



Preparation of Kshara and its clinical applicability

1Dr.Preethi. V

2Dr.Syed Tipu Sultan

3Dr.Siddayya Aradhyamath

1Second year PG Scholar, Department of Shalya Tantra, 2Second year PG Scholar, Department of Shalya Tantra ,3Professor and HOD, Department of Shalya tantra,JSS Ayurveda Medical College and P.G.Centre, Mysore Karnataka.

Abstract

Kshara is considered superior to all the Shastra karma and Anu-shastra karma because Ksharas perform the work of chedana , bhedana ,lekhana at a time and is Tridoshagna. It is one among 25 Upayantra and one among 14 Anushastras.It is also one among bhaishajya Kalpana. Acharya Sushruta is pioneer of Kshara kalpana.Kshara has both therapeutical and pharmaceutical use that is it can be used both internally and externally .Application of *Kshara* in therapeutics as well as in pharmaceutical procedure has inspired us towards the topic.

INTRODUCTION

Various natural products are processed and used as medicine in Ayurveda system of medicine. Kshara Kalpana is one of them. It is one among the Anu Sastras and one among Upayantras .Kshara are the substances obtained from the ashes of drugs of animals, plants and mineral origin, where alkaline portion is extracted from the ashes of these substances .Acharya Sushruta, is the pioneer of Kshara Kalpana, he has completely dedicated a chapter in Sutra sthana under Kshara Vidhi Adhyaya..Kshara has many therapeutic usages both internally ,externally as well as in Kshara sutra form.Kshara is also aided in the different pharmaceutical procedure like Shodhana , Jarana and Marana in various preparations of Rasa ausadhies .

• **Derivation¹:** Kshara - The root “Char” (to remove)
Ksharana - Destroys fleshy mass either healthy or unhealthy

-Shabdha kalpa druma

• **Definition:**

तत्र क्षरणात् क्षणनाद्वा क्षारः || ²

Kshara is the one which scrapes the abnormal tissue from its location and destroys it, because of its corrosive nature.

Synonyms

Soubhagyam

Dhatudravakam

Kacham

Gudam

Tankkanam

Ksharam

CLASSIFICATION OF KSHARA

• Acc to Mode of administration

1. Paniya/Anta Parimarjan

2. Pratisaraniya /Bahi Parimarjan

• Acc to Potency

1. Mrudu

2. Madyama

3. Theekshna

Acc to Origin

1. Vanaspatija Kshara

Ex: Snuhi Kshara

2. Praniya Kshara

Ex: Shukti

3. Khaniya Kshara

Ex : Tankana

Kshara Pradhanatama

Among shastra and anushastra, Kshara is important because of its chedya bhedy and lekhy properties, tridoshagna⁴ and ability to do Vishesh kriyas like shodana, pachana, vilayana and ropana etc.

• Kshara will act like visha, agni, shastra, ashani and causes mrithyu if used by a alpa buddhi person.

• If an intelligent Vaidya uses this, it cures all difficult diseases within no time

Pharmacopoeia Of Kshara⁵

- ▶ Being composed of several Drugs, it is **Tridoshagna**
- ▶ White in appearance and is Placid (सौम्यः).
- ▶ In spite of being सौम्यः, it is yet fully capable of दहन पचन दारण adi Kriyas
- ▶ Comprised of आग्नेयौषधि, but is not **Pithavardhaka**
- ▶ Some of its Karma's are पाचन विलयनः शोधन रोपणः शोषणः स्तम्भन लेखनः
- ▶ By virtue of its Karma, it is effective in कृम्यामकफकुष्ठविषमेदसाम
- ▶ Causes pumsatva when used in excess.

Rasa Panchaka

- ❖ **RASA- Katu**
- ❖ **GUNA - Sowmya, Theekshna, Agneya**
- ❖ **VEERYA - Ushna**
- ❖ **VIPAKA - Madhura**
- ❖ **DOSHAGNA - Tridoshagna**
- ❖ **KARMA - Dahana, Pachana, Darana, Vilayana, Shodana, Ropana, Shoshana, Stambhana, Lekhana**

Properties of kshara⁶

Properties	Sushruta	Vagbhata	Rasa tarangini
Charaka	Na ati tikshna	Na ati tikshna	Tikshna
Tikshna	Na ati mrudu	Na ati mrudu	Maha ushna
Ushna	Shweta	Shukla	Dahaka
Laghu	Shlakshna	Shikhari	Pachaka
Ruksha	Picchila	Picchila	Mutrala
Kleda	Avishyandi	Avishyandi	Kruminashaka
Pakta	Shiva	Shiva	Vran Shodhaka & ropaka
Vidari	Shighra prabhavkari	Shighra prabhavkari	
Dahaka		Sukhanivapyo	
Deepaniya			
Chedaniya		Alparugna	

Doshas ⁷

Sushrutha	Vagbhata
Atimardava	Atimrudu
Atiushna	Atiushna
Atitikshna	Ati tikshna
Atipichhila	Atipichhila
Atishwetha	Atisheetha
Sarpita	Visarpi
Sandra	Atighana
Apakva	Hinapaaka
Hinadravata	Hina Aushadha
	Atitanu

METHOD OF PREPARATION OF KSHARA⁸

Dried Apamarga Plant



1 DRONA of Apamarga Ash

+

Add 6 Drona of water or fresh Gomutra



Supernant water - Filter 21 times through cloth

To get clean and clear solution – Gomutra Varna (slight reddish)



Filtrate Solution is boiled and evaporated

(Heating of solution until 1 or 1.5 kudava evaporates)



Add Katsharkara ,Sankhanabhi ,Ksheerapaka,Bhasmasarkara ash 8 pala into the boiled Apamarga filtrate solution



Continuous mild heating

Liquid evaporates to 1/3rd of its original quantity



Add Danta,Danti ,Chitraka ,Langali,Hingu ,Vacha etc all or as many as available in I sukthi pramana



PRATISARANEEYA TEEKSHANA KSHARA



Panchanga of apamarga was collected



Apamarga Plant was dried



Burnt



Sieved



Apamarga Ash



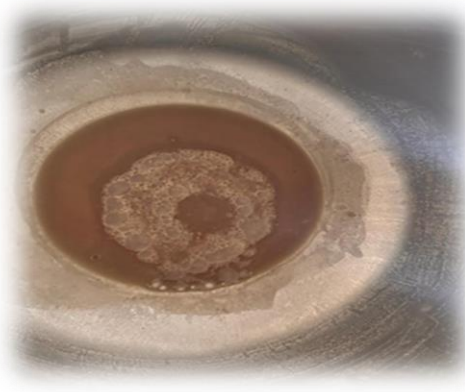
6 times(volumetric) of water was added for ash and was kept undisturbed for whole night followed by 21times filtration



Clean and clear solution – Gomutra Varna



Filtrate Solution was boiled and evaporated



Heating up to water evaporates



Madyama KSHARA



Prativapa of Kshara⁹

Mridu	Madyama	Thikshna
Kutaja, Palasha, Ashwakarna, Paribhadra, Vibitaki, Aragwada, Tilvaka, Arka, Snuhi, Apamarga, Patala, Naktamla, Vasa, Kadali, Chitraka, Putika, Indravriksha, Asphota, Aswamaara, Saptachada, Agnimantha, Gunja, koshatiki	Katsarkara Bhasma Sarkara Shankanabhi (Sudha, Shankha, Shukti)	Danti, Dravanti, Chitraka, Langali, Putika, Pravala, Talapatri, Vida, Suvarchaka, Swarnakshiri, Hingu, Vacha, Ativisha

KSHARA PAKA PAREEKSHA:

1. ERANDA NALA TEST¹⁰

- If Kshara burns the Eranda nala in 100 matra kala then it is considered as a good kshara
- It should produce tingling sensation when kept on tongue.

2. pH test

ph 7 >

INDICATIONS :

PRATISARANIYA KSHARA

- Ano rectal diseases : Arsha, Bhagandara, Parikartika.
- Arbuda
- Dushtavrana
- Skin diseases like Kushta, Kitibha ,

Dadru, Charmakeela

- Oral diseases like Upajivha, Adhijivha, Upakusha .
- Other conditions like Krimi and Visha

PANIYA KSHARA:

- Gastro Intestinal conditions like Gulma Udara, Agnisanga, Arochaka, Ajirna Anaha, Arsha
- Urinary Tract condition like Sharkara Ashmari.
- Other conditions like Abhyantara Vidradi, Krimi, Visha .
- Pleehaja vyadhis and Mutrakrichra

CONTRAINDICATIONS

- Atidurbala
- Baala
- Ativrudha
- Bhiru
- Raktapitta
- Pittaprakruthi
- Pregnant and menstruating women
- Infertile males
- Jwara, trishna, Brahma, Mada, Murcha, Timira
- Post vamana and virechana.
- Diseases like: Atisara, Panduroga, Prameha etc.,

Dose

- Paneeya Kshara: 2–8 gunja (250mg to 1g)

A/C to Chakrapani and Dalhana :¹¹

Uthama matra = 1 pala

Madhyama matra = 3 karsha

Adhama matra = 1/2 pala

Pratisaraniya Kshara:

Uthama matra = 3 Nakhotasedha (Vataja roga)

Madhyama matra = 2 Nakhotasedha (Kaphaja roga)

Adhama matra=1Nakhotasedha (Pittaja roga)

Shelf life of Kshara : 5years

–Ayurvedic formulary of India

Few cases treated with Kshara in our OPD are:

CASE:1 - Kshara sutra in Arsha

A.H.Chi.8/1-9



External Haemorrhoids at 11,7,3'oclock

External Haemorrhoids ligated with Ksharasutra

Healed

CASE:2 - Kshara sutra in Bhagandara

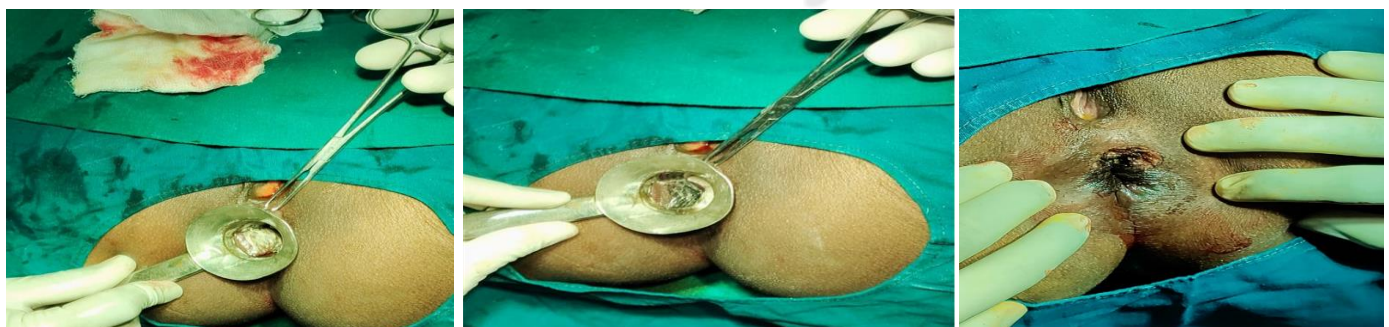


Horseshoe Fistula with external opening at 10 and 4'oclock

External opening probed F.B Kshara sutra application

Healed

CASE :3 - Ksharalepa in Arshas



Internal Haemorrhoids - 7'oclock -during Kshara Lepa

After Kshara Lepa

Healed

CASE-4 Ksharalepa in Bhagandara



External opening at 1'o'clock Opening probed and track identified follwed by Ksharasutra Application Ksharalepa

CASE-5 Horseshoe Fistula



Horseshoe Fistula - opening at 4,11'o'clock Opening-Probed-Track identified Ksharasutra application Kshara poorana for rapid healing Healed

CASE-6 High Anal Fistula (Scrotal)



CASE-7 Pilonidal Sinus (Nadi vrana)



External opening probed



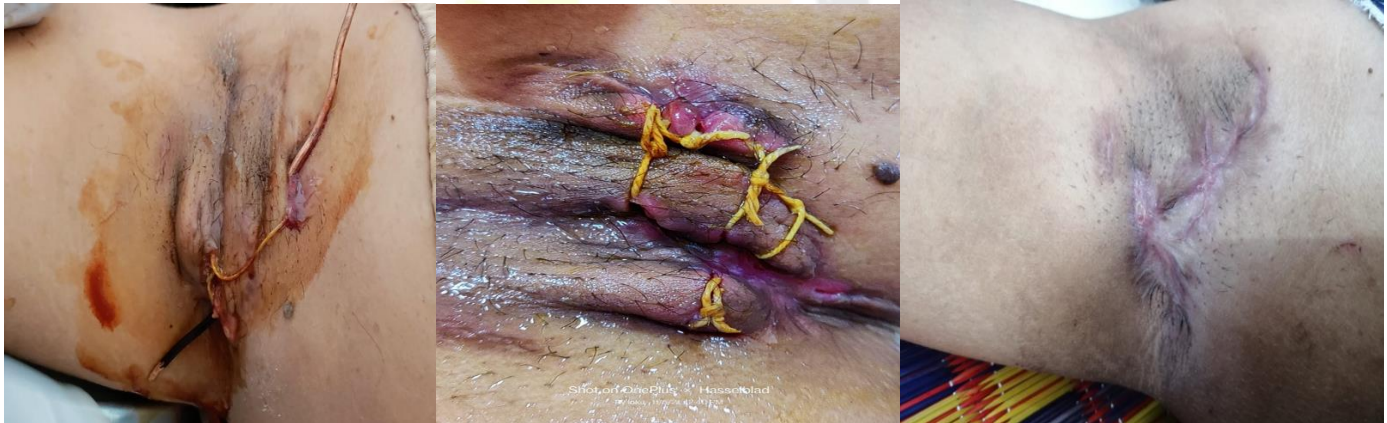
wide excision



Kshara lepa

Healed

CASE -8 Hidradenitis Supprativa

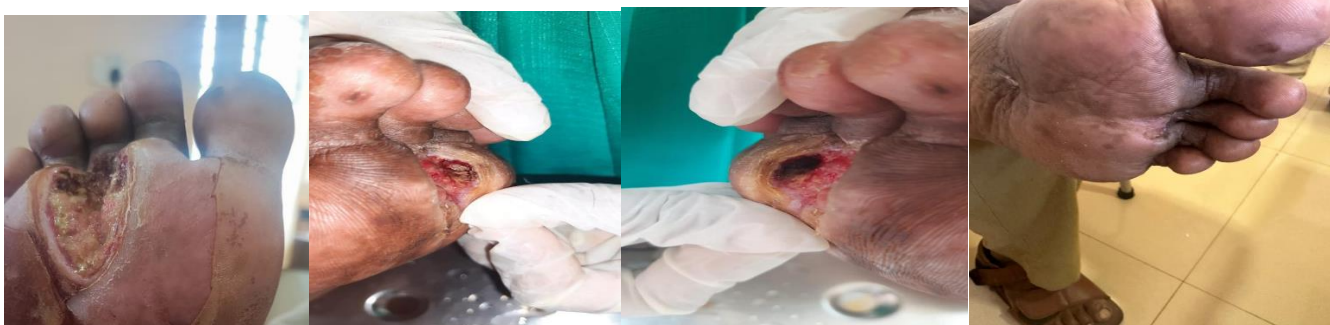


External opening probed -Kshara sutra application

KsharaSutra in-situ

Healed

CASE-11 Dustavrana



Dustavrana

During Ksharalepa

After Ksharalepa

Healed

CASE -10 Pyogenic granuloma



Pyogenic Granuloma

Excision

Ksharalepa after excision

Healed

Discussion

Kshara - It first produces Kshatha i.e. hurt or a wound, this later becomes beneficial for healing or curing (Akshatha) hence named as **KSHARA**. *विशेषक्रियावचारणा* – That is Kshara can be used in different modalities like Lepa, gritha, avaleha, pichu, taila, gutika, basti, varti, gandusha rasakriya forms and for Shodhana, Roopana, Pachana, Vilyana etc., of wound and is available in mrudu, madyama and theekshna forms. Kshara sutra ligation creates mechanical strangulation of blood vessels and tissues which causes pressure necrosis of haemorrhoids or any swelling in the body. Kshara sutra in Fistula and pilonidal sinus acts as a Seton to allow proper drainage of pus. Snuhi ksheera and Apamarga Kshara is proteolytic, therefore dissolves the fibrous tissue and liquefies the thick pus and drains it out causing chemical fistulectomy. Haridra churna is bactericidal in action with healing properties. Barbour's thread No-20 holds the medicines with the help of latex in the fistulous tract. Physical presence of *Ksharasutra* in the fistulous tract, pilonidal sinus and hidradenitis suppurativa keeps the passage patent and helps in the drainage of pus thus prevents reoccurrence. Kshara having Chedhana, Lekhana, Bhedana, Shodhana, Pachana and Tridoshagna properties, reduces pain and disintegrates the stone and thus helps to dislodge the Ashmari from its own site. In Udara as Kshara is an alkali it helps in diuresis and in Gulma with its proteolytic action and Lekhana karma it is considered to be pathya.

Conclusion

Kshara karma has been considered as wealth and boon in Ayurvedic Pharmacopeia. Para-surgical methods described by our Acharyas are effective till today and easily practicable avoiding reoccurrence.

Among all ksharas Apamarga kshara is considered to be best because of its pH , Rasapanchaka and easy availability.Kshara has its importance in both therapeutical as well as pharmaceutical hence various research's has to be explored on therapeutic potential of Kshara derived from different plants.So, these concepts of Ayurveda should be widely spread, popularized and implemented in the management of such troublesome diseases which is the anticipation of sufferers.

विषाग्निशस्त्राशनिमृत्यु कल्पः क्षारो भवत्यल्पमति प्रयुक्तः ॥

स धीमता सम्यगनुप्रयुक्तोकी- रोगान्निहन्यादचिरेण घोरान् ॥¹⁵

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