

Management of Kadara (Corn) By Agnikarma - A case report**Rupesh Sonam¹, Bijendra Shah², Raj Kishor Sah³**

¹, Intern, ² Teaching Assistant ³HOD, Department of Shalya Tantra, Ayurveda Campus & Teaching Hospital, IOM, TU, Kathmandu, Nepal

Abstract

In Ayurveda, Agnikarma refers to application of heat on the affected part and Kadar (Corn) is the hard thickening, hyperkeratosis of skin in sole, palm due to constant pressure and repeated minor trauma. Here, we apply agnikarma for the management of Kadar as per the Acharya Sushrut has described Kadar as Kshudra Roga in Sushrut Samhita Nidana Sthana addhyaya -13 and in Chikitsa Sthana addhyaya -20 which can be related to Corn as per modern science. A 33 years of women presenting with complain of multiple painful lesion in right sole from 10 year came in OPD. We diagnosed it as Kadara (Corn). Agnikarma was done by Panchadhatu shalaka, partisaran followed by bindu pattern with the tip of shalaka. By the application of Agnikarma patient got relieved only on 1 week. Due to its no reoccurrence chance, it is the best treatment for the Kadara (Corn).

Keyword: *Agnikarma, Ayurveda, Corn, Kadar.*

Received: 05.05.2019

Revised: 16.05.2019

Accepted: 20.06.2019

***CORRESPONDING AUTHOR:****Dr. Bijendra Shah**

Teaching Assistant, Ayurveda Campus & Teaching Hospital, Kirtipur, Kathmandu, Nepal.

Email: bijendrashah17@gmail.com

Mob: +9779851157187

Introduction:

Corn is a localized hyperkeratosis of the skin. It usually occurs at the site of pressure e.g. on the sole and toes. There is usually a horny induration of the cuticle with a hard centre. Corn can be painful particularly when it is rubbed. Corn has a tendency to recur after excision. It has a deep central core which reaches the deeper layer of dermis.^[1] It is usually white/grey/yellow in color and is common in females.^[2] Most of them are hard corns and soft corn occur in between the toes.^[3] *Kadara*, The knotty (*Granthi*), a painful, hard growth raised at the middle or sunk at the sides, which exudes a secretion and resembles an Indian Plum (Kola in shape) and appearing at the soles (palm according to – *Bhoja*) of a person as an outcome of the vitiated condition of the local blood and fat produced by the deranged Doshas incidental to the pricking of a thorn etc. or of gravel is called *Kadara*.^[4] So *Kadara* can be correlated with Corn. Modern science prefer to the excision of the symptomatic corn and also application of salicylic acid preparation or mixture of salicylic acid, lactic acid and collodian can be helpful.^[5] But in *Ayurveda*, *Acharya Sushrut* mentioned the treatment of *kadar* (Corn) by application of *Agnikarma* with oil in *Kshudrarog Chikitsa* chapter of *Sushrut Samhita*.^[6] *Agnikarma* is a procedure in which there is the application of heat in the affected part. The therapeutic use of agni is described as *Agnikarma* in *Sushrut Samhita* sutra *sthana* Chapter 12. There is no chance of recurrence of disease which is treated with *Agnikarma* and it cures the disease which are not treated with

medicine, surgery and *Kshar Karma*.^[7] It is also included in *Anushastra* i.e. Parasurgical procedures.^[8] *Agnikarma* can be correlated to Thermal Cauterization.

Case Report:

A 33 years of women presenting with complain of multiple painfull lesion in right sole from 10 year came in OPD *Shalyatantra* Department in *Ayurveda* Campus Teaching Hospital, Kirtipur, Kathmandu, Nepal on 2019- 5-20. She had history of use of hard shoe wear form long time. And pain was aggravated while walking, rubbing and long standing. She also used to feel pricking type of pain mostly during winter season. There was no history of trauma, bleeding and any other discharge from the lesion. She had applied corn tape for 3-4 times but couldn't get any improvement. And she was not willing for surgical excision. On the basis of clinical examination patient was diagnosed with *kadara* (Corn) at right sole. And Patient was treated with *Agnikarma*. It was cured in first sitting only.

Methodology of Agnikarma:

The material used was *Haridra Churna*, *Panchadhatu Shalaka*, Aloe vera, Gas Stove, Betadine solution, Gauze Piece.

First of all Gas Stove was opened and *Panchadhatu Shalaka* was placed on it. When it got red hot, lesion on foot was painted with betadine to maintain aseptic condition. Red hot *Panchadhatu Shalaka* was applied on corn around 30 second followed by immediate application of aloe vera pulp on it to reduce burning sensation.

INTERNATIONAL JOURNAL OF AYUSH CASE REPORTS (IJA CARE)

It was repeated until proper removal of corn. After that *haridra churna* was applied on the lesion and covered with sterile gauze for some hour and left it opened. Patient was advised not to wet the lesion till 24 hour.

Result and Discussion:

In this case patient gets cured in first sitting of *Agnikarma*. *Kadara* is *aKshudraroga* which is minor but painful disease. *Agnikarma* is a procedure done in the *vataj kaphaj byadhi* as it has action of *Ushna, Tikshna, Sukshma, Vyavayi, Vikasi* and *Pachana*. As it has a property to destroy the pathology in deeper structure it helps to pacify the vitiated Vata as well as Kapha dosha. Thus relieves from pain and cures the disease. According to Dr. Ven Hanff, the place where heat burns the local tissue metabolism is improved. ^[9]By the application of heat, it provides the additional heat to the tissue which activates the *dhatwagni* and removes the *shrotavarodha*. Due to which there is dilatation of blood

vessel and improves the circulation to the tissue. Activation of *dhatwagni* and improved circulation may help in formation of new healthy tissue. Similarly, Aloe vera is analgesic, anti-inflammatory, antioxidant and wound healing in action.^[10] It has a quick action on burning sensation as its *virya* is *seta* (cold potency) and *Haridra* powder also has a properties of anti-inflammatory, wound healing, antioxidant and analgesic.^[11] Thus, Aloe vera and *Haridra* helps to relieve from pain and secondandory infection. Acharya Sushrut said that the disease which is not cured by *Bhesaj, Kshara, Sastra chikitsa*, can be cured by *Agnikarma* and there is no chances of reoccurrence as it itself a sterile procedure. In modern medicine there is reoccurrence of corn after the use of medicine locally and it being excised which is painful and time consuming as well. But after the use of *Agnikarma* there is no chance of reoccurrence as well as there is no complication of it

Images of Agnikarma :



Before Agnikarma



After Agnikarma



After 1 week

Conclusion

Agnikarma is the procedure in which there is no need of local anesthesia. The procedure is not so much painful as compared to surgical excision. There is also no chance of bleeding as well. Since, there is no chance of recurrence and cost effective procedure, Agnikarma is the best treatment for the Kadar (corn).

Acknowledgement :

The Authors expresses his sincere gratitude to Dr. Sarita Bajagain, Dr. Amulya Dahal, & Dr. Laxmita Gaiju.

References:

1. Somen Das, A concise Textbook of Surgery, Common Tumors and Miscellaneous Lesion of The Skin, Dr. S. Das, Calcutta. 4th ed. 2006, P-122
2. Sriram Bhat, M SRB' Manual of Surgery, General Surgery: Hand and Foot, Jaypee Brothers Medical Publishers (P) Ltd, New Delhi. 6th ed. 2019, P-158
3. Rajgopal Shenoy, Anitha Shenoy (Nilkeshwar), Manipal Manual of surgery, Skin Tumours, CBS Publishers And Distributors Pvt Ltd, New Delhi. 4th ed. 2014, P-167
4. Kaviraj K B, Sushruta Samhita Vol. II. Nidana Sthan 12/22-25. Chowkhamba Sanskrit Series Office, Varanasi. 2nd ed 1963, P-89
5. Sriram Bhat, M SRB' Manual of Surgery, General Surgery: Hand and Foot, Jaypee Brothers Medical Publishers (P) Ltd, New Delhi. 6th ed. 2019, P-159
6. Sharma AR, Sushrut Samhita vol II Chikitsa Sthan 20/23. Chaukhamba Surbharati Prakasan, Varanasi: 2017. P-331
7. Sharma AR, Sushrut Samhita vol I, Sutra Sthan 12/3. Chaukhamba Surbharati Prakasan, Varanasi: 2017. P-85
8. Sharma AR, Sushrut Samhita vol II, Sutra Sthan 8/15. Chaukhamba Surbharati Prakasan, Varanasi: 2017. P-69
9. Chaturvedi S, Katara P. Applied approach of Agnikarma therapy. J Biol Sci Opin 2014; 2(1): 107-109.
10. Baby Joseph, S.Justin Raj, Pharmacognostic and phytochemical properties of Aloe vera Linn – An Overview, International Journal of Pharmaceutical Sciences Review and Research 2017;4(2):106-110
11. Sathi AS, A review on pharmacology and cosmeceutical properties of *Curcuma longa*, International Journal of Pharmaceutical Science and Research 2017;2(1):09-16

Guarantor: Corresponding author is guarantor of this article and its contents.

Conflict of interest: Author declares that there is no conflict of interest.

Source of support: None

How to cite this article:

Sonam R, Shah B, Sah R K , Management of Kadar (Corn) By Agnikarma - A case report, Int. J. AYUSH CaRe. 2019; 3(2):189-191.