

A LITERATURE REVIEW OF METHOD OF PREPARATION OF KSHAR AND ITS USES FROM ANCIENT AYURVEDA

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INTRODUCTION

Ayurveda is ancient science based on concept of swasthasya swasth rakshanam (in which preventative care is crucial to maintain good health.) and to cure the disease.

Kshar is one of the farm of fundamental Ayurvedic drug preparation.

निरुक्ती

तत्र क्षरणात् क्षरणाद्वा क्षारः ॥

It is called kshar, since it destroys (the vitiated tissue and them fall off) or since it torment (the tissues).

शस्त्रानुस्तेभ्यः क्षारः प्रधानतमः छेद्यभेद्यलेख्यकरणात्रिदोषघ्नत्वा द्विशेषक्रीया-वचारणाच्च ॥

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क्षारगुण

नानोबधिसमवायात्रिदोषघ्नः शुक्लत्वात् सौम्यः तत्स सौम्यस्यापिसतोदहनपचनदारणदिशस्कि रविरुध्दा अग्रेयोषधि गुणभूयिष्ठत्वात् कटुकउष्णस्तीक्ष्णः पाचनो विलयनः शोधनी रोपणः शोषणः स्तम्भनोलेखन कृम्यामकफकुष्ठविषमेदसामुपहन्ता पुस्त्वस्म चातिसेवितः ॥

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Ras	-	katu (pungent) and lavana (salted) dominated
Virya	-	ushna
Varna	-	shukla

Guna - saumya and teekshna
Doshanghnata - tridoshaghna
Karma - dahan, daran, pachana, ropana, shoshana, shodhana, vilayana

Classification of kshar

1) On the basis of administration

Acharya Charak and Sushrut

स द्विविधः- प्रतिसारणीयः पानीयश्च ॥

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- a. Pratisaraneeya - external application
- b. Paneeya - oral administration

Acharya Vagbhata

- a. Bahyaparimarjan
- b. Antahparimarjan

2) On the basis of concentration

- a. Mrudu
- b. Madhyama
- c. Teekshna

3) On the basis of origin

- a. Herbal
- b. Mineral
- c. Animals.

4) According to prepararation

- a. Uttama
- b. Madhyama
- c. Adhama

AIM

To anthologize the literature about kshar in details.

OBJECTIVE

- To make aware about importance of kshar, is the most important among shastra and anushastra.
- To compile the literature about methods of preparation and uses of kshar.

MATERIAL AND METHODS

In present research and review article we mainly follow the method describe by Acharya Sushrut, however literature about various methods of preparation also describe in chakradatta (charak samhita), Sharangdhar Samhita and Ashatang hruday and in rasgrantha like Rasratnagiri.

Acharya Sushrut describe preparation material and methods in details which is commonly used in practice.

Method of kshar preparation

Acharya Sushrut use plant - kala mushak

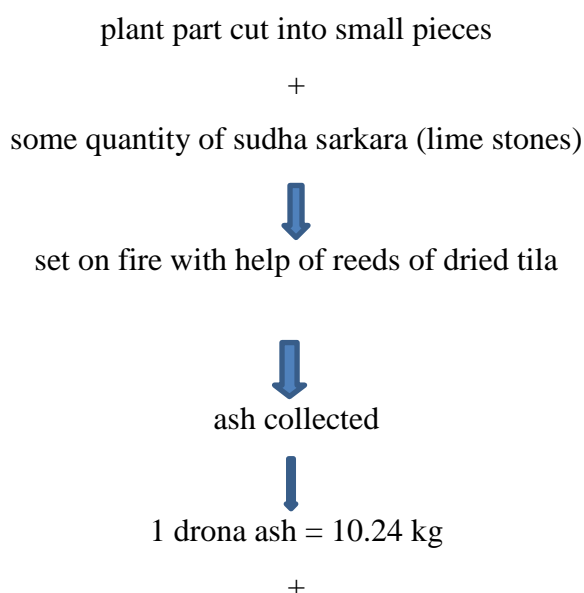
In the same manner kutaj, palash, ashvakarna, paribhadra, vibhitaka, aragvadha and 4 kind of koshattaki etc. plants can be used.

Rutu - sarad (autumn season)

Place - Slopes of mountain

Part of plant - root, stem, branches, leaves and fruits.

Method



6 drona of water o cows urine = 61.44 kg

↓
Filter through cloth for 21 times

↓
Put into a large (large iron cauldron)

↓
Boiled and stirring with ladle slowly and constantly

↓
liquid become clear, red in colour, sharp and filter though thick cloth

↓
cooked again 1 or 1 ½ kudava (160 or 240 gms) of solution removed

↓
Mrudu or samyuhima kshar

↓
after that the ash of katasharkara (gangeshti),

bhasma sharkara (ash of lime stone),

kshirpaka (oster shell) clay,

shankha nabhi (conch shell)

are made red hot

put into solution of ash and stirred well

8 pal ash = 320 gms

of katasharkara (gangeshti),

bhasma sharkara (ash of lime stone),

kshirpaka (oster shell) clay,

shankha nabhi (conch shell)

↓
are macerated in 2 drona = 20.84 kg of solution taken earlier made as a paste is called.

prativaap

↓
cooking is continue, stirring all through till mass becomes neither very solid nor very liquid

Madhyam kshar

Danti, dravanti, chitraka, langali, putika pravala (young leaves of putika) talpatri, bida



suravacika, kanakiksiri, hingu, vasa and ativasa each quality of 1 sukti (20 gms) are made fine powder and added this is prativapa.



Tishna kshar or pakya kshar

Kshar dosha

अतिमार्द्रवश्रेत्याष्यतैक्ष्ण्यपैच्छिल्यसप्रीताः

सान्द्रताप कृताहिनद्रव्यता दोष ऊच्यते: ॥

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Atimardava - very mild/ week

Atishvaitya - very white

Ati ushna - very hot

Ati tishna - highly penetrating

Paichhilya - very slimy

Sarpita - greatly spreading

Sandrata - very thick (liquid)

Apakvata - not well cooked

Hindravyata - lacking in drugs.

Pratisarniya kshar prayog – (procedure of applying caustic alkali externally)

Patient should be made to sit at a place devoid of breeze and sunlight and not narrow

+

All equipment (agropaharaniya) being collected



Sit of application having been inspected well



Should be either scrubbed, scrapped or cut (incised)

After applying a period of time of pronouncing one hundred letters should be allowed to

elapse.



Falling off the diseased part and development of black colour at the site sign of good cauterisation.



Ghee processed with drugs of sour taste group together with madhuka acts as palliative (to reduce burning sensation / pain)

तस्मिन्निपतीते व्याधौ कृष्णता दग्ध लक्षणम्

त तत्राम्लवर्गः शमनः सर्पिर्मधुकसंयुतः

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Dagdha lakshan – (sign of cauterisation)

1. Mitigation of the disease.
2. Feeling of lightness (of the diseased part)
3. Stoppage of exudation as the symptoms of samyak dagdha.

Uses of kshar

Pratisarneeeya kshar indication

1. Kushta (leprosy)
2. Kitibha
3. Dadrumandala
4. Leukoderma
5. Fistula in ano
6. Malignant tumour
7. Hemorrhoids
8. Vitiated (septic) ulcer
9. Sinus ulcer
10. Warts
11. Pin heads pigmented patches on the body and on the face
12. Moles on the skin
13. External abscess
14. Worms

15. Disease produced by poisons
16. 7 disease of mouth such as upjihva, adhijivha, upakusa and dant vaidarbha
17. 3 kinds of rohini (kanth rohini with vata, pitta and kapha).

Paniya kshar

1. Artificial poison (gar)
2. Abdominal tumor (gulma)
3. Enlargement of the abdomen (udar)
4. Disorders due to irregularities of digestive power
5. Indigestion
6. Loss of taste
7. Distension of the abdomen.
8. Urinary gravel and calculus
9. Internal abscess
10. Worms
11. Poisons
12. Hemorrhoids.

Properties of kshar

नैवतितीक्ष्णो नृदुः शुक्लः श्लक्ष्णोऽथ पिच्छिलः

अविष्यन्दी शिवः शीघ्र क्षारो हृष्टगुणः स्मृतः ॥

सु. सू. ११/१६

Charak	Sushrut	Ashant hruday
Tishna	Natitikshana	Natitikshana
Ushna	Natimridu	Natimrudi
Laghu	shukla	Shwetavarna
Ruksha	Shlakshna	Picchila
Dipana	Picchila	Avishyandi
Dahakarak	Avishyandi	Shikhari
	Shighrakari	Natiruksha

DISCUSSION

Kshar being one of the important Ayurvedic dosage forms which has got effective role in treating kushta (skin diseases), gulma (tumors), mutraghat (urinary complaint), vrana (infected chronic wound), arsha (piles), ashmari (renal, GB calculi), charmakeel (warts), bhagandar (fistula in ano) etc. preparation of kshar is easy to proceed, simple and with no. or minimal

complications.

CONCLUSION

Kshar is useful as a medicine external and internal in different formulation (ksharsutra in fistula in ano nad paniya kshar in renal calculi). There is minimal interference in patient work (due to minimal pain in case of kshasutra). Kshar has important role in medicine, surgical, para-surgical practice.

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