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Management of Kadara (Corn) By Agnikarma - A case report

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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.

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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 Kadara.^[4]So called Kadara can 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 ^[6]Agnikarma Sushrut Samhita. 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.

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Case Report:

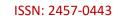
A 33 years of women presenting with complain of multiple painfullesion in right sole from 10 year came in OPD Shalyatantra Department in Ayurveda Teaching Campus Hospital, Kirtipur, Kathmandu, Nepal on 2019- 5-20. She had history of use of hard shoe wear form long time. And pain was aggravated while 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*, Aloevera, 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.







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It was repeated untill 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 ^[9]By metabolism is improved. 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 Activation tissue. of dhatwagni 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 antiinflammatory, 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:







After Agnikarma



After 1 week



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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).

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