

# EVALUATION OF EFFECTS OF HERBAL FORMULA MENTIONED IN “RAJAUSHADHANIDHIYA” IN THE MANAGEMENT OF CRACKED FEET

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## ABSTRACT

Cracked feet are characterized by yellowing of skin on the heel, hard skin growth, flaky patches, cracked and peeling skin and sometimes causing deep fissures that can be painful or bleed. Then the skin is prone to bacterial infections and is increased the risk of cellulitis and foot ulceration. Cracked feet can be correlated with “*Padadari*”. This study was aimed at finding the efficacy of herbal formula mentioned in *Rajaushadanidiya* for cracked feet. Since no known scientific study has been conducted to evaluate the effect of herbal oil which is made by using *Cocos nucifera* and *Euphorbia antiquorum* in treatment of cracked feet. In clinical study thirty patients were selected and randomly divided in to two groups. The research group was treated by applying herbal oil over the cracked area of heel after wash with hot water in the morning and evening for 14 consecutive days. The control group was given no any application. The responses to the treatments were evaluated by using a specially prepared grading scale for the clinical features. The result showed significant reduction in number of cracks, depth of cracks, roughness, dryness, pain and itching of the feet in studied population after used of the research oil. The research group showed  $P < 0.05$  ( $P=0.001$ ) for number of cracks in the feet,  $P < 0.05$  ( $P=0.004$ ) for the depth of cracks in feet,  $P < 0.05$  ( $P=0.000$ ) for the roughness of the feet,  $P < 0.05$  ( $P=0.000$ ) for the dryness of the feet,  $P < 0.05$  ( $P=0.001$ ) for the pain in the feet and  $P > 0.05$  ( $P=0.334$ ) for the itching of the feet. None of the patients were experienced the aggravation of symptoms or any hypersensitivity reactions. So it can be concluded that the herbal oil is effective in managing cracked feet.

Key words: *Cracked feet, Padadari, Herbal oil, Cocos nucifera, Euphorbia antiquorum*