

ROLE OF APAMARGA PRATISARANEeya KSHARA IN THE MANAGEMENT OF KADARA – A CONCEPTUAL STUDY

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ABSTRACT

Kadara (corn) is initially painless in condition but with its progress, it may become painful. In modern science, corn is being treated by using anti-inflammatory drugs, corn cap, salicylic acid and excision. Even today there is no satisfactory and permanent treatment available for corn because of its high recurrence tendency. According to Ayurveda, '*Kadara*' can be correlated with the condition of 'corn'. Ayurveda explains *Kshara Karma* procedures for the management of *Kadara*. *Kshara* performs *Chedana*, *Bhedana*, *Lekhana* also acts as *Shastra*, *Anushatra* and it removes disease by root. *Apamarga Kshara* is the best for *Pratisaraneeya Kshara* because of the *Chedyā and Kandughna* properties. So this study is taken to explore the effect of *Apamarga Pratisaraneeya Kshara* in the management of *Kadara* keeping in view the different modern medical treatments.

Key words: *Kadara*, Corn, *Kshara Karma*, *Apamarga Pratisaraneeya Kshara*.

INTRODUCTION

The disease corn is a localized hyperkeratosis of the skin. It usually occurs at the site of pressure E.g. On the soles and toes, occurring due to defective foot wear, thorn prick, etc ⁽¹⁾. There is usually a horny induration of the cuticle with a hard centre. Corn is initially painless but it may be painful

particularly when it is rubbed. Corn has tendency to recur after excision. It has a deep central core which reaches to the deeper layers of dermis ⁽²⁾. The disease '*Kadara*' is explained in "*Kshudra-Roga*". It is said that repeated injuries & friction to the sole with thorns, stones etc. leads to this condition ⁽³⁾. According to Ayurveda

corn can be correlated with the disease 'Kadara'. On the basis of symptoms given by Acharya Sushruta⁽⁴⁾ i.e. *Keelavat* (lesion have a central core) *kathina* (hard), *Granthi* (knotted), *Madhyo Nimna* (depressed in the central) or *Unnat* (elevated in the central), *Kolamatra* (seed of plum) in size, painful and sometimes with *Srava* (discharge). Modern science has provided some preventive measures such as soft shoes or soft pads at pressure point of the sole, application of salicylic acid on corn, use of central local application such as cornac or carnation cap and lastly excision of corn⁽⁵⁾. As per Ayurvedic concept, *Kadara* may develop as the vitiation of *Vata* with *Kapha Dosha*. *Vata* and *Kapha Dosha* have been considered as the important factors for causation of *Shotha* (inflammation) and *Shoola* (pain)⁽⁶⁾

Kshara performs *Chedana*, *Bhedana*, *Lekhana Karma* also acts as *Shastra*, *Anushastra* and removes disease by root ⁽⁷⁾. *Apamarga* is best for *Pratisaraneeya Kshara* because of the *Chedya* and *Kandughna* properties ⁽⁸⁾ Hence the present study is under taken to assess the efficacy of

ApamargaPratisaraneeya Kshara in the management of *Kadara*.

NIDANA OF KADARA

By placing the feet on hard/rough stone or by wound caused by thorns etc. or by aggravated *Doshas* with *Meda* and *Rakta*, gives rise to swelling, hard like a bolt, in the middle or at the edges of the feet, of the size of *Kola*,⁽⁹⁾

SAMPRAPTI ⁽⁹⁾



ROOPA OF KADARA ⁽⁹⁾

The symptoms of *Kadara* mentioned in the texts can be enlisted as following:

- KathinaGranthi* : Hard swelling
- KeelaSadrusha* : Cone shape
- NimnaMadyonnata* : Depressed at the center.
- Vedana* : Painful.
- Sravi* : Discharge (Occasionally).

CHIKITSA VIVECHANA

According to Acharya Sushruta line of treatment of *kadara* is excision and followed by *Sneha Dahana* ⁽¹⁰⁾.

PREPARATION OF APAMARGA PRATISARANEYYA KSHARA ⁽¹¹⁾

- *Apamarga* raw drug was collected and were dried and burnt to ash in a large iron pan.
- The grey coloured ash was collected, which is devoid of mud, stones and charcoal.
- The total volume of this ash was mixed with 6 times of water and the mixture was left overnight.
- The next morning, only the supernatant fluid was collected, discarding the dark coloured sediment in the bucket.
- The supernatant fluid thus obtained was filtered 21times using a cotton cloth to obtained *Gaumutra Varna Ksharajala*.
- This *Ksharajala* was heated over an iron pan in mild - moderate flame with intermittent stirring for about 3 hours till it turned to reddish-yellow (*IshatRaktavarna*).
- When the *IshatRaktavarna* is attained then it is called as *Mrudu Kshara*.
- *Sankhanaabhi* (*Shukti*) weighing about 1/10th part of *Apamarga* ash was obtained and was heated red hot in an

iron pan. Once it was red hot, it was dipped in *Mrudu Kshara*.

- Then *Mrudu Kshara* turned into white colour and heated on the moderate flame and stirred continuously till it became thick in consistency. This is called as *Madhyama Kshara*.
- *Chitrakamula* weighing about 1/10th part of *Shukti* was collected. The *Chitrakamula* was finely pasted and kept ready.
- The *Madhyama Kshara* was put off from the flame, allowed to cool for 5-10 minutes and then finely pasted *Chitrakamula Kalka* was added and stirred for its uniform distribution.
- The *Kshara* thus obtained is *Teekshana Apamarga Kshara*. About 262.5 gm. (PH 11.92)

Probable mode of action of Apamarga Pratisaraneeya Kshara in Kadara:

- While considering the *Gunas* of *Kshara*, it has *Tridoshaghna* property. Acharya Sushruta says "NanoushadhiSamavayatTridoshaghna ha". Because of the presence of different medicines *Kshara* having the property of alleviating *Vata*, *Pitta*, *Kapha* and reduces pain, burning sensation and itching respectively.
- *Sodhana* and *Ropana* - *Kshara* having cleansing property, it helps for the

removal of unhealthy granulation tissues and development of healthy granulation tissues.

- *Lekhana* - scraping property improves circulation by removing unhealthy tissues.
- *Krimighna* – Because of its antimicrobial property it avoids contamination and infection of the wound by the micro-organism.
- It burns the affected tissue completely and avoids recurrence.
- When the Kshara is applied on the skin or tissue, first there is irritation followed by inflammatory process resulting into oedema, sloughing, dragging pain and pressure pain causing separation of *DustaDosh* and clearing all signs and symptoms of the diseases. The presence of photolytic enzymes is capable for its corrosive, caustic, antimicrobial and bactericidal properties.

Discussion and conclusion

The disease '*Kadara*' is explained in "*Kshudra-Roga*" by Acharya Shushruta. According to him, "*KshudraRoga*" is a disease having simple pathology but very difficult to be cure. The incidences of kadara are increasing in present era due to various reasons like defective foot wear, thorn prick, etc

Along with *NidanaParivarjana* and *PathyapathyaPalana*, *SampraptiVighatana* plays an important role in the management of disease. To initiate *SampraptiVighatana* and associated symptoms many line of treatments are described in *Samhitas*. we can prefer the *AushadhaChikitsa* in spite of going for surgical procedure.

Apamarga Pratisaraneeya Kshara is one among many remedies prescribed for management of kadara in Ayurveda. Efficacy of *Apamarga Pratisaraneeya Kshara* has been proven by many preclinical and clinical studies. Acharya Sushruta advocates the management of kadara. Further clinical study can help strengthen the concept of Sushruta Samhita and provides scientific validation.

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