

To study the clinical efficacy of Coconut Oil *Padabhyanga* in *Padadari*

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Abstract:

Ayurveda is an ocean of science, which is related with maintaining healthy status and treating the ill conditions of the body. According to Ayurveda, health is the balanced state of *Dosha*, *Dhatu*, Agni, Mala and pleasant status of soul, sense Organs and mind. The appropriate state of dosha is required for health. But in today's modern world of civilisation, there is vitiation of *dosha* due to etiological factors. Aggravation of *Vata dosha* in the feet causes dryness, coarseness, cracks, pain and bleeding from the feet. It can be correlated with the *Padadari* disease explained in Ayurveda. The people which has profession of walking are more prone to this disease and it become more painful for this. Our Ayurveda has given concept of *Abhyanga* in *Dinacharya*. It can be very beneficial for the *Padadari* patients. Coconut oil is easily available, cheap material. So present study is

an attempt to view the efficacy of the coconut oil *Padabhyanga* in *Padadari*.

Keywords: Ayurveda, *Vata*, *Padadari*, feet.

Introduction:

Ayurveda is a branch of science which deals with maintaining health and treating the diseased condition of the body.¹ Ayurveda has described three types of application lifestyle means *Charya* namely *Dinacharya*, *Rutucharya* and *Ratricharya*. Various measures explained in *Dinacharya* includes *Abhyanga* and *Padabhyanga* is one of them.² *Sparshanendriya* is a main location of *Vata dosha*. If there is vitiation of *Vata dosha*, it can be alleviated by use of *Abhyanga*, means application of oil over the skin. It is called as *Abhyanga*.³ *Taila* is best *Vatahara* and coconut oil is commonly known and commonly found in every house remedy for *Abhyanga*. *Padabhyanga* is one of the simple, cost effective, less time

consuming and can be practiced by any individual in their busy schedule also.⁴

Doing practice of *Padabhyanga* in patients helps to pacify the Vata dosha lakshanas like *Rukshata*, *Padasphutana*, *Kharatva*, *vedana* etc. In *Shishir* and *Hemant Rutu*, there is extreme cold and dry climate. It is responsible for *Sanchaya avastha* of *Kapha Dosha*. Daily doing practice of *Abhyanga* gives the beneficial effects like *Snigdhatta*, *balya*, rejuvenation to the body. During giving *dhatugatavastha* of *Vata Dosha*, it is said that it has main impact on *Twacha* by increasing *Rukshata* and *Sphutana*. *Snehana karma* pacifies *Vata dosha*. Due to this, *Padabhyanga* will be beneficial in *Padadari*.

Atichakramana means excessive walking. Those persons who walk more, may be due to their profession or due to any other reason are likely to get this disease *Padadari*.⁵ In this, sole and feet get affected with more dryness and heat.⁶ Other conditions contain walking with hard soled footwear, walking with bared foot, excessive and constant walking, continuous exposure to cold weather and cold water and standing for a long duration vitiates *Vatadosha* and it ultimately results into cracked feet. Generally, 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 everywhere we want to go. Due to this, feet are taken for granted and feet are ignored. But everyone thinks they are ugly or smelly. *Abhyanga* is one of the measures elaborated in the *Dinacharya Adhyaya*.⁷ *Vata dosha* is predominant in skin

all over the body. To prevent vitiation of *Vata dosha* by any etiological factors, we have to use the *Abhyanga*. It is most effective for normalcy of skin.

Aims –

To study clinical efficacy of coconut oil *Padabhyanga* in *Padadari*..

Objective:

1. To take various references related to *Padabhyanga* in various *Ayurvedic Samhitas*.
2. To understand concept of *Padadari*.
3. To understand coconut oil.

Material and Methods:

Literature review is done through all available *Ayurvedic Samhitas*, texts, various research papers available in Journals and online data available.

Review of literature:

COCONUT OIL

Coconut oil is almost known to everyone. Coconut oil has high saturated fat content. “Tail” is defined as it is the oily portion extracted by some process on oily seeds. e.g. Sesame. The coconut oil has properties like *madhur rasa*, *shita virya*, *snigdha guna*. Also, it is non-irritant and edible. So coconut oil is used in neonates.

Coconut⁹

The coconut provides a nutritious source in the form of meat, juice, milk and oil. Coconut is highly nutritious and rich in fiber

vitamins and minerals. It is classified as functional food because it provides many health benefits beyond its nutritional content.

Family: *Palmeae*

Latin name: *Cocos nucifera*

Synonyms of Coconut –

Nalikera, Latavruksha, Drudhabija, Mahaphal, Tung Skandphal, Chocha, Trunaraj, Sutungaka, Drudhavruksha, Drudhaphal, Langali, Kurchakeshar, Drudhanir, Dakshinatya, Akshaphal, Sadaphal, Rasaphal, Mangalya, Kurchshekha, Drudhanili, Ucchataru, Duraruha, Tryambakphal

Vernacular Name-

- **English:** Coconut Palm
- **Hindi:** *Nariyal*
- **Bangali :** *Narikel*
- **Gujarathi :** *Naliar*
- **Telugu :** *Tenkayichettu, kobbirichettu*
- **Marathi:** *Naral*
- **Tamil:** *Tengu, Tenba*
- **Malyalam :** *Ten*
- **Konkan:** *Narla-maddo.*

Guna and Karma of Narikel

- **Rasa:** *Madhur*
- **Vipak :** *Madhur*
- **Virya :** *Sheet*
- **Guna :** *Guru, snigdha*
- **Karma:** *Bruhan, Balvardhan, Keshya, Dantya, Hridya, Bastishodhan.*

- **Doshaghnata** - *Pittashamak, Raktashamak, Vatshamak, Kaphavardhak*

Characteristics of Coconut oil

1. Coconut Oil is one of the most useful parts of coconut palm.
2. Coconut Oil is made by pressing the coconut meat (Copra)
3. Coconut oil is a fat which is obtained from the kernel of the fruit of the coconut palm (*Cocos nucifera*)
4. Coconut oil is of special interest because it possesses many useful properties than any other dietary oil and it is extensively used in traditional medicine among Asian population.
5. Appearance-white to pale yellow, solid to semisolid lard like fat.
6. Odor-Bland, odorless.

Material and Methods:

Material:

Coconut oil was used for the study.

Method:

1. Standard operating Procedure will be applied.
2. Detail history of all the participants was collected by using a special proforma.
3. A written consent of each patient was taken.
4. Treatment was given for 3 weeks and follow ups were taken for 7th day, 14th day and 21th day respectively.

5. The observations were noted from time to time.

Inclusion Criteria:

1. Patient between 14 to 60 years
2. Patient having symptoms of Dryness, Coarseness, Cracks, pain and bleeding at the feet.

Exclusion Criteria:

1. Patient having age less than 14 years and above 60 years
2. Suffering from skin diseases
3. Suffering from known systemic illness.

Purvakarma of Abhyanga:

Subject was asked to lie down or sit in a comfortably. Feet are soaked in a tub of warm or hot water for few minutes to remove any dirt and then dried with the help of dried. Then they asked to hold the foot in the hand and establish the position where hand can be easily touched with feet. Then relaxation of the feet was done by doing ankle rotation, ankle stretching and stroking of the foot from the ankle to the toes.

Pradhanakarma:

The warm coconut oil was applied on smoothly by giving uniform movement of the hands. If should not be too fast or too slow. They were asked to take coconut oil, available in market. Then they were asked to take the message preferably by the any family member for 20 minutes every day, before going to bed. Evaluation done on some parameters like sleep etc. by every week for next three weeks.

Paschatkarma:

Complete rest to feet by going to sleep.

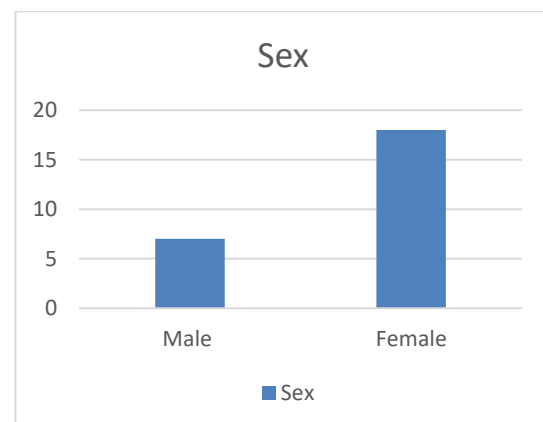
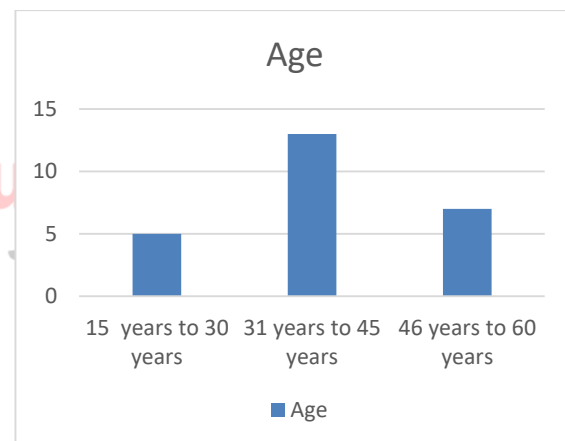
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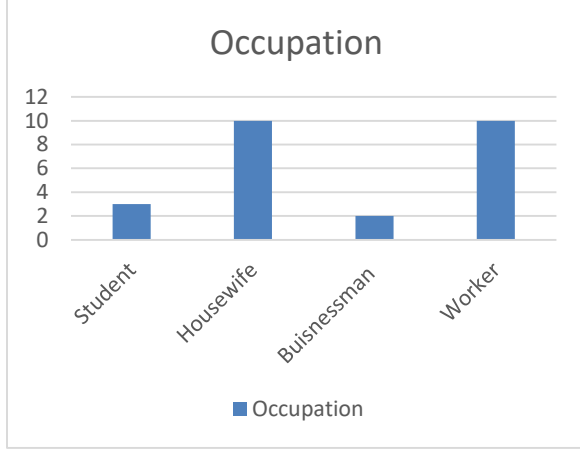
1. Keep feet clean
2. Avoid bare foot walking
3. Avoid more direct exposure to dry and cold weather.

Sample size: 30

Duration of treatment: 3 weeks

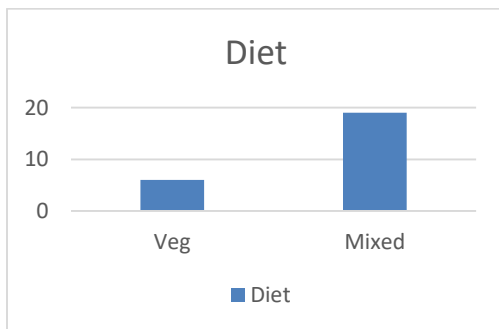
❖ Observation





Discussion and Conclusion:

- In vitiation of *Vata Dosha*, the characteristics of *Vata dosha* namely *Chala*, *Sukshma*, *laghu* gunas are increased. Coconut tail has opposite qualities to this and if decreased the dryness in feet.
- *Madhur* rasa and *Madhur vipaka* helps in alleviation of *vedana*, *kharatva*. So it reduces coarseness.
- Coconut *taila* has *Snigdha*, *sthira* property. So it decreases the cracks in the feet.
- It also decreases the pain in the feet.
- As it is *Vatashamaka*, *pittashamak*, *raktashamak*, it decreases bleeding from feet.



- It can be practised from daily routine. It is as simple, quick, most pleasurable, unexpansive way to make someone healthier, happier.
- It gives softness, *balya* and *sthairya* to the feet.
- It is cost effective, need no special equipment.
- Coconut *taila* has opposite qualities to that of *Vata dosha*. So it reduced the features of Vitiated *Vata dosha*. *Padadari* is the commonly occurring problem and its recurrence is also common due to negligence. Coconut oil *Padabhyanga* is preventive and curative treatment et in *Padadari*.

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