressful life. These are also supplemented by fast food, tinned food (*adhyashan, viruddhashan*), leading to irregular dietary habits. All these factors including poor hygiene are predominant to develop chronic diseases, skin diseases, and *Kshudraroga* like *Padadari*².

Common people in India cannot afford costly treatments to take care of their feet. So they use traditional methods. Most of the people in Konkan area use *Vrukshamla Tail* (popularly known as kokum tel) to take care of *Padadari*. They apply it regularly on their feet & it shows excellent improvement in cracked feet. It is found to be very effective.

In Ayurveda, *Padadari* is described in *Kshudraroga* by *Sushruta*³, *Madhavanidana*⁶, *Bhavaprakasha*¹⁰, *Yogaratanakara*⁸ etc. The signs, symptoms, pathogenesis and treatment of *Padadari* are mentioned in *Samhita* which indicate that this disease was affecting the people since ancient times. Ayurveda has mentioned two types of treatment in *Padadari*, *antahparimarjan* and *bahiparimarjan Chikitsa* which means systemic and local therapy². In *Padadari* local treatment is more effective than systemic treatment.

Abhyanga should be performed especially on head, ears and feet⁷. Here we understood the importance of *Padabhyanga*. *Padabhyanga* has *Vatashamaka* and *pada twak mrudukari property*⁴. Also it is *sphutan pranut and saukumaryakrut*. Hence effect of *Vrukshamla Tail Padabhyanga* on *Padadari* needed to be studied thoroughly.

AIMS AND OBJECTIVES

1. To study the efficacy of *Vrukshamla Tail Padabhyanga* in *Padadari*.
2. To collect the details of *Padabhyanga* from Ayurvedic & Modern literature.
3. To collect details of *Padadari* from Ayurvedic and Modern literature.
4. To observe clinical studies by recording the effect of *Vrukshamla Tail Padabhyanga* in *Padadari*.

METHODOLOGY

Randomized, uncontrolled clinical trial was carried out on 30 patients.

Duration of trial – 30 days.

Place of trial- The clinical study was carried out in Bharati Medical Foundation's Ayurved Hospital, Dhankawadi, Pune 43.

Inclusion criteria:

1. Patients suffering from *Padadari* for more than 3 months were included irrespective of sex, religion, economical status, education, occupation.
2. Patients between ages 25 to 50 years were included.
3. Patients who had given written consent.

Exclusion criteria:

1. Patient *varjya* (contraindicated) for *Abhyanga* i.e. suffering from *Kapha Roga*, those who did *Samshodhan* procedure

and those suffering from ajeern will be excluded².

2. Patients with bleeding cracks.
3. Patients of Padadari suffering from any other systemic disorder will be excluded.
4. Patients of Padadari suffering from any other skin disorder, Vipadika will be excluded.

Procedure:

Method of administration:

Vrukshamla Tail is used for Padabhyanga.

Route : Topical (skin) By means of Padabhyanga.

Form : Oil (Lukewarm)

Kala : Twice a day i.e. morning and evening for 10 min.

Duration: 30 days

Dose : 20ml of Vrukshamla tail is applied (10ml for each foot).

Duration of Treatment:-

Vrukshamla tail was given to the patient on 0th day after case taking. The follow up were taken on 15th, 30th and 60th day. Observations, results were recorded on

follow up. Padabhyanga was done for 30 days. On 60th day follow up was taken to examine recurrence of signs and symptoms of Padadari. (Post treatment follows up)
ASSESSMENT:

Assessment Criteria:

1) *Padasphutan*:(cracks over foot)

No crack : 0
1 to 3 cracks : 1
4 to 6 cracks : 2
More than 6 cracks: 3

2) *Ruja* (Pain)

No pain : 0
Pain on digital pressure: 1
Pain while walking : 2
Constant pain : 3

Total number of cracks of both the feet was counted. Minute fissures were ignored.

OBSERVATIONS AND RESULTS

Following are the results after applying Paired t test to variables.

Results for Padasphutan using Paired 't' test:

Results	Mean	S.D.	t value (calculated)	t table value	P value
B.T.	2.66	0.4794	24.742	4.51	< 0.0001
A.T.	0.1	0.305			

- Before treatment mean value for Padasphutan is 2.66 and after treatment mean value is 0.1 which shows significant different.
- Standard deviation before treatment and after treatment is 0.47 and 0.30 respectively.

- Calculated value of 't' is 24.742 and table value for 't' is 4.51.
- Since calculated value of 't' is greater than table value, we reject H₀ i.e. null hypothesis and accept H₁ i.e. alternative hypothesis.
- 'P' value is < 0.0001.
As 'P' value is < 0.0001 the result is highly significant

Results for Ruja (pain) using Paired 't' test

Results	Mean	S.D.	t value (calculated)	t table value	P value
B.T.	1.78	0.78	10.232	4.56	< 0.0001
A.T.	0.14	0.35			

- Before treatment mean value for Padasphutan is 1.78 and after treatment mean value is 0.14 which shows significant different.
- Standard deviation before treatment and after treatment is 0.78 and 0.35 respectively.
- Calculated value of 't' is 10.232 and table value for 't' is 4.56.

- Since calculated value of 't' is greater than table value, we reject H₀ i.e. null hypothesis and accept H₁ i.e. alternative hypothesis.
- 'P' value is < 0.0001.
- As 'P' value is < 0.0001 the result is highly significant.

DISCUSSION

For the purpose of prevention of disease Ayurveda described *Upkrama* like *Dinchrya*, *Rutucharya* etc. In maintenance of health *Dincharya* play important role¹. *Abhyanga karma* in *Dincharya* is supposed to practice daily. Now a day due to lifestyle changes, simple *Upkramas* in *dincharya* like *Abhyanga*, *Padabhyanga*, are not followed in daily routine & are remained as a formality in festivals like Diwali (in Hindu culture).

As mentioned in samhitas Twacha is Sthana (place) of *Vata dosha*⁶. So application of *Vrukshamla Tail* is useful in *shamana* (decrease) of vitiated *Vata dosha* as *Snehana* (oleation or *Padabhyanga*) is useful in *vatashamana*¹⁴.

Samhita mentions *Sthiratva* as an important *Guna* of *Padabhyanga*. So it is helpful in reduction of vitiated *chala guna* by excessive walking¹².

Padabhyanga also has *padasphutan pranut* and *padatwakmrudukari* property. So along with *ropana karma* of *Vrukshamla Tail* it is useful in reduction of *Padatal gata twak daran* (foot sole fissure) and pain.

CONCLUSION

- 1) Regular practice of *Padabhyanga* with *Vrukshamla Tail* is very beneficial for *Padadari*. Hence its role in disease was proved.
- 2) Excessive walking, not using footwear on regular basis, carelessness regarding foot hygiene are important causes of *Padadari*.
- 3) *Padabhyanga* do not show any adverse effect during present study.
- 4) Regular practice of *Padabhyanga* is helpful to prevent *Padadari*.

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