

CONCEPTUAL STUDY ON KSHARA KARMA AND ITS IMPORTANCE**Dr. Tushar Jibhkate*¹, Dr. Rupali Dhalpe² and Dr. Sumedh Wasnik³**¹PG Scholar, Dept. of Shalyatantra.²Guide and Asso. Professor, Dept. of Shalyatantra.³HOD, Dept. of Shalyatantra.Article Received on
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Shalyatantra.**ABSTRACT**

Ayurvedic procedures are founded on core, esteemed principles that have withstood the test of time. Even in contemporary times, their advantages require their ongoing utilization. One of them is kshara karma. The Ayurvedic surgical profession characterizes it as the premier parasurgical approach. It can be used topically or ingested, and it is believed to soothe the three doshas. Kshara is an alkali-based herbomineral formulation derived from plants, animals, and minerals. Both the Vrihadtrayee and the Laghutrayee, along with other analogous Ayurvedic texts, have been articulated with eloquence. This article endeavors to compile the various attributes of kshara and kshara karma. To ascertain its importance in surgical and medical fields, it is essential to comprehend the preparation technique, classifications,

advantages, disadvantages, indications, contraindications, dosage, and adverse effects. A study indicates that it is utilized for over fifty clinical problems, including both surgical and medicinal conditions, so earning the designation of a miracle medicine.

KEYWORDS: Kshara karma, vrihadtrayee, laghutrayee, parasurgical method, herbomineral preparation.

INTRODUCTION

Kshara is a type of drug that is described in Ayurvedic texts as being used to treat a variety of diseases. The root Kshar, from which the term Kshara is derived, implies to melt away or to expire. The item that eliminates or purifies the excessive/morbid doshas is defined as such by Acharya Sushruta.^[1] The term "Kshara" is a medicinal substance that signifies "that which

eradicates fleshy tissue, whether healthy or pathological." Kshara, due to its corrosive nature, is described by Charaka as a substance that displaces and dissolves aberrant tissue prior to its destruction. Following combustion and ash generation, the plants are utilized to formulate kshara. Various species, ranging from diminutive shrubs to substantial trees, are utilized in the production of kshara. Sushruta states that one or more substances are utilized to create kshara. The study encompasses the preparation process, product types, characteristics, applications, indications, contraindications, and adverse effects.

Methods of Preparation

Large, dark-hued, mature, intact plants should be harvested in the autumn, fragmented into small sections, combined with lime gravel and desiccated sesame stalks, and incinerated in an airtight location. These plants ought to be cultivated in propitious terrain atop a hill, accompanied by ceremonial rites. Once the fire is extinguished, the ash and pebbles are gathered and dissolved in six times their volume of water or urine. Ashtang Hridaya describes a mixture of 12 parts water and 12 parts animal urine.^[4] Afterwards, it was heated in a large pan while being decanted 21 times and continuously stirred gently with a ladle. Vagbhatta prepared food in an iron vessel.^[3] Upon becoming transparent, crimson, pointed, and viscous, it is filtered through a large piece of fabric. Ignite an additional fire to segregate the solid trash from the alkaline water. Either 160 ml or 240 ml should be eliminated. Subsequent to heating, red oyster shell, conch shell core, and other lime and ash-based materials should be macerated in an iron pan using the same alkaline water. Furthermore, each conch core, shell, etc. must be combined with the same eight palas along with two dronas of liquid and meticulously cooked while continuously stirring until it attains the properties of kshara.^[5] It should be taken down and placed mouth-closed in an iron vessel for storage. This kind is mild. Excreta from quadrupedal animals and birds, including cock, peacock, falcon, and pigeon bile, are taken and well crushed into a sticky paste before being added to the boiling liquid. Paneeya Kshara (savyuhim) preparation is comparable to Pratisaraneeya Kshara up to Ksharodaka. The remaining Ksharodaka is then cooked until just 1/3 of it is left. Paneeya Kshara is the name of this.^[6] Another way of making Paneeya Kshara is stated in the Gulmapratishedha adhyaya of the Sushruta Samhita.^[7] It is an avaleha type approach. Shyamaka, Shooka, Nala, and Kakajangha are other herbs employed in Ashtanga Hridaya.^[5]

On the Basis of Mode of Application

- Pratisaraniya (local application)
- Paniya Kshara (systemic application)

On the Basis of Potency

- Mridu
- Madhya
- Teekshna

On the Basis of Quality

- Uttama
- Madhyama
- Adhama.

They have classified in Various Groups also^[6]

- **Ksharadwaya:** Yavakshara and sarjikshara
- **Ksharatraya:** Tankada, yavakshara (barley- *Hordeum vulgare*) and sarjikshara (Na_2CO_3 - prepared from the burning of a plant named lana- *Begonia lana*)
- **Ksharapanchaka:** Palash, mushka, yava, tilnala, suvarchika. Ksharaashtaka: Palash, snuhi, apamarga, chinch, arka, tilnala, yavakshara and sarjikshara.^[7]

Functions and Importance of Kshara^[11]

In instances of vrana (wounds), the kshara excises the detrimental necrotic tissue. The kshara is executing the activity of Chhedana, excising the apaki, kathin, sthir, and snayukotha circumstances. In instances of carbuncles and sinuses, bhedana (incision) may establish an opening subsequent to the localized application of doshas. Lekhana (scraping) of utsanna mamsa (excessive granulation tissue at the wound margin), kathina (hardened margins), and sthul vrutta oshtha (elevated, everted wound margins). Tridoshghnatva occurs as numerous herbs are utilized in combination during the manufacture of Kshara. It results in a combination of vinshati guna. Consequently, it leads to tridoshaghnatva. Vishesh kriya avcharana can be utilized in settings mostly characterized by pitta dosha, despite its ushna and tikshna properties; in pittaj conditions, mridu kshara, such as kamalanala kshara, may be employed. Dahana functions similarly to chemical cauterization at the locus of hemorrhage. Pachana: for Pratisaraneeya Kshara: vranashotha pachana, and for paneeya Kshara: aama pachan in

situations such as agnimandya and ajirna. Vilayana: being produced with ushna aushadhi, it possesses ushna and tikshna properties, hence capable of alleviating kapha vata vibandha in various ailments. Darana (suppuration and incision) facilitates the rupture of wounds characterized by substantial pus accumulation, possessing multiple openings yet insufficient drainage, particularly in cases where surgical intervention is impractical, such as in children, females, frail individuals, anxious patients, and wounds located on sensitive or vital areas. Cleaning and ropana (wound healing) are essential for dushta vrana (chronic or infected wounds), particularly when flies are attracted and deposit numerous eggs, leading to the formation of maggots. These maggots abrade the wound's surface, resulting in severe inflammation and delayed healing, particularly in diabetic foot. This problem can be addressed through the irrigation of the wounds with ksharodaka. It accelerates the healing process while simultaneously cleansing the wound. Besides diminishing discharge from wounds and alleviating itching in kanduyukta, vrana kleda shoshana also chemically cauterizes hemorrhaging capillaries at the site of profuse bleeding. The Charaka Samhita states that the duties of Kshara are Kledana and Vishoshana. It can generate exudates and is eliminated by Pachana, Dahana, and Bhedana.^[12]

Indications of Kshara^[13]

Local application of Pratisaraniya Kshara: Skin conditions like Dermatitis, Hyperkeratosis, Ringworm, Eczema, Circular Patches, Leukoderma, Vitiligo, Corns, Moles, Birthmarks, Facial Hyperpigmentation, and Warts can all be treated locally using Pratisaraniya Kshara. Upjihva, adhijihva, upakusha, dantavaidarbha, three varieties of rohini, etc. are a few examples of oral cavity diseases.^[14,15]

Systemic Use of Kshara

Gastrointestinal Disorders: Raktapitta– kshara of tuber of lotus^[16], kaphaja gulma^[17] raktaja gulma for vaginal cleaning per vaginal use of (yavakshara + palala)^[18] Ksharavatika^[19] is used in case of kaphaja udar roga, Vidangadikshara in pleehodara (splenomegaly) In grahani^[19] or IBS (irritable bowel syndrome) kshara is used in different forms e.g. kshara ghrita, kshara gutika, pippalimuladyakshara, bhallatakakshara, duralabhadyakshara, bhoonimbadiakshara, haridradya kshara, ksharagutika, chaturtha kshara, panchama kshara etc., Hemorrhoid,^[20] Agnisada, Gulma, Diarrhoea, Aruchi, Agnisanga, Ajeerna (indigestion), Anaha, Internal abscess, Krimi, Sannipataja Udara roga, yakritashoola, parinama shoola, tridoshaja shoola, annadravashoola,^[21] in Bhaishajya ratnavali Sarjikshara and palashkshara

are used in gulma, and vajrakshara is used in udara roga, gulma, shoola, agnimandya, ajeerna etc.

Renal Disorder: Ashmari,^[22] Urolithiasis (Sharkara), Yavakshara used in mutrakrichra.^[21]

Respiratory Disorders: Yavaksharadi churna used in cough.^[23]

Musculoskeletal Disorders: Rheumatoid arthritis^[21] (shankhadi choorna) Demerits of Kshara in Long Term Use, excessive burning, suppuration, redness, discharge, bodyache, exhaustion, thirst, fainting or even death.^[24]

Hair fall and graying of hairs, diminished vision, impotence, cardiac complications, impotence, burning sensation, bleeding, fainting, and fever etc.^[25-27] If excessively used in anal region gives the symptom of burning in anal region particularly obstruction to the passing of urine, stool or excessive passing of stool and urine, in nose it produces excessive burning, severe lesion of nasal bridge, contraction and loss of sensation.

Contra Indications of Kshara

Related to persons

Weak patients or physically debilitated patients, Children, Old patients, Patient who afraid for medical procedures, having generalized oedema, Ascitic patients, Pitta prakruti.

Related to Disease/conditions

Timira (eye disease), Pregnancy, During Menstruation, High grade fever, Diabetic patients, Ruksha, Kshatksheena, Thirst, Moorchha (unconscious), Impotent, Apavrutta yoni, Udvrutta yoni, Phalayoni The conditions like whole body oedema, bone pain, dysguassia, heart pain, joint pain.^[28]

Related to sites

When the sites of diseases are Marma, Sira, Snayu, Sandhi (joints), Tarunasthi (cartilaginous bones), Sevani, Dhamani, Gala (Throat), Naabhi (Umbilicus), Nakhaanta, Shepha (penis), Srotas, thin musculature, Eyes except eyelid diseases. But dose should be calculated by Vaidyas according to Dashavidha Pariksha.

Pratisaaraneeya Kshara

As per requirement. In the reference of hemorrhoid it was told to use one, two and three nakhutsedh prmana as per dosha involvement.

Process of Application of Pratisaaraneeya Kshara

Minor incisions or abrasion of the area where Kshara would be applied is essential. Kshara is applied using a stick (shalaka) and remains in place for 100 matra (about 100 seconds). The application of Kshara to areas such as the nose or eyelid requires approximately 50 matra (or 50 seconds), followed by cleansing with amla varga dravya and ghee, with honey utilized to facilitate healing. The Sushruta Samhita discusses samyakyoga, ayoga, and atiyoga.

DISCUSSION

Kshara therapy can address ailments that are challenging to manage through alternative methods, according per Acharya Vagbhata's account of the treatment. Owing to its teeksna and sheghra properties, kshara is employed in the treatment of malignancies. It possesses the ability to remedy sinus issues and carbuncles. Kshara is applicable for dermatological problems where Lekhana chikitsa is advised. Kshara is employed in the treatment of kapha dosha anubandhi Raktapitta (bleeding condition) due to its distinctive therapeutic action. The styptic characteristics of Kshara render it effective for hemostasis. Kshara chikitsa can proficiently address severe dyspepsia that is difficult to control with alternative treatments. Certain attributes of Kshara, including Vrana Shodhana and Vrankledshoshana in kanduyukta vrana, Kledana followed by vishoshana, and Stambhana, function as a medical debridement for wounds, thus facilitating the preparation of the wound bed and promoting healing through its ropana activity. Research on Kshara indicates that the treatment diminishes complications and the recurrence of sickness. Accelerating the healing process facilitates the patient's return to work with diminished discomfort. The probability of postoperative infections can be reduced by Kshara's kledashoshana activity. This procedure is affordably priced. Surgery may become less common in the future thanks to Kshara's role in medicine. These medical references can support the significance of Kshara.

CONCLUSION

Kshara's assessment indicates that Kshara karma is one of the most effective parasurgical procedures for addressing various medical ailments. The therapy is primarily utilized for external hemorrhoids and fistulas; however, the study indicates its application extends to over fifty additional clinical diseases, encompassing both surgical and medical instances, therefore

positioning it as a remarkable therapeutic agent. Its internal application as paniya kshara is documented in many gastrointestinal disorders, such as aruchi, anorexia, and grahani (irritable bowel syndrome), which are manifestations of udara roga. The comprehensive analysis of Charaka Chikitsa Sthana has illustrated the importance of Kshara in medical therapy. The 133 allusions and 105 Kshara kalpas in the 19 Adhyaya of the Charaka Chikitsa sthana indicate that Kshara can be judiciously employed to address many disorders that are refractory to alternative treatments. Kshara is utilized in both Vrihadtrayee and Laghutrayee due to its significant mobility. Kshara is employed in rasashastra for the purification of various medicines. A single formulation can exhibit several properties due to the distinctive combination of Kshara. Modifying the pharmaceuticals utilized in its production allows for alterations in the properties of Kshara. Kshara operates rapidly and is safer when utilized with caution and within the prescribed dosage.

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