

LITERATURE REVIEW ON PRATISARNEEYA KSHARA AND ITS CLINICAL APPLICATION

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ABSTRACT

Kshara Karma, Agani karma is known as Anushashtra karma. Popular understood as para surgical procedures. Kshara i.e. caustic alkali is considered as superior among shastra and anushashtra because it does the functions like excision, cutting and scraping. Two types of kshara is of three types- Mridu, Madhyama and Teekshana. *Kshara Karma* include - *Pratisarneeeya Kshara* application, *Kshara Sutra* therapy and *Kshara Varti*. *Pratisaraniya Kshara* is mainly used in wound management, various anorectal disorders such as *Arsha* (Haemorrhoids), *kushtha*, *Arbuda*, *Dushta Nadivrana*, *Guda Bhramsha* (Rectal prolapse). It also mitigates all the tridosha. It is versatile, because even such places that are difficult to approach by ordinary measures can be treated by kshara karma. Kshara karma has been very

much effective non surgical means in the management of various disorders. These kshara have many therapeutic usages and even proved to be effective in treating many disorders, Application of these preparations have replaced many surgical procedure too.

KEYWORD: Kshara, Anushastrakarma, Pratisarneeeyakshara, Arsha, Bhagandara, Nadivrana.

INTRODUCTION

Kshara is a medicine prepared from different plants explained in Ayurveda texts *Sushruta*

Samhita, Ashtanga Hridaya and Chakrapani and others. In Ayurveda different surgical procedures have been described such as *Ashtavidha Shastra Karma, Shashti Upkrama* and *Saptopkrama*. The Atharvaveda is considered to be one from which Ayurveda is derived and several medicinal plants are mentioned those can be used as drugs. Shushruta mentions the one which does *Kshanan* and *Ksharana* called as *kshara*.^[1] *Kshara Karma*, is known as *Anushastra Karmas*.^[2] Twenty five *Kshariya Dravyas* in *Kshara Paka Vidhi Adhyaya* has been mentioned, they are *Kutaja, Palasha, Ashwakarna, Paribhadraka, Bhibhitaki, Aragwada, Tilwaka, Arka, Snuhi, Apamarga, Patala, Naktamala, Vrusha, Kadali, Chitraka, Putika, Indravruksha, Aspota, Kanera, Saptaparna, Agnimantha*, four types of *Koshataki* from which *Kshara* can be prepared.^[3]

Pratisaraneeya Kshara is of three types - *Mridu, Madhyama* and *Teekshana*. *Teekshana Kshara* is used in *Vataja, Kaphaja* and *Medoja Arbuda*; *Mridu Kshara* is used in *Pittaja* and *Raktaja Arsha*.^[4] *Kshara karma* is useful as the substitute of surgical instruments because they can be used safely on the patients who are afraid of surgery.

Properties of kshara^[5]

Rasa	Katu
Virya	Ushna
Varna	Shukla
Guna	Saumya, Teekshna, Agneya
Doshaghna	Tridoshaghna
Karma	Dahana, Pachana, Darana, Vilayana, Ropana, Shoshana

Classification of kshara^[6]

1- On the basis of Administration.

- a) *Pratisaraneeyakshara*-External application.
- b) *Paneeyakshara*-Internal administration.

2- On the basis of concentration.

- a) *Mrudu*
- b) *Madyama*
- c) *Teekshna*

Pratisaraneeyakshara - Applying *kshara* externally.

Indications^[7]

Arshas (Internal haemorrhoids)

Bhagandara (fistula in ano)

Arbuda (tumours)

Dustavrana (ulcers)

Nadi vrana (Sinus ulcer)

Charmakeela (warts)

Tilakaalaka, Baahyavidradi (external abscess)

Visha (Disease produced due to poisons).

Preparation of Pratisarneeeyakshara^[8]

Following steps described by sushrutas's should be followed for preparation of Pratisarneeeyakshara.

Step 1- The physician who prepares the Kshara should have a clean bath early in the morning of Sharad Ritu (autumn season) in auspicious day. He should fast on that day and go the hills and look for such plants that are middle aged and free from insects.

Step 2- The Panchangas of plants should be collected, dried up and made into small pieces. Then these are burnt with lime stone. While burning the dispersed parts of the plants are kept with the help of Tilanala.

Step 3- When the ash cools down it should be separated from the residue of limestone and Bhasma Sharkara. The collected ash should be mixed well with six times of water or cow's urine, then filtered twenty one times in a big vessel through a piece of cloth.

Step 4- The residual portion is thrown away and the filtrate (Ksharo-Daka) should be kept on Mandagni and continuously stirred well until it reduces to 1/3rd. This is Mridu Kshara.

Step 5- From these eight Palas has to be taken and mixed with Shankhanabhi or Shukti to make Prativapa. In the meantime, heating should continue and Prativapa should be mixed. The solution thus obtained is known as Madhyama Kshara.

Step 6- The Madhyama Kshara should be heated up again by adding some medicinal plants such as Danti, Chitraka, Ativisha etc. with this thick solution obtained which is known as Teekshna Kshara.

Clinical Application of Kshara

Poorva Karma (Preoperative Preparation)

- a) Part preparation
- b) Bowel clearance
- c) Inj. Tetanus toxoid
- d) Lignocaine sensitivity test

Materials required for Kshara application

- a) Pratisaraneeya Kshara
- b) Nimbu swaras and kanji
- c) Slit Proctoscope
- d) Applicator
- e) Bowl and cotton swab

Pradhana Karma (Operative Procedure)

1) Application of Pratisaraneeya Kshara in Internal haemorrhoids

The patient is anaesthetized with local or spinal anesthesia, lubricated slit proctoscope is to be introduced into the anus and Kshara applied over the internal pile mass and wait for 2 minutes or until the pile mass turns to the color of Reddish black (Pakwa Jambu Phala Varna). After this process, the pile mass must be washed with lemon juice to neutralize the Kshara after proper burning of piles. The same procedure should be followed in other piles also. Later the rectal pack with Yashtimadhu taila or ghritha is applied.

2) Application of Pratisaraneeya Kshara in Pilonidal Sinus and Fistula in ano

Pratisaraneeya Kshara can be applied in case of fistula in ano or pilonidal sinuses. In fistula in ano after fistulotomy Kshara is applied over open wound. It is kept till Kshara Dagdha Lakshana is observed as described earlier. Same procedure is adopted in pilonidal sinus after excision of the sinus track. Then it is wiped with distilled water and Nimbu Swarasa.

3) Application of Pratisaraneeya Kshara in Rectal Prolapse

The patient is anaesthetized with local or spinal anesthesia, lubricated slit proctoscope is to be introduced and Kshara applied at lower most all around healthy mucosa of 3 cm area of anal canal and wait for 2 minutes or until it turns to the color of reddish black. After this process, the mucosa must be washed with lemon juice to neutralize the Kshara after proper burning of mucosa. Later the rectal pack with Yashtimadhu taila or ghritha is applied. After Kshara

application in rectal prolapse, the burned part heals and anal canal become fibrosed and narrowed. Then prolapse of rectum is stopped completely.

***Pashchat Karma*(Post operative management)**

Patient is kept nil by mouth for 6 hours after the procedure. Packing is removed after 24 hours or till patient defecation, and 15 ml of *Jatyadi/Madhuyasti Taila* is administered per rectal. From next day onwards patient is advised to take sitz bath with *Sphatika Bhasma* after passing stool for 10-15 min twice a day and *Jatyadi/Madhuyasti Taila* 15 ml twice daily is pushed per rectally after sitz bath.

***Kshara Anarha* (Contra indication of Kshara)^[9]**

Durbala(debilitated)

Bala(children)

Vayastha(oldage)

Bhiru(fearful)

Sarvanga shoona(swelling of whole body)

Rakta pitta

Garbini

Rutumati

Pramehi and

In places such as Marma, Sira, Snayu, Sandhi, Tarunasthi, Dhamani, Gala, Nabhi, Swalpa mamsa pradesha.

Advantages of Kshara Therapy

Postoperative pain is mild in intensity

No bleeding

Minimum hospitalization – one day care

No scope for recurrence

Systemic diseases are also undergoing this procedure.

No surgical complications like incontinence, stenosis and stricture.

CONCLUSION

Kshara and *Kshara Sutra* therapy provide adequate treatment to the anorectal diseases very effectively. *Kshara karma* is milder procedure when compared to surgical procedure so application of *kshara* is found to be safe, efficacious and cost-effective method of treatment.

These procedures are minimal painful and can be even performed without the use of anesthesia. But with the use of anesthesia its effect is achieved much conveniently. Hence *kshara* karma plays an important role in treating the disease of Shalya tantra.

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