

**DEVELOPMENT AND STANDARDIZATION OF HERBO MINERAL OINTMENT FOR  
PADADARI (CRACKED HEELS)**

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Cracked heels are one of the most common podiatric diseases in society, representing one of the most prevalent podiatric conditions encountered in the general population. Clinically, the condition is characterized by dryness, pruritus (itching), thickened skin, and visible fissuring along the plantar aspect of the heel. In the Ayurveda medicinal system, this condition can be correlated with the disorder known as *Padadari*, which is associated with *Vata* imbalance and characterized by dryness and cracking of the soles, especially the heels. The present study is focused on the development of herbo-mineral ointment for *Padadari* condition. The preparation includes *Siwanguru* (Heamatite), *Tila* (*Sesamum indicum*), Bee's wax, *Shwetha Chandana* (*Santalum album*), *Haldummala* (*Vateria indica*), *Saindava lavana*, Cow's ghee as ingredients known for their moisturizing, wound healing, and keratolytic properties. Two formulations of the herbo mineral ointment were developed using the *Malahara kalpana* method in the ratios of 1:5 (Formulation I) and 1:6 (Formulation II) (active ingredients to base). Both formulations were subjected to evaluation based on organoleptic properties, physicochemical parameters, and spreadability characteristics. Both formulations were brown in colour and have odor of sesame oil. Formulation I is more stable with its texture than Formulation II. Formulation I has more moisture content (0.2%) than Formulation II (0.03%). Among the two, the Formulation I demonstrated superior consistency, stability, and user acceptability. Additionally, it exhibited a pH of 6, which aligns closely with the natural pH of human skin, thereby indicating good dermatological compatibility. The results of this study highlights suitability of Formulation I based on moisture content, spreadability, texture and pH than the formulation II. Also, this emphasizes the potential of ayurvedic formulation as a natural, cost-effective solution for cracked heels, bridging traditional knowledge and modern scientific validation. Future research should focus on clinical trials to confirm efficacy and optimize formulation.

**Keywords:** Cracked heels, *Padadari*, Ointment