

A COMPARATIVE STUDY TO EVALUATE THE EFFICACY OF SARJADI LEPA AND GUDADI LEPA IN THE MANAGEMENT OF PADADARI: A CLINICAL STUDY**Dr. Annapurna Kadakol^{1*}, Dr. K. H. Pachchinavar², Dr. R. C. Yakkundi³**¹3rd Year PG Scholar, Dept. of Shalya Tantra, SSRAMC, Inchal, Belagavi.²Professor, Dept. of Shalya Tantra, SSRAMC, Inchal, Belagavi.³Professor & HOD, Dept. of Shalya Tantra, SSRAMC, Inchal, Belagavi.***Corresponding Author: Dr. Annapurna Kadakol**

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ABSTRACT

Padadari (cracked heels) is a common Kshudra Roga described in Ayurveda, caused mainly by Vata–Kapha vitiation leading to Rukshata, fissuring, and pain in the heel region.^[1] Continuous weight-bearing, friction, and dryness increase the severity. Lepa Karma is mentioned as an effective external therapy in classical texts.^[2] Sarjadi Lepa and Gudadi Lepa are traditional formulations indicated for fissures.^[3-5] **Aim:** To evaluate and compare the effectiveness of Sarjadi Lepa and Gudadi Lepa in Padadari. **Materials and Methods:** A randomized study of 40 patients diagnosed with Padadari was conducted. They were divided into two groups: Group A received Sarjadi Lepa; Group B received Gudadi Lepa. Treatment was administered externally once daily for 15 days. Assessment was done on Day 0, Day 15, and Day 30 using parameters such as pain, dryness, cracking, number of cracks, and size of cracks.^[6] Statistical methods included Wilcoxon Signed Rank Test and Mann–Whitney U Test, with $p < 0.05$ considered significant. **Results:** Both groups showed significant improvement. Group B (Gudadi Lepa) demonstrated greater reduction in pain (88.33%), dryness (90.83%), cracking (92.5%), and number of cracks (95%) compared to Group A. Intergroup comparison showed statistically significant improvement in cracking and number of cracks ($p < 0.05$). These findings align with earlier studies using similar Lepa formulations.^[7-11] **Conclusion:** Sarjadi Lepa and Gudadi Lepa are effective for Padadari, but Gudadi Lepa offers faster healing, superior moisturization, and better cosmetic outcomes. It can be recommended as a preferred therapy.

KEYWORDS: Padadari, Cracked heels, Sarjadi Lepa, Gudadi Lepa, Ayurveda, Lepa Karma.**INTRODUCTION**

Padadari, described as a Kshudra Roga in Ayurvedic classics, is primarily caused by Vata–Kapha vitiation, producing symptoms such as Rukshata, Sphutana, and Ruja.^[12-13] Although considered minor, it significantly affects daily functioning due to pain and discomfort. Modern causative factors include dehydration, prolonged standing, and friction from walking barefoot.^[14]

Classical Ayurveda prescribes Lepa Karma, a topical herbal paste application, for localized skin disorders.^[2] Sarjadi Lepa, mentioned for fissures and dryness, contains Sarjarasa, Ghrita, Saindhava, and Madhu. Gudadi Lepa traditionally includes Guda, Saindhava,

Gomutra, Chinch, and Ghrita, providing Snigdha, Ropana, and Vatahara effects.

Though many studies have evaluated individual Lepa formulations for cracked heels, direct comparative evaluation of Sarjadi Lepa and Gudadi Lepa has not been widely explored. Hence, this study bridges this research gap.

MATERIALS AND METHODS**Study Design**

A randomized comparative clinical trial following Ayurvedic diagnostic principles.

Sample Size

40 patients with classical symptoms of Padadari.

Groups

- Group A: Sarjadi Lepa (n=20)
- Group B: Gudadi Lepa (n=20)

Inclusion Criteria

- Age 18–60 years
- Presence of heel fissures as per Ayurvedic signs
- Willingness to participate

Exclusion Criteria

- Diabetic ulcers
- Severe infections
- Systemic dermatological disorders

Treatment Protocol

Both groups received their respective Lepa once daily for 15 days after warm-water soaking.

Assessment Criteria

Parameters adapted from earlier validated studies.

- Pain (VAS)
- Dryness
- Cracking
- Number of Cracks
- Size of Cracks

Assessed on BT (Day 0), AT (Day 15), AF (Day 30).

Statistical Analysis

Wilcoxon Signed Rank (intra-group), Mann–Whitney U Test (inter-group). $p < 0.05$ considered significant.

RESULTS**Clinical Improvement Summary**

| Parameter | Sarjadi Lepa (%) | Gudadi Lepa (%) |
|---------------------|------------------|-----------------|
| Pain relief | 68.33% | 88.33% |
| Dryness relief | 70% | 90.83% |
| Cracking relief | 63.33% | 92.5% |
| Number of Cracks | 65% | 95% |
| Overall improvement | 20% | 60% |

Group B showed statistically superior improvement.

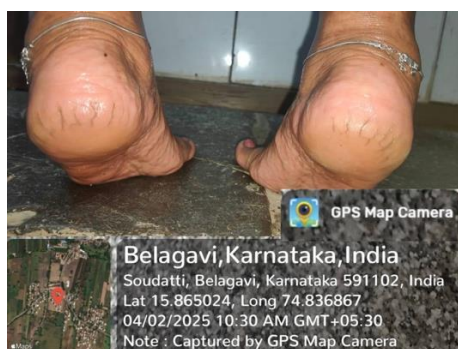


Figure 1: Group A patient Before treatment.

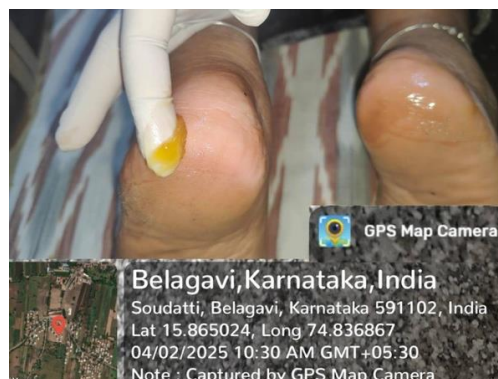


Figure 2: Application of sarjadi lepa.

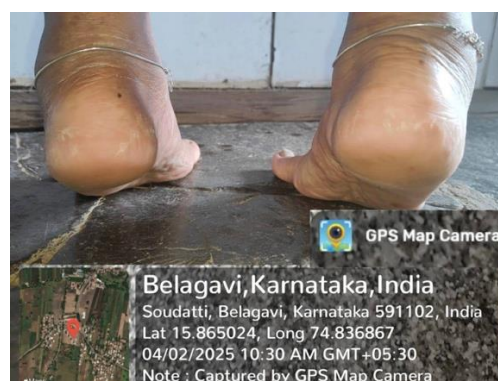


Figure 3: Group A patient After treatment.



Figure 4: Group A patient Before treatment.



Figure 5: Application of sarjadi lepa.



Figure 6: Group A patient After treatment.



Figure 7: Group B patient Before treatment.

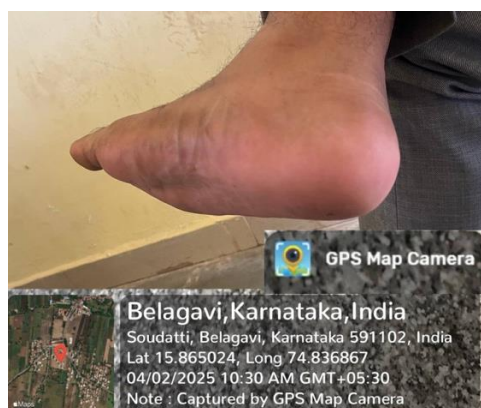


Figure 8: Group B patient After treatment.



Figure 9: Group B patient Before treatment.



Figure 10: Group B patient After treatment.

DISCUSSION

Padadari is a Vata-dominant disorder wherein dryness and fissuring result from Rukshata and Srotodushti. Plantar skin is naturally thick and prone to keratinization. When exposed to friction or dryness, cracks deepen, causing pain.

Sarjadi Lepa reduces dryness due to Ghrita and Sarjarasa, promoting healing through Ropana activity.

Gudadi Lepa provides stronger Snigdha effects due to Guda and Ghrita, while Gomutra acts as a bio-enhancer and helps Kledashamana. This supports deeper healing and better smoothing of keratinized skin, consistent with earlier findings.

The enhanced hydration and penetration of Gudadi Lepa explain its superior clinical outcomes.

CONCLUSION

Both formulations were effective, but Gudadi Lepa demonstrated better therapeutic action, making it a superior choice for Padadari management. Its traditional formulation offers economical and accessible treatment with excellent healing potential.

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