



AGNI-KARMA AN APPROPRIATE TREATMENT FOR KADER W.S.R. TO CORN

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ABSTRACT

Ayurved is a treasure of various techniques to treat various disease related to mankind. *Kader* generally known as corn is a very painful lesion in planter surface (sole) of the foot. Commonly it affects planter surface of toes and sole of the feet. In modern medicine there is no any medicine to cure corn except excision of it which is very painful and time consuming treatment. In *Ayurved*, *Kader* is explained in *kshudra-roga*. To treat this painful disease Agni-karma is very effective without any complication. *Agni-karma* is done by *Panch-dhatu shalaka*.

KEYWORDS: *Agni-karma, Kader, Panch-dhatu shalaka.*

INTRODUCTION

Kader commonly known as corn are very common in those persons who wear hard shoes or sleepers. It is very painful condition. Common site of corn is planter surface (sole) of foot. Corn develops due to intermittent pressure over a limited area. It is a localized hyper-keratinisation of the skin with a hard central core.^[1] It is a smaller lesion which is pushed deep into the skin (dermis) forming a localised palpable tender nodule with a central yellow-white core of dead cornified skin. It presses over the adjacent nerves causing pain. It can get infected causing severe pain and tenderness with inability to walk.^[2]

In *Ayurved* the disease Corn is similar to *Kader* which is explained by *Acharya Sushrut* in *Kshurda-roga*. It is said that repeated trauma and irritation to the planter surface of foot(sole) results in *kader* which is *Keelavat* (lesion have a central core) *kathin* (hard), *granthi* (knotted), *Madhyo Nimna* (depressed in the central) or *Unnat* (elevated in the central), *kolamatra* (seed of plum) in size, painful and sometimes with *Srava* (discharge). *Acharya Bhoj* also called it *Manskeel* which happen in both hand and feet.^[3]

In today's modern medical field there is no any better treatment of corn except excision of it. This is very painful and time consuming process because of daily dressing after excision. It has provided some preventive measures such as soft shoes or soft pads at pressure point of the sole, application of salicylic acid on corn, use of central local application such as cornac or carnation cap and lastly excision of corn.^[4]

In *Ayurved*, *Acharya Sushruta* and *Dalhana* mentioned the seat of the affected lesion should be excised and *Agnikarma* should be carried out with oil.^[5] But for evaluation of *Agnikarma* we carried out treatment of *Kader* by *Bindu dahan* (a type of *Agnikarma*) with the help of *Panchdhatu shalaka*.

A single case study of corn is reported here which was treated by *Agnikarma (Bindu dahan)* in 3 sittings at an interval of 7 days. After 15 days, the patient got relief from elevation of swelling and pain.

CASE REPORT

A 30 year old male patient of *Kadara* (corn) visited OPD of *Shalya-tantra* Department, Rishikul campus & Hospital, Uttrakhand Ayuerved University, Haridwar on July 2018 with complaints of pain and elevated cystic swelling present on dorsal aspect of right sole due to rough and hard foot wear. There was no history of direct injury except that the patient was used to wear tight shoes. There was a history of excision of elevated layers of corn done repeatedly by the patient herself, before visiting us. On the basis of clinical examinations the patient was diagnosed as a case of corn at the right sole. The patient's attendant was not willing for excision and requested ayurvedic treatment. After careful assessment and examination *Agnikarma* procedure was explained to them, and they agreed to give their consent.

Before planning treatment all routine laboratory investigation like CBC, Blood Sugar, LFT, KFT, HIV, HbsAg, HCV etc were done to rule out any systemic pathology.

MATERIALS AND METHODS

Materials

For present study, the materials used are *Panchadhatu shalaka*, Gas Stove, *Kumari patra* (fresh pulp of Aloe vera), Gauze pieces, and Sponge holding forceps.

Methods

After taking written informed consent, the part is cleaned by normal saline solution and wiped up with sterilized gauze piece. The red hot Panchadhatu shalaka is then applied to corn. *Agnikarma* on corn was done by *Bindu dahan* (dotted type of cauterization) with the tip of *Shalaka*. Every *Shalaka* is applied within the area of corn for 10 seconds. During entire procedure, a *kumari patra svaras* (fresh pulp of Aloe vera) was applied after application of red hot *Shalaka* to get relief from burning sensation. Appropriate precautions were taken to avoid production of *Asamyak dagdha* (neither superficial nor deep burn). After completion of procedure, the wound was covered with sterilized gauze pieces. The entire procedure was repeated 3 times at the interval of 7 days for desirable results. Patient was advised to apply coconut oil at bed time up-to normal appearance of skin.

DISCUSSION

The disease '*Kadar*' is described by *Acharya Sushruta* in "*Kshudra-roga*". According to him, "*Kshudra Roga*" is a disease having simple pathology but very difficult to be treat. According to *Acharya Sushrut* when *Bheshaja Chikitsa*, *Kshar Chikitsa* and *Shastra Chikitsa* are unable to cure the disease only then *Agnikarma* can be used. As only *Agnikarma* therapy has a property to destroy the pathology in the deeper structure.

Agnikarma (cauterization) introduces heat in the affected area. This heat is *Ushna*, *Tikshna*, *Laghu*, *Sukshma*, *Vyavayi* and *Vikashi* in properties, which is helpful to break the *Kapha* thus reducing *Shotha* and ultimately *Vata dosha* gets pacify so that *Shool (pain)* is relieved. Even modern medical science has also specify that central core of corn reaches in the deeper layers of dermis and hence *Agnikarma* is the only therapy which can destroy the hyper-keratosis of skin by his *Ushna*, *Tikshna*, *Laghu*, *Sukshma*, *Vyavayi* and *Vikashi* in properties.

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