



***Arka Pratisaraneeya Kshara* a hope in the management of *Kadara* with special reference to Corn**

Dr. Jha Shailesh Arunkumar¹, Dr. P. A. Hegde MS (Ayu) PhD²

Final year PG Scholar Dept. Shalyatantra.¹ Professor, Department of PG Studies in Shalyatantra.²

BVVS Ayurved Medical College and Hospital, Bagalkot Karnataka - 587101.

Email Id: serviceheb@gmail.com

Abstract

Kadara is one among the *Kshudraroga*'s. It is characterized by formation of hard swelling in sole's or palm's, when get traumatized repeatedly by gravels or injured by thorns etc. These lesions have central core as hard either depressed or elevated in the center, as about the size of *Kola*. The causative factors, clinical features and site of *Kadara* can be equated with that of corn and is also a type of callosity. In India more than 10 million cases of corn are found per year.⁵ The extrapolated statistics of corn and calluses in India is 26 million per 1.65 billion.⁶In global scenario corns can be found in 14–48 % of 111 participants attending a podiatry clinic. There are various methods to treat corn, which have their own limitations. Even with these procedures people have recurrence and needs to be carried out under local anesthesia, which is more painful. Acharya Sushruta explained *Uttkartana* (Chedana) and *Sneha Dagdha* as a treatment for the management of *Kadara*(corn). Whereas *Kshara karma* (caustic alkali) is a unique procedure in Ayurveda and performs *Chedana* (incision), *Bhedana* (excision), *Lekhana* (scraping), *Dahana* (hemostatic) *Karma* and also act as a *Shastra* (surgical instrument), *Anushastra* (para surgical procedure) to remove diseases by its root. Hence, there is scope for procedure which can cure the disease from its root without any pain and without use of local anesthesia. Acharya Sushruta has mentioned 23 drugs from which *Kshara* can be prepared. *Arka* is one among them. So, an attempt is made to study the efficacy of *Arka Pratisaraneeya Kshara* in the management of *Kadara*(corn).

Keywords:

Kadara, Arka Pratisaraneeya Kshara, Ksharakarma, Uttkartana, Corn.

Access this Article Online

Website:<http://heb-nic.in/jrim>

Received on 20/04/2021

Accepted on 05/05/2021 © HEB All rights reserved

Quick Response Code:

