

AYURVEDA MANAGEMENT OF CORN- A REVIEW ARTICLE

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Article Received on
21 October 2022,

Revised on 11 October 2022,
Accepted on 01 Nov. 2022,

DOI: 10.20959/wjpr202215-26257

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ABSTRACT

Corns thick, hard-bitten layers of skin that comes when our skin tries to protect itself against friction and pressure. They most often expand on the feet and toes or hands and fingers. Corns can be unsightly. If we have diabetes or another form that causes poor blood flow to our feet we're at better risk of problems from corns. Simply pull out the source of rubbing or pressure makes corns disappear. Ayurveda has mentioned various references regarding corns, Hence an attempt has made to collect all the references for the same mentioned in classics of Ayurveda.

KEYWORDS: *Corn, Callosity, Ayurveda.*

INTRODUCTION

Corns are hard centre surrounded by inflamed skin lesion which tend to develop on part of our pressured surfaces like feet. They can also be found in weight-bearing areas in our body. Corns can be painful when pressed.

Causes of corns

Reason for corns is Pressure and friction from repetitive actions cause which tend to develop and grow in gravitational area lead to formations of hard surfaces like corns. Some sources of this pressure and friction include-

1. Wearing tight fit shoes.
2. Hard sole of boots
3. Wearing heels for the long time can press the skin and reduce blood circulations leads to formation of corns
4. When footwear is too loose, your foot may repeatedly slide and rub against the shoe.

5. Irritation due to lining of the shoes may lead to hardening of skin
6. Directly wearing shoes for long without socks may leads to corn formation
7. Wearing shoes and sandals without socks can cause friction on your feet.
8. Socks that don't fit properly also can be a problem.
9. Playing instruments or using hand tools.
10. Repeated pressure of playing instruments may lead to formation of Calluses on our hands ultimately leads to formation of corns.^[1]

DISCUSSION

Guidelines for prevention of corns

These guidelines help in prevention of corns -

1. Wear shoes that give us the comfort
2. Avoid tight fitting shoes.
3. Use protective coverings while driving a car to avoid corns in hands.
4. Wear no medicated corn pads or bandages over areas that rub against footwear.
5. Consult immediately to Ayurveda physician after having any symptoms of hardening skin in pressure areas.

Medication for External Application

- Gulgulu Tiktaka Ghritam
- Jaathyadi taila
- Kaasisadi tailam
- Arka ksheera in form of kshar and apply with edge of cotton bud.
- Lemon juice: A fresh slice of lemon should be tied around the painful area.

Ayurvedic Treatment of Corn

1. Juice of Ginger with clear lime should be mixed in equal part and rubbed three times in a day on the corn. It will help in the removal of foot corns.
2. A well ripe Fig should be grinded and the grinded Fig should be put on the corn to cover it completely. This must be done 3 times a day for 1 week. This will help in curing of foot corns.
3. On the corn rub the juice of Calotropis gigantea for one week & corns will be cured.
4. Water after boiling rice should be mixed with rock salt. Then it should Then it should be applied regularly. This will remove corns.

5. Take Turmeric 1 part, Terminalia chebula 1 part, and 2 part of coconut oil. Mix all together and make it into a paste by grinding. The paste thus obtained is rubbed on to the corn for a week. This will help in curing the corns.
6. Plumbago root should be grinded and rubbed on the corn at night time. It is poisonous so be careful.
7. When Cashew nut's outer shell is heated up oil is produced. It is good for curing foot corn.

Preventive Measures

1. Foot massage with moistening oil like coconut should be daily done so that circulation can be improved.
2. Massage, scrub the affected part
3. Dip the foot in warm water
4. Avoid wearing tight shoes; Wear the right fitting shoes to avoid the disease.
5. If you are doing sitting work than correct the posture.^[2-6]

Diet

It should be light, unctuous, easy to digest. Fruits and vegetables can be added to the diet.

CONCLUSION

There are various preventive measures which helps in prevention of corn and if its there we can cure completely with Ayurveda. There are various corn caps available in Ayurveda which helps in completely cure from corn which are easily to apply and help in removing root of the corn. Hence adopt these things to get rid from the corn.

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