ROLE OF AGNIKARMA THERAPY IN THE MANAGEMENT OF KADARA (CORN): A CASE REPORT

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ABSTRACT
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. According to Ayurveda, ‘Kadara’ can be correlated with the condition of ‘corn’. Aacharya Sushrut has advised Agnikarma (cauterization) for Kadara. Hence, in this study corn (Kadara) was treated by Agnikarma with Panchadhatu Shalaka (instrument made of 5 metals) in a systematic manner for a duration of 15 days with intervals of 5 days in 3 sittings. Here, we have applied two types of Agnikarma. i.e. Pratisaran (flat type of cauterization) and Bindu (dotted type of cauterization) which were used in combination with application of Tilatalam (sesame oil) for better results. This combination therapy provided cured management, which is observed in the present case study. The patient was followed upto 6 months for observation of recurrence.

KEY WORDS: Kadara, Corn, Agnikarma, Panchadhatu Shalaka.

INTRODUCTION
The disease corn is a localized hyperkeratosis of the skin(1). It usually occurs at the site of pressure E.g. On the soles and toes, occurring due to defective foot wear, thorn prick, etc(2). There is usually a horny induration 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 dermis(3).

The disease ‘Kadar’ is explained in “Kshudra-roga”. It is said that repeated injuries & friction to the sole with thorns, stones etc. leads to this condition(4).

According to Ayurveda corn can be correlated with the disease ‘Kadara’. On the basis of symptoms given by Acharya Sushruts(5) i.e. 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).

Modern science 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(6).

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)(7).

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(8).
In reference to Chikitsa of Kadara, Acharya Sushruta and Dalhana mentioned the seat of the affected lesion should be excised and Agnikarma should be carried out with oil\(^9\). But for further evaluation in Agnikarma we carried out Pratisaran and Bindu in combination with the help of Panchadhatu Shalaka in the oil medium\(^{10}\). This combined therapy seems to be more effective to provide instant relief. If done perfectly, the disease does not reoccur.

A single case study of corn is reported here which was treated by combination or fusion Agnikarma in 3 settings at an interval of 5 days. After 15 days, the patient got relief from elevation of swelling and pain.

**CASE REPORT**

A 45 year old female patient of Kadara (corn) visited OPD of Shalyyatnantra Department on 10\(^{th}\) April 2012 with complaints of pain and elevated cystic swelling present on dorsal aspect of right sole due to rough and hard foot wear and barefooted. There was no history of direct trauma except that the patient was used to walk bare footed on rough roads. 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. After careful assessment and examination, patient was treated with Agnikarma.

**MATERIALS & METHODS**

**Materials**

For present study, the materials used are Panchadhatu shalaka, Gas Stove, Triphala decoction, Gauze pieces, Sponge holding forceps, Tilatalam, Kumari svarasa, Haridra churna.

**Methods**

After taking written informed consent, Agnikarma was done. The affected part was applied with Triphala decoction and wiped up with sterilized gauze piece\(^{11}\). Then Tilatalam was applied with gauze. The red hot Panchadhatu shalaka is then applied to corn. Firstly, Agnikarma on corn was done for Pratisaran (flat type of cauterization) with the base of Panchadhatu shalaka and followed by Bindu (dotted type of cauterization) with the tip of Shalaka. Every Shalaka is applied within the area of corn for 30 seconds. During entire procedure, a Kumari 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 Haridra dusting powder. The entire procedure was repeated 3 times at the interval of 5 days for desirable results. Patient was advised to apply the paste of Haridra powder mixed with coconut oil at bed time upto normal appearance of skin.

**DISCUSSION**

The disease ‘Kadar’ is explained in “Kshudra-roga” by Acharya Shushruta. According to him, “Kshudra Roja” is a disease having simple pathology but very difficult to be cured. Meda & Rakta are mainly responsible Dosh\(a\) in the pathogenesis of Kadara. According to Acharya Sushruta when Bhashaja 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. Even modern science has also mentioned that central core of corn reaches in the deeper layers of dermis and hence Agnikarma 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\(^{12}\).

**CONCLUSION**

1) Instead of surgical excision, Agnikarma therapy is more satisfactory in the management of corn.

2) It has no side effects, complications & recurrence.

3) It enables the patient to do his or her daily routine activities within a few minutes of Agnikarma procedure.

4) The therapy is cost effective as compared to surgical excision with respect to, number of post excision dressing, Antibiotic, Analgesic and Anti inflammatory and wound healing promoting drugs.

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PHOTOGRAPHS

Fig. 1. Corn before Agnikarma

Fig. 2. Instruments for Agnikarma Therapy

Fig. 3. Painting with Triphala Kasaya

Fig. 4. Heating of Panchadhatu Shalaka

Fig. 5. Red Hot Panchadhatu Shalaka

Fig. 6. Pratisarana Agnikarma with Base of Shalaka
Fig. 13. After 2nd Sitting of Agnikarma

Fig. 14. After treatment