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Effect of Jeevanyadi Yamaka in the Management of Padadari (cracked feet): A Case study

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Abstract

Background: *Padadari* is referred to as Cracked foot and is a common cosmetic foot problem for both men and women. In Ayurveda, it is considered under the *kshudra rogas*.^[1] It has no age limit and can affect anyone who is involved in excessive walking on uneven surface,^[2] prolonged standing on hard floors, unhealthy diet, obesity, diabetes, psoriasis and other skin allergies. It also occurs on unhygienic maintenance of feet or high exposure of feet to dust and dirt, and hence Ayurveda has given importance to *Padabhyanga*^[3] in *Dinacarya*^[4]. It can be managed effectively and easily by *Vata* pacifying measures by *snehana*, *swedana*, *lepana* and *kledana* etc. So, the same treatment protocol was used to treat the case discussed here, like *Jeevanyadi yamakam*, and internal oral medications. **Methods:** This is a case study of a 35-year-man with cracks on bilateral soles associated with dryness, pain, itching and burning sensation for 1 year. This case was successfully managed with Ayurveda approach. **Results:** Significant changes were observed in the form of complete healing, and associated symptoms also got resolved. **Discussion:** Topical application of *Jeevanyadi yamakam* along with internal medications showed encouraging results reducing the *rukshata*, *daha* and *sphutana* of the cracked feet. **Conclusion:** Formulations offer promising results without causing any undue effects. In this case, which showed that *Jeevanyadi yamakam* is effective & safe in the management of *padadari* (cracked feet) and thus showed improvement in parameters on completion of treatment.

Keywords – *Padadari*, Cracked feet, Hygiene, *Dinacharya*, *Jeevanyadi yamakam*

Introduction :

Ayurveda is a holistic system that not only focuses on treating illnesses but also emphasizes preventive care and cosmetic aspects to promote overall well-being and beauty. In today's fast-paced world, feet are often neglected and due to this negligence, it results in cracked heels and may cause conditions like *Padadari* (cracked heel). *Padadari* is the Ayurvedic terminology for cracked feet and is considered under the *kshudra rogas*. It has become a major cosmetic problem. This cracks on foot can develop to anyone irrespective of sex, color, race and occupation, it has no age limit and is commonly seen in people who involve in activities like excessive walking on uneven floor, walking barefoot, standing for long time on hard surface, wearing improper footwear. The key symptoms include cracks or fissures on the feet (especially the heels), associated with pain, and dryness and roughness of the soles. In deeper cracks, it can also lead to bleeding, and the condition can cause itching and discomfort that hinders the daily activities.

Patients Information: A 35-year-old man visited our swasthavritta OPD at DY Patil Ayurveda Hospital with complaints of cracks on bilateral soles with dryness, pain, itching and burning sensation for one year. Details of chief and associated complaints with gradations,^[5] and duration are given in Table 1.

Right Feet		Nature Of Chief Complaints	Left Feet	
Severity	Duration		Severity	Duration
3	1 Year	<i>Vidar</i> Or Cracks	3	1 Year
2	1/2 Year	<i>Vedana</i> Or Pain	2	1/2 Year
2	1/2 Year	<i>Kandu</i> Or Itching	2	1/2 Year
2	1/2 Year	<i>Daha</i> Or Burning Sensation	2	1/2 Year
3	1 1/2 Years	<i>Rukshata</i> Or Dryness	3	1 1/2 Years

Progress of Disease:

Patient was apparently well one and half years before and then observed roughness of the soles and gradually developed cracks on bilateral soles with dryness which led to pain, itching and burning sensation later. The person also finds it difficult walking for 4 months and opted Ayurveda in the first choice and walked into our hospital.

Patients History: Details of the patient's history are given in Table no.2

S.No	Head	Details of the Patient
1	History	No H/o similar episode
		No major illness
		No allergy
		No drug history
2	History of Present illness	Onset - before 1 1/2 years
		Duration - since 1 1/2 years
		Progress - Gradual
3	Family History	Nil
4	Personal History	Diet – Vegetarian
		Appetite – Normal
		Bowel – 1/day
		Micturition – 4-5 times/day
		Sleep – good
		Addictions – nil

Work Profile pattern: Person is a priest in the temple and works on all 7 days of the week. Duration of work is 9 hours and Nature of work – Temple floors are of hard rock and sits in lapping position for at least 4hrs in a day.

Clinical Findings:

Local Examination:

- Site of lesion – Plantar side of feet, soles
- Distribution – Symmetrical on both soles
- Cracks and dryness seen in both soles
- Surface – Dry and rough
- Surface margins - irregular

Subject's Asta Vidha Pareeksha:

- *Jihwa – Alipta,*
- *Nadi – kapha vata,*
- *Mala – Prakrutha,*
- *Mutra – Prakrutha,*
- *Shabda – Prakrutha,*
- *Sparsha – Ruksha,*
- *Druk – Prakrutha,*
- *Akruthi – Madhyama*

Subject's Dasha Vidha Pareeksha:

- *Prakruthi – Kapha Vata,*
- *Sara – Medosara,*
- *Samhanana – Madhyama,*
- *Pramana – 89kgs,*
- *Satva – Madhyama,*
- *Satmya – fried bakery items,*
- *Ahara shakthi - Uttama,*
- *Koshta – normal,*
- *Vyayama shakti – avara, Vaya – Madhyama*

On examination, multiple cracks were present on both soles with tenderness. According to the clinical features, the patient was diagnosed as a case of *Padadari*.

Materials And Methods :

Treatment:

Patient was treated on OPD basis. Internal medicines along with external application of *Jeevanyadi Yamakam*^[6] were prescribed to apply on feet in sufficient quantity after washing the feet with lukewarm water and leaving it overnight. Also, necessary diet modifications were made to reduce the excessive dryness and body weight. The medicines were prescribed for two weeks.

S. N o.	Medicine	Dos e	Freq uenc y	Mode of Administra tion
1	<i>Panchatikta Ghruta Guggulu</i>	2 tabl ets	BD	With warm water, AF
2	<i>Gandhaka Rasayanam</i>	2 tabl ets	BD	With warm water, AF
3	<i>Jeevanyadi Yamakam</i>	5g	OD	External Application

Results/Observations:

The following changes were seen after 2 weeks of medications and diet plan.

BEFORE TREATMENT		ASSESSMENT CRITERIA (after 2 weeks)	AFTER TREATMENT	
Left Feet	Right Feet		Left Feet	Right Feet
3	3	<i>Vidar</i> or Cracks	1	1
2	2	<i>Vedana</i> or Pain	0	0
2	2	<i>Kandu</i> or Itching	0	0
2	2	<i>Daha</i> or Burning sensation	1	1
3	3	<i>Rukshata</i> or Dryness	1	1

After two weeks, the medicines were stopped, and the condition was then observed for another one week. There was still no aggravation of the previous symptoms of *padadari*. After one month, changes

observed are as below.

BEFORE TREATMENT		ASSESSMENT CRITERIA (after 1 Month)	AFTER TREATMENT	
Left Feet	Right Feet		Left Feet	Right Feet
3	3	Vidar or Cracks	1	0
2	2	Vedana or Pain	0	0
2	2	Kandu or Itching	0	0
2	2	Daha or Burning sensation	0	0
3	3	Rukshata or Dryness	0	0



Discussion:

Panchatikta ghruta guggulu,^[7] having *vata pitta shamaka* property is *shothahara* and gives relief from itching and irritation. It is *twachya* and *rakta prasadana* in nature – giving healthy skin texture and tone, improves blood circulation and reduces inflammation. *Gandhaka Rasayanam*,^[8] tablet has an antimicrobial and anti-inflammatory action, thus prevents any infections. It removes the waste toxins of skin and promotes healthy skin tone and elasticity. It also has an immunomodulatory action and hence prevents any autoimmune skin conditions. The topical application of the *Jivantyadi Yamakam* had its action on reducing the *rukshata*, *daha* and *sphutana* with its *snehana*, *ropana* and *vata shamana* properties. The *snigdha guna* of the *taila* and *madhuchista* helped in reducing and further preventing the dryness and roughness. The itching would have been controlled by the *kandughna* and *krimighna* properties of *tuttha*, *daruharidra*, *manjishta* and *sarjarasa*. The *vranashodana* and *daha shamana* properties of *manjishta*, *daruharidra* reduces the burning sensation and cracks due to *vipadika*. The properties of *goghrita*, *godugdha* have got a *rasayana* effect and maintains the doshas in equilibrium. Diet modifications done helped in reducing the *vata* and keeping the body unctuous by not taking any outside foods or any spicy, citric items in the diet.

Conclusion:

The external application of *Jeevantyadi yamaka* along with the internal medications of *Panchatikta ghruta guggulu* and *Gandhaka rasayanam* tablets shows its effectiveness in the management of *vipadika* with its highly significant result.

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Declaration :

Conflict of Interest : None

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