

**A LITERARY REVIEW OF VARIOUS METHODS AND USES OF
KSHARA KALPANA FROM ANCIENT LITERATURE OF AYURVEDA****Rajendra G. Mane* and Sushmita K. Patil**¹Associate Professor, ²P.G. Scholar

Department of Rasashastra and Bhaishajya Kalpana PDEA'S College of Ayurved and
Research Center, Akurdi, Nigadi, Pune.

Article Received on
16 July 2021,

Revised on 06 August 2021,
Accepted on 26 August 2021

DOI: 10.20959/wjpr202111-21593

Corresponding Author*Dr. Rajendra G. Mane**

Associate Professor,
Department of Rasashastra
and Bhaishajya Kalpana
PDEA'S College
of Ayurved and Research
Center, Akurdi, Nigadi,
Pune.

ABSTRACT

Kshara is alkaline in nature, ksharas are derivatives of plant drug ashes in the form of solutions, powder or crystals all of which have the basic quality of being alkaline. Kshara can be a multiple combination of many herbs or may be from single herb; this alkaline preparation has many therapeutic usages like many surgical procedures and has been used both internally and externally for the treatment of many diseases like Mutrashmari (renal calculi), external application in Arshas (haemorrhoid/ piles) and in the form of kshara sutra (alkaline thread), in the treatment of Bhagandhara (fistula in ano). Ksharsutra considered as a strong weapon in treatments of piles, fissure and fistula. The importance of kshara in therapeutics, inspired us to explore the uses of kshara. There is a wide range of description available about kshara in much Ayurvedic classical texts; in this paper we have described

various methods and uses of kshara Kalpana.

KEYWORDS: *Kshara, Ayurveda, Ksharakarma, Arsha, Bhagandara, fissure, fistula, Ksharsutra.*

AIM AND OBJECTIVE

Present article aims to compile the literature about various method and uses of kshara Kalpana.

MATERIAL AND METHODS

Literature about various methods of preparation and uses of kshara kalpana collected from the Ayurvedic text like Sushrut Samhita, Charaka Samhita, Sharangdhar Samhita and Rasagrantha like Rasatarangini; connected research and review articles and recent ongoing researches for review work and presented it in a systemic manner.

INTRODUCTION

Ayurveda is serving the mankind since a long time, with the aim to provide healthy status to healthy individual and to cure the disease. Ayurvedic treatment is based on various type of dosage forms, Panchavidha Kashaya Kalpana are fundamental prepreparation in Ayurveda Pharmaceutics and various dosage forms are derived from these fundamental preparations; having long shelf life, stability, strong action like Guti, Vati, Asava, Arishta, Sneha Kalpana, Kshara etc. Kshara Kalpana (alkaline preparation) is one of them. The process of preparation of kshara involves the extraction of “alkalies” from ash of dried plants.

It is said that the diseases which are difficult to treat can be cured by kshara; it is the superior most among the sharp and subsidiary instruments because of performing Chedana (Excision), Bhedana (incision), Lekhana (scraping) and destroys the Tridoshaja disorders. In different texts of Rasashastra number of kshara are mentioned in different pharmaceutical processes to prepared; In this article, an attempt has been made to review and highlight the various methods and uses of kshara in the Pharmaceuticotherapeutics of Ayurveda.

According to sushrut samhita

The substance is called kshara because it causes ksharana to mamsa and other dhatu. Acharya Sushruta has narrated kshara in scope of shalyatantra due to actions like Bhedan, Lekhana, Chedana etc. in Sushruta Samhita sutra sthana 11/16, detail description regarding methods of preparation of Mridu, Madhyam & Tikshanakshara with specific indications are mentioned; also Acharya Sushruta mentioned different plants as Kutaj, Arka, Tilwaka, Palash, Bhibitaka, Paribhadra, Aragvadha, Snuhi, Patla, Kadali, Chitrak, Apamarga, Agnimantha, Gunja, Naktmal, Koshataki. It has been proved to be effective in treating many disorders like Bhagandhara (fistula in ano), Arsha (haemorrhoids), Dushta Vrana (wounds), Ashmari (stone), Charmakeela, Gulma, Udara (ascities), Kushtha (leprosy).

Dalhana

The eminent commentator of Sushruta Samhita explain the word “Ksharana” as one which mobilizes and removes the deformed flesh, skin etc or which produce shodhana of Dosha, Dhātu & mala. Dalhana described that ksharas are prepared from various plants.

Charaka

Due to its corrosive nature (ksharanat) it is known as Kshara.

Kshara is not rasa, this is manifested by the combination of many rasas and is dominated by Katu & Lavana rasas. Acharya Charaka has mentioned efficacy of Kshara under the context of Gulma Chikitsa; has the property of ksharana, hence it gradually erodes kaphaja gulma and brings it downwards. Acharya Charaka has deal with definition & properties of Kshara. In first chapter of Viman Sthan, general properties, definition, bad effects of kshara are mentioned. In surgical description kshara has been mentioned as “Shastra Pranidhana”.

Chakradatta

In the chapter “ArshaChikitsa”, he has described method of preparation of “Pratisaraniya kshara”, method of preparation of “Paniyakshara”, method of preparation of kshara sutra and its application.

“Ksharodaka” containing Patala, Yavakshar, Paribhadra, Tila along with powder of Dalchini, Ela, Kalimircha are mentioned for the treatment of “Mutraghata”. In “Mutrakriccha” chikitsa, Yavakshara is mentioned to be used with sugar or Kantakari Swaras and honey in the treatment of Mutrakriccha. Kshara are also indicated along with Vataghna drugs in the treatment of “Ashmari”.

Sharangdhar samhita

It is considered as an authentic book of Bhaishajya Kalpana. In this book Kshara is mentioned to be prepared in mud pot and used in two ways that is Pratisarniya (external application) and Paniya (internal use).

Rasatarangini

In Rasatarangini method of preparation of kshara, properties, indications and dose along with description of Palash kshara, Arkakshara, Tilakshara, Snuhikshara, Apamargakshara, Chinchakshara are mentioned. The use of ‘Kshara dravyas’ in the sanskaras of parada and shodana, jarana, marna of dhatus are mentioned in various Rasgranthas.

Ashtanghrudya

Acharya Vagbhatta has mentioned general properties, dosha (bad properties) and actions of ksharas. In the chapter 30 of Ashtangahridaya sutra sthana, ksharagni vidhi is described along with advantages of alkali, preparation, procedure of cauterization etc. In the treatment of Mutraghat, kshara of Tila, Kadali, Palasha, Apamarga and Yava are advised in gravel and stone. In Gulma chikitsa kshara is used in medicated ghee, In Switra chikitsa palashakshara is mixed with phanita for three days and used for external application. Palash Kshara and other drugs cooked along with milk of Snuhi and Arka to cure the leprosy, leukoderma, warts etc. Kshara is also mentioned to be used along with Kasamarda, Vartaka, Vyaghri and Kana (Pippali), in the treatment of kasa. Kshara are also incorporated in the preparation of Kasisadi Taila, Gudavarti and medicated Ghee for the treatment of Arsha (haemorrhoids)

In Ashtanga Hridaya, the “Pratisaraniya kshara” is indicated to be used in Masha (wart), Switra, Kustha, Bhagandar, Arbuda, Granthi, Nadivrana etc. and Paniyakshara in Arsha, Bhagandar, Ashmari, Gulma, Udararoga and Garavisha. Acharya Vagbhatta also has given contraindications of kshara not to be used on the part of the body where flesh is less and persons who are feared, weak, having vata-pitta disorders, fever, Atisara, Panduroga, Hridayaroga, Prameha etc.

Vangasen

In the chapter 19 of Vangsen Samhita,; In Medorogadhikar Erandpatra kshar is described for treatment of obesity, in order to remove Obesity one should take alkali of Erand leaves mixed with Hingu. The diet should be rice with scum.

Yogaratnakara

In this text various method of preparation of kshara along with Pippali churna mixed with kshara is used in the treatment of Plehodara.

In other texts like Sahastrayoga, Brihatyogatarangini, Bhaishajya Ratnavali, Siddhayoga Samgraha, Bharat Bhaishajya Ratnakar etc. the references of different formulations are available in which kshara is used as an ingredient.

Properties of kshara

Rasa	Katu, lavana
Virya	Ushna
Varna	Shukla

Doshaghna	Tridoshaghna
Karma	Dahana, darana, pachana, ropana, shoshana, shodhana, vilayana
Guna	Saumya, teekshna

Preparation of kshara

1. Pratisaraneeyakshara

As per Sushruta samhita seems to be ideal regarding the preparation of Pratisaraneeya kshara. 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. The Panchagas 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. 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 urine, then filtered twenty one times in a big vessel through a piece of cloth. 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 Mridukshara. From this 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. Care should be taken that it is not too liquid or too dried up. The solution thus obtained is known as Madhyamakshara. 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.

2. Paneeyakshara

The collected ash should be mixed well with six times of water. Then filtered Twenty one times in a big vessel through a piece of cloth. The residual portion is thrown away and the filtrate (Ksharodaka) should be kept on Mandagni and continuously stirred well until it 1/3rd.

Classification of kshara

On the basis of administration	Sushruta: Pratisaraneeya (external application) Paneeya (oral administration) Charaka: pratisaraneeya, paneeya Vagbhata: bahyaparimarjan, antahaparimarjan
On the basis of concentration	1. Mrudu 2. Madhyama 3. Teekshna
On the basis of	1. Herbal 2. Mineral 3. Animal

origin	
According to preparation	1. Uttama 2. Madhyama 3. Adhama

Methods of preparation of kshara

Author/reference	Ash & water ratio	Time	Filtration of ksharodaka	No. of folds of cloth
SushrutaSamhita	1:6	Overnight (24 hrs)	21 times	Single fold
Sharangadhar Samhita	1:4	overnight	Till clear liquid	Single fold
YadavjiTrikmaji	1:6	overnight	21 times	Single fold cloth
AyurvedSarasamgraha	1:8	2-3 days	7 times	4fold cloth
Ayurved Prakash	1:4	Overnight (24 hrs)	21 times	Single fold cloth
Rasatarangini	1:4	3 hrs	Till clear liquid	3 fold cloth

Properties of kshara

Charaka Samhita	Sushruta Samhita	Rasatarangini	AshtangaHridya
Tikshna	Natitikshana	Tikshana	Natitikshna
Ushna	Natimridu	Dahaka	Natimridu
Laghu	Shukla	Pachaka	Shwetavarna
Ruksha	Shlakshna	Daraka	Picchila
Dipana	Picchila	Krimighna	Sikhari
Dahakarak	Avishyandi	Ushna	Natiruksha
	Shighrakari	Mutrala	Avishyandi

Uses of kshara kalpana

Its merits are many, because it combines several drugs, it pacifies the perturbation of doshas and in spite of its whiteness and inherent quality of saumya (moisture), It is capable of burning, digestion and disintegration because of the predominance of fire-inducing (agneya) ingredients in its composition. Its qualities include pungency, fire induction in the body, sharpness, digestion, disintegration, liquefaction, elimination, healing, drying, arrest of bleeding and lubrication, destruction of worms, of the accumulation of kapha and indigested matter, in large doses, the removal of poisons, skin disease and the accretion of fat, the promotion of virility.

Kshara uses in different forms as a medicine –

Ksharodaka (water), kshara sutra (thread), ksharavarti, ksharapichu, ksharavatika, ksharagutika (tablet), ksharaanjana, ksharavaleha, ksharaghrita, ksharataila, kshararasakriya, ksharabasti,

Pratisaraniya kshara- is indicated in Kustha (skin disorders), Arsha (piles), Visha (artificial poison), Dadru (fungal infection) etc.

Paniya kshara- indicated in Garavisha (artificial poison), Krimi, Gulma, Arsha, Ashmari, Bhagandhar, Udarroga etc.

Contradiction of kshara- in case of Raktpitta (bleeding disorder), Timira, Moorchha, diseases occurs at the sites of Marma, sira, snayu (lig), Sandhi, the conditions like whole body oedema, bone pain, heart pain, joint pain, thirst.

Important uses of kshara

1. Kadali kshara – Plihodara, JirnaJwara, Shopha, Gulma
2. Palash kshara - Gulma, Agnimandya, Mutrakuchhra (dysuria), Ashmari
3. Apamarga kshara - Gulma, Shwasa, Udarshula
4. Yava kshara-Adhmana, Anaha, Shula, Udarroga, Plihodara, Gulma
5. Sarjika kshara - Mutraghata, Ajirna, Krumi, Adhmana
6. Arka kshara - Udarshula, Shwasa, Gulma
7. Tila kshara – Mutrakrichhra, Gulma, Ashmari
8. Chinchha kshara – Gulma, Mutrakrichhra
9. Vasa kshara – Gulma, Kasa, Shwasa
10. Snuhi kshara – Ajirna, Jalodara
11. Erandpatra kshara – Obesity
12. Kantakarai kshara – Shwasa, Kasa, Pinas
13. Gokshur kshara – Mutraghata, Ashmari, Prameha
14. Pippali kshara – Bhram, Murccha, Daha
15. Mulaka kshara – Gulma, Udarroga
16. Sharpunkha kshara – Pleea, Kasa, Shwasa, Jwara
17. Patala kshara – Jwara, Shwetapadar
18. Bhallataka kshara – Jalodar, Kaphajagrahani
19. Mayurpankha kshara – Shwasa, Kasa, Hikka

DISCUSSION

Kshara is one of the important dosage forms as mentioned in Ayurveda to cure various diseases like Kushta, Gulma, Mutraghata, Vrana, Arsha, Ashmari, Charmakeela, Bhagandhara etc. Also shows its importance in Shalya tantra. The procedure to prepare kshara is simple, very safe, effective and with minimal or no complications, unhazardous and easily acceptable by the patients.

CONCLUSION

Kshara is useful as a medicine external and internal in different formulation. There is minimal interference in patient routine work. Kshara has important role in medicine, surgical, para-surgical practice.

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