

Effectiveness of Traditional herbal formula in the management of *Kadara* (Corn): A Case study

G.V.P. Samaranayake*, A.A.J. Pushpakumara

Department of *Shalya Shalakya*, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya.

Kadara (Corn) which are painful hyper keratinized conical indurations and thickening of the stratum corneum of the epidermis of the sole, caused by continuous friction over a weight bearing locations of the sole for an external period of time in addition to other responsible factors including the gait, deformities, and genetic factors, result in difficulties in walking. Present case study was conducted to evaluate the effect of a Sri Lankan Traditional herbal formulation consisting of tender heartwood of *Ananas sativa*, tender *Carica papaya* fruit, resin of *ferula foetida* and the rhizomes of *Curcuma longa*. Selected Herbal materials were boiled in coconut milk for 30 minutes and ground in to a fine paste. This study was conducted at *Shalya* Clinic of Gampaha Wickramarachchi Ayurveda Hospital. A 46 years old female patient presented with a difficulties of walking due to small thickened area in her left sole since 2 years. First, scrapped that place by using surgical scalpel and apply above prepared paste over the affected site. The patient was advice to apply that paste every day for 2 weeks. The outcome was measured related to the pain and the area of hardness. An assessment of pain in patient showed reduction in the mean score from 3.2 to 1.6 after the treatment and further to 0.2 after follow up with an improvement of 50% and 93.75% respectively. It was found to be highly significant ($p < 0.001$). An assessment of tenderness in patient showed reduction in the mean score from 2.467 to 1.4 after the treatment and further to 0 after follow up with an improvement of 43.25% and 100% respectively. It was found to be highly significant ($p < 0.001$). According to the result, it can be conducted that the selected herbal formulation possesses beneficial effects in reducing the painful condition and hardness of corns.

Key words: *Kadara, Ananas sativa, Carica papaya, Ferula foetida*

Corresponding author: prabashi185@gmail.com