

KADAR WSR TO CORN: A LITERARY REVIEW**Dr. Rajesh Kumar Soni^{*1}, Dr. Rajesh Kumar Gupta² and Dr. Sudesh Rani Gupta³**¹M.S.Scholar, Dept. of *ShalyaTantra*, Dr.Saravapalli Radhakrishanan Rajasthan Ayurved University, Jodhpur, Rajasthan.²HOD and Asso. Prof., PG Dept.of *ShalyaTantra*, Dr.Saravapalli Radhakrishanan Rajasthan Ayurved University, Jodhpur, Rajasthan.³M.D.Scholar, Department of Agada Tantra, Major SD Singh PG Ayurvedic Medical College, Farukhabad.***Corresponding Author: Dr. Rajesh Kumar Soni**M.S.Scholar, Dept.of *ShalyaTantra*, Dr.Saravapalli Radhakrishanan Rajasthan Ayurved University, Jodhpur, Rajasthan.

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ABSTRACT

Kadar is a dolorous, firm enlargement which is elevated at the middle and shrunk from sides. Kadar is described as kshudra rog in sushrut samhita nidan sthan addhyaya no.- 13 and management in sushrut samhita Chikitsa sthan addhyaya no.- 20. astang hridaya has described kshudra rog in uttar tantra addhyaya no.- 31 and 32. acharya bhoj described kadar as manskeel. Kadar is related to corn in modern science. Corn (Kadar) is the hard, conical and horny thickening. It is localized as hyperkeratosis of affected skin occurs on the sole, tip of toes and inter-phalangeal joints due to defective wear, thron prick, continuous friction and individual susceptibility etc. Disorder of Kapha and Vata dosha and vitiation of meda and rakta dhatu are mainly responsible in the pathogenesis of Kadar. This article describes kadar in the detail.

INTRODUCTION

Ayurved is devided in Astang Ayurved and Shalya tantra gives strong role in Astanga ayurved. Sushrut samhita is main backbone of Shalya tantra. According to Acharya Sushrut 44 kshudra rog explained in Sushrut samhita nidan sthan addhyaya 13 and their management in chikitsa sthan addhyaya 20. The Kadar is one of them which is described in Kshudra rog. The nodulous, a dolorous, firm enlargement elevated at the middle or shrunk from the sides. It infiltrates a discharge and mimics as an Indian plum (Kolmatra) is called a Kadar. In the pathogenesis of Kadar, disorder of Kapha and Vata dosha and defacement of meda and Rakta dhatu are mainly responsible. Kadar is related to corn in modern science. Corn (Kadar) is the hard, conical and horny thickening. It is localized as hyperkerotosis with central translucent pit found on the affected skin occurs on the sole, tip of toes and inter-phalangeal joints. It is strobile shaped and its pinnacle is showing inwardly and the base at the surface. Being circumscribed it is palpable as a nodule. It is thicker than a callosity and causes more concern to the patient. It is usually arises at the site of grinding and frequently disappears after the underlying cause is deflected. It is composited by keratin masses and intact basal layers. It is usually induced by improper fitted and disterssed footwears and affects feet and toes mainly.

Causes (Nidan)शर्करोन्मथिते पादे क्षते वा कण्टकादिभिः
(सु. नि. 13/29 ; अ. ह. 31/21)

1. To the pricking of a thorn
2. Improper walking or sitting habits
3. Inappropriate fitting or High-healed shoes
4. wearing tight shoes without socks
5. Foot deformities
6. Infections

Later on, it may be harmful by any bacterial infections. It may be result in fluid or pus discharge.

Types

1. Firm corn :- it is a consolidated block of firm skin with intensive pulp.
2. Soft corn :- It is a rubbery fragile surface with redness of skin.
3. Seed corn :- It is painful, cork like region of deceased skin.

Common Sites

1. Palm :- from holding racquet or hammer.
2. Knuckle :- pushing oneself out of a wheelchair.
3. Side of foot :- from tight shoes.
4. Ball of foot :- from running barefoot.

Risk Factors

1. People of all age groups (except non-weight bearing infant).

2. People who suffering from Diabetes, connective tissue disease and other certain medical diseases.

Differential Diagnosis

1. **Callus** :- feeling like walking with a gravel in shoes is callus and feeling severe knife like pain on downward pressure in corn.
2. **Warts** :- Pain elicit by lateral pressure in wart and by direct pressure in corn.

Management

1. Preventive Measures

- Always wear a proper footwear.
- Allow equal distribution of weight.
- Maintain a good posture of sitting.
- Clean and massage the feet regularly.
- Control the excess body weight.

2. Treatments

In Ayurved Samhita

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|---|-----------------|
| “ उत्कृत्य दग्ध्वा स्नेहेन जयेत् कदरसंज्ञकम् | (सु.चि. 20/23) |
| “ शस्त्रेणोत्कृत्य निःशेषं स्नेहेन कदरं दहेत् | (अ.ह.उ. 32/11) |

- Scraped off the Kadar and cauterized with the help of heated oil (Sneh dagdh).
 - Agnikarma is very beneficial and prevents the recurrence of the disease.
- In Modern science
- Using soft shoes or soft pad at the pressure points.
 - Apply Corn cap
 - Excision :- A good cone-shaped excision is necessary for permanent cure, otherwise recurrence can occur.

DISCUSSION

Acharya Sushrut and Acharya Vagbhata has described Kadar as kshudra rog. It's management also described by both Acharya. Disorder of Kapha and Vata dosha and defacement of meda and Rakta dhatu are mainly responsible In this disease. Kadar is related to corn in modern science. It has hard, conical and horny thickening with its pinnacle is showing inwardly and the base at the surface. Chedan then sneh dagdha and Agnikarma is mention in Ayurved Samhita. Excision is indicated in modern science but corn has consuetude to recurrence after excision.

CONCLUSION

Kadar is related to corn in modern science and it is includes in Kshudra rog. It has hard conical thickening with its pinnacle is showing inwardly and the base at the surface. In Corn, feeling pain when it is irritate and relieved in pain by tack away the pressure and friction on affected area. Excision with followed by Sneh dagdh and Agnikarma is better than plain excision.

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