



Therapeutic Application of *Bhallatak* (*Semecarpus Anacardium*) Oil on *Kadar* W.S.R. to Corn – A Case Report

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ABSTRACT: *Kadar* has simple pathology but difficult to cure. *Kadar* is one such disorder that gives more trouble to the patient & intervenes with routine work. Especially if it is on foot, pain is unbearable. *Acharya Shushruta* describes '*Kadar*' under "*Kshudra-roga*". In modern sciences it can be compared with corn. A Corn is formed due to repeated injuries and friction to the sole. It is a specially-shaped callus of dead skin that occurs on thin or glabrous surface of toe. It might be cause due to thorn prick, sand particles, unhygienic foot wear etc. Treatment for corn in modern sciences include anti-inflammatory, NSAID drugs, salicylic acid, corn cap, and at the end small surgery. There is no satisfactory and permanent modern medicine treatment for corn, doctors end up doing excision as small surgery still it has high recurrence tendency. *Agnikarma* (Thermal Cauterization) a unique para surgical procedure in Ayurveda practices, where specific degree of heat is given to a predetermined site of a body part with specialized instrument¹. The treatment is done usually on OPD basis. *Acharya Shushruta* advices cure for *kadar*, *Utkrutya* (excision/scrapping) followed by *Sneha Dagdha* (*Agnikarma*)². But as per this case report, fresh *Bhallatak* (*Semecarpus anacardium*) oil's therapeutic application without providing external heat gives better results than thermal cauterization/*Agnikarma* by other mediums. Therapeutic Application of oil from freshly cut *Bhallatak* nut seems to be the best treatment to prevent recurrences of *Kadar*. Its application procedure is painless and doesn't burn moreover gives early relief, avoiding recurrence of corn.

KEYWORDS: *Kadar*, Corn, *Agnikarma*, *Bhallatak* Tail.

INTRODUCTION

Ayurveda an accomplished medicinal science, has explained treatment for various critical as well as simple diseases showing recurrence. It is for us Ayurveda physicians to correlate it correctly and treat patient as mentioned in our ancient authorised Ayurveda texts. One such disease is corn (*kadar*). It has simple pathology but difficult to cure that is why it is called as *Kshudra-roga*³. *Kadar* gives more trouble to patient & intervenes with his routine work. Especially, if it is on foot pain is unbearable. *Acharya Shushruta* describes '*Kadar*' under "*Kshudra-roga*"³. *Acharya Bhoj* also describes this disease as *mansakeel*³. In modern sciences it can be compared with corn.

A Corn is formed due to repeated injuries and friction to sole. It is a specially-shaped callus of dead skin that occurs on thin or glabrous surface of toe. It might be cause due to thorn prick, sand particles, unhygienic foot wear etc. Treatment for corn in modern sciences include anti-inflammatory, NSAID drugs, salicylic acid, corn cap, and at end surgery. There is no satisfactory and permanent treatment available for corn and have its high recurrence tendency⁵.

Agnikarma is known as a unique para surgical procedure in Ayurveda practice. Specific degree of heat is given to a predetermined site of a body part with specialized instrument by an expert⁶. The treatment aims to relieve pain instantaneously and also to prevent recurrence. The treatment is done usually on OPD basis. The treatment done for Joint pains, Neurological ailments, outgrowths like Corn, Warts etc. has given miraculous results^{7,8}. Different materials are utilized *Shalaka* (*Suvarna*, *Mruttika* etc.) or *Kashta Aushadhi* (*Pimpli*, *Haridra* etc.) or medicinal warm oil for therapeutic burns/ thermal cauterization. *Acharya Shushruta* advises excision followed by ‘*Agnikarma*’ esp. with *Sneha*³. The best treatment to prevent recurrences of *Kadar* as per this case report is therapeutic application of fresh *Bhallatak* (marking nut) *tailam*. The procedure is painless and doesn’t burn moreover gives early relief and most importantly avoids recurrence.

AIMS AND OBJECTIVES

Therapeutic application of *Bhallatak oil* on *Kadar* w.s.r. to Corn.

MATERIALS AND METHODS

OPD- *Shrivishwadev Ayurvedic panchakarma Clinic* Dadar east, Mumbai.

A male patient aging 22 years was treated with application of fresh *Bhallatak* oil on scrapped and excised *kadar* (corn)⁸. Duration of treatment was of 10 days with 3 times application of fresh *Bhallatak* oil on the site. No internal medicine was given during course of treatment.

Materials :

- *Bhallatak* Nut.
- *Areca* Nut Cutter.
- Scalpel with blade no. 21 (scrapping).
- Gloves large size.
- Cotton bud (Application of oil).

Case

A 22 years old male patient visited to *Shrivishwadev Ayurved Panchakarma Clinic*, Dadar, Mumbai on 15/02/2019 with chief complaints of severe tenderness on right sole (ball below big toe) while standing or walking, since last 6 months. In history taking, he elaborated a big mole like dead tissue (corn) just below the right big toe on planter side (ball below big toe). He initiated treatment with use of corn caps, but discomfort went on increasing forcing him to visit a General physician. General physician excised superficial tissue and suggested antibiotic with analgesic for a week, with application of corn cap. Since the Corn was on depending part, corn cap made him uneasy while standing or walking, triggering tenderness. This line of treatment was not effective to the patient, further he consulted a Surgeon and got it operated in local anaesthesia followed by similar Allopathic medications. The Surgical wound healed but developed similar hard corn like structure in few weeks at same site, later stimulating pain on walking. The patient had to repeat this minor surgery, but the recurrence was still there again in few weeks. This patient approached Ayurveda clinic with mental-physical irritation with tenderness on right sole while touching the ground, willing for Ayurveda treatment. No history of Diabetes / Hypertension illness.

No history of any other systemic illness.

Family History: Father – Pancreatic CA

Personal history:

Name	XYZ
Age	22 years
Gender	Male
Weight	49 kg
Height	5'9
Marital status	Unmarried
Occupation	MBA Student
B.P	110/70mg
Sleep	Normal

Asthavidha parikshan⁹:

Nadi: VaatPittaj Mootra: Avishesh Mala: Baddha

Jivha: Sam Shabda: Avishesh Sparsha: Ruksha

Drika: AvisheshAkruti: Madhyam

Local examination:

Site- below the right big toe on planter side (ball below big toe).

Tenderness- Present. Size-1.5 cm approx.

Structure – Single, raised whitish dead tissue, corn like.

Ayurveda Diagnosis: Kadar (Kshudra Rog)

Plan of treatment: Patient was treated on OPD basis.

Treatment given:

Initially scrapping (*Utkrutya*) was done of the raised dead skin cover with blade no.21, followed by therapeutic Application (*Agnikarma*) with help of fresh *Bhallatak Tailam* on site below the right big toe on planter side. *Bhallatak* nut was cut in 2 pieces using hand gloves with the help of cutter and oil inside the nut was applied using a cotton bud.

Duration: Course of treatment was 10 days with 3 times *Bhallatak Tailam* application on the site.

Pathya Apathya¹¹:

1. Dietary advise- Patient was advised to avoid spicy, fried, junk, fast food, heavy food including curd, paneer, cheese and non-vegetarian diet like Fish and meat. Drink milk, eat ghee and raw sugar.
2. Patient was also advised to maintain hygiene by using clean footwear, keeping site dry and covered by cotton.
3. Patient had been told to have rest for few days and observe if any blister formation near the site. If blisters appear apply fresh coriander juice.
4. Patient was also advised to stop roaming bare foot.

OBSERVATION/ RESULTS

Observations were recorded at OPD on bases.

15/2/2019- Case Taking and scrapping at site was done by scalpel using blade no.21.

16/2/2019- 1st Application of *Bhallatak* oil was done.

18/2/2019- 2nd Application of *Bhallatak* oil was done.

20/2/2019- 3rd Application of *Bhallatak*oil was done.

Table

Date	Tenderness at site						
	Touch	Standing	Walking	Colour	Itching	Texture	Bisters
15/2/2019	+++	+++	+++	Whitish	-	Rough	-
16/2/2019	+++	+++	+++	Black	-	Uneven	-
19/2/2019	++	-	++	Greyish	+	Uneven	-
22/2/2019	-	+	+	Skin	-	Smooth	-

Picture



DISCUSSION

Ayurveda states if a disease remains untreated or shows recurrence with consecutive efforts by *Bhesaj*, *Shashtra* and *kshar* then it must be cured by *Agnikarma*¹⁰ i.e. Cauterization. *Acharya Sushrut* and *Archarya Vagbhat* has recommended use of *Agnikarma* with different mediums like *Shalakas*, *pimpli-haridradravys*, *hot sneha* etc.

Acharya Sushrut and *Archarya Vagbhat* has mentioned symptoms of *Kadar* in *kshudra Rog*. In modern sciences it can be compared with corn. It has simple pathology but difficult to cure that is why it is called as *Kshudra-roga*. *Kadar* gives more trouble for patient & intervenes with routine work due to degeneration of *meda* and *rakta dhatu*. Especially, if it is on foot where pain is unbearable. The treatment illustrated for *Kadar* in Classical Ayurveda text is *utkrutya* i.e. scrapping/excision followed *Sneha dagdha* i.e Cauterization by hot *Sneha*. *Dagdha karma* or *Agnikarma* as per modern sciences is part of Thermal Cauterization. There are 4 types of *Sneha*- *Ghruta*(ghee) *Tailam*(Oil), *Vasa* (Fat) and *Majja*(Bone Marrow). Out of these four *Tailam* is most ideal to be used for *Agnikarma*, *Ghrutam*(Ghee) / aloe vera gel is used for application post *Agnikarma* to calm the Cauterized site.

Bhallatak having various synonyms of *Agni*/fire¹¹. Use of *Yukti Praman* and application of *tantra yukti* allowed therapeutic application of fresh *Bhallatak* oil for *Sneha Dagdha* (*Agnikarma* with oil). In rural areas Cauterization with red hot nut is used to reduce bone or joint pain¹². *Bhallatak*, *Semecarpus anacardium* also known as marking nut has good oil yield¹³. Oil inside *Bhallatak* nut is naturally hot, having corrosive action

and hence, a small amount can be directly applied on the specific site with due precautions. External heating of oil i.e. direct contact with heat is not required in case of *Bhallatak* oil due to its nature, which makes it easy to use and pain less Therapeutic application. Hence, while finalizing the title word ‘Therapeutic application’ is preferred over word ‘Agnikarma’.

The skin at the sole or around the corn is relative hard and thick as compared to other parts. Hence, *Bhallatak* oil even though corrosive, on application doesn’t cause any blisters. Mild itching and slight redness were seen at peripheral area around the scrapped corn which was negligible. The application was done for 3 sittings at the mentioned clinic. This Therapeutic application gave complete relief to patient in just 10 days without any recurrence till date.

CONCLUSION

Cauterization (*Agnikarma*) is the procedure in which there is no need of local anaesthesia. The procedure is a bit painful and contraindicated in *pitta prakruti*, *sukumar*, pregnant women, postpartum women, kids and old age individuals. But Therapeutic application of *Bhallatak* oil is completely painless. There is no bleeding and patient can be trained to do it at home by proper training. There is no chance of recurrence and is a very cost effective procedure as well. The present case report concludes, that therapeutic application of fresh *Bhallatak* oil on *Kadar* w.s.r. to Corn is highly effective in the management of *Kadar*.

Conflict of interest: Author declares that there is no conflict of interest.

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