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A STUDY ON THE EFFICACY OF GAIKADILEPA IN THE MANAGEMENT OF PADADARI

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Padadari is a condition of thickening and fissuring (cracking of the bottom part of the heels). It is a common foot problem that is often referred to as heel fissures. Cracked heels are commonly caused by dry skin and become more complicated if the skin around the rim of the heel is thick. These cracks and fissures, serve as a portal of entry for bacteria. They are associated with an increased risk of cellulitis and foot ulceration. Gairkadilepa has prescribed for padadari in indigenous medicine that contains Shoolahara, Shotagna, Vishagna, Vatasamana, Rakthashodana, Vrunaropana properties. Sixty patients were selected for this study and after initial clinical examination instructed to wash feet properly and then apply cream once a day. All the patients were followed up at weekly intervals for a period of three weeks. The symptoms score evaluation was done during each follow up visit. Significant reduction in pain was seen at the end of the study. Nine symptoms were assessed by using grading system. Cracks, scaling, hardness of skin and pains were significantly reduced by the treatment. Also there was reduction in other symptoms such as Pruritus, burning sensation, Bleeding, Pus discharge and Discolouration but they were statistically insignificant. There were no adverse effects reported during the study. So it can be concluded that the Gairikadilepa is effective in managing Padadari.

Keywords Padadari, Cracked feet, Gairikadi lepa