

**A CASE REPORT OF AGNIKARMA PROCEDURE IN THE MANAGEMENT OF
KADAR (CORN)****Dr. Suman Yadav*¹ and Dr. Preeti²**¹Reader & H.O.D. P.G. Dept. of Shalya Tantra.²P.G. Scholar, Dept. of Shalya Tantra, Govt. P.G. Ayurveda College & Hospital, Varanasi.***Corresponding Author: Dr. Suman Yadav**

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ABSTRACT

Kadara has been described in the texts under the heading of Kshudra roga (minor diseases). Kadara is generally known as corn. It is a very painful lesion which commonly affect the plantar surface of the foot. Acharyas have explained the use of several measures to treat the Kshudra rogas. Agnikarma(thermal cauterization) is suitable for the treatment of Kadara is mentioned in our Ayurvedic treatise. This study was done to evaluate the efficacy of Agnikarma using lauha shalaka (iron probe). So, a single case study of Kadar is reported here which was treated by two sittings of Agnikarma procedure. Assessment of the lesion was done before, during and after treatment along with follow up after 1 week of treatment. During the full course of Agnikarma procedure it was observed that Agnikarma is better in curing Kadar (corn).

KEYWORDS: Agnikarma, Loha shalaka, Kadara, Corns, Callosity.**INTRODUCTION**

The disease Kadara is explained by Acharya's under the heading of Kshudra rogas.^[1] Kshudra roga's are considered as a disease having simple pathology but still very difficult to be cured. Sushruta has described the clinical features of Kadar.^[2] Kadara can be correlated to disorders due to hyperkeratosis of the skin over certain parts predisposed to mechanical stress. Corn is a localized hyperkeratosis lesion of the foot or hand with a hard central core.^[3] It is initially painless but may be very painful when gets rubbed. Wearing of improper footwear and negligence of foot care leads to formation of corn in the feet which is present as a source of constant concern for the affected individual. Modern medical 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 corn cap and lastly excision of corn. These procedures do not yield good results and are not devoid of recurrences as corn recur again after excision. Bleeding, pain and post excision infections are frequently observed. Thus, modern method of treatment is not efficient to treat corn.

Ayurvedic treatises have advocated the use of various procedures to treat the Kshudra rogas. Agnikarma has been mentioned as the appropriate treatment of Kadara. Sushruta described Agnikarma as a para-surgical procedure and mentioned it, superior amongst all para-surgical procedures. It has been attributed the property of curing the diseases which cannot be cured by Shastra,

Kshara and Bheshja.^[4] The treatment of Kadara by Agnikarma is aimed at removal of the hyperkeratosis of tissue.

Agnikarma is only procedure which has a property to destroy the pathology in the deeper structure. Agnikarma introduces heat in the affected area. This heat because of the specific properties(guna), is helpful to break the Kapha thus reducing Shotha and ultimately Vata dosha gets pacified thus Shool (pain) is relieved.

CASE REPORT

A 40 year lady with complain of one painful lesion in her left sole since 2 years came in OPD of Shalya Tantra department of Govt. P.G. Ayurveda College & Hospital, Varanasi in November 2019. She had history of wearing hard sole footwear. She complaint of extreme pain in sole while walking and long time standing. There was no history of trauma, diabetes mellitus, hypertension or any systemic disease. She had used corn cap three times daily along with analgesics as advised by modern practitioner but didn't get any relief. Later on she was advised for surgical excision of corn. But she was not ready for the surgical excision. Then she searched for the options of best and complete treatment of her disease. She got information through a newspaper about treatment of corn, wart, mole, callosity by Agnikarma procedure done in our hospital, then she came to our hospital for better management of her disease. On the basis of clinical examination, she was diagnosed of Kadar (Corn) and

was treated with Agnikarma. After only few hours of first sitting of Agni karma, she felt improvement. She got complete cure after two sitting of this procedure.

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



Figure 1:



Figure 2:



Figure 3:



Figure 4:

Figure 1: Before Treatment 2. During Treatment (1st sitting) 3. During Treatment (2nd sitting) 4. After Treatment.

Procedure of Agnikarma

1. Poorva Karma (Pre operative procedure)

First of all, all the materials required for the procedure like Agnikarma shalaka, Haridra powder/turmeric powder, Aloe vera leaf pulp, gas stove, Triphala kwath, sterile gauze piece, sponge holder were collected and informed written consent of the patient was taken after explaining in detail the procedure. Then the patient was allowed to adopt a comfortable position over the operating table as per the site of lesion. The site was cleaned properly with Triphala kwath and wiped with dry sterile cotton gauge to attain asepsis.

2. Pradhana Karma (Para operative procedure)

The surrounding area was draped in a sterile sheet. Then gas stove was opened and Agnikarma shalaka was placed on it and heated till it become red hot. Red hot lauha shalaka was applied on the lesion in bindu akara (dot shape) to burn the Kadar. In case needed, the shalaka

was reheated and again applied to the lesion after assessment until whole of the hyperkeratosis tissue was burnt. Soon after the Agnikarma, aloe vera leaf pulp was applied over the site of Agni karma to reduce the burning sensation. Proper precautions were taken to evade production of asamyak dagdha (incomplete burn).

3. Paschata Karma (Post operative procedure)

After completion of procedure, the dagdha vrana (burnt lesion) was covered with haridra powder. This procedure was repeated twice at the interval of 7 days for complete cure. Patient was applied aloe vera leaf pulp over the site of Agnikarma. The patient was directed to rest in supine position for half an hour. Latter on follow up of the patient was done after 1 week which showed complete healing.

DISCUSSION

The patient got cured after two sitting of Agnikarma. Kudara is a minor but painful disease enumerated under Kshudra rogas by Acharyas. Agnikarma is a para surgical procedure done in the vatajkaphaj vyadhi as it has action of Ushna, Tikshna, Sukshma, Vyavayi, Vikasi and Pachana. Also it has a property to destroy the pathology in deeper structure so helps to pacify the vitiated vata as well as kapha dosha. Thus it relieves from pain and cures the disease. Aloe vera and Haridra churna helps to relieve pain and avoid secondary infection. Acharya Sushrut said that the disease which is not cured by Bhesaj, Kshara, Sastra chikitsa,^[4] can be cured by Agnikarma; and there is no chance of reoccurrence of disease as it is a sterile procedure. In modern medicine there is chance of reoccurrence of corn even after the local use of medicine or excision which is painful and time consuming too. But after the use of Agnikarma there is no chance of reoccurrence or complication.

CONCLUSION

This study concluded that Agnikarma is very effective treatment to cure Kadar(corn). It showed good result in patients presenting with Kadar/corn by burning and destroying the hyperkeratosis tissue.

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