



A Case Study On Effect Of Tamra Shalaka Agnikarma In The Management Of Kadara (Foot Corn).

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ABSTRACT

Ayurveda has a deep and all-encompassing understanding of life and health as a science. Over the course of many years, Ayurveda various branches have developed, with the primary focus being on disease prevention and treatment. There are a few illnesses known as Kshudra-Rogas that have straightforward pathologies but are challenging to treat. Foot corn can be correlated with Kadara in Ayurveda, and it is one among the 44 Kshudra Rogas mentioned by Acharya Sushruta. As we know every two in five persons suffer from Kadara once in their lifetime and people do not consider this seriously until and unless it starts abruption their daily activities and then reach a doctor when it needs to be seriously considered with the provoked signs and symptoms.[1] Acharya Sushruta describes Kadara under Kshudra roga and its ayurvedic approach of Ksharakarma, Agnikarma, Shashtra karma, Lepana karma.[2] Amongst which Agnikarma is the most practiced karma amongst all the karmas due to its less chances to recur.[3]

Corn in western medical literature exhibit striking similarities in their presentations. Salicylic acid treatment, corn caps, and invasive techniques such as laser, chemical, electric, and cryotherapy cauterization, as well as surgical excision, are used in the management of corn. However, there is a greater probability of recurrence and the results of these operations are not good. However, the after effects of corn surgery are promising due to its recurrence and wound healing. Agnikarma (Cauterisation) is the best treatment for the Kadara. This present Case report describes a case of Kadara (Foot corn) diagnosed as per clinical features and managed successfully by Agnikarma.

KEYWORDS: Agnikarma, Kadara, Foot corn, Excision

INTRODUCTION:

In Ayurveda, foot-related ailments are categorized under the broader concept of "Pada roga" (diseases of the feet) and western people correlate Pada roga with Podiatric Disorders. "Kadara" one of a pada rogais considered to be one of the "Kshudra-roga" by Acharya Sushruta. A corn is a localized hyperkeratosis with a hard centre caused by undue pressure.

The management of Corn consists destruction of abnormal tissue by chemicals like salicylic acid or by total excision under local anaesthesia.[4] Both these procedures are not giving good result and are not devoid of recurrences. Apart from recurrence, bleeding, pain and post excision infections

are observed frequently. A corn is a type of localized hyperkeratosis that develops at the location of pressure, such as the palm and soles, and has a thick, hard core that reaches the deeper layer of dermis. The corn is a cone-shaped fibrosis with an externally oriented base and an inverted pointed apex. Because of the firm centre and horny induration, it is perceptible as a nodule. Different foot lesions result from foot neglect, which primarily affects the feet and toes.[5]So, the diseases treated by Agnikarma do not recur and gives instant relief to the patients. According to Acharyathe seat of the affected lesion should be Utkartan(excised) and Agnikarma. [6]

CASE REPORT:

A 27 years old male patient visited the OPD of Shalya Tantra, with history of thorn prick 5 months back at left foot which slowly lead to the formation of a hard mass which enlarged in size along with pain at left foot. Associated with difficulty in walking, increased pain while wearing and removing footwears along with slight discomfort in his daily activity, in the last 2-3 days. No history of diabetes mellitus, hypertension or any other major disorder. Family history not significant with the patient's condition.

Clinical Examination-Local Examination

Location: Left plantar aspect foot region

Size: 1.8 x 2.4 cm

Discharge: Absent

Margins: Depressed

Tenderness: ++

Consistency: Hardness present

Investigations: Hb: 13.5 %gm/dl RBS: 98mg/dl

BT: 4 min 30sec CT: 5 min 30 sec

HIV: Non-Reactive HbsAg: Non-Reactive

Surgical intervention: Chedana karma with Tamra Shalaka Agnikarma

Pre operative:

Written consent was taken from the patient.

Footbath with Luke warm water was advised to the patient.

Required instruments for the procedure was collected and placed on the trolley.

Operative:

Patient was made to lie down in suitable comfortable position depending on the site of corn.

Painting and draping of the area was done, Tamra Shalaka Agnikarma was done till the level of base. Haemostasis was achieved and dressing was done.

Post operative:

Patient advised for Post Op Footwear (MCR Slippers). Maintain hygiene and to avoid scratch over the operated site.

Advised for daily dressing with Jatyadi taila. Follow up on 7th, 14th, 21st, 30th day of the treatment.

Internal Medications: Tab. Kaishor Guggulu1-0-1 (After food)

Tab. Gandhaka Rasayana1-0-1 (After food)

Results: Pain and tenderness were reduced considerably after 3rd day of treatment; complete wound healing was observed on the 30th day and consistency was soft on 60th day.

DISCUSSION:

Effect of Tamra Shalaka Agnikarma: 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 [7].

Effect of Jatyadi Taila: In this case Jatyadi Taila shows its Shodhana, Ropana and Raktaprasadana (blood purifier) property so it is more effective in Kadara. Most of Jatyadi Taila contents are having Tikta (bitter) Kashaya (astringent) rasa and Laghu (lightness), Ruksha (dry) Gunas Pradhanata (dominances). Jatyadi Taila act on Kadara mainly in 2 ways Shodhana and Ropana, which help in proper healing of wound.[8] Copper having properties in peptides form, are a key ingredient that offers a multitude of benefits for the skin regeneration, skin elasticity, acceleration of wound healing, relief from inflammation, protection of the skin against free radical damage.[9]

CONCLUSION:

On the basis of this case study, it can be concluded that, Agnikarma with Tamra Shalaka was found to be effective in the Management of Kadara. Agnikarma which destroys the hyperkeratosis of skin with the properties of Ushna, Tiksha, Sukshma, Vyavai, Vikasi and Pachana Gunas of Agni & possess high efficacy in Vrana Shodana with fine scarring without producing any adverse effect and relief in the signs and symptoms of Kadara.

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