

EXPLORING KADAR: AN AYURVEDIC PERSPECTIVE ON CORN AND ITS IMPACT ON HEALTH

Sushma Shivapal Khandizod^{1*}, Shivapal Gopalrao Khandizod² and Vishal Vasant Tamhane³

¹PG Scholar, Shalyatantra Department, Ashwin Rural Ayurveda College and Hospital Manchi Hill, Sangamner, Ahmadnagar, Maharashtra.

²Professor and HOD Shalyatantra, Ashwin Rural Ayurveda College and Hospital Manchi Hill, Sangamner, Ahmadnagar, Maharashtra.

³Reader, Shalyatantra Department, Ashwin Rural Ayurveda College and Hospital Manchi Hill, Sangamner, Ahmadnagar, Maharashtra.

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***Corresponding Author**

**Dr. Sushma Shivapal
Khandizod**

PG Scholar, Shalyatantra
Department, Ashwin Rural
Ayurveda College and
Hospital Manchi Hill,
Sangamner, Ahmadnagar,
Maharashtra.

ABSTRACT

In this exploration of "Kadar," an Ayurvedic concept the article explores the conventional knowledge about corn and its potential health risks. The ancient medical system known as Ayurveda provides information about the importance of "Kadar" in relation to eating maize and how it affects general health. The abstract highlights the complex equilibrium between the body and nature and offers a window into the Ayurvedic viewpoint. Comprehending the tenets of "Kadar" reveals a comprehensive strategy for well-being, portraying maize not just as a staple food but also as a pivotal component in Ayurvedic doctrine, cultivating a more profound recognition of the relationship between health and nutrition.

KEYWORDS:- Kadar, Ayurvedic, Corn, Health Perspective.

INTRODUCTION

An ancient Indian life science called ayurveda combines medicinal, philosophical, and spiritual ideas with foundational knowledge from the natural sciences. Ayurveda requires a thorough understanding of the anatomical and functional components of the human body in order to function as a medical profession. In Ayurveda, Kadara (corn) is categorized as a kshudra roga. This is because of the vata and

kapha dosha imbalances, which worsen meda dhatu and rakta (Blood) dhatu, which in turn cause Kadara roga to appear. This study draws comparisons between modern scientific views on corns or calluses and critically examines the traits and treatment methods for Kadara as they are presented in Ayurvedic literature. The word "kshudra" refers to minor or insignificant illnesses, stressing less serious conditions, in line with the more general Ayurvedic notion of kshudra roga.

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. Although Kshudra rogas isn't specifically defined in Charaka's works,^[1] while Sushruta identifies 44 such ailments. In contrast, Vagbhata specifies 36, and Madhav Nidana lists 43 Kshudra rogas.^[2] Kadara is included in this group and is considered one of these mild 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 elucidates the diverse etiological factors contributing to the formation of Kadara within the framework of Ayurvedic understanding.^[4]

Corn, a common foot condition, manifests in three primary types: hard, soft, and seed. Hard corn, known as heloma durum, is the most prevalent variation and typically appears on the dorsolateral aspect of the fifth toe or the dorsum of the interphalangeal joints of the lesser toes, occasionally beneath the nail plate.^[5] When blood vessels and/or nerve endings infiltrate hard corns, they are classified as vascular corns (Heloma vasculare) or neurovascular corns (Heloma neurovasculare). 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

Risk factor for kadar (Corn)

Several risk factors contribute to the development of corns:

- **Improper footwear:** Ill-fitting shoes or those with elevated heels can exert pressure on the toes and contribute to corn formation.
- **Foot deformities:** Structural abnormalities in the feet can lead to increased friction and pressure points, increasing the likelihood of corns.
- **Improper walking motion:** Irregular walking patterns or gait abnormalities can cause excess pressure on specific areas of the feet, leading to corns.
- **Barefoot walking:** Walking without proper foot protection, especially without socks, can increase friction and make the feet more susceptible to corns.
- **Occupational factors:** Certain occupations that involve prolonged standing or walking on hard surfaces can contribute to the development of corns.
- **Previous foot injuries:** Injuries to the feet, such as thorn punctures or other trauma, can create conditions conducive to corn formation.
- **Genetic predisposition:** Some individuals may be genetically predisposed to foot conditions that increase the risk of corns.
- **Heeled high shoes:** High heel shoes put pressure of the toes and make women four times as likely as men to have foot problems
- **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.

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

The treatment of Kadar, or corns, in Ayurveda typically involves a holistic approach addressing both the symptoms and the underlying causes. Here are some common Ayurvedic treatments for corns.

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.

Herbal remedies

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

Pumice stone

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

Proper footwear

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

Ayurvedic management

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

1. Agnikarma for kadam

Agnikarma, an ancient Ayurvedic therapeutic procedure, involves the controlled application of heat using a heated instrument. In the context of Kadam (corns), Agnikarma aims to cauterize the affected area, promoting tissue healing and resolving the corn. This procedure is performed by skilled Ayurvedic practitioners to alleviate pain and discomfort associated with corns.

2. Kshara karma for kadam (Corns)

Kshara Karma is an Ayurvedic procedure involving the application of alkaline substances derived from specific medicinal plants. In the context of treating Kadam 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.

3. Excision

- Excision of corn then Dahan by tail.
- Preventive measures may be as using soft shoes or soft pads at the pressure points of the sole.
- Application of salicylic acid.Carnation cap.
- 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.

DISCUSSION

In Sushrut Samhita Nidansthan chapter 13, Acharya Sushrut categorizes Kadam as a "kshudra" ailment; Chikitsa Sthan Chapter 20/33 elaborates on its management. Kadam 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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