AN AYURVEDIC MANAGEMENT OF KADAR W.S.R. TO CORN – A CASE STUDY

Mandavkar Kalpana Chandrakant1*, Dnyaneshwar.K.Jadhav2, Sachin.N.Pandhare3

1Lecturer, Dept. of Shalyatantra, S.G.R.Ayurveda College, Attached S.S.N.J.Ayurvedic Hospital, Solapur, Maharashtra, India.
2M.D. Scholar, Department of Kayachikitsa, S.G.R.Ayurveda College, Solapur, Maharashtra, India.
3Nirmal ano-rectal and general Hospital, Solapur, Maharashtra, India.

INTRODUCTION

Ayurveda is the science, which is still in the practice having the unbroken continuity. It represents the totality of life and gives the total knowledge required to maintain the holistic balance of the functioning of mind and body.

Shushruta samhita is the main pillar of Ayurvedic surgery. According to Acharya Shushruta ‘Kadar’ is one of the “Kshudra-roga”. Too much pressure or repeated friction, injury on some part of body give rise to Kadar (corn). Due to these cause the Doshas becoming aggravated together with fat and blood, it give rise to a tumour, hard like bolt. The disease corn is a localized hyperkeratosis of the Kadara (corn) generally occurs on the top and sides of toe wearing defective wear, thorn prick, etc., also cause of Kadara. A corn tend to be small and round with painful spot in the middle and yellowish skin surrounded it.

Corn is initially painless but it may be painful particularly when it is rubbed. Corn has tendency to recur after excision.

Shalyatantra is one of the important branches of Ayurveda based on six major methods of management. Diseases treated by Agnikarma do not recur. It gives instant relief to the patients. There is no fear of complication such as purification and bleeding due to contact with Agni. According to Acharya the seat of the affected lesion should be Utkartan (excised) and Agnikarma. This therapy is more effective than other.

MATERIALS

- Surgical blade no.15
- BP handles
- Gloves
- Sterile gauze piece
- Forceps, tooth forceps

*Address for correspondence
Dr. Mandavkar Kalpana Chandrakant
Lecturer
Dept. of Shalyatantra,
S.G.R.Ayurveda College, Attached,
S.S.N.J.Ayurvedic Hospital,
Solapur, Maharashtra, India.
Mob: 09850828280
Email: nirmalanorectal@gmail.com

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Abstract

As a science of Life and Health, the different branches of Ayurveda have evolved over the long period as health being mainly concerned with preventing as well as curing the diseases. With change in time and life style of people, increased pace of life the symptoms of some disease become violent. There are few diseases which have simple pathology but difficult to cure that called as Kshudra-roga. Kadar is one of such kind of disease, which give more trouble for patient & intervenes with routine work. Acharya Shushruta describes ‘Kadar’ under “Kshudra-roga”. Acharya Bhoj also describes this disease. In modern sciences it can be compare with corn.

A Corn is a specially-shaped callus of dead skin that occurs on thin or glabrous surface of toe. Repeated injuries and friction to sole cause the corn. Wearing defective wear, thorn prick, etc can also cause the corn. Corn is being treated by using anti NSAID drugs, salicylic acid, corn cap, and at end surgery. There is no satisfactory and permanent treatment available for corn and have its high recurrence tendency. Shalyatantra has been hailed as the most important branch of Ayurveda. The uniqueness of Shalyatantra s due to the availability of duel treatment procedure i.e., Shlya Karma (surgical procedure) & Anushastra karma (para surgical procedure like Agnikarma, Raktamokshana etc.) Acharya Shushruta has advises Utkartan (excision) followed by ‘Agnikarma’, it is best treatment for prevent recurrences of Kadar.
Artery forceps
- Flame source
- Triphala kwath
- Agnikarma shalaka
- Tila Taila
- Madhhu (honey)
- Sarpi (ghee), Yastimadhu

**METHODS**

1. **Purvakarma**
   - Written informed consent to be taken.
   - Pre-operative investigation done (CBC, CT, BT, HbsAg, HIV, Blood sugar etc).
   - Injection tetanus toxoid should be given before procedure.
   - Xylocaine sensitivity (test dose) to be checked.

2. **Pradhankarma**
   - Kadar (corn) part clean with Triphala kwath.
   - Drape it with sterile cut drape sheet.
   - Infiltration of 3 to 5 ml of 2% Xylocaine in surrounding of corn.
   - Surgical blade put into BP handle and complete corn has excised in shape of a conical hard tissue.
   - Cauterized it with very hot Agnikarma shalaka which dipped in Tila Taila, till then Samyak dagdha lakshan are not appear (e.g. Shabda pradurbhava, Sira sankoch, Krishna vranta etc.).
   - Appropriate precautions have taken to avoid production of Asamyak dagdha (neither superficial nor deep burn), because too deep wound get delay in healing and too shallow has create recurrence of corn.

3. **Paschatkarma**
   - Dagdha vrana should be anointed with mixture of Madhu and Sarpi.
   - Patient has advised to alternate day dressing till wound get completely heel. Wound get heel within 7 to 10 days.

**DISCUSSION**

- Meda & Rakta are mainly responsible Dosha in the pathogenesis of Kadar.
- Salyatantra is one of the important branch of Ayurveda based on six major methods of management such as Bhesajkarma, Ksarakarma, Agnikarma, Sastrakarma, Yantrakarma, Raktamoksa. Agnikarma is superior among them and boon for local Vata & Kaphaja Vyadhi and diseases treated by Agnikarma do not recur. It gives instant relief to the patients. There is no fear of complication such as purification and bleeding due to contact with Agni.

- According to Acharya Sushruts when Bheshaja Chikitsa, Kshar Chikitsa and Shastra Chikitas are unable to cure the disease only then Agnikarma can be used.
- Agni burns the body residing in substances which are unctuous (fatty, oily) and dry. Fatty substance (Sneha dravya) getting heated by fire, by their action of travelling through minute vein, pore (Sukshmasiranusari twagadinanamupravishyasho) enter quickly into the skin etc. and cause burning, hence there will be severe pain when burnt by fatty substances.
- As per Ayurvedic concept, Kadara may develop as the vitiation of Vata with Kapha dosha. Vata and Kapha dosha have been considered as the important factors for causation of Shotha (inflammation) and Shoola (pain).
- Agnikarma due to its Usna Suksma, Asukri guna pacifies the Vata Kapha Dosa and removes Srotavarodha. Patient is effectively relived from stiffness, pain and other associated symptoms.
- Modern science has also mentioned that central core of corn reaches in the deeper layers of dermis. Agnikarma with Sneha dagdha is the only therapy which can destroy the hyperkeratosis of skin with the properties of Ushna, Tiksha, Sukshma, Vyavai, Vikasi and Pachana Gunas of Agni & Tila Taila.

**CONCLUSION**

Kadar (corn) can be re-occur if its only surgical excision done. Agnikarma with Sneha Dagdha therapy is more suitable in the management of corn. Agnikarma is superior for local Vata & Kaphaja Vyadhi and diseases treated by Agnikarma do not recur. It gives instant relief to the patients. There is no fear of complication such as purification and bleeding due to contact with Agni. It enables the patient to do his or her daily routine activities within a few minutes of procedure. In modern surgery number of post excision dressing, Antibiotic, Analgesic and Anti inflammatory and wound healing promoting drugs. This Ayurvedic therapy is best as compared to surgical excision of modern science.

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Figure: An Ayurvedic Management of Kadar WSR Corn – A case study