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EFFECT OF MADHUKOROPAN OINTMENT IN *PADADARIKA* W.S.R. TO CRACKED HEEL – CASE REPORT

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ABSTRACT

Padadarika is a Kshudra Kushtha described in Ayurvedic classics, characterized by dryness, fissuring, pain, and scaling of the soles. It often results from vitiation of Vata and Kapha dosha, along with Ruksha and Khara guna predominance. Conventional management focuses on Sneha, Mridu karma, and Ropana therapies to restore skin integrity and function. A mdhukoropan ointment was made which is combination of vvranropan taila, kokum taila, bees wax.

Aim: To evaluate the effect of madhukoropan ointment in the management of Padadarika.

Materials and Methods: A 43 year old female pt came with complaint of padadarika. Madhuropan ointment was applied to affected part. Assessment was made based on parameters such as Rukshata (dryness), Sphutanao (cracks), Raga (redness), Vedana (pain), and Kandu (itching), before and after treatment.

Results: Significant improvement was observed in all clinical parameters. The madhukoroapan ointment exhibited excellent Ropana (wound healing), Sneha (emollient), and Shothahara (anti-inflammatory) actions, leading to marked reduction in fissures, dryness, and discomfort

Conclusion: madhukoropana ointment proves to be effective in the management of Padadarika due to its Vata-Kapha shamak, Ropana, and Twak-prasadana, snigdha properties. It offers a safe, cost-effective, and natural therapeutic alternative for restoring the normal texture and function of the plantar skin.

KEYWORDS: *Padadarika, Vranaropana Taila, Kshudra Kushtha, Vata-Kapha, Ropana, Ayurveda.*

➢ INTRODUCTION

Ayurveda considers, *Padadari* (cracked feet) as disease condition, under *Kshudra Kushtha* (minor diseases of skin). According to *Sushrut Saṃhita*, the predominant clinical features of *padadari* (Cracked heel) are *dari* (Cracks on sole/heel), *ruja* (Associated with pain) and *Rukṣata* (Roughness and dryness)[1].

According to Ayurveda, dry skin is caused by *vata dosha*[2]. 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*.

Padadari can be related with Cracked heel which also known as heel fissures. It is a common foot problem characterized by yellowish colour of the skin on the heel of the foot, hard skin growth, hardening and cracks in the feet associated with pain, bleeding or itching[3].

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 footwears [4]. In Sushrut Samhita *Parikramansheela* as one of the cause of *padadari*[5].

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[6]. These deep heel fissures can allow bacteria and viruses to enter the body, leading to infection and illness

In ancient *Ayurvedic* texts, there are many herbs described which has excellent *Vranaropak* or healing properties. Getting clues from these, local application of ointment was made using *Madusista vasa(bees wax), vranaropan taila*, *kokum taila* has been used in case of *Padadari*. The obtained results and primary observations have shown very encouraging outcomes.

➢ CASE REPORT

A 43 year old female patient came in our institute opd in 2024 with chief complaint of *Dari* (cracks or fissure) over both feet along with *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. She was working as house help , her work caused major contact of water with foot, which was causing dryness, and cracks.
She was taking medicine for these complaints, ointment was giving temporary relief in symptoms, but cracks, and pain were still not subsiding. Therefore she came to our opd for further management.

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Below Figure Shows the before picture of patient.



Figure 1



Figure 2



Figure 3

On arrival to our institute, her 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 preparation of *vranaropana* ointment was started as local application in twice a day daily for 4 weeks.

- **Method of application**

1. *Purva karma*- 1. Clean the leg with guaze.
2. *Pradhan karma*- 1. Apply the ointment over affected area.
3. *Paschat karma*- wait till few minutes till its absorb.

- **Drug Review**

Bees wax[7] – मधुजं विषजं सिक्थं मधूच्छिष्टं मधूषितम् |
मधुशेषं मदनकं मधूकं मक्षिकाश्रयम् ||२१७||
वातरक्तहरं सिक्थं व्रणशोधनरोपणम् |२१८|

Vranaropan taila[8] कालानुसार्यागुरुणी हरिद्रे देवदारु च |
प्रियङ्गवश्च रोध्रं च तैले योज्यानि रोपणे ||२६||

Kokum taila[9] - वृक्षाम्लमम्लं कटुकं कषायं सोष्णं
कफार्शीघ्नमुदीरयन्ति ।
तृष्णा समीरोदर हृद्दादि गुल्मातीसार व्रणदोषनाशि ||१२४|| रा. नि.

METHOD OF MAKING FORMULATION

CONTENT	AMOUNT
VRANAROPAN TAILA	100 ml
KOKUM TAILA	100 gm
BEES WAX	100 gm

Take a bowl add all the ingredients mentioned above with above mentioned quantity and heat with double boiler method.

- **ASSSESMENT CRITERIA[10]**

1. *Vidar* (Cracks)
2. *Vedana* (Pain)
3. *Rukshata* (Dryness)
4. *Kandu* (Itching)
5. *Daha* (Burning).

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

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

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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

Showing gradation in Kandu.

Grade	Kandu Or Itching
0	No Itching
1	Mild Itching
2	Moderate Itching
3	Severe Itching

Showing gradation in Daha.

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

- **OBSERVATIONS**

Symptom	Before Treatment (Grade)	During Treatment (Grade)			
		After 1^{t} week	After 2nd week	After 3rd week	After 4th week
Vidar	3	3	3	3	2
Ruksha	3	2	2	2	1
Vedana	2	2	2	1	1
Daha	2	1	1	0	1
Kandu	2	2	2	1	0

- **RESULTS AND DISCUSSION**

At the beginning, the patient was suffering from pain around the affected area and the pain remained throughout the day and pain at the beginning was graded as Grade 2. Also, the patient was experiencing pain while walking throughout the day, Initially, the cracks (vidar)of the lesions was Graded 3. After four weeks of treatment, The patient could walk without any difficulty, and the size of the lesion was reduced.

Below pictures are the after result of Patient.



Figure 4



Figure 5



Figure 6

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Vranaropak taila has the healing property of which helps in healing the cracks which leads to decreasing the pain while walking.

Bees wax has Snigdha quality makes it ideal for treating *Vata*-related skin conditions like dryness, roughness it Helps retain moisture and provides a barrier that prevents further *Vata* aggravation seen in *padadari*.

Kokum taila is *snigdha* , *vatahar* and *vranadoshanashana*, it has butter-like solid consistency at room temperature, which provides unmeasurably high viscosity, to the collective formulation.

➢ CONCLUSION

The study revealed that the treatment with local application of vranaropak tila mixed with kokum taila , bees wax was successful for the patient with a cracked heel.

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