

CONCEPTUAL STUDY ON EFFICACY OF PANEYYA KSHARA IN ASHMARI

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ABSTRACT

Ashmari is one of the most common diseases affecting *Mutravaha Srotas*, which is included under *Astamahagada* due to its fatal nature. *Ashmari* is one of the causes for acute abdominal pain, burning micturition, haematuria and dysuria. Many treatment modalities including surgery have been adopted in the modern urology for the management to of urinary calculus, but the chance of recurrence persists. Ayurvedic literature emphasis on modalities like *Bheshaja*, *Basti*, *Kshara* and *Shashtra Chikitsa* in the treatment of *Ashmari*. *Kshara* is considered as *Pradhanatama* and *Sreshta* among the *Sastra* and *Anusastra* due to its *Chedana* (excision), *Bhedana* (cutting)

Lekhana (scraping) *Mutrala* (diuretic) and *Tridoshaghna* properties. The *Pachana* (owing to digestive capability) and *Darana* (breaking) properties of *Kshara* acts in breaking the *Sanghata* (obstruction) of *Ashmari* and the *Ropana* property helps in reducing the hematuria by its healing effect.

KEYWORDS: *Ashmari*, *Kshara*, *Chedana*, *Bhedana*, *Lekhana*.

INTRODUCTION

Kshara

According to *Sabdakalpadruma*: *Ksharati eti kshara*

Definition of *Kshara* according to *Acharya Sushruta* states as *Tatra Ksharanat Kshananat Va Kshara*^[1], which means the *Kshara* has the ability to removes and destroys the vitiated *Doshas* and *Dushita Twak Mamsadi Dhatus*. It is the substance that removes the vitiated

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debris of skin, flesh etc (*Dusta Twakmamsadi Himsanam*) or the substance which removes the *Dushitha Dosha, Dhatu* and *Mala*. Because of its *Ksharana* nature is known as *Kshara*.

Kshara is most important among the *Sastras* and *Anusastras*^[2] and is considered as one among the *Anusastras*. It does the karmas like *Chedana Bhedana Lekhana* and possess *Tridoshaghna* property^[3]

Kshara types^[4]

1. *Paneeya kshara*
2. *Pratisaraneeya kshara*

Pratisaraneeya Kshara

Kshara used for external application.

Indicated in conditions like *kusta, kitibha, bhagandara, dusta vrana, nadvirana, arbuda*⁽⁵⁾ etc

Paneeya Kshara

Kshara used for internal administration

Indicated in conditions like *Gara Visha, Gulma, Udara, Agnisanga, Ajirna, Arochaka, Anaha, Sarkara, Ashmari, Krimi, Arshas*^[6] etc.

In *Ashmari Chikitsa Acharya Susrutha* has clearly mentioned the use of *paneeya kshara* in *Ashmari* at its initial stage as conservative management before explaining the *sastra chikitsa*.

Kshara Dravya

Kutaja, Palasa, Aswakarna, Paribhadra, Vibhitaki, Aragwadha, Tilwa, Arka Snuhi, Apamarga Patala Naktamala, Kadali Chitraka Puthika Agnimantha, Gunja, Koshataki^[7]

Ashmari

Urinary stones (urolithiasis) are one of the most common diseases of urinary tract, where men are more affected than women in a ratio of 3:1 and also shows familial predisposition.^[8]

Urinary calculus is a stone like body composed of urinary salts bound together by a colloid matter of organic materials. It consists of a nucleus around which concentric layers of urinary salts are deposited.^[9]

According to Ayurveda stone is called as *Asmari*. *Asmari* is one among the *Astamahagadas* according to *Acharya Sushrutha* due to the dreadful nature of the disease. It affects the *Mutravaha Srotas* and *Mutra Marga*. Although *Vata, Pitta*, and *Kapha* are involved in the

Ashmari Nidana, Acharya specified *Sleshma* as the main reason for the *Ashmari* manifestation^[10] and classified *Ashmari* as *Vatashmari*, *Pittashmatri*, *Kaphashmari* and *Sukrashmari*.

Out of these 4 variety *Vata Pitta* and *Kaphaja Ashmari* are related to the *Mutravaha Srotas*.

Types of stones

Primary stones

Appear in apparently healthy urinary tract without any antecedent inflammation. Usually formed in acid urine.

Secondary stones

Formed as a result of inflammation. Urine is usually alkaline. Mostly composed of triple phosphates.^[11]

Sarkara is explained by acharyas as due to the effect of *Prakupitha Vata Dosha* the fragmented stones come out along with urine and also as a complication of *Ashmari*.

Management of calculus in contemporary science includes

1. Fragmentation of stones

- Percutaneous methods include PCNL, ESWL, URS, etc instrumental methods like ureteric catheterization, dormia basket, ureteric meatotomy etc
- 2. To evacuate by increased urine output
- 3. To avoid recurrence:
 - Preventive measures include prophylactic measures to prevent the recurrence.
 - Conservative measures
- 4. Management of complication:
 - Surgical methods.

In Ayurveda

As *Ashmari* is a *Daruna Vyadhi*, *Ashmari Chikitsa* includes both *Bheshaja* and *Sastra Chikitsa*. *Bheshaja Chikitsa* is advocated in the initial stages of *Ashmari* and when this *Beheshaja Chikitsa* fails in managing *Ashmari*, *Sastra Chikitsa* is adopted.

Bheshaja Chikitsa includes

- *Ghritha*
- *Kshara*
- *Kashaya*
- *Ksheerapaka*
- *Uttarabasti*^[12]

Out of these methods, the efficacy of *Paneeya Kshara* is clearly mentioned as

Paneeya Kshara Prayoga in Ashmari

1 *Karsha* (12gms) of *Kshara* along with 2 or 4 *Pala* of water, *Mastu*.^[13]

Tila Kshara of 1 or 2 *Karsha* taken with *Avi Mutra*

According to Astanga Hrudaya

- * *Patala Kshara*: taken along with *Taila*
- * *Patala Yava Ksharodaka* or *Paribhadra Tila Ksharodaka* along with *Madira* and *Twak Ela Usha* can be administered in *Ashmari* or licked along with *Guda*
- * *Tila, Apamarga, Kadali, Palasa, Yava Kshara* taken along with *Avi Mutra* reduces *Sarkara* and *Ashmari*

Effect of *Kshara* properties in *Ashmari*

- ***Tridoshaghna***: *Ashmari* is a *Tridoshajanya Vyadhi*
- ***Katu***: possess *Kaphahara* property
- ***Ushna***: neutralize acidic pH thereby prevent stone formation
- ***Tikshna***: *Kaphavatahara*, thereby reduces pathogenesis of stone formation
- ***Lekhana***: disintegration of stone
- ***Krimighna property***: reduces infection caused by Renal stone.

Paneeya Kshara which can be given in Ashmari according to Acharya Sushruta

<i>Vata Ashmari</i>	<i>Pitta Ashmari</i>	<i>Kapha Ashmari</i>
<ul style="list-style-type: none"> • <i>Pashanabheda</i> • <i>Vasuka</i> • <i>Satavari</i> • <i>Brhathi</i> • <i>Kantakari</i> • <i>Yava</i> 	<ul style="list-style-type: none"> • <i>Kusa</i> • <i>Kasha</i> • <i>Vidari</i> • <i>Varahi</i> • <i>Patala</i> • <i>Pata</i> • <i>Punarnava</i> • <i>Sirisha</i> 	<ul style="list-style-type: none"> • <i>Varunadi Gana</i> • <i>Guggulu</i>

Drugs and its properties^[14]

Sl no	Drug	Rasapanchaka	Doshagnata	Karma	Pharmacological action
01	Apamarga	<i>Panchanga</i> <i>Rasa: Tikta, Katu</i> <i>Guna: Sara, Tikshna</i> <i>Vipaka: Katu, Madhura</i> <i>Virya: Ushna</i>	<i>Kaphavatahara</i>	<i>Agnidipaka</i> <i>Pachaka</i> <i>Vamaka</i> <i>Chedana</i>	Anti-hypertensive Antidiabetic Diuretic Purgative Hypoglycaemic
02	Tila	<i>Rasa: Madhura, Kashaya, Tikta, Katu</i> <i>Guna: Guru, Snigdha</i> <i>Vipaka: Katu</i> <i>Virya: Ushna</i>	<i>Vatashamaka</i>	<i>Balya</i> <i>Keshya</i> <i>Twachya</i> <i>Vranahara</i> <i>Alpamutrakara</i> <i>Grahi</i> <i>Dipana</i> <i>Sulaprashamana</i>	Antioxidant Hepatoprotective Hypotensive Antitumour
03	Kadali	<i>Rasa: Madhura, Kashaya</i> <i>Guna: Guru, Snigdha</i> <i>Vipaka: Madhura</i> <i>Virya: Shita</i>	<i>Pittavata Samaka</i>	<i>Trishnahara</i> <i>Dahahara</i> <i>Vrshya</i> <i>Brhmana</i> <i>Grahi</i> <i>Dipana</i> <i>Karnasulahara</i> <i>Somaroganasaka</i>	Antiulcerogenic Diuretic Anticancerous Anti bacterial Antifungal Hypotensive
04	Palasha (Seeds)	<i>Rasa: Tikta, Kashaya, Katu</i> <i>Guna: Laghu, Snigdha</i> <i>Vipaka: Katu</i> <i>Virya: Ushna</i>	<i>Vatakapha Samaka</i>	<i>Krimighna</i> <i>Dipana</i> <i>Bhagna</i> <i>Sandhanakara</i> <i>Arshoghna</i> <i>Sangrahi</i> <i>Vrshya</i>	Laxative Anthelmintic
05	Palasha (Flowers)	<i>Rasa: Madhura</i> <i>Guna: Snigdha</i> <i>Vipaka: Madhura</i> <i>Virya: Sheeta</i>	<i>Pittashamaka</i>	<i>Trishnahara</i> <i>Kustaghna</i> <i>Dahanashaka</i>	Tonic Aphrodisiac Diuretic
06	Yava	<i>Rasa: Katu, Tikta</i> <i>Guna: Laghu, Ruksha, Tikshna</i> <i>Vipaka: Katu</i> <i>Virya: Ushna</i>	<i>Vatakaphasamaka</i>	<i>Sulaprashamana</i> <i>Pachana</i> <i>Ruchya</i> <i>Dipana</i> <i>Udararoga</i> <i>Nasaka</i> <i>Krimighna</i> <i>Anahanasaka</i>	Antiseptic Antifungal Anthelmintic

Formualations given

- *Bhadrashma Bhasma*
- *Palasa Kshara*
- *Tankana Kshara*
- *Kalyana Kshara*

CONCLUSION

Paneeya Kshara is indicated in *Ashmari* by *Acharyas* both in the context of *Ksharapaka Vidhi* and *Ashmari Chikitsa*. The *Dravyas* mentioned for the *Kshara* preperation possess *Ashmarighna* properties. *Chedana*, *Bhedana*, *Mutrala*, *Katu*, *Tikshna*, *Ushna*, *Pachana*, *Lekhana* and *Kaphahara* properties of *Kshara* helps in *Ashmari Chikitsa*. As *Ashmari* is *Kaphapradhana Vyadhi* these properties of *Kshara* helps in the disintegration and prevention of pathogenesis of *Ashmari* in *Mutramarga*. Acharya also mentioned the adverse effect of increased *Kshara* intake will lead to impotency thus it is not advisable for long duration.

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