

DAHAN CHIKITSHA IN KADAR WSR PLANTER CORN**Chaturvedi Sonal¹, Katara Pankaj²**¹Medical Officer, Shalya Tantra, Ch. Brahm Prakash Ayurved Charak Sansthan Khera Dabar
New Delhi-73²Assistant Professor Panchkarmaka Department, Ch. Brahm Prakash Ayurved Charak Sansthan
Khera Dabar New Delhi-73, India.**ABSTRACT**

The disease 'Kadar' is explained in "Kshudra-roga" by Acharya Shushruta. According to him, "Kshudra Roga" is a disease having simple pathology but very difficult to be cured, *Kadara* (corn) is initially painless in condition but with its progress, it may become painful. In modern science, corn is being treated by using anti inflammatory drugs, corn cap, salicylic acid and excision. Even today there is no satisfactory and permanent treatment available for corn because of its high recurrence tendency. Acharya Sushrut has advised *Utkartan* (Excision) followed by *Sneha dagdha* (oil based cautery) in treatment of *kadar*.

Key Word- *kadar*, *sneha dagdha*, *Utkartan*

INTRODUCTION

The disease 'Kadar' is explained in "Kshudra-roga". It is said that repeated injuries & friction to the sole with thorns, stones etc, or by the doshas becoming aggravated together with fat and blood, it give rise to a tumor, hard like bolt, in the middle or at the end of feet, of the size of a *kola* (jube fruit), having pain and exudation; this is known as *kadara*.¹ The disease corn is a localized hyperkeratosis of the². It usually occurs at the site of pressure E.g. On the soles and toes, occurring due to defective foot wear, thorn prick, etc. There is usually a horny indurations of the cuticle with a hard centre. Corn is initially painless but it may be painful particularly when it is rubbed. Corn has tendency to recur after excision. It has a deep central core which reaches to the deeper layers of dermis³. The *Chikitsasutra*

of *Kadara*, according to Acharya Sushruta the seat of the affected lesion should be *utkartan* (excised) with *shastra* (Sharpe instrument) and the site should burnt with oil.⁴ This combined therapy seems to be more effective to provide instant relief. If done perfectly, the disease never reoccurs.

Materials :

For present study, the materials used are - Surgical blade no.15, B P handle no.3, sterile gloves, Sterile gauze piece, Sponge holding forceps, tooth forceps, Artery forceps, flame source, *Triphala kwath*, *Tilatailam*, *madhu* (honey), *sarpi* (ghee) *yastimadhu churna*.

Methods:

1. Purvakarma - Light *snigdha* diet to be given to patient, written informed consent to be taken, preoperative investiga-

tion (CBC, CT, BT, HbsAg, HIV, Blood suger etc) should be normal in range, injection tetanus toxoid should be given before procedure, Xylocaine sensitivity to be checked.

2. Pradhankarma- After cleaning the diseased part with *trifala kwath*, drape it with sterile cut drape sheet, infiltration of 3 to 5 ml of 0.5% xylocaine in surrounding of corn and surgical blade put into BP handle and complete corn has excised in shape of a conical hard tissue, then cauterized it with very hot tila oil with help of small buds of gauze or swabs piece, till then *samyak dagdha lakshan* are not appear (eg *shabda pradurbhava, sira sankoch, Krishna vranta* etc.). Appropriate precautions have taken to avoid production of *Asamyak dagdha* (neither superficial nor deep burn), because too deep wound get delay in healing and too shallow has create recurrence of corn.
3. Paschatkarma - *Dagdha vrana* should be anointed with mixture of *madhu* and *sarpi*⁵. Patient has advised to alternate day dressing till wound get completely heal. wound get heal within 7 to 10 days.

DISCUSSION

‘Kadar’ is explained under the “Kshudra-roga” by *Acharya Shushruta*. According to him, “Kshudra Roga” is an ailment having simple pathology but very difficult to be cure. *Meda & Rakta* are mainly responsible *Dosha* in the pathogenesis of *Kadara*. According to *Acharya Sushruta* when *Bheshaja Chikitsa, Kshar Chikitsa* and *Shastra Chikitsa* are unable to cure the disease only then *Agnikarma* can be used⁶. *Agni* burns the body residing in substances

which are unctuous (fatty, oily) and dry. Fatty substance (*sneha dravya*) getting heated by fire, by their action of travelling through minute vein, pore (*sukshmasiransari twagadinamanupravishyasho*) enter quickly into the skin etc. and cause burning, hence there will be severe pain when burnt by fatty substances⁷. As per Ayurvedic concept, *Kadara* may develop as the vitiation of *Vata* with *Kapha dosha*. *Vata* and *Kapha dosha* have been considered as the important factors for causation of *Shotha* (inflammation) and *Shoola* (pain)⁸. *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 relieved⁹. As only *Agnikarma* therapy has a property to destroy the pathology in the deeper structure. Even modern science has also mentioned that central core of corn reaches in the deeper layers of dermis and hence, *sneha dagdha* is the only therapy which can destroy the hyperkeratosis of skin with the properties of *Ushna, Tiksha, Sukshma, Vyavai, Vikasi* and *Pachana Gunas* of *Agni & Tila Taila*.

CONCLUSION:

Excision with *Sneha Dagdha* therapy is more suitable in the management of corn instead of surgical excision. It has no side effects, complications & recurrence. It enables the patient to do his or her daily routine activities within a few minutes of procedure. This therapy is less costly as compared to surgical excision in respect to, number of post excision dressing, Antibiot-

ic, Analgesic and Anti inflammatory and wound healing promoting drugs.

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CORRESPONDING AUTHOR

Dr. Chaturvedi Sonal

Medical Officer (Shalya Tantra)

Ch. Brahm Prakash Ayurved Charak Sans-
than Khera Dabar

New Delhi-73, India.

Email: drsonalms@gmail.com
