

ROLE OF PADAABYANGA IN SHISHIRA RITU W.S.R. PADA SPUTANA : A CLINICAL STUDY**REKHA BV¹, TRIPATHY TAPAS BRATA²****¹Ph.D Scholar, ²Professor, Department of Swasthavritta & Yoga Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan, India.****ABSTRACT:**

Background: Vitiated *dosha* will produce specific signs and symptoms in different seasons. Dry skin is a very common skin problem and is often worse during the winter when environmental humidity is low (i.e., "winter itch"). It can occur at all ages and in people with or without other skin problems. To overcome these *Acharyas* have mentioned certain regimens to be followed in *Dinacharya*, *Ritucharya*, *Ratricharya*. In this article importance of *Pada Abhyanga* one such daily regimen explained in the context of *Dinacharya* and its beneficial in *Pada Supthi*, *Stambha*, *Sankocha*, *Pada Sphutana* which are few of *Vridhdha Vata Lakshanas* are explained. *Padabhyanga* is one of the simple, cost effective, less time consuming and can be practiced easily by individual in their busy schedule also. Hence a study is planned for *Padabhyanga* with *Tila Taila* in *Pada Sphutana* occurring in *Shishira Ritu*. In the present study an attempt was made to assess the seasonal prevalence of *Twak Datu gatha Vata Dosha Lakshanas* in three consequent seasons of *shishira Ritu* that is from jan-15 to march-15 of year 2012,2013,2014.

Aim: To see the effect of *Padabhyanga* in *Shishira Ritu*.

Research question: Does *Padabhyanga* in *Shishira Ritu* have any effect on *Pada Sputana*?

Materials and Methods: The subjects willing to participate in study after fulfilling the criteria will be divided in two groups by random sampling technique.

Group A: 50 subjects of *Pada Sputana* will be advised for *Padabhyanga* with *Tila Taila*, once daily at bed time for 15 minutes for a period of one month in *Shishira Ritu*.

Group C: 50 subjects of *Pada Sputana* will be kept as control without any intervention for a period of one month in *Shishira Ritu*.

Follow up: Once in 15 days during and after intervention for one month.

Result: Clinical study has proven that highly significant results found in group -A (*Padabyanga* procedure) when compare to group -C (Control group), in the management of *Padasputana* in *Shishira rithu* with the ($P < 0.001$).

Conclusion: *Padabhyanga* is one of the simple, cost effective, less time consuming and can be practiced easily by individual in their busy schedule also. This procedure is not restricted to *shishira ritu* ,it can be practiced in all the seasons as a preventive procedure to prevent the foot related problems and to get the other beneficial effect from *Padaabyanga*.

KEYWORDS: *Abhyanga*, *Padasputana*, , *Ritucharya*, *Shishira Ritu*.

INTRODUCTION

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Ayurveda guides society with daily and seasonal regimens as an integral part of maintenance of life with the concept of prevention, which is a unique contribution. A daily and seasonal regimen is explained with their four fold benefits like health promotive, preventive, curative and restorative. *Tridosha* s undergo seasonal changes as *Chaya – Prakopa – Prashama* which are the three natural stages responsible for Health and ill health. These vitiated *dosha* will produce specific signs and symptoms. Dry skin is a very common skin problem and is often worse during the winter when environmental humidity is low (i.e., "winter itch"). It can occur at all ages and in people with or without other skin problems. To overcome these *Acharyas* have mentioned certain regimens to be followed in *Dinacharya* , *Ritucharya*, *Ratricharya*. In this article importance of *Pada Abhyanga* one such daily regimen explained in the context of *Dinacharya* and its beneficial in *Pada Supthi*, *Stambha*, *Sankocha*, *Pada Sphutana* which are few of *Vridhdha Vata Lakshanas* are explained. *PadAbhyanga* is one of the simple, cost effective, less time consuming and can be

practiced easily by individual in their busy schedule also. Hence a study is planned for *PadAbhyanga* with *Tila Taila* in *Pada Sphutana* occurring in . A newsurvey from the Institute for Preventive Foot Health shows that nearly 80 percent of people ages 21 and older have dryness associated with foot cracks in winter season. In the present study an attempt was made to assess the seasonal prevalence of *Twak Datu gatha Vata Dosha* Lakshanas in three consequent seasons of *Shishira Ritu* that is from jan-15 to march-15 of year 2012,2013,2014.

Review of literature

One who is willing to attain good health should follow regimens of *Charya Traya* i.e., *Dinacharya* , *Ritucharya*, *Ratricharya*.¹ Various regimens which are explained in the context of *Dinacharya* includes and *Pada Abhyanga* is one among them.^{2,3} *Shishira Ritu* which is characterized by extreme cold and dry climate, due to which *Kapha* will be in *sanchayavastha*.^{6,7} While explaining *Dhatugata Vata Dosha* lakshana, it is said vitiated *Vata* in *Twacha* leads to *Rukshata* and *Sputana* of the same^{10, 11}. *Abhyanga* which includes *PadAbhyanga* is explained as one of the seasonal regimen for *Shishira Ritu*.⁹ .Benefits of practicing *Pada Abhyanga* as *Dinacharya* helps in pacifying *Vata Dosha* Lakshanas like *Rukshatha*, *Padasputana*,

Kharathva, Vedana etc.^{4,5} Effects of cold and dry air of the winter season on (due to more bracing and invigoration of climatic condition) the skin will cause dry and chopped effect¹⁴. Daily practice of *Abhyanga* brings the beneficial effects like *Snigdhatata, Balya*, rejuvenates the body.⁸ *Snehana Karma* is *vatahara*. Hence *Pada Abhyanga* will be beneficial in *Pada Sputana*¹². *Tila Taila* is best among the *Tailas* for the purpose of *Snehana Karma*.¹³ **Commentator Dalhana** also explains about the absorption of *sneha* used in *Abhyanga* procedure. According to this the oil used in *Abhyanga* reaches different *dhatu*s if applied for the speculated time. This clearly indicates absorption of drugs through skin. Shusruta has told that *sneha* used in *avagahana*, through *siramukha* (opening of the veins), *Romakupa* (root of the hairs) and *Dhamani* (Arteries) nourish the body and these provide strength. *Dalhana* also mentions that when *snehana* drugs reaches to the particular *dhatu* it subsides or cures the diseases of that particular *dhatu*.

Acharya Charaka has described that *vayu* dominates in the *sparshanendriya* i.e. tactile sensory organ and this sensory organ is lodged in the skin. (Cha. Su, 5/86). He also says that *sparshanendriya* is present all over the body and so it is present in the place of other *indriya* also. Other *indriya* are dependent on *sparshanendriya* for their *vishyagrahana*.

*Indriya*s is in close contact of mind hence if *indriya* remain healthy, mind also remains healthy. Thus *Abhyanga* keeps body and mind healthy. **According to Dr Vansant c Patil** in Principles & practices of *Panchakarma*, in modern science absorption through the skin can be enhanced by suspending the drug in an oily vehicle and rubbing the resultant preparation into the skin (Goodman and Gilman).

Research question

Does *PadAbhyanga* in *Shishira Ritu* have any effect on *Pada Sputana*?

Objectives of the Study: To see the effect of *PadAbhyanga* in *Shishira Ritu*.

MATERIAL AND METHODS

Source of data: Subjects from outpatient and in patients departments of SDM College of Ayurveda and Hospital, Tanniruhalla, Hassan.

Method of Collection of data (including sampling procedure, if any) Persons fulfilling the inclusive and diagnostic criteria in *Shishira Ritu* will be selected for the study

DIAGNOSTIC CRITERIA

Persons presenting with *Rukshatha* (Dryness) and *Pada Sputana* associated with or without pain and bleeding in *Shishira Ritu* will be selected.

INCLUSIVE CRITERIA

- Subjects fulfilling diagnostic criteria.
- Subjects in age group 16 – 65 years.
- Subjects of either sex.
- Willing to participate in study.

EXCLUSIVE CRITERIA

- Persons with *Padadari* and *Vipadika*.
- Other Skin diseases of the Feet.
- *Pada Sphutanain* other than *Shishira Ritu*.
- Not willing to participate in study.

ETHICAL CLEARANCE AND CONSENT

The study was approved by the institutional ethical committee, and signed informed consent was obtained from all the patients.

Operational definitions/Techniques employed

Groups: The subjects willing to participate in study after fulfilling the criteria will be divided in two groups by random sampling technique.

Group A: 50 subjects of *Pada Sputana* will be advised for *PadAbhyanga* with *Tila Taila* , once daily at bed time for 15

minutes for a period of one month in *Shishira Ritu*.

Group C: 50 subjects of *Pada Sputana* will be kept as control without any intervention for a period of one month in *Shishira Ritu*.

Tila Taila: Good quality Krishna Tila will be purchased from market, cleaned and oil will be extracted from it by milling. **Dose:** Quantity sufficient.

Procedure of PadAbhyanga: Foot massage with sufficient Til oil of required after cleaning the foot. 1 ½ to 2 hour before going to bed for period of 20 - 30 min for both the foot daily at night time. (start massaging from hind –mid – fore foot with mild pressure). Avoid bare foot walking, Keep feet clean, Avoid exposing more to dry and cold weather.

Follow up: Once in 15 days during and after intervention for one month.

Pathya: Person undergoing study will be advised to

- Avoid bare foot walking.
- Keep feet Clean.
- Avoid exposing more to dry and cold weather.

Assessment Criteria: Following points will be assessed before and at the end of every 15 days.

- Dryness
- Number of Fissures

- Depth of the Fissures
- Pain
- Bleeding
- Disturbance in normal Walk

Clinical Sign and Symptom

1. **Dryness of the feet** : Hind foot , Mid foot , Fore foot .(Present/Absent)

2. **Dryness associated with itching in the feet** (Present/Absent)

3. Dryness associated with changes in skin texture in feet (Present/Absent)

4. **Cracks associated with Pain:**

G1 - Normal – No pain,

G2 - Mild – Pain on touch

G3 - Moderate – Pain during walking

G4 - Sever – Continuous

5. **Cracks of the Feet - Hind foot, Mid foot, Fore foot -YES/ NO**

G1 - Normal – No Cracks,

G2 - Mild – 1 to 15 Cracks,

G3 - Moderate – 16 to 25 Cracks,

G4 - Sever – more than 25 cracks

6. **Length of the crack :**

G1 - Normal – Less than 5mm,

G2 - Mild – Less than 10mm,

G3 - Moderate – Less than 15mm,

G4 - Sever – More than 15mm.

7. **Cracks associated bleeding :**

G1 - Normal – Superficial skin,

G2 - Mild – Deeper skin,

G3 - Moderate - Epidermal,

G4 - Sever – Muscular.



RESULTS

Clinical study has proven that highly significant results found in group -A (*Padabyanga* procedure) when compare to group -C (Control group), in the management of *Padasputana* in *Shishira ritu* with the (P < 0.001). Significant improvement was seen in group A in

dryness of the feet , dryness associated with itching , dryness associated with changes in skin texture in feet (98%) , cracks associated pain, cracks of the feet in mid foot & fore foot , length of the the cracks (90%). No of cracks of the feet (75%).

DISCUSSION

Probable mode of action of Padabyanga ; The effect of *Abhyanga* can assume in two way i.e. physical manipulations and the effect of the drug in the medicated oil. Physical manipulation in the form of

massage increases the circulation of blood and plasma it can stimulate and strengthen the lymphatic system and remove internal waste products. Muscles and deep connective tissues get relaxation the

strokes used in *Abhyanga* have effects like, Increase in flow of circulation local to that area treated.Reduction of tone in muscles, which are in a state of excess tension.Stretching of tight fascia and

restoration of mobility of soft tissues. Relief in pain is obtained by releasing acute or chronic tension in muscles and by affecting pressure and touch nerve endings.

CONCLUSION

PadAbhyanga is one of the simple, cost effective, less time consuming and can be practiced easily by individual in their busy schedule also. This procedure is not restricted to *Shishira Ritu* ,it can be

practiced in all the seasons as a preventive procedure to prevent the foot related problems and to get the other beneficial effect from *Padaabhyanga*.

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