

CORN THROUGH THE LENS OF AYURVEDA: THE CONCEPT OF KADAR AND ITS HEALTH EFFECTS

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ABSTRACT

This article delves into the Ayurvedic perspective on "Kadar" and its relevance to health, with a specific focus on corn. Rooted in the ancient principles of Ayurveda, the concept of "Kadar" sheds light on how corn influences overall well-being. The abstract highlights Ayurveda's holistic view, emphasizing the delicate balance between the human body and nature. By understanding the foundational ideas behind "Kadar," corn is seen not just as a food item but as an essential element within the broader Ayurvedic approach to health. This viewpoint fosters a deeper appreciation for the connection between diet and overall wellness.

KEYWORDS: Kadar, Ayurvedic, Corn, Health Perspective.

INTRODUCTION

Ayurveda is an ancient Indian life science that blends fundamental information from the natural sciences with concepts from medicine, philosophy, and spirituality. To operate as a medical profession, Ayurveda necessitates a deep comprehension of the anatomical and functional elements of the human body. Kadara, or corn, is classified as a kshudra roga in Ayurveda. This is due to imbalances in the vata and kapha doshas, which exacerbate meda dhatu and rakta (blood) dhatu, which ultimately lead to the appearance of Kadara roga. In addition to critically analyzing the characteristics and therapeutic approaches for Kadara as they are described in Ayurvedic literature, this study compares contemporary scientific perspectives on corns and calluses. In keeping with the broader Ayurvedic concept

of kshudra roga, the term "kshudra" emphasizes less serious ailments and refers to minor or inconsequential disorders.

The Kshudra roga described in Madhav Nidana is broad, covering both severe and non-severe diseases with different degrees of discomfort or even without pain, as the Madhukosha commentary emphasizes. Kshudra rogas are not specifically mentioned in Charaka's works^[1] but Sushruta lists 44 such illnesses. On the other hand, Madhav Nidana enumerates 43 Kshudra rogas, while Vagbhata lists 36.^[2] Kadara is recognized in this classification as one of these minor illnesses. This emphasizes how Kshudra roga is inclusive and diverse, treating a wide range of illnesses regardless of their size, severity, or pain level, as described in Ayurvedic writings.^[3]

Kadara appears as a hard lump that resembles a tumor and is situated in the middle or outside of the foot; it resembles a kola (jujube fruit). This disease is classified as kshudra roga, which in Ayurveda refers to minor disorders, and is characterized by the presence of exudation and pain. The development of Kadara is ascribed to various circumstances, including injuries from thorns, standing on hard or uneven surfaces, or an imbalance of doshas in conjunction with rakta (blood) and medo (fat). This clarifies, in the context of Ayurvedic thinking, the several etiological causes contributing to the genesis of Kadara.^[4]

There are three main forms of corn, a frequent foot ailment: hard, soft, and seed. The most common variety of corn, called heloma durum, usually develops on the dorsolateral aspect of the fifth toe or the dorsum of the lesser toes' interphalangeal joints, often under the nail plate.^[5] Hard corns are categorized as either vascular corns (heloma vasculare) or neurovascular corns (heloma neurovasculare) when blood vessels and/or nerve endings invade them. Hard corns may become fibrous corns (heloma fascia) encircled by a fibrous tissue meshwork if they are not treated. Heloma molle, also known as soft corn, is a condition that develops between the opposing surfaces of neighboring foot digits, usually the fourth and fifth toes. It can lead to subsequent bacterial or fungal infections. Last but not least, the majority of seed corns, or heloma millare, are painless and grow around the heel or non-weight-bearing portions of the plantar surface.^[6]

Need of Study

The present study endeavors to examine the Ayurvedic notion of Kadar and its potential health ramifications. It offers significant contributions that reconcile conventional knowledge with modern viewpoints regarding health problems associated with corn.

MATERIALS AND METHODS

Causes

शर्करोन्मथितेपादे क्षतेवा कण्टकादिभिः ।

मेदोक्तानुर्गैश्चैव दोषैर्वा जायते नृणाम् ।³⁰ |

सकीलकठिनो ग्रन्थिर्निम्नमध्योन्नतोऽपि वा ।

कोलमात्रः सरूक् स्रावी जायते कदरस्तु ।³¹ ||

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 for Kadar (Corn)

Several risk factors contribute to the development of corns.

- **Unsuitable Footwear:** Shoes that are too small or have high heels can put pressure on the toes and cause corn growth.
- **Foot Deformities:** Corns are more likely to occur when there are structural abnormalities in the feet that enhance friction and pressure points.
- **Inappropriate Walking Motion:** Excessive pressure on particular parts of the foot might result in corns due to irregular walking patterns or abnormalities in gait.
- **Walking barefoot:** Walking without appropriate foot protection, particularly without socks, can exacerbate friction and increase the risk of corns on the feet.
- **Factors related to the workplace:** Corns may form in some jobs that require a lot of standing or walking on hard surfaces.
- **Earlier Foot Injuries:** Corn growth may be encouraged by foot injuries, such as thorn punctures or other trauma.

Differential Diagnosis

Callus

- Calluses may be asymptomatic or cause pain upon pressure, often described as a sensation akin to walking with a pebble in the shoe. Corns, in contrast, may induce a sharp, knife-like pain with downward pressure or persistent, dull discomfort.



WART

- Warts typically elicit pain with lateral pressure, distinguishing them from corns, where direct pressure is more likely to provoke discomfort.

Kadar, in Ayurveda, refers to corn, a condition characterized by the formation of rigid, tumor-like structures on the feet. It arises from factors like thorn injuries, hard surfaces, and dosha imbalances.



Basic Management for Kadar

In Ayurveda, treating Kadar, or corns, usually entails taking a comprehensive approach that addresses the underlying reasons as well as the symptoms. The following are some typical Ayurvedic remedies for corns.

Herbal Remedies

- Topical application of herbal pastes or oils containing ingredients like neem, turmeric, and aloe vera can help alleviate pain and reduce inflammation.

Warm Water Soaks:

- Soaking the affected foot in warm water with added rock salt or Epsom salt can soften the corn, making it easier to remove.

Pumice Stone

- Gently rubbing the corn with a pumice stone after soaking can help remove dead skin and reduce the size of the corn.

Ayurvedic Medications

- Internal medications, such as herbal formulations targeting dosha imbalances, may be prescribed by Ayurvedic practitioners to address the root cause of corns.

Proper Footwear

- Wearing comfortable and well-fitted shoes is essential to prevent friction and pressure on the affected areas, aiding in the healing process.

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.

Agnikarma For Kadar

Agnikarma is a traditional Ayurvedic treatment that uses a heated tool to provide heat in a regulated manner. Agnikarma's goal in treating Kadar (corns) is to cauterize the afflicted area in order to encourage tissue healing and resolve the corn. Expert Ayurvedic practitioners carry out this process to relieve the pain and discomfort related to corns.



Kshara Karma for Kadar (Corns)

Kshara Karma is an Ayurvedic procedure involving the application of alkaline substances derived from specific medicinal plants. In the context of treating Kadar or corns, a Kshara (alkaline solution) is applied to the affected area. This helps in softening the corn and facilitating its removal, providing relief from associated pain and discomfort. It is crucial to consult with a qualified Ayurvedic practitioner for personalized advice and proper application of Kshara Karma for corn treatment.

DISCUSSION

In Sushrut Samhita Nidansthan chapter 13, Acharya Sushrut categorizes Kadar as a "kshudra" ailment; Chikitsa Sthan Chapter 20/33 elaborates on its management. Kadar is a Kapha-Vataj disorder that upsets meda and raktdhatu. Corn, a type of localized hyperkeratosis, usually appears on pressure-sensitive areas such as the toes and soles. It is characterized by a calloused core area and a hardened cuticle. Corns are difficult to remove completely, thus prevention is essential. Agnikarma is a highly effective intervention in Ayurveda, reducing recurrence greatly in most situations.

CONCLUSION

Acharya Sushrut's explanation of the Ayurvedic view of Kadar identifies it as a kshudra disturbance that disrupts the Kapha-Vata equilibrium, hence impacting meda and raktdhatu. Due to the difficulties associated with recurrence following excision, corns, or localized hyperkeratosis, require a complete strategy to therapy.

Ayurveda provides a comprehensive approach that includes precise food modifications, warm water immersions, and herbal medicines. In many situations, agnikarma, a traditional method that involves applying controlled heat, proves to be a beneficial intervention in preventing corns from coming again. Ayurveda treats the underlying causes of corn manifestation in addition to its symptoms because it recognises the complex relationship between dosha imbalances and corn manifestation. The importance of individualized Ayurvedic care is highlighted by this comprehensive approach, which maintains a healthy balance for long-term foot health and general wellbeing.

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