



EFFICACY OF VIRECHAN AND RAKTMOKSHAN IN PADADARI- A SINGLE CASE STUDY

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ABSTRACT Padadari is a disease condition which comes under kshudra kushtha in Ayurveda. They are also known as fissures and common problem, now a days; characterized by yellowish colour of the skin, hard skin growth, to cracks in the skin. In Ayurveda Various treatment principles are explained. In this case study, patient is treated with virechan, followed by raktamokshan (jalaukacharan). The obtained results & primary observations have shown very encouraging outcomes.

KEYWORDS : Padadari, Cracked skin, Virechan, jalaukacharan.

INTRODUCTION

Now a days, Occurrence of *kshudra rogas* are very common in society. *Padadari* is one of them. Painful cracked & dry skin of heel & Palm is mostly common cosmetic problem & termed as *Padadari* in Ayurveda. This condition explained in *kshudra Rogas in Sushrut Samhita*.¹ This is more demoralizing to the patient due to its recurrence and chronicity. Cracked skin is irrelevant of the sex, colour, origin, and age. Many of the time cracks are occupational eg. Continuous standing job, farming, age, excessive walking on uneven surface, uncomfortable open back footwear, unhealthy diet, obesity, diabetes, psoriasis, skin allergies, unhygienic condition of palm and feet, high exposure to dust, heat, dirt, germs.

Modern science –

cracked skin occurred due to lack of Zinc, omega-3 fatty acid, vit E, calcium and iron.²

According to Ayurveda, *vata* and *kapha* are two basic *doshas* who balance of our body equilibrium.³ Vitiated *vata dosha* is responsible for reducing *kapha dosha* and makes skin dry and wrinkled. *Kapha dosha* keeps skin soft and smooth due to its *snigdha, shita Guna* where as *vata* makes the skin dry and rough. Thus the aggravated *vata* gives rise to peculiar painful cracks(*dari* in affected part). When skin becomes too dry, fissure can develop quite easily. In severe condition cracks may lead to bleed. These Deep fissures can allow bacteria and viruses to enter the body, leading to infection and illness. In Ayurveda various treatment principles are explained like administration of oral drugs, external applications of drugs, *padabhyang* and so on.⁴

Presentation of case:-

A 40 year old male patient presented to our Institute hospital with chief complaint of *dari* (crack) over both feet and palm. Associative complaints are *Vedana* (pain), *kandu* (itching), *rukshata* (dryness), *daha* (burning). There was no history of any other major illness as well as surgical illness. General condition was good. On the basis of clinical symptoms, patient was diagnosed as '*Padadari*'. Routine blood investigations like CBC, KFT, LFT, BSL were within normal limits Treatment given:-

Table No.1 Shaman Chikitsa

	Karma	Dravya	Matra	Days
1	Swedana	Ruksha sweda		1½ month
2	Lepana	Gandhak Malahar	L.A.	2 months
3	Pratisarana	Panchtikta ghrīt	L.A.	1 month
4	Pachana	Arogyavardhini vati	500 mg(B.F)	2 months
5	Shaman	1.Haridra Khand 2.kaishor guggul 3.Mahamanjishtha di Kwath	5g (B.F) 500mg(A.F.)	} 2 month 1½ month
		4. Guduchi ghanvati 5. Gandharva Haritaki choorn	20ml(A.F.) 500mg(A.F.) 3gm(at night).	

Shodhan Chikitsa:-

Virechan karma, one of the basic *panchakarma* which detoxify the body. While *virechan karma*, all other medicine, which was taking by patient were stopped. The detail of the therapy is given below.

Virechan procedure

1. *Purvakarma* (pre-operative)
2. *Pradhan karma* (operative)
3. *Paschat karma* (post operative).

Purvakarm- Table no.2

	Dravya	Days
Rukshan	Triphala(3gm)+ Musta(2gm) + Vidang(1gm)	7days
Snehapan	Panchatikta ghrīt 30ml+60ml+90ml+1 20ml+150ml	5days(after rukshan)

After obtaining *samyak snigdha lakshana* (proper oleation) for 5 days, 3 days *vishranti kaal* was given. During that period *Sarvang Abhyanga* with til taila and *Nadi swedana* advised. During the time Of *Snehana* and *Swedana* light warm liquid diet was given, whenever patient was hungry. On fourth day *virechan* was performed in the morning.

Pradhan Karma:-

At the day of *virechana karma*, *Abhyang* followed by *swedana* was done. Vitals were normal.

Virechan Yoga- Trivrutavaleh- 75 gm

- *Mrudvika Phant* (Muhurmuhu) (sip by sip repeatedly after 20 mins)
No. Of Vegas (motions) were counted till symptoms of proper *virechana*.

Paschat Karma:-

Sansarjan krama for 5 days were given follow up medicine was prescribed.

Raktamokshan:-

After 5 days of *Sansarjan krama*, 5 sitting of *Jalaukavacharan* done.

Criteria Of Assessment.

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

These clinical features were noted 1st, 15th, 31st and 60th day on the basis of following charts.

Table No.3 Gradation For Assessment⁵

Grade	Vidar Or Cracks	Vedana or pain	Rukshata or dryness	Kandu or itching	Daha or burning
0	No <i>Vidar</i>	No pain	No dryness	No itching	No burning
1	1 or 2 <i>Vidar</i>	Mild pain	Mild dryness	Mild itching	Mild

2	Few vidar	Moderate pain	Moderate dryness	Moderate itching	Moderate
3	More vidar	Severe pain	Severe dryness	Severe itching	Severe

Table no.4 Result

Parameters	1 st day	15 th day	30 th day	60 th day
Vidar	3	2	2	1
Vedana	3	2	1	0
Rukshata	3	2	1	1
Kandu	3	1	1	0
Daha	3	1	0	0



Figure No.1- Before Treatment



Figure No.2- After Treatment

DISCUSSION:-

Gradual increment in dose of *snehapana* is important for loosening of *dosh – dushya* bonding and therefore helps to break pathogenesis of *padadari*.⁶ *Snehapana* leads to melting of *doshas* at the site of *sthansanshray*.

Drugs used in *virechan karm*, carry the liquify *doshas* to the gut and expel them out through elementary canal by the process of purgation.

Properties of *virechan dravyas- saratva*(laxative), *sukshma*(fineness), *Tikshna*(strong potency), *Ushna*(hotness), *vikasi*(Dispersibility).⁷

Mode of action of *virechan* drugs:-

1. By virtue of the *sukshma Guna*, *virechan dravya* can pass through minute channels of body and reach at cellular level to act the site of pathogenesis of *padadari*.

2. Due to *vikasi guna*, *virechan dravyas* are dispersed in the whole body without their digestion and help to loosening of *dosh-dushya sanghata*.⁸

3. *Tikshna Guna* has strong potency to open various channels to flush out toxins by enhancing the opening of various strotas (channels), softening of tight *Dosh- Dushya sanghatana* and make them ready to flow from open strotas.⁸

4. By virtue of *ushna Guna*, *dosh dushya* get melt due to its hotness and easily moves towards elementary canal after liquefaction.⁸

5. Due to *sarata Guna*, collected *dosha dushya* are encouraged to pass out through rectum by its laxative property.⁸

Relief in symptoms may be due to expelling out of vitiated morbid *dosha* (toxins) from local region. Leech salivary secretion also provide early healing effect by secondary hemorrhage which might have reduced itch impulse.⁹ *Raktamokshan* causes impure blood removal. And allows oxygenated blood to enter the wound area, which might have provided better colour to skin. Leech saliva contains anti inflammatory substance, eglnins and bdellin, which may relieve redness of lesion thus relieve burning sensation of lesions.

CONCLUSION:-

In Ayurveda there are many herbs described which has excellent *vranaropak* or healing properties getting clues from these, local application, with *virechan* followed by *raktmokshan* along with *shaman chikitsa* has been used in case of *padadari*. The obtained results and primary observation have shown very encouraging outcomes they are high effective,safe, easily available, cheap treatment for *padadari* and proves best treatment.

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