

# **LOCAL EFFECTS OF FLOWERS OF CALOTROPIS GIGANTEA IN PATIENTS OF PAINFUL HEEL SYNDROME**

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## **ABSTRACT**

Different plant parts (roots, root-bark, leaves, flowers and latex) of *Calotropis gigantea* are widely used topically in different inflammatory and painful conditions by traditional healers in rural and tribal areas in India. Topical traditional medicine therapy may prove more safe and effective remedy in treating painful heel syndrome.

The present study was therefore designed to generate evidence-based support on the efficacy and safety of topical use of flowers of *Calotropis gigantea* in patients of painful heels.

Settings and Design: An open trial was carried out in sixty patients of unilateral or bilateral painful heels. *Calotropis gigantea* flowers were applied locally twice a day for ten days.

Subjective clinical improvement was assessed on Visual Analog Scale (VAS) and Objective clinical improvement was assessed walking time on day1 and day10. Assessment of the safety was done by blood investigation like SGOT, SGPT and serum creatinine. Reassessment of VAS score and walking time was done on day 180 which was compared with day 10. Subjective as well as objective clinical improvement was seen. Local application *Calotropis gigantea* flowers were also safe to the patient. VAS score and walking time assessment at the end of 180 days also shows improvement.

Local application *Calotropis gigantea* flowers is efficacious as well as safe in patients with painful heel syndrome. Increasing the duration of therapy may bring more improvement in painful heel.

**KEY WORDS:** *Calotropis gigantea*, painful heel syndrome