

## Wonder of Agnikarma Therapy in the Treatment of Kadar (Corn): A (Case Report)

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**Introduction :** Kadar is similar to a callus or corn in modern medicine. In **Shushrut Samhita** Kadar is defined as one of the “**Kshudra-roga**” associated with an imbalance of **Vata** and **Kapha Doshas**. It refers to the thickening and hardening of the skin, primarily caused by repeated friction, pressure or irritation. It generally occurs on the top and sides of toe and cause pain, discomfort, and difficulty in walking.

Agnikarma, also known as thermal cauterization, is a specialized Ayurvedic procedure that involves the therapeutic application of heat or fire through metallic tools, herbal preparations, or other mediums to treat various diseases. Agnikarma therapy offering significant relief in various chronic and painful conditions. It is especially valued for its precision and minimum recurrence.

In reference to treatment of Kadar Acharya Sushruta mentioned in Shushrut Samhita Agnikarma should be carried. Heat application in affected area helps to soften and remove the thickened skin layers, alleviates the Vata and Kapha Doshas addressing the root cause of Kadar, increase blood circulation, promoting healing and preventing recurrence and provide instant pain relief by desensitizing the nerve endings in the affected area.

A case study of Kadar is reported here which was treated by Agnikarma with **Panchadhatu Shalaka** :(Rod) in 8<sup>th</sup> sittings at an interval of 7 days. After these settings the patient completely subside the

**Kadar and got relief from pain and swelling.**

A 17 Yrs. Old girl came to OPD No15, Sangyahan Vedanahar Clinic in Sir Sunder Lal Hospital BHU, with complaints of Severe Pain in Left Planter Region and Restriction of movement for past few months. She also had swelling over Planter Region.

### **History of Presenting Complaints:**

The patient was apparently normal before 11 months. Gradually she developed pain swelling on her left Planter Region. She did not seek any medical assistance and ignored the symptoms. Later she developed pain which aggravated during morning hours. She currently under Homeopathic medication for the same for past Ten months and found a little relief.

### **Relevant occupational and Socio-Economic history:**

She studies in DPS School Varanasi and expand more time to study and tuition. And she belonging Medium class family.

Personal Detail

Diet: Mixed time her favorite dish is chicken.

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Sleep: 7-8 hours.

Bowel :2/day Nil/night, No constipation

Bladder :4-5/day 1/night

Exercise: Nil

Addiction: Nil

Vital Examination

BP: 116/76 mm of Hg

Heart Rate: 78/min

Nadi: Kapha-pitta

Systemic Examination

Inspection-Multiple Hard, round shape growth Swelling and Mild Redness Present

Palpation- Mild Usna

Nature of Pain – Cramping Pain

Burning Sensation – No

Investigation

Hb = 12gm%

TC = 7600/cu.mm

DC = P<sub>58</sub> L<sub>37</sub> E<sub>02</sub> M<sub>03</sub> B<sub>00</sub>

RBC = 4 mil/Cumm

PLT = 2.3 lac/Cumm

ESR =38%

RBS = 99mg/dl

HBsAg = -ve

HIV= Non reactive

Vyadhi Prakarnam

Kapha-pittaja Vyadhi

Final Diagnosis: - Corn (Kadar)



Treatment

1<sup>st</sup> Phase

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### Objective: -

To reduce the redness and edema (sopha)

1. Kanchanar Guggulu
2. Goksuradi Guggulu {For reducing Sopha}
3. Kaishore Guggulu

External

### Poorvakarma:

Patients were counseled and explained about the procedure in order to make them mentally aware about and accept the events of treatment. Before starting the procedure Panchadhātu Shalaka of *Bindu type projection*, artery forceps, and sponge holding forceps, gauge pieces, cotton, Triphalakhath, Ghritkumari pulp, Yashtimadhu churna, adhesive tape, and Cotton bandage were all kept ready. The site of Agni Karma application was painted with Triphalakhath.



### Pradhanakarma:

Patients were kept in a position suitable for the performance of the procedure. The Panchadhātu Shalaka was heated to red-hot and bindu type mansa vrana were made on the most tender spot of the affected part,



by applying it for a fraction of a second, so that samayak mansa dagdha lakshanas occurred i.e. Shabda pradurbhava, Durgandhata etc.

### Paschatkarma:



The vrana was dressed with Ghritkumari pulp and dusting of Yashtimadhu churna with the help of gauze pieces. Patient was advised to keep the area dry, clean, avoid exertion and

unwholesome diet and come after one week.

Repeatedly this treatment is continued for Eight week. The Progress of treatment



Finally, treatment of 1<sup>st</sup> Phase is continuing after 8<sup>th</sup> sitting of aganikarma all corn is Removed and redness and Sopha is completely subside.



**Advice to the patient: -**

1. To continue oral drug for 15 days.
2. Minimal pressure on left planter Region.
3. Follow plain path.
4. If feel exertion dips the limb in hot water
5. Application of appropriate size extra heel under shoes.

**Present Condition: -**

The patient is on regular follow up and her pain, redness and sopha are totally subsiding. The reoccurrence of corn is not reported after Three Year. She is now walking freely.

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