

TREATMENT AND PREVENTION OF FOOT CORN**Dr. Rajendra Kumar Dixit¹, Dr. Shrikant patel² and Dr. Sucheta ray³**¹M.D. Scholar, Dept. of Shalya Tantra, Rani Dullaiya Smriti Ayurved P.G. Mahavidhyalaya evam Chikitsalaya.²Reader, Dept. of Shalya Tantra, Rani Dullaiya Smriti Ayurved P.G. Mahavidhyalaya evam Chikitsalaya.³Reader Dept. of Shalya Tantra, Rani Dullaiya Smriti Ayurved P.G. Mahavidhyalaya evam Chikitsalaya.***Corresponding Author: Dr. Rajendra Kumar Dixit**

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ABSTRACT

A **corn** (or **clavus**, plural **clavi** or **clavuses**) is a distinctively shaped callus of dead skin that usually occurs on thin or glabrous (hairless and smooth) skin surfaces, especially on the dorsal surface of toes or fingers. They can sometimes occur on the thicker skin of the palms or bottom of the feet. Corns form when the pressure point against the skin traces an elliptical or semi-elliptical path during the rubbing motion, the center of which is at the point of pressure, gradually widening. If there is constant stimulation of the tissue producing the corns, even after the corn is surgically removed, the skin may continue to grow as a corn.

KEYWORD: Corn, Kadar, Skin infection, wound.**INTRODUCTION**

Corns and calluses are thick, hardened layers of skin that develop when your skin tries to protect itself against friction and pressure. They most often develop on the feet and toes or hands and fingers. Corns and calluses can be unsightly.

If you have diabetes or another condition that causes poor blood flow to your feet, you're at greater risk of complications from corns and calluses. simply eliminating the source of friction or pressure makes corns and calluses disappear.

Sign and Symptoms

- Corns have a hard center and tend to develop on the tops and sides of your toes. They can be painful.
- Flaky, dry or waxy skin
- Tenderness or pain under your skin
- A thick, rough area of skin

Corns and calluses are not the same thing

- **Corns** are smaller than calluses and have a hard center surrounded by inflamed skin. Corns tend to develop on parts of your feet that don't bear weight, such as the tops and sides of your toes and even between your toes. They can also be found in weight-bearing areas. Corns can be painful when pressed.
- **Calluses** are rarely painful. They usually develop on the soles of your feet, especially under the heels or balls, on your palms, or on your knees. Calluses vary in size and shape and are often larger than corns

Causes

Pressure and friction from repetitive actions cause corns and calluses to develop and grow. Some sources of this pressure and friction include-

- **Wearing ill-fitting shoes.** Tight shoes and high heels can compress areas of your feet. When footwear is too loose, your foot may repeatedly slide and rub against the shoe. Your foot may also rub against a seam or stitch inside the shoe.
- **Skipping socks.** Wearing shoes and sandals without socks can cause friction on your feet. Socks that don't fit properly also can be a problem.
- **Playing instruments or using hand tools.** Calluses on your hands may result from the repeated pressure of playing instruments, using hand tools or even writing.

Prevention

These approaches may help you prevent corns and calluses:

- **Wear shoes that give your toes plenty of room.** If you can't wiggle your toes, your shoes are too tight. Have a shoe shop stretch your shoes at any point that rubs or pinches.
- **Use protective coverings.** Wear felt pads, nonmedicated corn pads or bandages over areas that rub against your footwear. You can also try toe separators or some lamb's wool between your toes.
- **Wear padded gloves when using hand tools.** Or try padding your tool handles with cloth tape or covers.

Ayurvedic Treatment of corn

1. Juice of Ginger with clear lime should be mixed in equal part and rubbed three times in a day on the corn. It will help in the removal of foot corns
2. On the corn rub the juice of *Calotropis gigantea* for one week & corns will be cured.
3. A well ripe Fig should be grinded and the grinded Fig should be put on the corn to cover it completely. This must be done 3 times a day for 1 week. This will help in curing of foot corns.
4. Take the white of egg add copper sulphate. Heat Copper sulphate and mix it with white of egg and rubbed on the corns for two weeks. Then the foot corns will be cured.
5. Water after boiling rice should be mixed with rock salt. Then it should be applied regularly. This will remove corns.
6. Take Turmeric 1 part, *Terminalia chebula* 1 part, and 2 part of coconut oil. Mix all together and make it into a paste by grinding. The paste thus obtained is rubbed on to the corn for a week. This will help in curing the corns.
7. When Cashew nut's outer shell is heated up an oil is produced. It is good for curing foot corn.
8. *Plumbago* root should be grinded and rubbed on the corn at night time. It is poisonous so be careful.

Diet Recommendations

1. A light nutritious diet is advised.
2. Fruits and vegetables are a rich source of vitamins and minerals which will help in treating corns.

Ayurvedic Formulations Useful in this Condition

External Application:

- Jaathyadi taila
- Arka ksheera
- Kaasisadi tailam
- Jeevantyadi yamakam
- Gulgulu Tiktaka Ghritam

Herbal Remedies for Corns

- Liquorice.
- Papaya: Raw papaya juice may be applied thrice daily.
- Lemon: A fresh slice of lemon should be tied around the painful area.
- Chalk powder: A small piece of chalk may be ground into a paste with water and applied over the affected area.

Operative procedure

Cut of the corn and burn with Agni tapt shalaka or Ignited oil.

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Preventive Measures

- Regular care of the feet is required. Massage, scrub and warm water fomentation will prevent corns.
- Shoes can also lead to corns. Wear the right fitting shoes.
- Correct bad posture.

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