

A CRITICAL ANALYSIS OF PRATISAARANEeya KSHARA

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ABSTRACT

Acharya Sushruta while describing the preparation of *Kshara*, emphasized the procedure of *Kshara Karma*. The effect of *Kshara Karma* is praised very high; it can replace the *Shastra Karma* as it does the functions of *Chedana*, *Bhedana* and *Lekhana Karmas* without using *Shastras*. He explained 24 different species for the preparation of *Pratisaaraneeya Kshara* and has given much importance in the treatment of *Ardra Arshas*. The data of scientific analysis shows the pharmacokinetics of *Kshara* on *Ardra Arshas*.

Keywords: *Pratisaaraneeya Kshara*, *Arshas*

INTRODUCTION

Shalya Tantra, the integral part of *Ayurvedic* system contains detail description of *Shastra Karma* along with certain Para surgical procedures such as *Kshara Karma*, *Agni Karma*, and *Jaloukavacharana*. Among these Para surgical measures, *Kshara Karma* is having supreme place due to its tremendous properties in curing diseases.

There are different methods of treatment are described in *Ayurveda* for the management of *Arshas* based on its severity. Among them *Pratisaaraneeya Kshara* is one, which replaces the surgical intervention even and cures the condition without the help of surgical instruments.

Various research works are already completed on *Ardra Arshas* with *Pratisaaraneeya Kshara* at different research centers and concluded that it is one among the best treatment modality in *Arshas*.

As our *Acharyas* explained the *Gunakarmas*, advantages and disadvantages

of *Kshara* and also the indications and contraindications of *Kshara* in their *Samhitas*, yet we are trying to implement the utility of *Kshara* in all the indicated pathologies

Kshara is a kind of medication described in *Ayurveda* Texts for the management of various disorders. The word *Kshara* is derived from the root *Kshar*, means to melt away or to perish. *Acharya Sushruta* defines as the material which destroys or cleans the excessive/the morbid *doshas*¹ (*Kshyaranat Kshyananat va Kshara*). The drug which has the characteristics of *Kshanan* or *Ksharan* literally means that which destroys fleshy mass either healthy or unhealthy is *Kshara*. *Charaka* says *Kshara* is one which scrapes the abnormal tissue from its location and destroys it after dissolving it, because of its corrosive nature.

Indications

Alkaline preparations can be externally used in skin diseases like Psoriasis,

Taeniasis, Vitiligo, Non-lepromatous lesion, Fistula in ano, Tumor, Non-healing ulcer, Sinus, Exfoliative dermatosis, Mole, Non-elevated mole, Localized hyper pigmentation of skin, Nevus, Abscess and Hemorrhoids. In cases of worms and poisoning as well as in the seven forms of diseases which affect the cavity of the mouth and in different types of Diphtheria, external applications of alkalis act like substitutive surgical instrument.² Hemorrhoids occur in everyone but the incidence is 2:1 ratio of men and women.³

Contra indications

In diseases like *Jwara* (pyrexia), *Hrudroga* (cardiac disorder), *Shiroroga* (cranial diseases), *Panduroga* (anaemia), *Arochaka*, *Sarvangashopha* (anasarca), *Raktajagulma* (haemangiomas), and *Udararoga* (ascitis) *Kshara* is contraindicated. According to physical and mental state of the patient: *Kshara* is contra indicated in Children, phobic people, aged, menstruating women, pregnant women and physically weak.⁴ According to sites - Arteries, joints, vital parts, cartilages, veins, ligaments, throat, umbilicus, penis, insufficient musculature, nailbed, testis and all parts of the eye except eye lid.⁵ According to seasons - Summer, autumn and cloudy weather are contraindicated.

Kshara Karma (application of *Pratisaraneeya teekshna Kshara*): It is a non-surgical procedure indicated for the management of Hemorrhoids. A medicine (alkaline in nature) derived from a combination of various herbs is applied to the pile mass with the help of a special slit proctoscope.⁶ It is a type of chemical cauterization. The *Kshara Karma* method of treating piles and details of preparation have

been described in detail in the ancient text *Sushruta Samhita*⁷ and *Ashtanga Hridaya*⁸ and also the superiority of *Kshara* over sharp instruments has been mentioned in *Sushruta Samhita*.⁹

Dr. Ravi Shankar Parvaje method of preparation of *Pratisaraneeya teekshna Kshara* is a modification of what is described in *Ashtanga Hridaya*. It is prepared as -10 Kg of *Achyranthes aspera* (*Apamarga*) is burnt to get 1 kg of ash. One Kg of ash is mixed with six times of water to form a solution, which is filtered using a sterile cloth. The filtrate is boiled slowly to reduce it to 2/3 of quantity, followed by addition of 100g of Oyster or Pearl (*shukthi*) shell powder. The solution is again boiled slowly. To this solution, 10g of powdered *Plumbago zeylanica* (*Chitraka*), *Gloriosa superba* (*Langali*), *Acorus calamus* (*Vacha*), and Coral (*Pravala*) are added to get semisolid, brownish-colored paste; this is collected and stored in dry glass bottle.

As per the research conducted on the application of *Pratisaraneeya Kshara Karma* on *Ardra Arshas* with respect to histo pathological examination, the studies says the *Kshara* acts on Pile mass and cauterize it due to its corrosive nature and also acts on protein, protein coagulation occur in haemorrhoidal plexus, leads to disintegration of hemoglobin in to haem and globin. By this the death of tissue occurs and the haem part will slough out as in black color around 3 to 7 days. So there will be formation of complete obliteration of the haemorrhoidal plexus along with fibrosis takes place, this will prevent the recurrence.

Various research works for the recent advancement in the field of *Kshara* have been carried out. The effect of

Pratisaaraneeya Kshara in the management of *Ardra arshas* says *Kshara Karma* has advantages over classical haemorrhoidectomy with minimum hospitalization, less pain, minimum bleeding, no stricture formation (if correctly applied), and no recurrence and considered that *Apamarga* species is the best drug for the preparation of *Kshara* regarding efficacy.

Effect of *Aragvada Pratisaaraneeya Kshara* in the management of *Ardra Arshas* - provided better relief in pain, bleeding, slough and size of the pile mass of the patients in comparison to *Apamarga Kshara*.

Effect of *Mishrita Pratisaaraneeya Kshara* in the management of *Ardra Arshas* was carried out and it was observed that Post operative pain was less in *Mishrita Pratisaaraneeya Kshara* when compared with *Apamarga Pratisaaraneeya Kshara*.

Effect of *Arka Pratisaaraneeya Kshara* in the management of *Ardra Arsha* provided better relief in sloughing and size of the pile mass of the patients in comparison to *Apamarga Kshara*.

DISCUSSION

Man's quest for knowledge is never ending. Medical sciences are working hard to find out new devices, new things to fight on illness. *Kshara* is one such drug on which several studies were completed and many still in progress. Man is looking back to the nature to get away from the illness. That is why traditional system of medicines is getting valued and the herbs are searched for their medicinal uses. On reviewing the thesis of *Kshara*, the following points can be noted down. Many herbs were tested for their *Ksharana* property. Reviews of classical texts were done by authors and the drugs said to have efficiency in the management were tested. All the works are clinical.

Table 1: Effect of Arka Pratisaaraneeya kshara in Ardra Arshas

Value	Pain	Bleeding	Defecation	Sloughing	Color of the pile mass	Tonicity of anal canal	Size of the pile mass
% of Change	100	97.61	100	100	98.33	95	98.33
n	20	20	20	20	20	20	20
SD	0.60	0.75	0.58	0.36	0.22	0.75	0.22
SE	0.13	0.16	0.13	0.08	0.05	0.16	0.05
T	3.68	12.07	17.89	1.83	59	5.59	59
P	<.001	<.001	<.001	<.10	<.001	<.001	<.001

The modified simpler technique of *Kshara* preparation is applicable for all the indicated drugs in *Samhita* and also it minimizes the cost, requirements and time, with the same it maintains the excellent efficacy. The

histopathological study provides the mode of action of the *Pratisaaraneeya Kshara on Arshas*, this gives a step up to the researchers for the further advancement of the sciences. Researches should be undergo

at least in all the indicated pathologies regarding *Pratisaaraneeya Kshara* and also can try over the other disorders after taken the necessary precautions.

CONCLUSION

On analyzing the above said research works it seems all these works mainly were targeted for finding a best efficacy of the drug (alkaline property) after making *Kshara* from different *kshara dravyas* and tried mostly on internal hemorrhoids.

The modified method of preparation of *kshara* obtains a very good result and prevents recurrence and complications with the minimal invasions and risks and also it is very easier to prepare in both small and large scale and every one can make the utilization of *Kshara* in a maximum extent.

The application of *Kshara* other than *Arshas* is practicing by so many practitioners over the diseases like Tonsillitis, Idiopathic *dushta vranas*, Nasal Polyps, etc. and is getting very results.

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