

## ROLE OF AGNI KARMA WITH PIPPALI ON KADARA – A CASE STUDY

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Callosity is a local thickened or hardened part of the sole. It is a plaque of hyperkeratosis caused by repeated friction or pressure. It is assumed that frictional forces include hyperkeratosis leading to thickening of stratum corneum of the skin over certain areas prone to mechanical stresses. *Kadara* as described by the *Samhitas*, can be closely related to lesions of the skin caused by hyperkeratosis. *Kadara* has been enumerated and described in classical literature under the heading of *Kshudra Roga*. *Agni Karma* has been mentioned for the proper management of *Kadara*. *Pippali* has been mentioned as a *Dahana Upakarana* in *Susruta Samhita* and *Ashtanga Samgraha*. This study was conducted at Shalya Clinic of Gampaha Wickramarachchi Ayurveda Hospital. A 34 years old female patient presented with a pain and difficulties of walking due to small thickened area in her left sole for 3 months. First, scrapped that place by using surgical scalpel and heated *Pippali* was directly placed over the lesion. That procedure continued for 2 weeks. The data collected in regard with pain and hardness, when compared before treatment and after treatment yielded the following results. According to symptoms, pain and hardness observed before the treatment, that is 100%. But after treatment, complete cure was observed in above symptoms. Based on the study, it was observed that *Pippali* can be used to create superficial burns only. It was further observed that the area of lesion eventually dried and peeled off along with the *Kadara* tissue within about 14 days. The extent of tissue destruction due to burning with *Pippali* is very minimal. Hence, it was to be effective for treating superficial *Kadara* lesions.

**Key words:** *Pippali*, *Agni Karma*, *Kadara*