

**A REVIEW ON MANAGEMENT OF KHADARA (CORNS AND CALLUSES) IN  
AYURVEDA**

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Corns and calluses are thick, hardened layers of skin that develop when the skin tries to protect itself against friction and pressure. It cause to painful areas of thickened skin that appear between the toes and on the soles of the feet. Most people will experience with this hyperkeratosis condition at some point in their life. In Ayurveda, Corns and calluses can be compared with Khadhara. The diagnosis is based on clinical examination and usually straight forward by visual inspection and pain. Indications for treatment of Corns and calluses include pain and interference with function. Regarding the management of this disease, different types of treatment procedures are explained in ayurveda and conventional medical systems. In Ayurveda , various treatment principles explained like administration of drugs internally, external application of medicinal pastes, scraping procedure (Lekhana karma) and parasurgical procedures [i.e. Agni karma (thermal cauterization)]. These indigenous treatment methods are minimal invasive procedures which do not cause any side effects, no recurrence and found to be more beneficial in the treatment of Corns and calluses.

**Keywords:** Khadhara, Corns and calluses, hyperkeratosis, Agni karma

