

### 11.13. Padadaha and Padaharsha

## पाददाह (Pādādāha) & पादहर्ष (Pādaharṣa)

Samprāpti-vighaṭana · Chikitsā-sūtra · Step-wise Chikitsā-yojanā (with Rasāyana & Pathyā-apathyā)

**Textual setting** - Both entities are named in the classical nosology: *Pādādāha* is grouped among **Pittaja vyādhi** in Madhava-Nidāna (chapter *Pittaja-roga*), while *Pādaharṣa* appears in the **Vatavyādhi list** of Aṣṭāṅga-hṛdaya Nidāna 15. The root texts supply the names and fundamental doṣa connections; management principles are derived from the broader Pittaja-roga & Vatavyādhi chikitsā chapters.

### 1 Clinical identifiers

Entity	Hall-mark presentation	Primary doṣa profile
<b>Pādādāha</b> (“burning feet”)	Intense heat, redness, sometimes swelling in soles; worse after exertion or in hot weather, soothed by cool contact	<b>Pitta-pradhāna</b> ± Rakta involvement; chronic cases gain Vāta dryness
<b>Pādaharṣa</b> (“tingling / numb foot”)	Pins-and-needles, creeping sensation, transient coldness of soles; may extend up the calf	<b>Vāta-Kapha</b> interplay: Vāta excitability + Kapha blockage/āma

### 2 Samprāpti (pathogenesis) in brief

#### 2-1 Pādādāha

- Excessive intake of katu-amla-uṣṇa items, alcohol, long standing → **Pitta & Rakta** aggravate in *pādāṅgulimarmas*.
- Micro-circulation congestion → inflammatory heat → burning soles.
- Unchecked, local dryness adds **Vāta** → cracks, prickling pain.

#### 2-2 Pādaharṣa

- Cold exposure, prolonged sitting, day-sleep after heavy meal → **Kapha / āma** coats peripheral nāḍīs.
- Vāta** confined behind the plug vibrates irregularly → tingling, numbness.
- Chronic under-nutrition → snāyu degeneration, flaccid sole arch.

### 3 Samprāpti-vighaṭana (breaking the chain)

#### Pādādāha (Pitta-Rakta)

- Nidāna removal: stop chilli, alcohol, barefoot on hot floor
- Śīta-snehana** (cool, unctuous) + **Tikta-madhura** deepana
- Virecana / Raktamokṣaṇa** if heat & redness marked
- Local **Padābhyanga** with Ghṛta, Chandana-taila; **Padā-dhāra** with cool decoction
- Systemic **Tikta-ghṛita pāna**; Rakta-pitta-śāmaka yogas

#### Pādaharṣa (Vāta-Kapha)

- Nidāna removal: stop day-sleep, cold floor, tight shoes
- Rūkṣa Sweda + Deepana** to melt Kapha plug
- Mṛdu **Virechana** (castor-oil) for āma
- Warm **Padābhyanga** with Bala taila; **Snigdha Sweda** (Nāḍī / Pinda)
- Anuvasana & Nirūha Basti** to pacify root Vāta

**Pādadāha (Pitta-Rakta)**6 • **Rasāyana** for nerve-lining (e.g. Gudūcī, Amalaki)**Pādahaṛṣa (Vāta-Kapha)**6 • **Rasāyana** for myelin (Aśvagandhā, Bala)

## 4 Chikitsā-sūtra (concise rules)

### Pādadāha

**“Pitta-Rakta-saṁtāpāt śītasneha-sevanam,  
Virecana-raktamokṣau ca, padā-chandana-lepaḥ”**  
— distilled from Pittaja-roga chikitsā

**Meaning:** Cool, unctuous measures first; purge pitta, bleed if severe; apply sandalwood & ghrīta to soles.

### Pādahaṛṣa

**“Āvaraṇa-kapha kṣapet rūkṣa-swedaiḥ,  
tataḥ snehaiḥ bastibhiḥ ca vāyurṁ śamayet”**  
— summarised from Vatavyādhi chikitsā

**Meaning:** Liquefy Kapha/āma with dry heat; thereafter oiling plus basti to pacify Vāta.

## 5 Step-wise Chikitsā-yojanā (28-day module)

Day-block	Pādadāha plan	Pādahaṛṣa plan
1-3	• Śītala-valuka-seka (lukewarm water over sand-pot) • ½ tsp <b>Gudūcī-satva</b> + sugar t.i.d.	• <b>Valuka Sweda</b> (dry hot sand) on soles 15 min • 2 g <b>Hīṅgvāṣṭaka cūrṇa</b> t.i.d.
4 (night)	<b>Trivṛt-lehya</b> 10 g in milk (mild virecana)	<b>Eranda-taila</b> 25 ml purge
5-10	• 10 ml <b>Tikta-ghṛita</b> b.i.d. • <b>Padā-dhāra</b> with cool <b>Nimbā-Gudūcī-kaṣāya</b> 10 min	• 10 ml <b>Kṣīrabala 101 taila</b> b.i.d. • Warm <b>Padābhyanga</b> + <b>Patra-piṇḍa sweda</b>
11-16	• If redness persists → <b>Jalaukā-rakta- mokṣaṇa</b> around ankle	• <b>Yoga-basti</b> 8-cycle (odd = Daśamūla Nirūha, even = Kṣīrabala Anuvasana)
17-28	<b>Rasāyana:</b> 1 tsp <b>Āmalakī-rasāyana</b> a.m.; 10 g <b>Brahmī-ghṛita</b> h.s.	<b>Rasāyana:</b> 10 g <b>Aśvagandhā-lehya</b> h.s.; 500 mg <b>Śuddha Śilājatu</b> b.i.d. • Foot-rolling, calf stretches

Adjust doses to bala-agni. If diabetes or vascular disease co-exists, integrate appropriate modern care.

## 6 Pathyā / Apathyā

### □ Pathyā (common to both)

Light, freshly cooked food at fixed times  
Ample ghrīta; rice-gruel with milk  
Foot-soak every night: • Pādadāha → cool neem-lotus decoction •  
Pādahaṛṣa → warm Dashamūla decoction  
Linen socks, loose footwear  
10 min ankle pumps, toe curls daily

### □ Apathyā

Reheated, canned, bakery items  
Repeated tea / coffee; strong chilli  
Barefoot on hot cement (Pādadāha) or icy floor  
(Pādahaṛṣa)  
Tight shoes, synthetic socks  
Prolonged cross-leg sitting



## 7 Expected outcomes

Measure	Pādadhā	Pādahaṛṣa
Day 7	↓ Burning by $\geq 40\%$ , cooler skin	Tingling episodes spaced out, warmth returns
Day 14	Normal sleep without foot-fire	Able to stand longer; SLR improves if lumbar element
Week 4	Sustain relief on diet alone	Sensory deficit minimal; gait steady

### □ Key memory hooks

- **Pādadhā** → think “Pitta-fire” → cool, purge, ghṛita, sandal.
- **Pādahaṛṣa** → think “Kapha-plug & Vāta-vibration” → dry heat, purge, then oil & basti.
- **Basti** remains the long-term insurance for any Vāta-dominated neuropathy.
- **Rasāyana** (Āmalakī for Pitta, Aśvagandhā for Vāta) locks in neural recovery.

This structured approach unites classical logic with practical staging so learners can translate theory into a day-wise treatment plan.