

REVIEW ARTICLE ON KADAR - A CORN

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ABSTRACT

Acharya Sushrut has described Kadar as kshudra in Sushrut Samhita Chapter 20 in Chikitsa Sthan and Nidanstan chapter 13. Modern correlation of corn with Ayurveda is Kadar. Corn is localized hyperkeratosis of the skin. It is usually occurs at the sites of pressure e.g. on the sole and toes. There is usually a horny induration of the cuticle with a hard center. Corn may be painful particularly when it is rubbed. Corn has a tendency to recur after excision. A corn has a central core which reaches the deeper layer of dermis. These are found in soles, tips of toes and dorsal surface of interphalangeal joints occurring due to defective footwears.

KEYWORDS: Kadar, Corn, Kshudra Roga.

INTRODUCTION

Ayurveda is the science, which is still in practice having the unbroken continuity. Shushrut Samhita is the main pillar of Ayurvedic surgery. According to Acharya Sushrut "Kadar" is one of the kshudra Roga. Kadar is Kapha-Vataj disorder that also vitiates Meda and Raktdhatu. Corn is circumscribed, conical and horny thickening with central translucent pit found on the dorsal of the toes, soles and between toes. It has a base on the central on the surface and central penetrating core that cause pain in subjacent structure. Core may disappear spontaneously if pressure is removed. Corn may be painful particularly when it is rubbed. Corn has a tendency to recur after excision. A corn has a central core which reacts the deeper layers of dermis.

Causes

शर्करोन्मथितेपादे क्षतेवा कण्टकादिभिः ।
मेदोरक्तानुगैश्चैव दोषैर्वा जायते नृणाम् ॥३०॥
सकीलकठिनो ग्रन्थिनिम्नमध्योन्नतोऽपि वा ।
कोलमात्रः सरुक् स्यावी जायते कदरस्तु ॥३१॥

1. Improper walking motion.
2. Ill fitting shoes.
3. Heeled high shoes. High heel shoes put pressure of the toes and make women four times as likely as men to have foot problems
4. Foot deformities and wearing shoes without socks which leads to friction on the feet.
5. Corns may be harmful by causing abscess. Bacteria enters corns through breaks in the skin and cause the infected skin to discharge fluid or pus.

Risk Factor

1. All age people exception weight wearing infants.
2. Patients with certain medical conditions such as diabetes or connective tissue disease.

Differential diagnosis

1. Callus

1. It is either asymptomatic or painful on pressure with a feeling like walking with a pebble in one's shoes. Corn may cause a severe knife like pain on downward pressure or a constant dull discomfort.
2. **WART** - Pain is elicited in wart on lateral pressure and corn on direct pressure.

Self Care Guidelines

1. Wear proper footwear that protect your foot and also allow equal distribution of your weight.
2. Maintain a good posture that doesn't put undue pressure on side of your foot.
3. Weight should be maintained overweight will over pressurize your feet.
4. Take care of your feet regularly by cleaning, rubbing and massaging.

Treatment

उत्कृत्य दग्ध्वा स्नेहेन जयेत् कदरसंज्ञकम् ॥ (सु० चि० २०/३३)

In Sushruta Chikitsa

1. Excision of corn then Dahan by tail.
2. Agnikarma is very effective & prevents recur in mostly case.
3. Preventive measures may be as using soft shoes or soft pads at the pressure points of the sole.
4. Application of salicylic acid.

5. Carnation cap.
6. If these measures fail and the corn is painful, it should be excised with particular care to take off the deep root of the central core. This often prevents recurrence.

CONCLUSION

Corn is a kshudra Roga. Acharya Sushruta mentioned in Sushrut Chikitsa Chapter 20. Hard conical structure found on sole or tip of toes. Corn may prevent by padding footwear to relieves the pressure and friction. Use of keratostic plaster is often useful in case of corn with helpful & discomfort In. Su.Chi.20 /33.Chedan then Dahan with tail and Agnikarma is mentioned.

DISCUSSION

Acharya Sushrut has described Kadar as kshudra in Sushrut Samhita Nidansthan chapter 13. and its management described in Chikitsa Sthan Cpt 20/33. Kadar is Kapha-Vataj disorder that also vitiates meda and rakt dhatu Corn is localized hyperkeratosis of the skin. It is usually occurs at the sites of pressure e.g. on the sole and toes. There is usually a horny induration of the cuticle with a hard center. Corn, may be painful particularly when it is rubbed. Corn has a tendency to recur after excision. In Ayurveda Agnikarm is very effective & prevents recurrence in mostly case.

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4. Shalya Vigyan volume -1. By Dr. Ashish Pareek.
5. S.R.V. short hand case.