

REVIEW ARTICLE

**REVIEW OF APPLICATION OF
SARJARAS MALAHAR IN
PADADARI (CRACK HEELS)**

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ABSTRACT

Aim of ayurveda is not only to treat the diseased but also to maintain the health of healthy people. Ayurveda has also emphasised on daily regimen to maintain health. Ayurved principles include all the physical and mental activities starting from waking up in the morning upto sleep in night. Padadari which is a kshudra- rog has been first described in Sushruta samhita. Padadari is included in 'Kshudraroga' only. In persons who are in the habit of too much walking on rough ground without footwear, vata gets increased producing fissures in the sole of feet, this is called Padadari. As per modern science it called as Crack heel, roughage. Padadari denotes uncleanliness of sole. Disease 'Padadari' makes the sole rough & hampers beauty & smoothness of foot. Ayurved has mentioned lots of remedies on such minor condition. Sarjaras Malahar kalpana is one of the best remedy for padadari. The word Malahar is used for the preparation of Malahar taila or ghrta, or wax etc. are used as base.

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INTRODUCTION

Aacharya Sushruta & Madhavnidan explained group of diseases known as 'Kshudraroga'.(1,2) Padadari is included in that group only. In persons who are in the habit of too much walking on rough ground without footwear, vata gets increased producing fissures in the sole of feet, this is called Padadari. As per modern science it called as Crack heel, roughage. This shows that Kshudra means very small but very severe in pain. This description is very much fit to Padadari. Padadari denotes uncleanliness of sole. Disease 'Padadari' makes the sole rough & hampers beauty & smoothness of foot. Patients with symptoms of padadari are twack – rukshata, Daran (fissures / cracks), pain and bleeding the cracks (sometimes)(1,2). Because of excessive walking with Bare foot there is vataprakopa (Padagata) specially with Ruksha guna cause locally (at foot region) dryness fissure & pain.

Skin covers whole of the body and disturbances in its complexion & constituents can be represented in the form of systemic disorders and are closely related to the blood disorders, hence diseases of the skin have greater importance. As the world is developing, problems of pollution, improper diet pattern and lifestyle, various allergies etc... are also

increasing rapidly. That gives rise to increase in occurrence of various skin diseases.

Now-a-days cosmetology is growing rapidly, new procedures and medicines are coming from the field of modern medicines, but still some diseases are there which are out of modern medicines control. Specifically skin diseases do not have firm and total cure in modern medicines, they tends to recur. These kinds of pits & falls of modern medicine where ayurveda can come strong and give total cure to the patient.

According to ayurveda, majority of skin diseases described under the title of kushtha, and then it is further classified in mahakushtha and kshudrakushtha(3).

ETIOPATHOGENESIS AS PER AYURVED:-

1) Atichankraman:-Means because of excessive walking.

Those people walk more due to profession or due to any other reason are prone to this disease. 1

2) Contact with soil: - Means bare foot walking, not cleaning the foot and not using proper shoes or chapples. Maharshi Sushrutacharya, has described importance of proper shoes or chappals for foot. Due to not wearing proper shoes can harm to our eyes and

also foot & leads to health problems. So people should use proper shoes while walking.¹

3) Vataprakapak ahar & vihar: - ie. Upvas, excess intake of Excess intake of 1) Ruksha 2) sheet 3)Alpa 4) Laghu5) Tikta 6) Katu 7) Kashay guna ahar leads to vataprakop. & not doing padabhyanga(1,2,3).

4) Not doing padabhyanga:

All samhitar accepted importance of *abhyanga* & *padabhyanga* a “While describing importance of padabhyanga they have stated Padsphutan can occur due to ignorance to *padlabhyanga*

5) Occupation:-

As stated in definition of padadari. Atichankraman and contact with soil are the main hetus for padadari. Hence the in occupation such as 1) farmers2) manual worker (Housekeepers) 3) Salesman4) Dancers 5) Postman 6) S.T. conductors 7) Players etc. are more prone to it.¹

6) Prakruti: -

Pittapradhan & Vatpradhan Prakruties are more prone to *twaksphutan* and *twak rukshatva* so I have taken it as hetu.

7) Ritu & desh:-

In winter& summer season Padadari patients are more in numbers. In Jangal desh due to *vatpradhanya* more patients of padadari are observed. Shishir and Grishma ritu are the main seasons for padadari.

Samprapti:

Due to *atichankraman vataprakopa* with *ruksha guna* occurs. This leads to *padagat twak rukshata, daran & ruja*. *Twak* is *updhatu of mansa*. Increase in *ruksha guna* of *vata* elasticity of skin decreases. Due to improper *rasa dhatu poshan twak poshan* (nutrition) decreased hence *twak raukshya* occurs which helps in developing padadari.

Purvarupa: - No specific purvarupas are observed.

Rupa: *Twak Rukshata, Daran (Fissures), Ruja (Pain), Sometimes bleeding then cracks.*

REVIEW OF CRACK HEEL: -

Cracks in the skin are usually obvious. Cracked heels are a common foot problem that is often referred to as heel fissures. Cracked heels are commonly caused by dry skin (xerosis), and made more complicated if the skin around the rim of the heel is thick (callus). For most people this is a nuisance and a cosmetic problem but when the fissures or cracks are deep, they are painful to stand on and

the skin can bleed - in severe cases this can become infected. Then the skin becomes dry, solid, and fragile and loses its flexibility. Eventually the skin starts to break or decompose when pressed or when your foot touches the ground while you are walking they can be painful, unattractive, and very upsetting especially to those of us who love sandals. Usually, cracked skin on our heels and feet is caused by excessively dry skin. For many it's worse in the winter months or for those who live in dry climates. But going barefoot and wearing shoes with open backs can exacerbate the problem, meaning that even in the summer our feet are in rough shape Sole of the foot area covered with keratinocytes layers which are the thickest part of the skin of our body and is present in the heels. You need to protect the rest of the foot from the shock of the earth and the pressure resulting from the weight of the body which affects the foot while walking and even more when you jump. The stratum corneum is dead just like the hair that can be cut without pain or bleeding the stratum corneum can also be removed. Normally, the stratum corneum retains a little water and fat within the cells. So if it becomes dry because of dry air or walking barefoot, also cleaning materials that aid to melt the stratum corneum of fat that protects or reserve the stratum corneum from water and moisture. **Cracked heels can cause the skin**

area to become dry, rough, and irritated. As cracks form on the sides or bottom of the skin on the heel area, the problem can be even worse when a callus is present. When this thick area of skin gets irritated due to friction, rehydration and removal of the thick skin becomes necessary. (4, 5, 6)

Cracking mostly seen on hand & feet

Cause: -

1. In winter season
2. Dry cold
3. Frequent washing of hands & feet with soap & water.

RESULTS

1. Lubricate the affecting part.
2. Avoid frequent washing with soap and water.
3. Protection from dry Climate

Success in treatment signifies the correct application of all therapeutics measures. As skin is the most important factor of the body and it is seen that especially female spend a lot of money for beautifying skin. Cracks on palm and sole is psychosomatic factor.

Ayurved has mentioned lots of remedies on such minor condition. Sarjaras Malahar kalpana is one of the best remedy for padadari. It is indicated in *Agnidagha Vrana, Daha ,Vrana,*

Dushta vrana, Gudapaka, Arsha. It has heeling and krumighna property.

SARJARAS MALAHAR: - (Rasatantrasara) 7

Ingredients:-

1. *Tila taila* (seosome oil) – 16parts
2. *Sarjaras* (Gummy excaudate of plant, shorea robusta) = 4 parts
3. *Tutha* (*Asuddha*) = 1 part
4. *Sphatika* (*Asuddha*) = 1 part

Method of Preparation:-

Boil the seaome oil. When froth starts appearing add the fine powder of 2-4 ingredients and mix well. This mixture must be collected in a vessel and washed with water 15-20 times. Every time after adding water it must be rubbed well. Washing must be continued till the rubbed well and added water became colourless.⁸

Application: - used for local application on cracked area twice in a day.

Properties of material used in Sarjaras malahar:-

- 1) *Tila tail:-*

Guna- Madhura, Kashay, Tikta, Katu, Ushna, Guru snighdha.

Karma- Snehan, vranashodan- Ropan, Vedanasthapan, Sandhaniy.

Vipak-Madhur Doshaghnata- Vatshamak &Kaphapittaparakopi.⁹

- 2) *Sarjaras* (*Ral*)-

Karma- vedanasthapan , Kashayskandha,

Guna - Ruksha

Ras-Kashay (Twak), *Ral* - Kashay, Madhur

Vipak – katu Virya –shit Prabhav – vednasthapan

Doshkarma- pitta kapha Shaman

Local- Vranashodhon, vranaropan, sandhaniya ,&jantughna.⁸

- 3) *Tutha* (Ashudha)-

In sarjaras malahar only ashudha tutha is used.

Ashudaha tutha is 1) very emetic

2)Garavishaghna means vishaghna 3) *Lepan-Vrana,kandu,kushthaghna, shvitraghna,krimighna* (7,9,10)

- 4) *Sphatic*(Ashudha)

In sarjaras malahar sphatica is used in ashudha form only.

Guna- 1)*Kantharoga* 2)*keshya* 3)*vishaghna*

4)*vranaghna* 5)*shvitrukushthaghna*

6)*tridoshaghna* 7)*raktastambhak* (7,10)

As per above properties of sarjaras malahar is mainly snigdha, vranaropak, raktastambhak and vatashamak in nature. Due to all these application of sarjaras malahar heal the dryness and roughness of skin. Also it has a krumighna

property due to this also it is useful in padadari condition.

DISCUSSION:-

Due to bare foot walking or not properly covering the foot leads to padadari. Due to *atichankaramon* or excess walking *vatprakop* occurs. Sarjaras malahar is snigdha in nature hence vatashaman done. It also has krumighna, vranaropak and raktastambhak property due to this it heals the wound.

CONCLUSION: -

Crack heel is very common problem in today's life style. Because of unhealthy food and behavior vataprakop occur and skin becomes dry and rough. Due to absence of snigha guna skin become lustureless, dry and painful. In modern science there is only lubrication with wax is treatment which has limitations in many cases. Sarjaras malahar is snigdha, vatashamak, krumighna and vranaropak in nature hence it is more useful and beneficial in locally application of padadari.

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