

A REVIEW ON DIFFERENT METHODS OF KSHAR PREPARATION**Dr. Mangala Jadhav*¹ and Dr. Reshu Rathore²**

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ABSTRACT

Kshar is a kind of medication described in Ayurveda Texts. It is alkaline substance obtained from the ashes of different drugs. It is a medicine, prepared out of the dried plants water soluble ashes by a special process known as Kshar kalpana. In our classical texts, there are many methods of preparation of kshar kalpana are mentioned. These methods vary from each other regarding some points like ratio of ash to water, duration of soaking of ash with water, number of filtration and also vessels for the preparation of kshar. So in this paper an attempt has been made to take a review on different methods of the preparation of kshar from various classical texts.

KEYWORDS: Kshar kalpana.**INTRODUCTION**

There are five basic kalpanas like Swaras, Kalka, Kwath, Hima and Phanta in Bhaishajya kalpana. But various Upakalpanas are also described in bhaishajya kalpana like vati, arka, lavana, kshar etc. Kshar is a medicine, prepared out of the dried plants water soluble ashes by a special process known as Kshar kalpana. There are many methods of preparation of kshar kalpana are mentioned in ayurvedic classical texts. Since the period of samhita, ksharas have been used in the management of many diseases. Sushruta has described kshara elaborately in Sushruta Samhita. Kshar is supreme among shashtra(sharp instruments) and anushashtra (accessory instruments), because it performs functions like excision, cutting, scraping, mitigates all the three doshas and is suitable for being used by special methods.^[1] All scholars have mentioned that the collected drugs should be burnt in to ash but regarding some points

MATERIALS AND METHODS

According to Rasatarangini

According to Rasatarangini burn the barks of the kshar containing plants to become complete ash than add 4 times of water in it. Stir it properly and keep stable for 1 Yam (3 hours). After that filter the supernatant layer of water with 3 layered cloth and give heat to evaporate the water. After complete evaporation of water collect the Kshar.

According to Sharangadhar burn the dry barks of the kshar containing plants to become complete ash and take it in an earthen pot and add 4 times of water in it and stir well than keep it stable for whole night. Next morning filter the supernatant water and boil till it gets dry. After drying collect the white coloured Kshar.

Acharya Yadavji Trikamji has described the same method as described in Sharangadhar Samhita but the amount of water is 6 times from the ash.

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$$(\mathbf{x}_{\text{EN}}^{\text{in}}, \mathbf{x}_{\text{EO}}^{\text{in}}, 11/11).^{[5]}$$

Acharya Sushruta has described the detail method of kshar kalpana. The person desires of preparing kshar should act as follows- After becoming clean, having fasted, the person should go to the slopes of the mountain, on an auspicious day, during sharad ritu, search a kala Mushkak tree, grown in an auspicious place, of middle age, big in size. Next day it should be cut into small pieces and made into a heap in a place devoid of breeze, some quantity of sudha sharkara (lime stones) are also put into this heap and set on fire with the help of reeds of dried tila plant. After the fire has become extinct, the ashes are collected separately.

In the same manner Kutaja, Palash, ashwakarna etc may be burnt and the ash collected.

Next day one Drona (10.24 kg) of ash is put into six Drona (61.44 kg) of water or cow urine, stirred well.



filtered through cloth 21 times, put into a large pot and boiled, stirring with a ladle slowly and constantly, when the liquid becomes clear, red in colour, sharp and slimy.



It is filtered through a thick cloth into another vessel.

The filtrate is boiled without Prativapa (adding paste of other Drugs) to make neither too thin, nor too thick in consistency. It is also known as Samvyuhim kshar (Alkali of mild Potency).

Prativapa like katasharkara, Bhasma sharkara (ash of Limestone), ksheerpaka (oyster shell)

For Teekshna kshar

According to Dalhana

Acharya dalhana have mentioned in shwitra chikitsa that if Krishna sarpa is ignited then it turns to blackish coloured powder it is called “mashee” further if more ignited then it turns to whitish colour then it is called as kshar.

Sr. No.	Author	Ratio of ash and water	Time duration for keeping the mixture stable	Filtration
1.	Rasatarangini	1:4	3 hours	Once
2.	Sharangadhar	1:4	Overnight	-
3.	Yogaradhnakar	1:4	Overnight	-
4.	Vagbhatta	1:4	-	-
5.	Sushruta	1:6	-	21 times
6.	Dravyaguna Vigyanam	1:6	Overnight	21 times
7.	API	1:6	-	-
8.	Ayurved prakash	1:4	overnight	-
9.	Ayurved Sara Sangraha	1:8	2-3 days	7 times

In the classical texts various acharyas have described the vessels to dissolve the obtained ash in water. Acharya Sharangadhar, Yogaratnakar, Yadavji Trikamji and Ayurveda sarsangrah mentioned the earthen vessel.

DISCUSSION

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dissolving the ash in water the ratio of ash and water quantity Ashtanga sangraha and ashtanga hridaya, Rasatarangini Sharangadhar, Yogaratnakar and Ayurveda prakash has mentioned 4 times of water whereas according to Acharya Sushruta, Yadavji Trikamji and also in API ash should be dissolved in 6 times of water while in Ayurveda Sara sangraha 8 times of water is mentioned. Regarding the time duration of keeping ash and water together rasatarangini has mentioned 3 hours but Acharya sharangadhar, yogaratnakar and Yadavji Trikamji has mentioned for one night while according to Ayurveda sarasangraha it should be kept for 2-3 days. Regarding the filtration of ksharjala acharya sushruta and Yadavji has mentioned 21 times with a cloth but in rasatarangini 3 folded cloth for one time and in Ayurveda sarasangraha 4 folded cloth for 7 times is mentioned. Shushruta, ashtanga hridaya have specially given the methods of the preparation of mridu, madhyam and tikshna kshar which are used in various disorders according to their potency. Regarding vessels for the preparation of kshar earthen and iron vessels are mentioned but now day's steel and glass vessels are preferred by pharmacies because these vessels don't react with kshar and whiter coloured kshar obtained with these vessels.

CONCLUSION

Different methods for kshar preparation were described above. All scholars have mentioned that the collected drugs should be burnt in to ash but regarding other points like ratio of ash to water, duration of soaking of ash with water, number of filtration and also vessels for the preparation of kshar there are some variations in the methods. Generally methods of rasatarangini and sharangadhar are used and steel or glass vessels are used to prepare kshar.

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