

ROLE OF TILA TAILA PADABHYANGA IN PADSPHUTANA (CRACKED FEET)

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ABSTRACT

While people take a lot of care to make their faces look beautiful, they do almost nothing to take care of their feet. Many of us have cracked soles and we begin to take care of it only when the cracks become severe. Then we try to find a quick fix solution through soothing gels or creams. Ayurved have a better alternative to that. Padabhyanga can greatly help alleviate cracked soles by pacifying vatadosha. Clinical trial was carried out on 100 people. Tila Taila Padabhyanga was given for one month at night for 15 minutes and follow ups were taken after every seven days. Symptoms were assessed using scoring pattern in four grades. 77% people got positive results. In 50 % people absence of symptoms was seen. In 8% people severity was decreased by two grades. In 69% people severity was decreased by one grade. In Padsphutana vatadosha aggravates and causes dryness, roughness and sole of the feet becomes cracked. Tila Taila suppresses vata and hence cures cracked soles.

KEYWORDS: Padabhyanga, Tila Taila, Padsphutana, cracked sole/feet.

INTRODUCTION

Feet get stuffed into shoes that rub or socks that make them sweat. They have to totter on too high heels or be squeezed. They must run, jump, kick and climb and carry us and all our baggage every where we want to go. Not only are feet ignored and taken for granted, but nearly everyone thinks they are ugly or smelly.

Both the feet are the site of 'Pada' karmendriya. Due to which we can walk and move upto the desired place. So feet and soles get affected with dryness and heat at first. Walking with hard soled footwear, walking bare footed, excessive and constant walking, constant exposure to cold weather and cold water and standing for a long duration vitiate vatadosha and that leads to cracked feet. Abhyanga is a part of Dincharya upkrama told in Ayurved. According to Ayurved, a man should apply oil all over body. Vayu is predominant in tactile sense organs which is located in the skin. Abhyanga is most beneficial for skin.

Ayurveda has specially advised to apply oil on head, ear and feet atleast. Padabhyanga is known as application of oil on the feet. By padabhyanga, roughness, stiffness, dryness, fatigue and numbness of feet are alleviated. By massage of oil in feet, there is no occurrence of sciatica, cracking of soles, constriction of veins and ligaments. Massage of feet brings sleep, is pleasing and wholesome for eye, removes fatigue and numbness and softens skin of the feet.

Aim and Objectives

1. To assess the effect of tila taila padabhyang in pad sphutan.
2. To study effect of padabhyanga as an upakrama in dincharya.

MATERIAL AND METHODOLOGY

Tila tail (sesame oil) was used for the study

Oil is Sneh (oleaginous) extract of snehic substances like sesame. All types of oils are vatashamak especially sesame oil. Taila taila is of ushna virya (hot in nature), tikshna (sharp in action), sukshma (capable of entering into even minute pores), vyavayi (spreads all over body), vikasi (expands in the body), twakprasadan (beneficial for skin), mardava (imparts softness into the skin), Varnya (improves complexion). It is used for sprinkling (parishek), massage (abhyanga) and dipping bath (avagah) etc. It is used in different traumatic conditions like cut, punctured, lacerated, blistered, contused wounds.

A single group clinical study consisting of 100 individuals was carried out. The classification of the group based on age and sex is shown in Fig.1(a) and Fig.1(b) respectively.

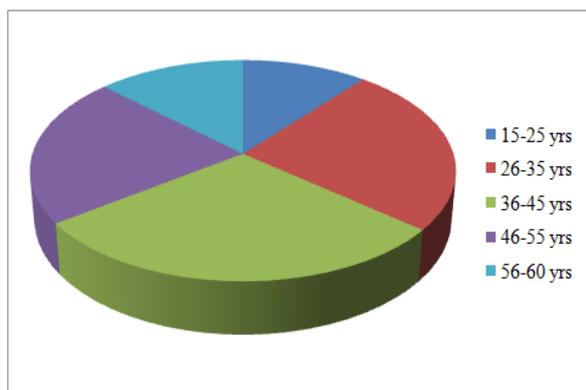


Fig. 1(a)

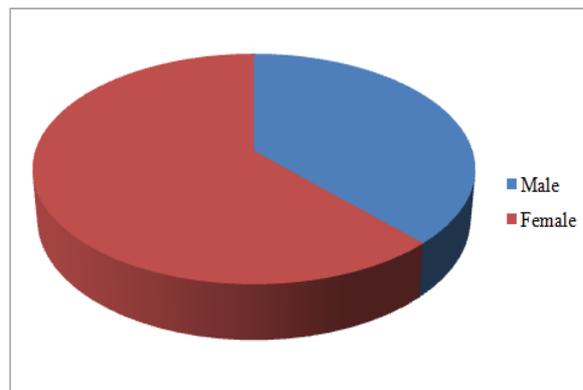


Fig. 1(b)

History of all the participants collected in a special proforma. A written consent of each patient was taken. Tila taila padabhyanga was given for one month and follow ups were taken as follows.

Follow up I - 7th day

Follow up II - 14th day

Follow up III - 21th day

Follow up IV - 28th day

Both the feet were massaged with tila taila by hands themselves. Procedure of padabhyanga was taught to patient. Time for abhyanga was at night. Duration of padabhyanga was 15 minutes. The observations were noted from time to time of every user.

Inclusion Criteria

100 people suffering from padsphutana in the age group 15 to 60 irrespective of sex, occupation, class with following signs and symptoms were included in the study.

1. Dryness (Padrukshata)
2. Coarseness (Padkharata)
3. Cracks (Padsphutana)
4. Pain (Padvedana)
5. Bleeding (Padraktastrava)
6. Fatigue (Shram)

Exclusion Criteria

1. Any patient suffering from known systemic illness.
2. Patient suffering from skin diseases.

All the symptoms were assessed using scoring patterns

3 – Severe degree

2 – Moderate degree

1 – Mild degree

0 – Absence of symptoms

RESULTS

According to clinical observation, the effects of tila taila padabhyanga are found as follows:

In the age group of > 35 years, patsphutana was more common and also the severity of patsphutana was more. In winter season, patsphutana was observed more and also the severity of patsphutana was more.

Dryness

In 85% people absence of symptom was observed. Absence of symptom was seen in 37% people after first follow up only. In 34% of severe cases, absence of symptom was observed after 4th follow up. In 34% people, severity was decreased by one grade. In 31% people severity was decreased by two grades.

Coarseness

Absence of symptom was seen in 37% people after first follow up. 9% of severe cases got complete relief from coarseness. In 41% people severity was decreased by 2 grades. In 46% people severity was decreased by one grade.

Cracks

In patsphutana 77% people got positive results. In 50% people absence of symptom was seen. In 8% people severity was decreased by two grades. In 69% people severity was decreased by one grade.

Pain

Absence of symptom was seen in 74% people. In 18% people severity was decreased by two grades. In 85% people severity was decreased by one grade.

Fatigue

In padshram 98% positive results was observed. In 68% people absence of symptom was seen. In 18% severe cases absence of symptom was seen. In 45% people severity was decreased by two grades. In 33% people severity was decreased by one grade.

Bleeding

Three cases of mild bleeding got total relief.

DISCUSSION

Tila taila has madhur, kashaya and tikta rasa, madhur vipak and ushna veerya. It is snigdha, guru, sookshma, teekshana, possessing properties like penetrating deep into the tissue and spreading throughout the body fast, that is vikasi and vyavayi. It suppresses vata, kapha and cleanses and promotes dhatus.

According to gunas, veerya, we can consider the action as follows. Tila taila is ushna, guru, snigdha in nature, hence it pacifies the vitiated vata dosha which has sheet, laghu, ruksh gunas. In padsphtan vata dosha aggravates therefore ruksha, parusha, khar gunas that is dryness, coarsness and roughness are increased and sole of the feet become cracked. Tila tail has snigdha, mrudu, picchil, ropana gunas hence it suppresses vata and cures cracked soles.

CONCLUSION

From all the observations, it is confirmed that if tila taila padabhyanga upkrama described in dincharya is done regularly, it will definitely help people preventing and reducing cracks of the feet. It is also effective in reducing dryness, roughness of the feet and it also relieves fatigue. Padabhyanga can be practised daily. It is cost effective, needs no fancy equipments, just a pair of hands and some oil. Moreover it is the quickest, simplest, most pleasurable and inexpensive way to make someone healthier and happier.

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