



AYURVEDA CONSIDERATION OF KADAR (CORN): SYMPTOMS, PREVENTION & TREATMENT

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ABSTRACT

Ayurveda the ancient science of India dealt with health management of mankind. Ayurveda mainly emphasized healthy well being through conduction of good life style. There are various branches of ayurveda & surgery (*ShalyaTantra*) is one of them. *Shalya Tantra* help to deal with many disorders & *Kshudra-roga* is one of them. *Kadar* (corn) is one of the *Kshudra-roga* which may occur due to repeated friction & injury on some part of body. The *Kadar* leads *Doshas* aggravation along with fat and blood deposition which further causes tumour or hard bolt. The corn localized as hyperkeratosis occurs on the top and sides of toe generally. Use of defective wear, thorn prick, continuous friction & individual susceptibility etc. are cause of *Kadara*. It appears as painful spot in the middle and surrounded with yellowish skin. This article describes ayurveda perspective of *Kadara*.

KEYWORDS: *Ayurveda, Kadar, Corn, Shalyatantra.*

INTRODUCTION

The ayurveda described some diseases which are difficult to cure as *Kshudra-roga*. *Kadara* (Corn) is one of them which affect daily life routine & quality of life significantly. *Kadara* (Corn) is painless but become painful when rubbed. It may recur after excision. The modern science describes various treatment options such as; anti inflammatory drugs, corn cap, salicylic acid and excision for the management of corn. It involves formation of special-shaped callus of dead skin that occurs mainly on glabrous surface of toe. The *Kadaramay* involve vitiation of *Vata* with *Kapha dosha* which leads *Shotha* and *Shoola*. *Meda* & *Rakta* are mainly responsible *Dosha* in the pathogenesis of *Kadar*. *Shalyatantra* involve various treatment options for the management *Kadara* such as; *Anushastra karma*, *Utkartan* followed by *Agnikarma*. The proper management of *Kadara* through *Shalyatantra* helps to prevent chances of recurrences.

Location of Corns on feet

- Below toenail bed
- between toes
- Horizontal sides of feet
- Bottoms of feet

Types of Corn

- **Hard Corn:** Compact patch with hard skin, dense core located on the top of the toe or the outside.
- **Soft Corn:** Whitish rubbery, thin, smooth center and is found between toes.
- **Seed Corn:** Bunches of tiny corns, occurs on the bottom may associated with blocked sweat ducts.

Symptoms

- *Keelavat* (lesion with central core)
- *Kathin* (hard lesion)
- *Granthi* (tangled)
- *Madhyo Nimna* (depressed in the central)
- *Unnat* (sometimes elevated in the central)
- *Kolamatra*
- *Srava* (along with discharge)

Clinical perspective

- The disease localized hyperkeratosis of the skin at the site of pressure like; soles and toes.
- Horny induration of the cuticle & hard centre.
- Deep central core reaches to the dermis.
- Pain with discharge.

Preventive approaches as per modern science

- Use of soft shoes or soft pads
- Application of salicylic acid
- Use of carnation cap

- Use of rehydration creams
- Use of protective corn plasters
- Use of small foam wedges between the toes
- Use of silicone wedges
- Patient advised to alternate day dressing
- Soaking feet in salted warm water for few minutes.
- Keep open wound whenever possible
- Avoid touching & rubbing of wound
- Excision

Ayurveda mentioned different *Chikitsa* for *Kadara* & *Agnikarma* is one of them. *Agnikarma* introduces heat in the affected area which possessed properties such as; *Ushna*, *Tikshna*, *Laghu*, *Sukshma*, *Vyavayi* and *Vikashi* these properties pacify *Kapha*, reduces *Shotha* and control *Vata dosha* thus reduces *Shool*.

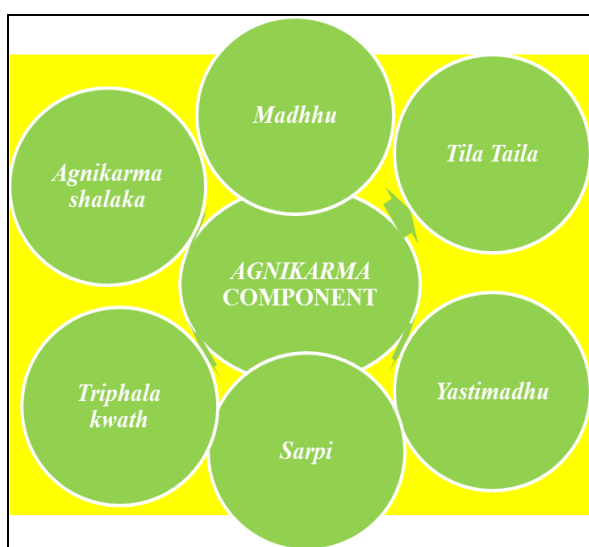


Figure 1. Component of *Agnikarma*.

AGNIKARMA

It involves use of equipments such as; surgical blade, gloves, sterile gauze piece, forceps, tooth forceps, artery forceps & flame source. The injection of tetanus toxoid recommended before the procedure. First *Kadara* should be clean with *Triphala kwath* & sterile cut drape sheet. Corn excised in shape of a conical hard tissue. *Agnikarma shalaka* further may be used for cauterization. Uses of *Tila Taila* while performing *Agnikarma* also recommended. Precautions to avoid production of *Asamyakdagdha* should be taken. Sometimes mixture of *Madhu* and *Sarpi* may be recommended for *Dagdhavrana*. ***Agnikarma with Panchadhatu Shalaka*** manages *Kadara* with decreased chances of recur.

Natural treatments for the corns

- Juice of ginger rubbed on the corn.
- Juice of *Calotropis gigantean* rubbed on the corn.
- Egg white with copper sulphate rubbed on the corns.
- Turmeric, *Terminalia chebula* and coconut oil mix together & rubbed on to the corn.
- Application of warm garlic clove on the corn and Band-Aid over it.

- Cinnamon ash mixed with fresh limestone powder applies with milk.
- Paste of jasmine leaves over the corns.
- Tie a piece of orange peel or lemon peel on the corn.
- Aloe vera gel with turmeric and apply on the corn.
- Massage with medicated oils such as; *jatyaaadi taila*, *kasisaadi taila* and *shadadhvata ghrita*.
- *Kshara karma* using *gaumutra* and *yavakshara*.

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