

A CRITICAL REVIEW OF DIFFERENT METHODS OF PREPARATION OF PANEYAKSHARA AND ITS CLINICAL UTILITY

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ABSTRACT

Kshara is mentioned in Ayurvedic literature with a detailed description of its preparation, types, qualities, indications, contraindications, and complications. It is one among Upayantras and Anushastra. It is considered Pradhan among Shastra and Anushastra because of its qualities like Chedana, Bhedana, Lekhana, and Tridoshahara. The medicine has distinctive Ksharana and Kshanana properties, which destroys unhealthy tissues and healthy unwanted growths. Vagbhatta says diseases incurable by Shastra karma should be treated by kshara karma. Types of kshara based on its preparation and utility are Paneeya and Pratisamiya Kshara. Paneeya kshara is administered orally. It is a boon in several chronic conditions where surgical intervention is not possible. So, the present review is carried out on Paneeya Kshara on its preparation and clinical utility as mentioned in classics and recent studies done.

Key words - Paneeya Kshara, methods of preparation, clinical uses.

INTRODUCTION

Ayurveda is one of the ancient medical sciences in India. Its main aim is to maintain health and cure the ailing. When it comes to the part of curing diseases, '*Kshara*' takes this place. The concept of *Kshara* is

explained in *Brihatrayees* where *Charaka Samhita* deals with its usage. But detailed description regarding *Kshara*, its preparation, qualities, indications, and contraindications are explained in *Sushruta Samhita*.

It is an alkali substance extracted from various medicinal plant ashes. It is *Pradhanatama* among *Shashtra* and *Anushastras* because of its qualities like *Chedana*, *Bhedana*, *Lekhana*, and *Trodoshahara*.^[1] The derivation of *Kshara* itself shows its significance of corroding nature (devitalizing affected skin and tissues) i.e., *Ksharana*, and destroying skin and tissues where the effect is needed i.e., *Kshanana*.^[2] Since a variety of substances enter into the composition of *Kshara*, it has the capacity to subside *Tridoshas*. Owing to its white/ ash color, 'Saumya' *guna* is attributed to it. But since many *Agneya guna* substances are added to it, *Kshara* has the quality to induce inflammation, suppuration, burning, blistering, etc. on the applied site. Thus, it is attributed as one of the Para surgical procedures.^[3] Indications of *Kshara* are also seen in recent books like *Rasatarangini* and *Bhaishajya Ratnavali*. Moreover, it not only reduces complications but also prevents the recurrence of diseases with a reduced hospital stay.

Classification^[4]

Based on administration –

- *Pratisarniya kshara* – external application
- *Paneeya kshara* – internal administration

Based on concentration – *Mrudu*, *Madhyama*, *Tikshna*.

Based on origin– herbal, mineral, animal

Based on preparation – *Uttama*, *Madhyama*, *Adharma*

Aim And Objectives

- To carry literature review on different methods of preparation of *Paneeya Kshara* in *Ayurvedic* classics
- To review the clinical utility of *Paneeya Kshara*.

Materials And Methods

- The review was done by collecting all the references of *Paneeya Kshara* in the *Ayurvedic* classics and other related sources
- Further data mining was done using terms such as *Paneeya Kshara*, Standardization of *Paneeya Kshara*, clinical efficacy of *Paneeya Kshara*, and a total of 5 articles were obtained.

Observations And Results

In *Ayurvedic* classics, pathological conditions where *Kshara* is advised for internal use are listed below.

The indications of *Paneeya Kshara* as per *Sushruta* are *Garavisha*, *Gulma*, *Udara*, *Agnisanga*, *Ajeerna*, *Arochaka*, *Anaha*, *Sharkara*, *Ashmari*, *Abhyantara vidradhi*, *Krimi*, *Visha*, *Arsha*^[5] The preparation of *Paneeya Kshara* is similar to *Pratisarniya kshara* upto *Ksharodaka* as per *Sushruta*. This obtained *Ksharodaka* is boiled till 1/3rd of it remains. In *Gulmapratishedha adhyaya* of *Sushruta Samhita*, another procedure of *Paneeya Kshara* is mentioned. It is in *leha* consistency^[6] In *Ashmari Chikitsa Adhyaya* of *Sushruta Samhita*, *tilanala*, etc. *dravyas* are burnt, soaked in *Ajamutra* followed by its filtration. To this the ash, burnt *Gomaya* is added. The mixture is added with *Ushakadi gana dravyas* along with *Trikatu* and boiled^[7]. In *Pleehodar*, the patient is given *Shuktata kshara* with milk internally. Others like *Yavakshara* or *Palashakshara* after multiple filtrations is given orally^[8] *Kakadani*, *kakajangha*, *bruhati*, *kantakari*, *kadambapushpi*, *mandari*, *lambaand shuknasa* are burnt to ash. To this *Gomutra* is added and *Kshara* is prepared. This *Paneeya Kshara* cures *Shleepada*, *apachi*, *galaganda*, *grahani*^[9] In *Ashtanga Hrudaya*, *Yavakshara* is indicated in *Vataja* and *Kaphaja Gulma*^[10] *Tila taila* with *Bilva kshara* is indicated in *Parshwashoola*^[11] According to *Rasatarangini*, *Yavanaala* is burnt to ash and 8parts of water is added to it. Macerated well and filtered 7 times. This mixture is boiled over until water evaporates. The remnant white powder at the base is collected. It relieves *Gulma*, *Pleeha*, *Anaha*, *Udara*, etc^[12] Same method of preparation is for *Sarjakshara* which cures *Kasa*, *Shwasa*, *Gulma*, *Krimi*, etc. 1part of *Tankana* is diluted with 24parts of water. The solution is filtered and boiled on mild fire. Remnant paste left at the base of the vessel s collected and dried. This *Tankana kshara* cures *kasa*, *shwasa*, *sthavara visha*, *vrana*, etc. In *Charak Samhita*, use of *Utpala naal kshara* with *Madhu ghrita* in the case of *Grathita kaphanubandha rakta* in the throat is mentioned^[13]. Other conditions where different *Kshara* are taken internally as a formulation are *Gulma* for *Gulma shithilta*^[14], *Shotha*

[15], Udara [16], Grahani [17] for Agni vardhana, Grahani bala vriddhi, Shwasa [18] for Srotoshodhana. According to Bhaishajya

Ratnavali, yogas, where Kshara is content, are listed in Table-1.

Studies carried out on internal use of Kshara: Preparation and Physiochemical evaluation of Mrudu Ap-marga Kshara by B Pushpa Latha, Sujata Kadam et.al. revealed that repeated washing gave more yield [19]. A Preparation and Pharmaceutical Review of Makkaya Paneeya Kshara by Sahani J Govardhan, Sathish H S, Vivekanand Kullolliet. al. details the method of preparation of Paneeya Kshara out of Makkaya Roma (Dried hairs of Stigma maydis) [20]. Analytical study of Tila naal Paneeya Kshara by Durgesh Kumar, Parikshit Shirode [21]. Role of Paneeya Kshara of Certain Indigenous Formulation (Anand yoga) in the Management of Mutrashmari by Manoj Laxman Sonaje, Dudhamal Tukaram Sambhaji et al revealed patients got free from abdominal pain, dysuria, and reduction in calculi size [22]. Clinical Evaluation of Paneeya Kshara in the Management of Pittashaya Ashmari by Govardhan Sahani, Jayaram, Sathish Hegde, et al. [23]

DISCUSSION

By reviewing the Ayurvedic classics, it could be understood that Kshara is mainly used in kapha dushti, Kaphavritta vata, and margavarana conditions. In Pitta dushti conditions Kshara of sheeta dravyas is mentioned. Indications of Paneeya kshara in Sushruta Samhita and Ashtanga Hrudaya are Garavisha, Gulma, Udara, Agnisanga, Ajeerna, Arochaka, Anaha, Abhyantara vidradhi, Krimi, Visha, Arsha etc. However, very few clinical trials are carried out like the role of Paneeya Kshara of certain indigenous formulation (Anand yoga) in the management of Mutrashmari which resulted in good results like reduction of abdominal pain, dysuria and calculi size. Another study carried out by Paneeya Kshara in Pittashmari was significant in dissolving small gallbladder stones. There is further needed to carry out studies on other conditions like Abhyantara vidradhi, krimi, etc. which are already mentioned in

classics. Also, the formulations involving Paneeya Kshara should be standardized. And understanding its clinical utility through large group trails is the need of the hour. Overall, this will widen the knowledge regarding the internal administration of Kshara.

CONCLUSION

Kshara is a unique contribution to Ayurvedic literature among which Paneeya Kshara is having a good effect on Gastrointestinal tract. Moreover, it is having desirable effects on abdominal growths where surgery is contraindicated.

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Table 1: *Yogas* from *Bhaishajya Ratnavali* with Kshara as an ingredient among them

Reference	Disease	Drug	Kshara used
<i>Chakradatta</i>	<i>Gulma</i>	<i>Vachadi choorna</i>	<i>Yavakshara</i>
<i>Charaka</i>	<i>Gulma</i>	<i>Hingwadi choorna</i>	<i>Yavakshara</i>
<i>Chakradatta</i>	<i>Gulma</i>	<i>Kanayama gutika</i>	<i>Yavakshara</i>
<i>Rasendra Sara Sangraha</i>	<i>Gulma</i>	<i>Sarjakshara</i>	<i>Yavakshara, Sarjakshara, Tankana</i>
<i>Yoga Ratnakara</i>	<i>Gulma</i>	<i>Vadvanala Rasa</i>	<i>Tankana, Yavakshara, Sarjakshara, Apmarga, Palasha kshara</i>
<i>Bhavaprakash</i>	<i>Udara roga</i>	<i>Narayana choorna</i>	<i>Yavakshara, Sarjakshara</i>
<i>Rasendra Sara Sangraha</i>	<i>Udara roga</i>	<i>Trailokyasundara rasa</i>	<i>Yavakshara</i>
<i>Yoga Ratnakara</i>	<i>Grahani roga</i>	<i>Rasnadi choorna</i>	<i>Svarjakshara, Yavakshara</i>
<i>Charaka samhita</i>	<i>Grahani roga</i>	<i>Chitrakadi gutika</i>	<i>Svarjakshara, Yavakshara</i>
<i>Chakradatta</i>	<i>Grahani roga</i>	<i>Grahanishardula choorna</i>	<i>Yavakshara, svarjakshara</i>
	<i>Grahani roga</i>	<i>Dashamoola guda</i>	<i>Svarjakshara, Yavakshara</i>
	<i>Arsha</i>	<i>Vijayachoorna</i>	<i>Svarjakshara</i>
<i>Chakradatta</i>	<i>Arsha</i>	<i>Kankayana modaka</i>	<i>Yavakshara</i>
<i>Chakradatta</i>	<i>Arsha</i>	<i>Utpalashatpalaka ghrita</i>	<i>Yavakshara</i>
<i>Rasendra Sara Sangraha</i>	<i>Arsha</i>	<i>Arshakuthara rasa</i>	<i>Yavakshara</i>