

PREPARATION OF PRATISARNIYA PALASH KSHAR

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ABSTRACT

Kshara karma is said to be one among the *Anushastra karma* as described by *Acharya Sushruta*. *Kshara* i.e caustic, alkali is considered as superior among *Shastra* (sharp instruments) and *Anushastra* (accessary instruments) because it dose the functions like *Cheden* (excision), *Bhedan* (incision) and *Lekhana* (scrapping). It Normalizes of all the three *Dosha* and suitable for being used by special methods.

KEYWORDS: *Kshara, Palash, Anushastra Karma.*

INTRODUCTION

Kshara karma is a special procedure. ***Ksharnat***- Destroys vitiated *Mamsa* and other *Dhatu*, ***Ksharnat***- Removes vitiated *Dosha*, destroys unhealthy *Twak* etc. Since *Kshara* is formed by the combination of many plant drugs. Being whites grey in colour it is cool; through being cool, its actions like burning, ripening, liquefaction, purification, healing, absorbing with holding and scarifying destroys worms, *ama*(undigestive materials) and *kapha*, cures leprosy and other skin diseases, poison and fat accumulations and it used in excess it even destroys masculinity (*punsatva nash*).

Kshara Karma is useful as the substitute of surgical instruments because they can be used safely on the patients who are afraid of surgery.

Palash (*Butea monosperma*) has been mentioned to be used as *Kshara* as a single drug or in combination with other drugs for the management of *Arsha* in order to help the patients without any complication.

Classification of *Kshara*

1. On the basis of administration
 - A. *Pratisarniya Kshara*- for external application
 - B. *Paniya kshara*- for internal application
2. On the basis of concentration
 - a. *Mrudu*
 - b. *Madyama*
 - c. *Teekshna*

Preparation of *Palash Teekshna Pratisarniya Kshara*

Ingredients

- *Palash*,
- *Gomutra*,
- *Danti*,
- *Dravanti*,
- *Lagli*,
- *Suvarchika*,
- *Vacha*,
- *Vidlavan* etc

Methods of Preparation

Step 1 – Collection of drugs such as *Palash*, *Gomutra*, *Danti*, *Dravanti*, *Lagli*, *Suvarchika*, *Vacha* with their root, stem, branches, leaves and fruits after cleaning.

**PALASH Raw material**

Step 2 – Next day it should be cut into small pieces and drying the plants in shade.

Step 3- Buring till complete ash is obtained.

**Burning Raw material**

Step 4 – 6 part of *gomutra* is put into one part of ash.

Step 5 – Stirred well and kept overnight.

Step 6 – Filtered through cloth for cloth for 21 times.

Step 7 – Kept for boiling in medium flame.

Step 8 - 1/10 part of *Prakshepaka Dravyas* such as *Danti*, *Dravanti*, *Lagli*, *Suvarchika*, *Vacha*, *Vidlavan* etc.

Indications

- *Arsha* (internal haemorrhoids)
- *Bhagandara* (Fistula in ano)
- *Arbuda* (tumours)
- *Dusta vrana* (Visha)
- *Nadi vrana* (Sinus)
- *Charmakeela* (Warts)
- *Baahya vidridhi* (external abscess)
- *Visha* (Disease produce due to poision)

Contraindication

- *Durbala* (debilitated)
- *Bala* (children)
- *Vridha vasta* (old age)
- *Bhiru* (fearful)
- *Sarvanga shoona* (swelling of whole body)
- *Rakta pitta*
- *Garbini*
- *Rutumati*
- *Pramehi*
- *Marma, Sira, Snayu, Sandhi, Tarunasthi, Dhamani, Gala, Nabhi, Swalpa mamsa pradesha.*

How can apply *Palash Teekshna Pratisarniya Kshara*.

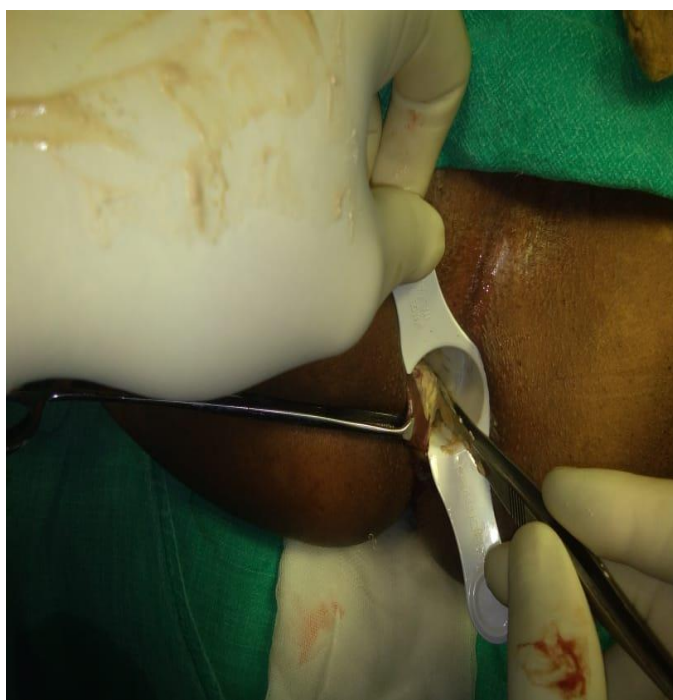
PROCEDURE***Purva Karma***

- It includes preparation in relation to the patient.
- Written and informed consent.
- Part preparation.
- Inj. T.T (0.5ml) IM Stat.
- The night prior to procedure, patient will usually give light diet, afterwards patient will keep nill orally.
- Enema will give 2 hours prior to the procedure.

- Anaesthesia: Local or Spinal Anaesthesia. (According to need)

Pradhana Karma

- The patient will be placed in lithotomy position.
- The peri anal area will be cleaned with Betadine solution and draped with sterilized cut sheets.
- With proctoscope, pile masses shall be visualized and re-assessed for their numbers, position and size and one pile mass at a time will be selected.
- Firstly the pile mass will be cleaned with Normal saline.



Applying of Kshar karma

Pashchat Karma

- *Avagaha Swedan* up to 10 minutes at one sitting, with warm water temperature maintained equally.
- *Jatyadi taila matra basti* will be given to control local burning sensation and excessive *shotha*.

DISCUSSION

On the basis of clinical features, the haemorrhoids are comparable to the *Arsha* as described in *Ayurveda*. In *Ayurvedic Samhitas*, *Arsha* is considered as one of the *Ashtamahagada*, notorious for its troublesome pain like enemy, which afflicting mankind for thousands of

years since *Vedic* period. *Pratisarniya kshara* in *Arsha* causes necrosis of *haemorrhoidal* mass.

CONCULSSION

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. *Kshara karma* has mild postoperative pain no bleeding minimal hospitalization and less chances of recurrence hence *Kshara karma* plays an important role in treating the disease of *Shalya Tantra*.

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