

INTRODUCTION OF KSHAR SUTRA IN SHALYA TANTRA**Dr. Sana Farheen Shaikh¹, Dr. Sadarla Koteswararao*² and Dr. Akhilesh Patel³**¹M.S. (AYU) Scholar Dept. of PG Studies in Shalya Tantra.²HOD and Professor, Department of Shalya Tantra.³M.S. (AYU) Scholar Dept. of PG Studies in Shalya Tantra.

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Dist., Karnataka.**ABSTRACT**

Kshar sutra in ano rectal disorders has shown miraculous effects and now it's a Precious gem in the crown of Shalya Tantra. It is a safe, sure and cost effective method of treatment for fistula-in-ano, haemorrhoids and other sinus diseases. Though the therapy has been described in Ayurveda by Sushruta, Charak and Vagbhata. This technique is being practiced widely in our country and in some other countries.

KEYWORDS: Kshar sutra, Ano rectal, Shalya Tantra, Fistula, Haemorrhoids, Ayurveda, Sushruta.

INTRODUCTION

As per shabdakalpdruma, the word Kshara is derived from the root Kshara means to melt away or to perish. Kshara Sutra means thread made up of caustic material which destroys or cleans the devitalized

tissue and to disintegrate the skin or other tissues.^[1]

Acharya Sushruta first mentioned Ksharasutra in the treatment of Nadi Vrana (sinus), Bhagandara (fistula in ano), arbuda^[2] (Benign tumor) etc. but does not emphasis upon its preparation. Chakrapani Dutta was the first person to mention the method of preparation with its indication in Bhagandara (fistula in ano) and arsha^[3] (hemorrhoid). He described method of preparation as smearing a thread repeatedly in latex of Snuhi (Euphorbia neriifolia) and Haridra (turmeric) powder.^[4] After Chakrapani Dutta almost all the later author described

same method of preparation of kshara sutra. But because of complexity of preparation and inadequate method of procedure of application, it lost its popularity among Ayurvedic surgeons. Rasatarangini which was published later to Chakradutta a better kshara sutra preparation was introduced. The credit of standardization and development for practical use mainly goes to Prof. P.J. Deshpande.^[5]

Properties of kshara: Kshara is considered superior to all surgical and Para surgical measures^[6] because they perform the work of incision, puncture, and scarification to relieve derangements of the Tridosha^[7] and uniformly affect the diseased part to which they are applied. As per Sushruta, kshara possess the following qualities, Tridoshaghna – because of different types of drugs it can pacify all the humours, Saumyata – owing to their white color, Dahana – owing to its burning nature, Pachana- because of its digestive capability, Darana- since many drugs of agneya nature enters into their composition, Katuka – because of its pungent taste, Ushna – because of its heat producing nature, Tikshna – because of its irritant nature, Vilayana – because of its liquefaction property, Shodhana – because of its cleansing property, Ropana – improves granulation (healing), Shoshana – absorption, Stambhana – arresting or stopping nature, Lekhana – scraping property, Krimighna – because of its antimicrobial action, Sterility^[8] – if used in excess, It normalizes Aama, Kapha, visha, medo dhatu and also cures kushtha when given in proper doses. In addition to that Acharya Charak attributed two more properties – Laghu & Bhedana.^[9] Vagbhatta said that kshara acts by extracting all the toxins from the site and cures the disease totally.^[10]

Kshara preparation as per sushruta samhita^[11]: In the process of kshara preparation; the following precautions are inevitable a) Kaala-Sharad kala (in between Oct-Nov) b) Place- nearby hilly area After performing devotional preparation (mangalacharana) with healthy mushkaka plant along with its root in made into small parts and subjected for boiling till it is converted into total ash.

Material used thread: Ideal thread for the preparation of kshara sutra should possess a sufficient strength to hold the 21 coatings of all the ingredients throughout the therapy. different studies were carried out in this regard by subjecting the different kinds of threads to gradually increasing tension on a tensiometer till a point reached when the thread just broke. It was noted after these experimentations that surgical linen no. 20 retains its strength throughout the processing and had maximum tensile strength, i.e. 5.0 kg.^[12] Therefore, non-absorbable natural linen thread no. 20 is chosen as an ideal thread for kshara sutra

preparation. Kshara (Alkali or caustic agent): kshara used for kshara sutra preparation should be fine, dry & white powder, which can't be obtained from the Madhya and Tikshna varieties of kshara. Chemically, maximum hygroscopic & caustic action is seen in Mridu variety of pratisarniya kshara (mentioned by Sushruta in Kshara Paka vidhi). Addition of different substances to increase its potency i.e. shankha nabhi, danti etc. really increases its irritability & reduces its alkalinity (pH >9.0).^[13] So, mridu variety of kshara is considered suitable for making of kshara sutra. Further studies have been carried out using different types of kshara and Apamarga kshara is found to be most effective.

Ksheera (Latex): Kshara itself does not have a sticking property. Ksheera, which is used mainly for adhesive purpose, are acidic in nature (pH=9.7) and produces debridement by proteolytic enzymes. Kshara being alkaline in nature overshadows the debridement action of Ksheera, but its sticking property is sustained. Ksheera also potentiates the debridement action of Kshara due to absorption of high concentration of it. Latex of snuhi, papaya, udumbara, Arka, guggulu etc. can be used as binding material for preparation of different types of kshara sutra.

Haridra (Turmeric): Kshara has been found to be excessively hygroscopic which catches moisture and becomes useless if left exposed to the atmosphere. Haridra prevent direct contact of Kshara with the atmosphere, so it can be preserved & used for longer period. It also possesses antiseptic & antihistaminic properties too.

Collection of snuhi ksheera

Botanical name: Euphorbia Neriifolia

Family: Euphorbiaceae

Size of the plant: 2-3 years old

Best time for collection: October – April.

Linear cuts are made on the stem and latex is collected in clean bowl. After sufficient amount is collected it is transferred to a glass bottle. Care to be taken so that the pieces of bark and dust will come along with latex. The Latex to be used immediately, avoid clotting.

Preparation of kshara: Ash is prepared by burning the whole plant along with tila nala. The ash is mixed with 4 times water or Gomutra and filtered thoroughly. Boil the filtrate,

evaporate the water and dry powder is obtained. Powder should be stored in air tight container.

Equipmenat needed

1. Kshara Sutra cabinet with ultraviolet light
2. Autoclaved Petridish (For storage of raw material during application)
3. Glass tubes (For packing of the prepared kshara sutra)

Mechanism of action of kshara sutra in Fistula-in-ano

- It helps is cutting, curetting, draining and healing of the fistulous track.
- It destroys and removes unhealthy tissue and promotes healing of the fistulous track due to caustic action.
- Controls infection by the microbicidal action.
- Separation of debris and cleaning the wound.
- Facilitate in drainage of pus in fistulous tract and help in healing.
- Cutting through the tissues and laying the track open.

Advantages of kshara sutra therapy

- Simple and safe parasurgical procedure.
- Cost-effective and ambulatory.
- Minimal recurrence rate.
- Systemic diseases are also undergoing this procedure.
- No surgical complications like incontinence, stenosis and stricture.

Pathya-apathya (Diet and Routinely activities)

From the very first day of Kshara sutra threading procedure, light diet like Khichri is advised. Patient is also advised to take plenty of fluids, blend diet, green vegetables, salad and seasonal fruits. Patient is further advised to avoid spicy and fried food and not to strain during defecation.

DISCUSSION

There is no side effect due to the Kshar Sutra treatment except a very mild post-procedural pain. The Kshar Sutra therapy comes as a very safe and a sure one to remove the pile mass, or the anal fissure or the sinus problem. The patients who opt for this Kshar Sutra ayurvedic

treatment feel much happier and satisfied getting that extra mass out and healing that painful fissure.

CONCLUSION

In our ancient texts, various types of Kshara as well as binding material e.g. Kshara, Guggulu etc. are described; it is mandatory to make Kshara Sutra by using different combinations of Kshara and binding material to achieve the most potent combination for the benefit of humanity. Need of hour is to standardize all the Kshara sutra as Apamarga Kshara Sutra and to compare results, advantages and disadvantages of each group of the material used. 'Kshara Sutra' has become a boon to the patients. But still the quest is continuing to improve the efficacy of kshara sutra, to make it more acceptable, by using different materials for its preparation.

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