

A LITERARY REVIEW OF *KADARA* W.S.R. TO CORN

Bara Sunidhi^{1*}, Nirmal Satrupa², Nirmalkar Uttam Kumar³, Baghel Singh Dheeraj⁴,
Singh Balendra⁵ and Pandey Nilima⁶

¹MS Scholar, Department of Shalya Tantra, GAC Raipur C.G. India.

²Lecturer, Department of Shalya Tantra, GAC Raipur C.G. India.

³Reader, Department of Shalya Tantra, GAC Raipur C.G. India.

⁴Reader, Department of Shalya Tantra, GAC Raipur C.G. India.

⁵Professor & HOD, Department of Shalya Tantra, GAC Raipur C.G. India.

⁶MS Scholar, Department of Shalya Tantra, GAC Raipur C.G. India.

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*Corresponding Author

Bara Sunidhi

MS Scholar, Department of
Shalya Tantra, GAC Raipur
C.G. India.

ABSTRACT

Kadara, categorized under *Kshudra Roga* in *Ayurveda*, is a localized thickening of the skin, similar to corns and calluses in modern medicine. It occurs due to aggravated *Vata* and *Kapha doshas*, often caused by excessive friction, prolonged standing, or improper footwear. Symptoms include hard, painful, elevated lesions that hinder mobility. Ayurvedic classics like *Sushruta Samhita* and *Astang Hridaya* describe its etiology and treatment. Management includes *Lepa Chikitsa* (herbal applications), and para-surgical procedures like *Agnikarma* and *Kshara Karma*. Preventive measures, including proper footcare and footwear, are essential for recurrence prevention. This article compiles Ayurvedic references, including specific slokas, offering a holistic understanding of *Kadara* and its treatment through traditional approaches.

KEYWORDS: *Kadara*, corn, *Kshudra Roga*, *Snehadagdhā*.

INTRODUCTION

The different branches of *Ayurveda* have evolved over the long period as health being mainly concerned with preventing as well as curing the diseases.

Ayurveda has divided into 8 branches and *Shalya Tantra* is one of them.^[1] *Sushruta*

Samhita is the main pillar of *Ayurvedic Surgery*. The disease *Kadara* is explained in *Kshudra Roga*. There are 44 *Kshudra Roga* explained by *Acharya Sushruta* and *Kadar* is one of them.^[2] *Kadara* is considered as a *Kolamathra granthi* (size of Kola) on the foot arising out of a thorn prick or stone prick.^[3] Foot corns which may be likened to *Kadara*, occur as small circumscribed swelling, commonly on the dorsum of the foot. It may cause intense pain during walking.^[4] *Kadara* can significantly affect a person's quality of life due to pain, discomfort, and restricted mobility. The goal of *Ayurvedic* management is not merely symptomatic relief but complete elimination of the root cause, prevention of recurrence, and restoration of doshic harmony. This comprehensive approach, rooted in centuries of classical wisdom, makes *Ayurveda* uniquely effective in treating conditions like *Kadara*.

This review explores the *Ayurvedic* understanding of *Kadara* in detail—its causes, symptom, diagnostic features, and management strategies, correlating them with contemporary modern concepts for a comprehensive clinical perspective.

Cause (Nidan)^[3]

1. Excessive walking
2. Wearing heavy or tight footwear
3. Prolonged improper posture
4. Repeated injuries and friction to the sole with thorns, stones etc.
5. Presence of bony prominence (Foot deformity)

SYMPTOMS

शर्करोन्मथिते पादे क्षते वा कण्टकादिभिः ।

मेदोरक्तानुगैश्चौव दोषैर्वा जायते नृणाम् ॥

सकीलकटिनो ग्रन्थिर्निम्नमध्योन्ततोऽपि वा ।

कोलमात्रः सरुक् स्रावी जायते कदरस्तु सः ॥

(सु.नि. 13/29–30)

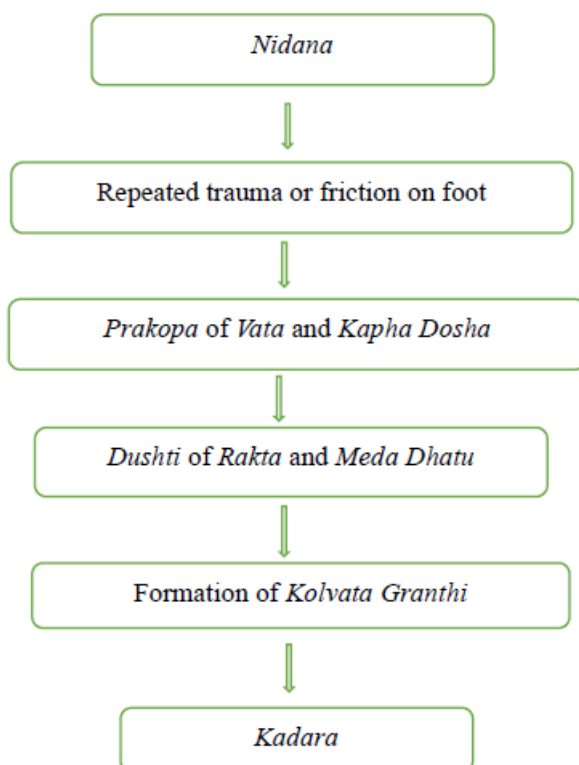
1. *Keelvata* (lesion have a central core)
2. *Kathina* (hard)
3. *Granthi* (knotted)
4. *Madhyo Nimna* (depressed in the central)

5. *Unnata* (elevated in the central)
6. *Kolmatra* (seed of plum) in size
7. *Saruka* (painful)
8. *Srava* (sometimes discharge)^[3]

SAMPRAPTI (PATHOPHYSIOLOGY)

The above mention cause leads to the vitiation of *Vata* and *Kapha doshas*. *Vata* causes pain and roughness, while *Kapha* contributes to the thickening and hardness of the lesion.

This doshic imbalance, along with involvement of *Rakta* and *Meda Dhatu* results in the formation of a *Granthi*-like (nodule) structure. Over time, the lesion becomes hard, raised, and painful, especially while walking or wearing footwear.^[5]



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.^[6]

RISK FACTOR

1. People of all age group
2. People who suffering from Diabetes, connective tissue disease and other certain medical diseases.^[7]

PREVENTIVE ASPECTS

- Avoid excessive walking or standing on hard surfaces.
- Wear properly fitting, soft footwear that reduces friction.
- Avoid tight, pointed shoes which increase local pressure.
- Use of protective pads or insoles to prevent repeated trauma.
- Avoid walking barefoot on rough surface.

CHIKITSA

उत्कृत्य दग्ध्या स्नेहेन जयेत् कदरसञ्ज्ञकम् ।।^[8]

(सु.चि. 20/23)

- Complete excision of *Kadar* followed by *Agnikarma* with the help of heated oil (*Sneh dagdh*).
- *Agnikarma* is very beneficial and prevents the recurrence of the disease.

MODERN REVIEW

Definition – Corn is a localised, hyperkeratosis of the skin that develops over a pressure point, usually on planter surface due to chronic friction or repeated injuries. It appears as a conical in shape.^[9]

Common sites – Base of foot, heel, dorsum or tips of toes.^[4]

Types

1. Hard corn – Most common type, appears as a dry, hard, yellowish lesion and has a central core
2. Soft corn – Found between toes, especially 4th and 5th digits
3. Seed corn – These are tiny multiple corn.^[4]

Pathophysiology - Repeated friction and pressure on the skin overlying bony prominences stimulates a hyperkeratotic response, resulting in the formation of a corn. This is essentially a protective mechanism by the body, wherein the skin responds by producing

excess keratin (horny epithelial layer) to shield deeper tissues and prevent ulceration. The continuous mechanical stress leads to a conical thickening of the stratum corneum, with the apex directed inward, pressing into the dermis and causing pain. This mechanism explains the common location of corns near the condyles of the metatarsals and phalanges, and their increased incidence in individuals with foot deformities, where pressure points are abnormally distributed.^[10]

Treatment

- Using soft shoes or soft pad at the pressure points.
- Apply Corn cap
- Local application of salicylic acid
- Excision :- A good cone-shaped excision is necessary for permanent cure, otherwise recurrence can occur.^[4]

DISCUSSION

The comparison of *Kadara* in *Ayurveda* with foot corn in modern medicine shows strong similarities in cause, symptoms, and lesion characteristics. Both are caused by repeated friction or pressure, mostly on the soles, and present as hard, painful lesion with a central core.

Ayurveda attributes *Kadara* to *Vata-Kapha* vitiation, while modern science explains foot corn as hyperkeratosis due to mechanical stress. The *Ayurvedic* approach includes *Agnikarma*, as well as excision of corn followed by *Snehadagha*, which aim to remove the lesion and correct the underlying *Doshic* imbalance. These treatments are not only effective but also minimize recurrence.

CONCLUSION

Foot corn, known as *Kadara* in *Ayurveda*, is a painful hyperkeratotic lesion caused by prolonged pressure and friction. Modern science attributes it to mechanical stress over bony prominences, while *Ayurveda* explains it as a manifestation of vitiated *Vata* and *Kapha Doshas*, affecting *Meda*, and *Rakta Dhatus*.

Modern treatments include corn cap, application of salicylic acid and surgical excision and whereas *Ayurveda* offers effective management through complete removal of corn with *Agnikarma* (*Snehadagha*). An integrative approach, combining precise diagnosis with

tailored treatment, helps in achieving better outcomes, reducing recurrence, and supporting holistic healing.

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