



A CASE STUDY ON AGNIKARMA IN THE MANAGEMENT OF KADRA W.S.R. CORN

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ABSTRACT

The kadra is described under the *kshudra - roga* by Acharya Sushruta described *kadra* under the *kshudra - roga*. Which having simple pathology but very difficult to be cured. In modern medical science it's correlated with corn. Thickened areas of skin that form as a consequences of rubbing, friction or pressure painful conditions that form thickened areas in skin. In areas of excessive pressure. In modern science excision of the corn or same NSAID'S are the only treatment of corn. Agnikarma is the best treatment of for the corn. Agnikarma ensure complete cure of disease to avoid recurrence.

KEYWORDS: *kshudra - roga*.

INTRODUCTION

The disease *kadra* is as old as mankind, *kadra* (corn) might have been consider as an abnormality, which is incidentally or normal to routine life. A corn is a specially shaped callus of skin that occurs on thin or scabrous surface of sole. Repeated injuries and friction to the sole cause the corn. It is a localized hyperkeratosis of the skin usually occurs at the pressure sites such as on the sole and the toes occurring due to defective footwear, thorn prick etc. corn is initially painless but it may be painful particularly when it is rubbed. It has a deep central core which reaches to the deeper layer of dermis.

In *Ayurveda* corn can be correlated with the *kadra* which is included in the *Kshudra Roga*. Acharya Sushruta describe it's clinical features as *Keelvat* (Lesions at the central core) *Kathin* (Hard) *Granthi* (knotted) *Madhyo nimna* (depressed in the central) *Unnat* (Elevated in the centre) *Kolmatra* (seed of plum) in size and painful and sometimes with *Sarava* (Discharge).

Modern science has provided with the some prevention methods such as soft shoes or soft pads at the pressure points of the sole, application of salicylic acid at the corn, use of central local application such as corn cap and lastly the excision of the corn.

As per *Ayurveda* concept *Kadra* may develop as the vitiation of the *Vata* and *Kapha dosha*. *Vata* and *Kapha* has been consider as an important factor for the causation of the *Shotha* (inflammation) and pain shoal (pain). According to Acharya Sushurta when *bhaisajya*, *kshar*

and *shalya chikitsa* are unable to cure the disease then only the *Aganikarma* chikitsa can be used. As only the *Agnikarma* therapy has only the property to destroy the pathology in the deeper structure central core of corn reaches the deeper layer of dermis and hence the *Agni karma* is only the therapy which can destroy the hyperkeratosis of the skin with the properties of *Ushna*, *Vikasi*, *Vyavayi*, *Pachan gunas* of *Agni* for further evaluation in *Agnikarma* we carried out pratisaran and *bindu* both in combination with the help of *panchdhatu shalaka* and local application of *ghreeth* and *mulethi* (*yasthimadhu*)

CASE REPORT

A 27 year old male patient name Mr. Sudrarsan Pisda Department on 2nd march 2017 with compilation of pain and multiple elevated cystic swelling present on dorsal aspect of right sole due to working on rough and hard farm. There was no and farm. There was an history of excision of elevated layer of corn done repeatedly excision by the patient him self before visiting us.

On the basis of clinical examination the patient was diagnosed as a case of corn on the right sole. After careful assessments and examination patient was treated with *Agnikarma*.

MATERIALS AND METHODS

For present study the materials used are *panchadhatu shalaka*, gasstove, trifla decoction, kumara pulp (swaras) *ghreeth*, *mulethichurna* (for local application) gauze piece, sponge holding forceps.

METHODS

After taking written informed consent *Agnikarma* was done. The affected part was applied with *trifla* decoction and wiped up with sterilized gauze piece. The red hot *panchdhatu shalaka* is applied to corn, firstly the *Agnikarma* was done as *pratisaran* (flat type of cauterization) with the tip of *Panchdhatu Shalaka*. Every *shalaka* is applied with in the area of corn for 30 seconds. During the entire procedure the *kumara swaras* was applied after application of red hot *Shalaka* to get relief from the burning sensation. Appropriate precaution were taken to avoid the *asamyak dhagdha* (neither superficial nor deep). After completion of procedure the wound was covered with the *kalka* of *mulethi* and *ghreeth*. The entire procedure was repeated for three times at an interval of seven days for desirable result. Patient was advised to apply the paste of *mulethi churna* mixed with ghee at bed time up to normal appearance of skin.

DISCUSSION

- Kadra is explained the 'kshudra- roga and Medo & Rakta are mainly vitiated Dosha in the pathogenesis of kadra.
- Agnikarma is superior parasurgical procedure and born for local vata & kaphaja roga and diseased treated by Agnikarma do not recue. It gives instant relief from pain. There is no any chances of complication like bleeding and secondary infection due to Agnikarma.
- As for Acharya Sushruta when the all chikitsa upkarma like – Bhesaja-chikitsa, Kshar- chikitsa and Sushruta chikitsa are unable to cure the disease than only Agnikarma can be used.
- Kadra may develop as the vitiation of vata with kapha dosha. Vata and Kapha dosha have been considered as the important factors for development of Shotha (inflammation) and Shoola (pain). Agnikarma due to its Usna, Sukshma, Asukari guna pacifies the vata, kapha dosha and removes srotavarodha. Patient is effectively relived from pain and swelling, hardness of pain.
- The center core of corn are seated an the deeper layers of dermis. By Agnikarma therapy we can easily destroy the hyper keratosis of the skin.

CANCLUSION

Agnikarma therapy is more suitable for the management of corn. Kadar (corn) may be re-occur if it's only surgical excision done. In modern surgery number of post-operative dressing, antibiotic, analgesic, anti-inflammatory, Hospitalization may be required. But *Agnikarma* is the painless, bloodless, recurrences less therapy for the management of corn so this Ayurvedic therapy is the best as compared to surgical excision of modern science.

Before Treatment



After applying Agnikarma



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