

**KSHARA – UTILITY IN PRASUTI TANTRA AND STREE ROGA****Padhma Sree M¹, Rajani Kagga²**

1. PG scholar, Department of *Prasuti Tantra & Stree Roga*, Sri Sri College of Ayurvedic Science and Research, Bangalore.
2. BAMS, MS(AYU), Associate Professor, Department of *Prasuti Tantra & Stree Roga*, Sri Sri College of Ayurvedic Science and Research, Bangalore.

Corresponding Author: padhmasreemuraleedharan697@gmail.com<https://doi.org/10.46607/iamj2313032025>**(Published Online: March 2025)****Open Access**

© International Ayurvedic Medical Journal, India 2025

Article Received: 06/02/2025 - **Peer Reviewed:** 27/02/2025 - **Accepted for Publication:** 08/03/2025.**ABSTRACT**

Introduction- Women are the backbone of families and communities. They provide care, support, and nurturing to their families, essential to the nation's development. Despite the importance of women in society, women face numerous health challenges compared with men that hinder their ability to contribute fully. 92% of all women were found to have one or more gynaecological or sexual diseases¹. For this, modern treatments are based on hormonal therapy. *Ayurveda* stands out here and gives promising results. One among which is *Kshara Prayoga*, a para-surgical procedure that can be given internally and externally and offers good results quickly and does not let *Apunarbhavata* (reoccurrence) of the disease.

Methods—A thorough review of *Kshara*, including its origin, preparation, types, and how it is incorporated in the treatment of *Stree Roga* (Gynaecology) and *Prasuti Tantra* (Obstetrics), was done.

Results—The review highlighted *Kshara's* analysis of the utility of *Stree Roga* and *Prasuti Tantra* internally and externally.

Discussion & Conclusion—*Kshara Prayoga*, a time-tested therapeutic procedure in *Ayurveda*, plays a pivotal role in managing *Stree Roga* and *Prasuti Tantra*. Its minimally invasive nature, combined with its ability to offer precise, effective, and sustainable results, makes it an invaluable tool in addressing various conditions affecting women's health.

Keywords: Kshara, Apunarbhavata, Kshara Prayoga in Stree Roga and Prasuti Tantra

INTRODUCTION

WHO says Women's health is essential for the development of a just and equitable society, leading to increased economic growth and poverty reduction. To combat various disorders women face, *Kshara Prayoga is one treatment modality that gives good results quickly, as explained in Ayurveda. Kshara is a medicine obtained from the ashes of one or more plants, animals and mineral products. The process of preparation of Kshara involves the extraction of 'alkalis' from the ash of dried plants. It is said that Kshara Prayoga can cure diseases which are difficult to treat. Kshara not only minimises complications but also reduces the recurrence of diseases. Kshara can reduce the chances of post-surgical infections due to its alkalinity. Acharya Sushruta has mentioned that Kshara has the topmost place in all surgical and Para surgical measures. It can be used externally and internally according to the body's ailments. In this article, an effort has been made to compile and present the utilisation of Kshara in the Stree Roga and Prasuti Tantra by referring to essential texts of Ayurveda in all aspects of its preparation, types, qualities, indications and uses.*

NEED FOR THE STUDY

Despite the importance of women in society, women face numerous health challenges compared with men that hinder their ability to contribute fully. 92% of all women were found to have one or more gynaecologi-

cal or sexual diseases. *Kshara is the most important one among Shastra and Anushastra, as it functions like Chedana, Bhedana, and Lekhana and mitigates all the Tridoshas. The therapeutic Importance of Kshara is mentioned in the classics, and Kshara Prayoga can cure diseases that are difficult to treat. Hence, it can be utilised well for Stree Roga and Prasuti Tantra disorders.*

AIMS AND OBJECTIVES

- To understand the Concept of *Kshara* according to various *Acharya's*
- To understand the utility of *Kshara* in *Stree Roga*
- To understand the utility of *Kshara* in *Prasuti Tantra*

MATERIALS AND METHODS

NIRUKTI

As per *Shabdakalpadruma*, *Kshara* comes from the word *Chara*, which means to move.

KSHARA DEFINITION

*Tatra Ksharanaat Kshananaat Va Kshara (Su.su.11/4)*³

Acharya Sushruta defined it as having *Ksharana* (fall off) and *Kshanana* (torments) properties, which means it destroys fleshy mass.

*Chitva aashayaat kshara, ksharatvat ksharayatyadha. (Cha.chi.5/58.)*⁴

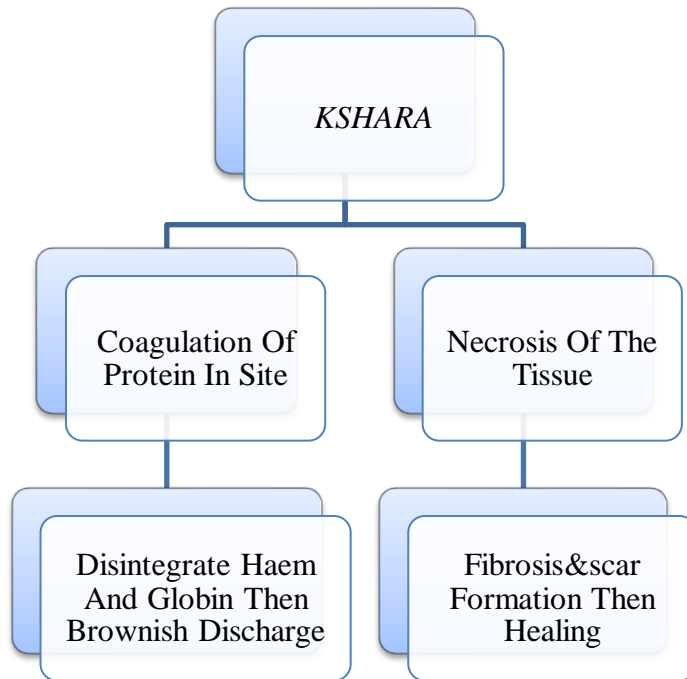
Acharya Charaka says *Kshara* scrapes abnormal tissues from their location and destroys them after dissolving them.

GUNA OF KSHARA³

Properties	Action
<i>Nanaoushadi Samavaya</i>	<i>Tridoshaghna</i>
<i>Shuklatvat</i>	It is white in colour, so it's cool in nature. Though being cool, its actions, such as <i>Dahana</i> , <i>Pachana</i> , and <i>Darana</i> , are not hindered.
<i>Agneya Oushadi guna Bhuyishatvat</i>	<i>Katu</i> , <i>Ushna</i> , <i>Tikshna</i> , <i>Paachana</i> , <i>Vilayana</i> , <i>Shodhana</i> , <i>Ropana</i> , <i>Shoshana</i> , <i>Stambhana</i> , and <i>Lekhana</i> destroy <i>Krimi</i> , <i>Kapha</i> , <i>Kushta</i> , <i>Visha</i> , and <i>Medas</i> .

<i>CharakaSamhita</i> ⁴	<i>Sushruta Samhita</i> ³	<i>Ashtanga Hridaya</i> ⁵	<i>Rasa Tarangini</i> ⁶
<i>Tikshna</i>	<i>Na ati-Tikshna</i>	<i>Na ati-Tikshna</i>	<i>Tikshna</i>
<i>Ushna</i>	<i>Na ati-Mridu</i>	<i>Na ati-Mridu</i>	<i>Mahoshna</i>
<i>Laghu</i>	<i>Shukla</i>	<i>Sheetha</i>	<i>Visarpa</i>
<i>Ruksha</i>	<i>Shlakshna</i>	<i>Na ati-Ruksha</i>	<i>Krimighna</i>
<i>Kledi</i>	<i>Picchila</i>	<i>Picchila</i>	<i>Pachana</i>
<i>Dahana</i>	<i>Abhishyandi</i>	<i>Abhishyandi</i>	<i>Darana</i>
<i>Darana</i>	<i>Shiva</i>	<i>Sukhanirvapy</i>	<i>Shodhana</i>
<i>Lekhana</i>	<i>Sheegra</i>	<i>Shlakshna</i>	<i>Dahaka</i>
<i>Deepana</i>		<i>Alparaktata</i>	<i>Mutrala</i>
<i>Chedana</i>			<i>Ropana</i>

KARMA OF KSHARA- *Chedana, Bhedana, Lekhana, Ropana*



KSHARA DOSHA

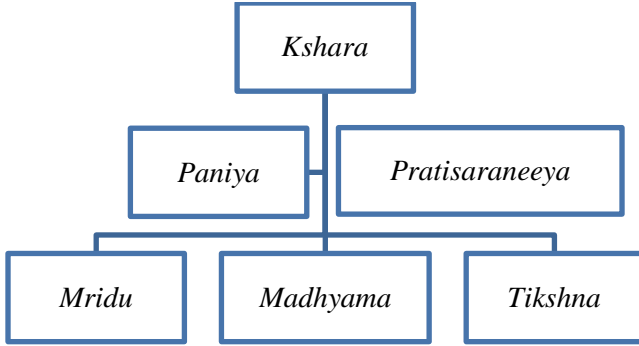
<i>Sushruta Samhita</i> ³		<i>Ashtanga Hridaya</i> ⁵	
<i>Ati-Mridu</i>	<i>Ati-Picchila</i>	<i>Ati-Mridu</i>	<i>Ati-Picchila</i>
<i>Ati-Ushna</i>	<i>Ati visarpitha</i>	<i>Ati-Ushna</i>	<i>Ati-Visarpitha</i>
<i>Ati-Shwetha</i>	<i>Ati-Sandratha</i>	<i>Ati-Shwetha</i>	<i>Ati-Sandratha</i>
<i>Ati-Tikshna</i>	<i>Apakvatha</i>	<i>Ati-Tikshna</i>	<i>Apakvatha</i>
<i>Heenadravyatha</i>	<i>Ati- Tanu</i>	<i>Heenadravyatha</i>	

HISTORICAL REVIEW OF KSHARA

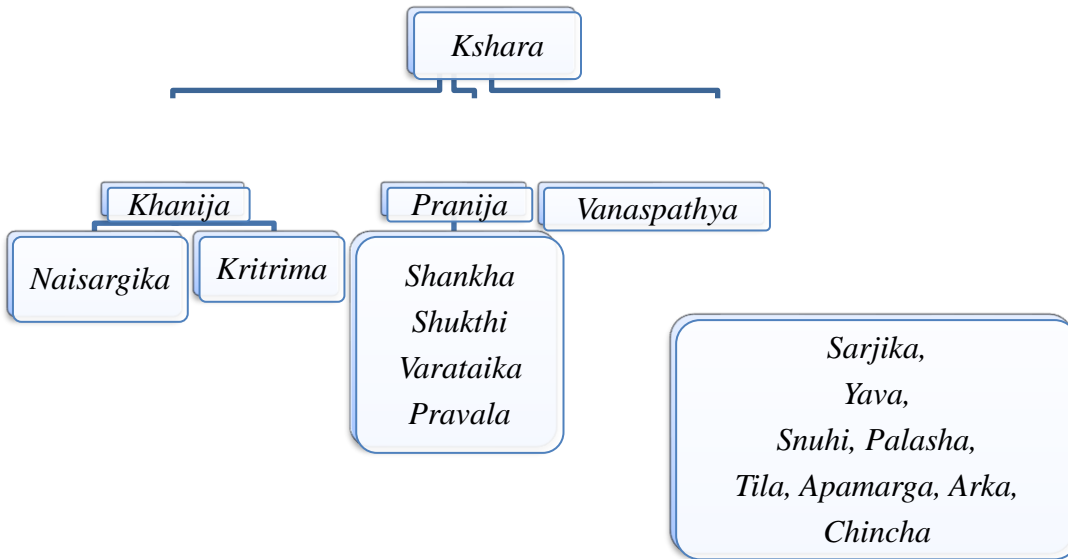
Books	Review
<i>Sushruta Samhitha</i> ³	<i>Acharya Sushruta</i> defines the material which destroys or cleans the excessive or morbid <i>Doshas</i> known as <i>Kshara</i> . <i>Acharya Dalhana</i> explained the word <i>Ksharana</i> as one which mobilises and removes the deformed flesh, skin, fluids, and poisons or removes the vitiated <i>Doshas</i> from their location. <i>Dalhana</i> also explained the use of <i>Kshara</i> in <i>Ashmari</i> (calculi), <i>Shwitra</i> (Leucoderma), <i>Gulma</i> (tumour), <i>Mutraghata</i> (dysuria), and <i>Visha</i> (poison) etc.
<i>Charaka Samhitha</i> ⁴	<i>Acharya Charaka</i> mentioned that <i>Kshara Dravya</i> is corrosive, has mentioned two types of <i>Kshara</i> preparation as <i>Bahirparimarjana</i> (<i>Kshara Jala</i>) & <i>Anthaparimarjan</i> (from burnt drugs by <i>Anthahdhoom</i> method) and has also mentioned 18 parts of plants which can be used for preparation of <i>kshara</i> . <i>Acharya Chakrapani</i> has described the method of preparation of <i>Kshara</i>
<i>Ashtanga Hridaya</i> ⁵	<i>Acharya Vagbhata</i> mentioned that <i>Pratisaraniya Kshara</i> is indicated in <i>Shwitra</i> (Leucoderma), <i>Kushta</i> (skin disorders), <i>Bhagandara</i> (fistula), <i>Granthi</i> (carbuncles), etc. and <i>Paniya Kshara</i> in <i>Arsha</i> (piles), <i>Bhagandara</i> , <i>Ashmari</i> , <i>Gulma</i> , <i>Udararoga</i> (abdominal disorders) etc. <i>Kshara</i> was also incorporated in the preparation of <i>Kasisadi Taila</i> , and ghee was medicated to treat <i>Arsha</i> .
<i>Chakradatta</i> ⁷	In the chapter of <i>Arsha Chikitsa</i> , <i>Acharya Chakradatta</i> also describes the preparation method of <i>Kshara Sutra</i> and its application. <i>Ksharodaka</i> (alkaline water) containing <i>Patala</i> (<i>Stereospermum suaveolens</i>), <i>Yava Kshara</i> (Salts of potassium), <i>Paribhadra</i> (<i>Erythrina indica</i>), <i>Tila</i> (<i>Sesamum indicum</i>) along with powder of <i>Twak</i> (<i>Cinnamomum zeylanicum</i>), <i>Ela</i> (<i>Elettaria cardamomum</i>), <i>Maricha</i> (<i>Piper nigrum</i>) are mentioned for the treatment of <i>Mutraghata</i> . <i>Kshara</i> are also indicated along with <i>Vataghna Dravya</i> drugs in the treatment of <i>Ashmari</i>
<i>Sharangadhara Samhitha</i> ⁸	<i>Acharya Sharangadhara</i> mentioned the quality measures of <i>Kshara</i> and described various methods and utensils for the preparation of <i>Kshara</i> .
<i>Yogaratanakara</i> ⁹	<i>Acharya Yoga Ratnakara</i> various methods of preparation of <i>Kshara</i> along with the powder of <i>Pippali</i> mixed with <i>Kshara</i> is used in <i>Pleehodara</i> (splenomegaly)
<i>Rasa Tarangini</i> ⁶	In this book, description of <i>Apamarga</i> (<i>Achyranthus aspera</i>) <i>Kshara</i> , <i>Arka</i> (<i>Calotropis gigantea</i>) <i>Kshara</i> , <i>Tila Kshara</i> , <i>Snuhi Kshara</i> , <i>Palasha Kshara</i> (<i>Butea monosperma</i>), <i>Chincha</i> (<i>Tamarindus indica</i>) <i>Kshara</i> are mentioned
<i>Bhavaprakasha</i> ¹⁰	In this book, it defines <i>Kshara</i> as akin to <i>Agni</i> and capable of eradicating <i>Gulma</i> and <i>Shoola</i>
<i>Haritha Samhitha</i> ¹¹	<i>Kshara</i> is grouped into eight significant categories of therapy techniques according to <i>Acharya Haritha</i>
<i>Arka Prakasha</i> ¹²	A specific chapter named <i>Kshara Adhyaya</i> or <i>Kshara Prakarana</i> is there, and it mentions <i>Arka kshara</i> .
<i>Rasa Ratna Samuchaya</i> ¹³	Types of <i>Kshara</i> - <i>Mridu</i> , <i>Madhyama</i> , <i>Tikshna</i> is mentioned Properties like <i>Tikshna</i> , <i>Ushna</i> , <i>Lekhya</i> , <i>Pachana</i> is said
<i>Bhaishajya Ratnavali</i> ¹⁴	<i>Arsha</i> and <i>Bhagandara Chikitsa Pratisaraniya Kshara Karma</i> are mentioned.
<i>Ayurveda Sara Sangraha</i> ¹⁵	In the chapter, <i>Arsho Bhagandara</i> , <i>Granthi</i> , <i>Gulma Chikitsa</i> , and <i>Kshara</i> are explained.
<i>Kaiyadeva Nigantu</i> ¹⁶	In the chapters <i>Kshara Varga</i> and <i>Vishakarma Varga</i> , <i>Kshara</i> is mentioned.
AFI (Ayurvedic Formulary of India)	A separate chapter on <i>Lavana-Kshara</i> has been included. <i>Kshara</i> is defined as an alkaline substance. The Drugs & Cosmetic Rule 1945 describes the list of machinery, equipment, and minimum manufacturing premises required for the manufacturer of <i>Kshara</i> . <i>Kshara</i> is dominated by <i>Katu</i> (pungent) and <i>Lavana Rasa</i> (salty taste). It is the object of many senses and involves a unique preparation method.

TYPES OF KSHARA

Prayoga Bheda



Utpatti Bheda



Samkhya Bheda

- Kshara Dvaya
- Kshara Traya
- Kshara Panchaka
- Kshara Shashtaka
- Kshara Saptaka
- Kshara Ashtaka
- Kshara Dashaka

Kshara Dwaya

Rasa Tarangini ⁶	Bhava Prakasha ¹⁰	Yogaratanakara ⁹	Raja Nighantu
-----------------------------	------------------------------	-----------------------------	---------------

Sarji	Sarjika	Svarjika	Svarjika
Yava	Yavasuka	Yavasuka	Yava

Kshara Traya

Rasa Ratna Samuchaya¹³	Rasa Tarangini⁶	Bhavaprakasha¹⁰	Rasarnava/Raja Nigantu/Kaiyadeva Nigantu¹⁶
Yava Kshara	Yava	Sarjika	Sarjikshara
Swarjika Kshara	Swarji	Yavasuka	Yava
Tankana Kshara	Tankana	Tankana	Tankana

Kshara Panchaka

Rasa Ratna Samucchaya/Yoga Ratnakara	Rasa Tarangini⁶	Rasa Chandramshu	Kaiyadeva Nigantu¹⁶	Rasa Mitra	Sushruta³
Palasha	Kimshuka	Palasha	Palasha	Palasha	Usakshara
Mushkaka	Muska	Tankana	Apamarga	Mushka/Padala	Tankana
Yava	Swarji	Yava	Yava	Yava	Yava
Suvarchika	Tila	Swarjika	Swarjika	Suvarchika	Svarjika
Tila	Yava	Tila	Tila	Tilanala	Pakima

Kshara Shashtika	Kshara Saptaka
Dhanwantari Nigantu	Arka Prakasha¹²
Tila	Swarji
Palsha	Yava
Vacha	Tankana
Apamarga	Suvarchika
Kutaja	Palasha
Mustaka	Gaurya
	Mustaka

Ksharashtaka

Rasa Tarangini	Bhava Prakasha	Dhanwantari Nigantu	Yoga Ratnakara	Bhaishajya Ratnavali	Rasarnava
Snuhi	Snuhi	Tankana	Tankana	Tankana	Kadali
Palasha	Palasha	Palasa	Palasha	Palasha	Palasha
Apamarga	Apamarga	Apamarga	Apamarga	Apamarga	Apamarga
Chincha	Chincha	Mushkaka	Mushkaka	Muska	Chinch
Arka	Arka	Arka	Arka	Arka	Sigru
Tila	Tilanala	Tila	Tila	Tila	Tila
Swarjika	Swarjika	Sarjika	Swarjika	Svarji	Mochaka
Yava	Yava	Yava	Yava	Yava	Adraka

Ksharadashaka

Raja Nigantu	Raja Hridaya Tantra
Shigru	Shigru
Mulaka	Mulaka
Palasha	Palasha
Nimba	Kadali
Chitraka	Tila
Adraka	Adraka
Chincha	Chinch
Ikshu	Ashwatha
Apamarga	Apamarga
Mochaka	Mochaka

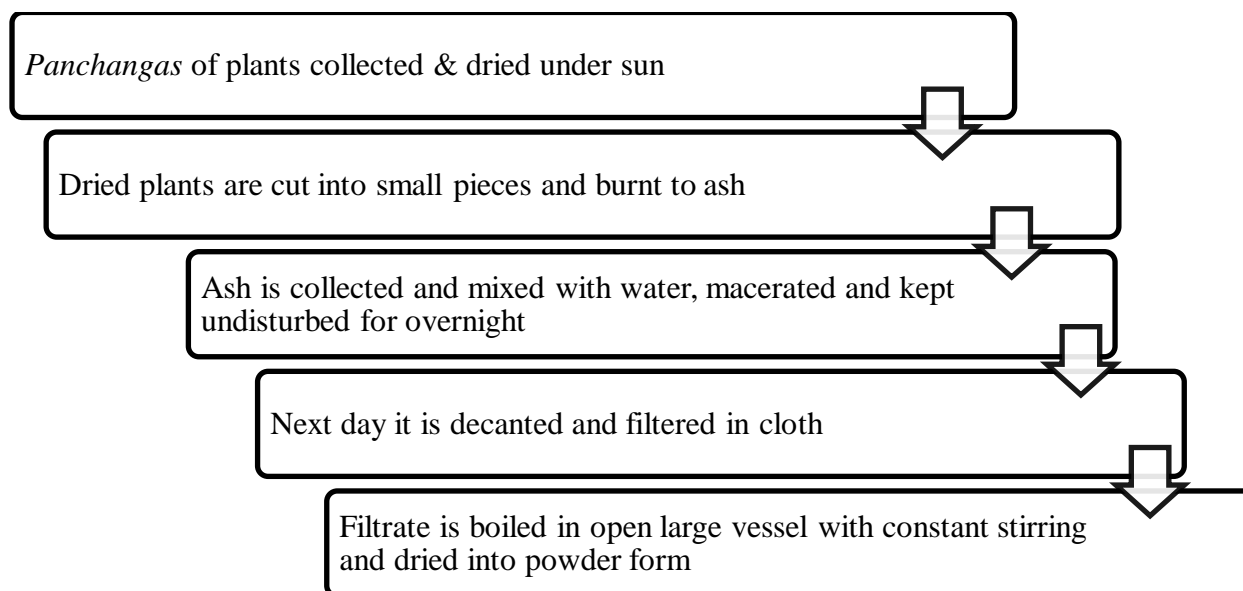
List Of Kshariya Dravya

Acharya Sushruta's List of Kshariya Dravya³			
Mushkaka	Arka	Tilvaka	Gunja
Kutaja	Snuhi	Chitraka	Ashwamaaraka
Palasa	Apamarga	Pootika	Sapthachada
Ashwakarna	Patala	Koshataki	Vrisha
Paribhadra	Nakthamala	Asphota	Vibhitaka

Method of preparation of Kshara

1. based on the season of preparation

Uttama(best)	Prepared in <i>Greeshma Ritu</i> (summer season)
Madhyama(good)	Prepared in <i>Sharad Ritu</i> (autumn season)
Adhama(bad)	Prepared in <i>Varsha Ritu</i> (rainy season)



2. Preparation Based on Teekshnata of Kshara

A. Pratisaraniya Kshara

Reference Book	Ratio of Ash & Water	Duration
Sushruta Samhitha	1:6	Kept overnight 21 times filter
Sarangdhara Samhitha	1:4	Kept overnight
Ayurveda Prakasha	1:4	Kept overnight
Ayurveda Sara Sangraha	1:8	2-3 days Filter-4 folds the cloth 7 times
Rasa Tarangini	1:4	Kept overnight Filter three-fold cloth

- To prepare *Mridu Kshara*, the dried drug is cut into small pieces and burnt. Water will be added to this ash, stirred well and kept overnight or for days. Next morning, it will be macerated well and filtered through cloth. The filtrate will be taken into an iron vessel and heated with intermittently stirring to evaporate all the watery portions. The *Kshara*, thus collected in the form of flakes at the bottom of the vessel, will be powdered and preserved in an airtight container
- To prepare *Madhyama Kshara*: heat *Mridu Ksharodaka* with lime (red hot), *Shanka*, *Nabhi*, and *Shukthi*. Pound it to form a paste and heat it until *Madhyama Kshara* is produced and turns to greyish powder.
- To prepare *Tikshna Kshara*, add **Danti, Dravanti, Chitraka, Langali, Putika Pravala, Talapatri, Vidlavana, Suvarchika, Kankakshiri, Hingu, Vacha, and Ativisha** to *Madhyama Ksharodaka* and mix it to form *Tikshna Kshara/Pakya Kshara*.

B) Paneeya Kshara is prepared by burning the drugs and making a solution of them in the same manner as other types of *kshara*.

Indications of Kshara

Pratisaraniya Kshara		Paniya Kshara
<i>Kushta</i>	<i>Vyanga</i>	<i>Gara</i>
<i>Kitibha</i>	<i>Mashaka</i>	<i>Gulma</i>
<i>Dadru</i>	<i>Bahya vidradhi</i>	<i>Udara</i>
<i>Mandala</i>	<i>Krimi</i>	<i>Agni sanga</i>
<i>Kilasa</i>	<i>Visha</i>	<i>Ajeerna</i>
<i>Bhagandara</i>	<i>Upajihva</i>	<i>Arochaka</i>
<i>Arbuda</i>	<i>Adhijihva</i>	<i>Anaha</i>
<i>Arshas</i>	<i>Upakusha</i>	<i>Sarkara</i>
<i>Dushta vana</i>	<i>Danthavaidarba</i>	<i>Ashmari</i>
<i>Nadivvana</i>	<i>Vataja Rohini</i>	<i>Abhyantara Vidradhi</i>
<i>Charmakeela</i>	<i>Pittaja Rohini</i>	<i>Krimi</i>
<i>Tilakalaka</i>	<i>Kaphaja Rohini</i>	<i>Visha</i>
<i>Nyacha</i>		<i>Arshas</i>

Contraindications of Kshara

Diseases	
	<i>Raktapitta, Jwara, Bhrama, Mada, Moorcha, Timira, Sarvanga Shoona, Udara, Kshataksheena, Trishna, Prameha, Kleeba, Udavrita Phalayani</i>

Persons	<i>Pitta Prakruti, Bala, Vriddha, Durbala, Sthavira, Bheeru, Garbhini, Ritumati,</i>
Site	<i>Marma, Sira, Snayu, Sandhi, Tarunasthi, Sevani, Dhamani, Gala, Nabhi, Nakhantha, Shepha, Srothas, Swalpamamsa, Akshu</i>

DISCUSSION

I. Utility of Kshara in Stree Roga

Kshara Prayoga Anarha - Kshara is contraindicated in the *Ritumati, Udavrita Phalayani, Pittaja* and *Raktaja* conditions.

Kshara Prayoga Arha

1. **Yoni Shola:** *Sukshma, Laghu, and Snigdha properties* relieve pain.

- *Yava Kshara* is an essential ingredient in *Vachadi Kalka* for external application, and *Yava Kshara* with other drugs like *Pippali, Vacha, Ajamoda*, etc., is fried in *Ghritha* and is taken with *Prasanna* internally.
- *Ksharadvaya Svarjika Kshara* and *Yava Kshara* are the ingredients of *Hingwaadi Churna*, which *Sharngdhara* mentions as helpful in *Yoni Shoola*.

2. **Granthi & Arbuda—due to its Chedana, Bhedana, Lekhana, and Ropana actions, tissues are necrotic, decreasing the size of the** tumour.

- In *Bhavaprakasha*, use *Svarjika Kshara, Moolaka Kshara, and Shankha Churna* as *Lepa*. In *Pakvavastha*, *Kshara* is also indicated as an external application for *Shodhana Karma* for managing *Granthi* and *Arbuda*.
- As surgical management, *Lepa* with *Kshara*, honey and jaggery is applied externally to enhance healing.
- *Yava Kshara Lepana* is said in the context of *Mamsa Granthi* as *Shodhana*
- *Svarjika Kshara, Yava Kshara*, along with *Saindhava, Sauvarchala, Haritala, and Gritha*, is mixed in *Tila Kalka* and is applied as a *Shodhana* treatment for *Pakvaja Medo Granthi*
- *Yogaratanakara* in *Arbuda Chikitsa* talked about *Lepa* with *Yavakshara, Vidanga* seeds, and *Gandhaka* with the blood of a chameleon, which cures *Arbuda* immediately.

- In the treatment of *Kaphaja Arbuda, Kshara* mixed with cow urine or *Ksharodaka* mixed with dove faeces, etc., should be applied. Other authors say that *Arbuda* should be rubbed with water mixed with *Kshara* and then faeces of doves, etc.

3. **Aupasargika Rogas-** *Ksharas* are *Krimihara* naturally.

- *Yava Kshara* is to be added to *Babbula Twak Kashaya* and taken internally with fresh, unboiled milk; this cures *Puyameha*.
- *Sarji* and *Yava Kshara*, along with *Sariva Kwatha*, cure *Puyameha* undoubtedly.
- *Sarji Kshara* with *Gandhaka* and *kwatha* of *Dvisariva, Katuki* and *Gokshura* cures *Vrana meha*.

4. **Sthanaja Shotha** - due to its *Chedana, Bhedana, Lekhana*, and *Ropana* actions, scraping abnormal tissues happens, decreasing the size of cyst/tumour

- *Sthanaja Shotha* for *Kaphaja* type *Ksharodaka* of *Kaphahara Dravyas* are used for *Parisheka*.

5. **Roma shatana Upaya** - due to its *Lekhana, Ropana* actions helps in depilation.

- *Vangasena* has included *Yava Kshara* in *Karpooradi Taila*, which was mentioned in *Streeogadhikaara* in the context of *Romashhatana Yoga*.

6. **Yoni arsha** and **Yoni Kanda-** *Kshara* is Indicated because of its *Lekhana, Chedhana, Bhedana* action abnormal tissues will be removed and promotes healthy tissue growth.

7. **Yoni Sankocha-** *Sphatika Bhasma* is mentioned in *Ayurveda Prakasha* helps in constricting the lax vaginal canal.

Other uses

- *Tankana*, which is an active ingredient of *Rajapravartini Vati*, used to induce menstruation
- *Yava Kshara* and *Swarjika Kshara* are ingredients of *Chandraprabhavati* used to treat pain during menstruation.
- *Kshara Taila* in *Uttarabasti* is used to treat tubal block

II. Utility of Kshara Prayoga in Prasuti Tantra

Kshara Prayoga Anarha: *Garbhini* should avoid alkali.

Kshara Prayoga Arha

1. **Raktha gulma-** *Agneya Dravyas* like *Kshara* are *Pitta Vardhaka* as well as *Vata – Kapha Shamana*. Due to its *Ushna and Teekshna properties*, *Kapha dosha and Medodhatu have decreased*, and *Srothorodha has been removed*.

- For *Shodhana* and *Nirharana Yava Kshara Churna* with *Ushna Jala* is given with other drugs.
- For *Bhedana*, *Yava Kshara* with *Ghritha* is given.
- *Acharya* said that the *Palasha Kshara Yamaka* is boiled and given internally.
- *Tila kalka* with *Yava Kshara* is placed in *Yoni*. *Katuka Matsya* processed with *Yava Kshara*.
- Internally to lick, *Nilotpala Kshara* with *Madhu* and *Gritha* advised.
- *Uttarabasti* with *Kshara* and cow urine, *Dashamoola Kwatha* is beneficial.
- *Yava Kshara*, *Kinwa*, and *Guda* used to prepare a *Yoni Varti*.
- As per *Sushruta*, *Yava Kshara* and *Trayushana Churna* with *Gritha* are given.
- As per *Yogaratanakara*, *Churna* of *Dantimoola*, *Hingu*, *Yavakshara*, seeds of *Alabu*, *Kana* with *Guda* triturated with *Snuhi Ksheera* made into *Gulika* is given.
- As per *kashyapa samhitha khila stana*, *Kshara Karma* can be done in sixth and seventh month in case of *Granthi*, *Pidika*, *Shotha*, *Rohini*, *Vidradhi*.

2. Makkala

- In the context of *Makkala*, *Yava Kshara Churna* with *Pippalyadi Kwatha* or warm water is used internally.
 - As per *Ashtanga Hridaya*, *Yavakshara Churna* is taken with *Gritha* or warm water.
3. **Moodagarbha** – usage of *Tankana Kshara* is told in *Rasatarangini*.

III. Use Of Alkalies in Modern OBGYN

- In Modern Gynecology & Obstetrics, this procedure is called chemical cauterisation.
- Mainly done with silver nitrate used for small lesions, ulcers or areas of granulation tissue, cervical erosions.
- Trichloroacetic acid is used for treating cervical intraepithelial neoplasia, genital warts persistent vaginal warts.
- Podophyllin is used for external genital warts.
- Monochloroacetic acid, similar to TCA, is used for genital warts.

IV. Established research on Kshara Prayoga in Prasuti and Stree Roga

- *Tankana* for external douching and is found to be effective in cervical erosion¹⁷
- *Tankana Kshara* is found to be helpful in genital warts.¹⁸
- *Apamarga kshara* used in *Yoni Arshas*, *Karnini Yonivyapat*. *Apamarga Kshara taila Uttarabasti* for tubal blockage¹⁹
- *Nimba Kshara* in *Yoni arshas*, cervical erosion
- *Snuhi Kshara*, *Palasha Kshara* for *Karnini Yonivyapat*
- *Palasha* and *Kalyanaka Paneeya Kshara* in PCOS²⁰
- *Patala Paneeya Kshara* in UTI

CONCLUSION

Kshara Prayoga, a cornerstone of Ayurveda, is vital in managing *Streeroga* (Gynaecological disorders) and *Prasuti Tantra* (Obstetric conditions). Its unique properties, including *Shodhana* (cleansing), *Lekhana* (scraping), and healing, make it a versatile therapeutic tool. By addressing conditions such as cervical

erosion, genital warts, and other gynaecological pathologies, *Kshara* therapy offers a minimally invasive and effective alternative to conventional treatments.

REFERENCES

1. Bang, R. A., Bang, A. T., Baitule, M., Choudhary, Y., Sarmukaddam, S., & Tale, O. (1989). High prevalence of gynaecological diseases in rural Indian women. *Lancet (London, England)*, 1(8629), 85–88. [https://doi.org/10.1016/s0140-6736\(89\)91438-4](https://doi.org/10.1016/s0140-6736(89)91438-4)
2. Bahadur RR. Shabdakalpadruma. Chaukhamba Sanskrit Series Office, Varanasi, Reprint. 1967.
3. Acharya J T. Sushruta, Sushruta Samhita of Acharya Sushruta, Sutra sthana, Ch.11, Ver.5. Varanasi: Chaukhambha Sanskrit Samsthan; 2019.
4. Acharya J T. Agnivesha, Charaka Samhita of Acharya Charaka, Dridhabalakrit, Chikitsa sthana, Ch.30, Ver.27. Varanasi: Chaukhambha Surbharati Prakashan; 2009. p. 636
5. Acharya Harishastri. Vagbhata, Ashtanga Hridaya of Acharya Vagbhata, Uttara sthana, Ch.33, Ver.50. Varanasi: Chaukhambha Orientalia; 2017
6. Sharma Sadhananda.rasa tarangini: Varanasi: Chaukhamba Orientalia; 2019
7. Dutta chakrapani. Chakradutta: Varanasi: Chaukhamba Orientalia; 2023
8. Sharangdhara acharya. Sharangadhara Samhita. Madhyama khanda, Sneha kalpana. Varanasi: Chaukhamba Orientalia;2012
9. Shastri VL. Yogaratnakara. Yoni Rogadhikara, Varanasi: Chaukhamba Orientalia; 2005.
10. Murthy KS. Bhavaprakasa of bhavamisra, Chikitsa Stana, Ch.70 Varanasi: Chowkhamba Krishnadas Academy. 2008.
11. Haritha. Haritha samhitha, Varanasi: Chaukhamba Orientalia
12. Ravana. Arka prakasha, Varanasi: Chaukhamba Orientalia; 2018.
13. Vagbhata. Rasa Ratna Samucchaya, Varanasi: Chaukhamba Orientalia;2011
14. Das Kaviraj govind.bhaishajyaratnavali, Varanasi: Chaukhamba Orientalia;2001
15. Joshi R. Ayurveda Sara Sangraha, Kshar Lavana Satva Prakaran: 8thedition, Nagpur: Baidyanath Ayurveda Bhavana Pvt Lt.
16. Sharma priyamvad. Kaiyyadeva nighantu, Varanasi: Chaukhamba Orientalia
17. file:///C:/Users/user/Downloads/article_1640933790.pdf
18. <https://ijapr.in/index.php/ijapr/article/view/1162>
19. <https://www.jayumedsci.com/sites/default/files/JAYuMedSci-4-1-457.pdf>
20. <https://www.ijam.co.in/index.php/ijam/article/view/06072015>

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Padhma Sree M & Rajani Kaggga: Kshara – Utility in Prasuti Tantra And Stree Roga. International Ayurvedic Medical Journal {online} 2025 {cited March 2025}