

PREPARATION OF APAMARGA KSHARA AND ITS ROLE IN SURGICAL PRACTICE

Rameshwar S. Bhojane^{1*}, Rajendra H. Amilkanthawar², Deepak K. More³ and Shubhangi P. Matkar⁴

^{1,3}M.S. Scholar, Dept. of Shalyatantra, GAC, Nanded, Maharashtra.

²Associate Professor, Dept. of Shalyatantra, GAC, Nanded, Maharashtra.

⁴M.S. Scholar, Dept. of Shalyatantra, MAD AC, Yeola, Nashik, Maharashtra.

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*Corresponding Author

Dr. Rameshwar S.

Bhojane

M.S. Scholar, Dept. of
Shalyatantra, GAC, Nanded,
Maharashtra.

ABSTRACT

Ayurveda primarily relies on medicinal plants for remedies. Both the Rig Veda and Atharvaveda reference numerous medicinal plants used in treatments. *Kshara* refers to the herbal extracts from plants such as *Apamarga* (*Achyranthes aspera*), *Mulaka* (*Raphanus sativus*), *Snuhi* (*Euphorbia nerifolia*), *Aragwadha* (*Cassia fistula*), *Kutaja* (*Holarrhena antidysenterica*), *Vasa* (*Adhatoda vasica*), and *Arka* (*Calotropis gigantea*). *Kshara* can be a single herb extract or a compound mixture of various herbs. Detailed descriptions of *Kshara* are provided by Acharya Sushruta and other classical texts *Ksharakarma* which is one of important process amongst Anushalya. *Kshara* is used as Anushashtra.^[1] *Apamarga Kshara* is widely used *Kshara*. This alkaline preparation has a wide range of therapeutic applications, often replacing surgical procedures, and has proven effective in treating

conditions such as *Dushta Vrana*, *Bhagandara*, *Arsha*, *Charmakeela*, *Kadara*, and Keloid. This paper discusses the most practical method for preparing *Apamarga Kshara* and its application in surgical practice.

KEYWORDS: *Kshara*, *Achyranthes aspera* Lin, *Apamarga Kshara*.

INTRODUCTION

Kshara is derived from plant ashes and can be found in various forms such as solutions, powders, or crystals, all possessing alkaline properties. Acharya Vagbhata regarded *Ksharakarma* as one of the most effective treatment modalities among surgical and non-

surgical methods. Kshara is utilized in situations where surgical instruments are not applicable, functioning as Chhedan (Excision), Bhedan (Division), and Patan (Sectioning). It is particularly useful for challenging Kashta sadhya conditions, administered either orally or locally.^[2] Acharya Charaka in Khuddak chatushpadiya Adhyaya explained in brief about 4 basic elements of Ayurvedic treatment.^[3] Bhishak (Physician), Dravya (Drugs), Upasthatha (Attendant) and Rogi (Patient) these are important parts of any treatment.

Acharya Sushruta has provided an extensive account of Kshara, dedicating an entire chapter to it, a feat unmatched by other authors. He defines Kshara as a substance with the capability to Ksharana (Destroy tissue) in Mamsa and other Dhatu.^[4] Sushruta describes Kshara as possessing properties of Ksharana and Kshanan (Destruction),^[5] along with Chedana, Bhedana, and Lekhana (Scraping) abilities, and emphasizes its role in balancing the Tridoshas—Vaata, Pitta, and Kapha.^[6] He highlights Kshara's relevance in the field of Shalya Tantra (surgery).

Kshara can be classified based on its method of administration, which includes Paneeya (For drinking) and Pratisaraneeya^[7] (For local application), as well as by its concentration: Mrudu (Mild), Madhyama (Moderate), and Teekshna (Sharp).^[8] Sushruta regards Kshara as an Anushastra (Auxiliary instrument) and one of the Upakrama (Treatment methods) for Vrana (Wounds). Its efficacy has been demonstrated in treating various ailments such as Dushta Vrana (Chronic wounds), Bhagandara (Fistula), Arsha (Hemorrhoids), and Charmakeela (Skin diseases). Among the many substances Sushruta mentioned for preparing Kshara, Apamarga (*Achyranthes aspera* Linn) is notable.^[9]

This wild perennial herb typically grows to a height of 30–90 cm and features a branched taproot. The stem is erect, opposite leaves that are semi-orbicular and taper to a sharp point. Apamarga is widespread across India, found up to an altitude of 2100 feet and commonly appears as a weed along roadsides and in barren areas. Guna and karma of apamarga.^[10] And Apamarga kshara^[11] mentioned below.

Review of drug

- Apamarga: *Achyranthes aspera* linn
- English name: Chaff Tree
- Guna of apamarga

Gana	Shirovirechana, Krimighna, Vamanopaga (Charaka). Arkadi (Sushruta)
Kula	Apamarga kula
Family	Amaranthaceae
Properties	Guna: Laghu, Ruksha, Tikshna Rasa: Katu, Tikta Vipaka: Katu Veerya: Ushna

Guna and karma of apamarga kshara:

Rasa	Katu
Veerya	Ushna
Varna	Shukla
Guna	Saumya, Tikshna, Aagneya
Karma	Dahan, Pachana, Darana, Vilayan, Shodhana, Ropana, Shoshana, Stambha, Lekhana

MATERIAL AND METHODS

Preparation of apamarga kshar^[12]

Apamarga Kshar was prepared from raw *Apamarga Panchang*, *Apamarg Panchang* was collected from GACH & Pharmacy Nanded. Then collected *Apamarga Kshar* was dried in shadow. Dried *Apamarga Panchang* was burnt to ash. Ash is collected. 1 Part Ash is added in 6 parts of water. It was kept overnight and ash was left for settling down. Clear water which is above ash is collected and filtered 21 times through 4 layered cotton cloths. Collected water is placed over mild flame so that water was evaporated and *Kshar* was left at base of container. Remained *Kshar* was collected.



Collection of Apamarga Panchang

Dried Apamarga

Burning Dried Apamarga Panchang for Preparation of Ash



Analysis of apamarga kshara

SHRI. VENKATESH FOOD LABORATORY
 APPROVED BY AGMARK
 Ministry of Agriculture Department of Agriculture & Co-operation
 (GOVT. OF INDIA)
 (Oil, Oilseeds, Oilseed Cake, & Allied Food Product Testing)
 Saichatra Building, Nandkishor Nagar, Purna Road,
 (Near Deep Nagar) NANDED - 431602 (M.S.)
 Cell No. 9822420026, 7757004711

Sample Not Drawn By Venkatesh Lab.

Certificate of Analysis

Sr. No. _____

Particulars of Sample Submitted :

1) Name of Party : Dr. Rameshwar Nitaram Bhojane, Nanded
 2) Name of Sample : Apamarg Kshar (Loose Sample)
 3) Reference No. : _____
 4) Date of Receipt : 28/04/2023
 5) Quantity : _____

Results of Analysis :

Sr. No. Testing Parameter	Results
1) pH	11.96
2) Moisture	3.20 %
3) Total ash	78.21 %
4) Acid Insoluble ash	4.30 %
5) Water Soluble Extract	14.80 %
6) Alcohol Soluble Extract	8.75%
7) Specific Gravity	1.1110

Remark :- The results is given as above.



Date : 03/05/2023

For : Shri Venkatesh Food Laboratories

 Director

N.B :- It is distinctly understood that the report furnished above will not be utilised for legal or commercial purpose.

Use of apamarga kshara in dushta vrana

This Apamarga Kshara was used in a patient with Dushta Vrana having Uttasanna Mamsa (Raised granulation tissue), Kathina (Hard), Kanduyukta (Itching), Chiroththana (Chronic) and kept over the wound for 100 Matra Kala or till Samyak Dagdha Lakshana (black colour) are seen followed by washing of wound with Nimbu Swarasa. This procedure was done in Government Ayurvedic College, Hospital & Pharmacy, Nanded Maharashtra, India.



RESULT AND DISCUSSION

Kshara is particularly effective in addressing Kapha Dosha, which is linked to *Utsanna Mamsa* (raised or hypergranulation tissue), *Kathinata* (hardness), and *Kandu* (itching) in *Vrana*. Acharya Sushruta has specified the use of Kshara in such *Vrana* conditions. Based on this guidance, *Apamarga Kshara* was administered to a 60-year-old female patient at the Government Ayurvedic College, Hospital in Nanded, Maharashtra with K/C/O DM on regular medicine, all routine investigation in normal limit. She presented with a *Dushta Vrana* at the base of her right great toe, which had persisted for one year. The *Apamarga Kshara* was applied to the wound for 100 *matra kala* or until *Samyaka Dagdha Lakshana* (indicating a blackened appearance) were observed, followed by rinsing the wound with *Nimbu Swarasa*. After 28 days of treatment, significant healing was noted, and the patient reported no complaints.

CONCLUSION

Acharya Sushruta highlighted the use of Kshara in treating various conditions such as *Vrana*, *Bhagandara*, *Arsha*, and *Charmakeela*, underscoring its significance in *Shalya Tantra*. A case study focused on *Dushta Vrana* demonstrated the efficacy of Kshara application in various surgical ailments. This illustrates the crucial role that Kshara plays in surgical practice.

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