

## A CONCEPTUAL STUDY OF KSHARA KARMA

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**ABSTRACT**

*Kshara* is a sarcastic alkaline in nature obtained from the ashes of Ayurvedic medicinal plants, animals, Minerals. *Kshara* used in India from the ancient period for the management of different diseases and disorders. It is a milder procedure compared to thermal cautery. Acharya Sushruta is the pioneer of *Kshara* Karma, as he introduced *Kshara* in one of the specific Chapters. *Kshara Vidhi Adhyaya*. *Kshara* is considered superior among *Shastra Anushastra* because it does the functions like excision, cutting & scraping.

**Keywords:** *Adhyaya, Anushastra, Kshara,*

**INTRODUCTION**

*Kshara* is formed by the amalgamation of many plant drugs, it mitigates. The *Tridosha* being white. *Kshara Karma* is useful as a substitute for surgical instruments because they can be used safely on patients. who is fear of surgery! Acharya Charaka has men-

tioned eighteen parts of herbal drugs which can be used in medicinal purpose *Kshara* is one among them *kshara karma* comes under the scope of Shalya Tantra while Acharya Charaka has considered it as one of the three types of treatment is *Shastra Pranidhana* in

Harita Samhita *Kshara Karma* is included in the Eight important types of treatment when the *Kshara* administered by an ignorant physician can harm the body like *Agni, Shastra* or even leads to death itself. Acharya Dalhana the commentator of Sushruta Samhita explained the word *Ksharana* as one which Mobilized & removes the deformed flesh, skin etc. or which removes the vitiated *Doshas* from their Location. Acharya Chakrapani has described the method of preparation of *Kshara*. Acharya Yadavji has described a separate chapter of *Kshara Kalpana*. *Kshara Therapy* not only minimizes complications but also reduces recurrence of the disease. *Kshara* can reduce the chances of post-surgical infections due to its alkaline nature. *Kshara* has the topmost place in all surgical & para surgical measures.

#### CLASSIFICATION OF KSHARA –

On basis of application -

1. *Pratisaraniya Kshara* (external applications)
2. *Paniya Kshara* (oral administration)

#### ACHARYA 'VAGBHATT' CLASSIFICATION

*Bahya* (external) *Parimarjana* & *Antaha* (Internal) *Parimarjana* based on concentration/potency – it is based on the strength or concentration of *Kshara* to achieve different depths of burning at the site. The *Pratisaraniya Kshara* has been further sub-classified into 3 types.

1. *Mridu* (Mild)
2. *Madhyama* (Moderate)
3. *Tikshana* (Strong)

Based on origin –

1. *Vanaspatija* (Medical Plant) ex – *Apamarga Kshara, Yava Kshara*
2. *Praniya* (Animal) ex – *Shankha* (Coral)
3. *Khaniya* (Mineral) ex – *Tankan* (Borax)

**PRATISARNIYA KSHARA**– Applying, *Kshara* externally

#### Method of Preparation –

- Collection of a drug like *Apamarga, Palash, Yava* each with their root, stem, branches, leaves & fruits i.e. (*Panchanga*) of the drug.
- Drying the plant in the air.
- Burning till complete convert into Ash.
- 6 parts of water are put into one part of Ash.
- Stir well Kept for overnight.
- Filtered through cloth 21 times.
- Kept for boiling in low flame.
- 1/10<sup>th</sup> part of *Prakshepaka Dravyas* like *Danti, Dravanti, Citraka, Langli, Pravala* etc. are added & boiled in low flame till semi-solid Consistency.

**INDICATION** – *Arshas* (Internal haemorrhoids), *Bhagandara* (fistula in Ano), *Arbuda* (Tumours), *Dustavrana* (Ulcers), *NadiVrana* (Sinus) *Charma Keela* (warts), *Tilakaalaka* (None elevated mole), *Baahya Vidradi* (external abscess) *Visha* (Disease produced due to poisons). *Kitibha* (Lichen Planus), *Mandal* (Psoriasis), *Kilas* (Leucoderma), *Shwitra, Nyacha* (Naevi), *Vyang* (Angiona), *Vidradhi* (abscess), *Krimi* (Worm Infestation), *Mashak* (warts), *Bahya Vidradhi* (external abscess), *mukharoga* (disease of mouth), *Upjivha* (Ranula), *Adhijivha* (Epiglottitis), *Upkush* (*pyorrhoea*), *Danta Vaidarbha* (gingivitis).

**PANIYAKSHARA** - Internal administration of *Kshara* in the form of *Kshara Jala*.

**INDICATION**- *GaraVisha* (artificial poison), *Vata-shalesma Grahni Gulma* (Malabsorption syndrome & Inflammation), *Udara* (abdomen disease), *Agni Maandya* (Weak digestive fire), *Ashmari* (Urinary calculi) *Abyantara Vidradhi* (Internal abscess), *Visuchika* (Cholera), *Alaska* (Meteorism), *Vilambika* (Distention & Indigestion), *Visha* (Disease due to poison) *Krimi* (Worm Infestation), *Arsha* (Haemorrhoid), *Ajirna* (Indigestion), *Arochaka* (Anorexia).

**Table 1:** Kshara karma according to various roga -

Disease	Susruta	Charak
Ashmari(calculus)	Til, Palash, Apamarga Kshara, (Paniya)	-
Arbuda (neoplasm)	Kshara (Pratisarniya)	-
Nadivrana (sinus)	Kshar Sutra Prayoga (Pratisarniya)	-
Dustavrana (infected wound)	Kshara (mushka, Palash)	-
Shwitra (leucoderma)	Ksharataila (pratisarniya)	Kela kshara
Mandal Kustha (psoriasis)		Kshar Palash (Pratisarniya) Kela, Patala, Nichul (Jalveta)etc.
Mashak (warts)	Kshara (Pratisarniya)	-
Kshudra roga (minor disease)	Paddari (Rhagades)- Yavkshar Aajgallika (Eruption in children) –yavkshar, Saj-jikshar (Pratisarana)	-
Mukha roga (disease of mouth)	Danta Vaidarbha- Kshara (Pratisarniya) Upjivha, adhijivha. - pratisarana by kshara Kaphaosthara (Inflammation of lips) – Dvikshara pratisarana	-
Arsha (Haemorrhoids)	Kshara	-
Rakta Pitta (bleeding disorder)	-	Kamalnaal Kshara (in kaphaanubandhgrathitayuktarakta)
Bhagandara (fistula)	-	Kshara Sutra {Pratisarniya Kshara}
Udarroga (abdominal disease)	-	1.Vayu– Parshavashoola (intercoastal neuralgia) – Bilva Ksharataila Pan (Paniya Kshar) 2. Kapha – Kshara
Grahaniroga -	-	Aam mala – Yavakshar
Grahani, Shotha, Arsha	-	Kutajakshara, Palash Kshara (Paniya)
Grahani, Gulma, Pandu, Hridayaroga, Udarvarta Shoola	-	Bhallatak Kshara (Paniya)
Grahani	-	Durlabhaha Kshara increase Grahani Kala Bala, also stimulate the normal function of Grahani
Anaha (Abdomen Distention), Atisara (Diarrrhea), Hridayagraha (Valvular heart disease), Shotha (Inflammation), Prameha (Diabetes), Pleeha roga (Disease of the spleen) –	-	Trifladi Kshara, (Paniya) Haridra Kshara.
Gulma	-	Yavkshara
Rakta Gulma (Haematol Metra, Abdominal Tumour, Ovarian Cysts, Ovarian Fibroma, Pseudo Pregnancy	-	Palash Kshara (Paniya)

## DISCUSSION

*Kshara* is useful & very effective in control & cure various diseases. In the case of *pratisarniya Kshara Acharya Sushruta* Considered that *Kshara Sutra* which is a type of *Pratisarniya* is best in the treatment of *Nadivrana*. we also see that *Bhagandara* is also successfully treated by *KsharaSutra*. The application of *Bahya & Abhyantara Kshara* is used in the treatment of *Arsha*. In the case of *Paniya Kshara*, *Kshara* is helping to break the *Sharkara of Ash-mari*. In the case of momentum come out from the abdomen (*Meda Vridhi*) *Kshara Bhasma* is used for sprinkling during excision. *Sheetala* dusting of *Vanyopal bhasma* in *Yoga Ratnakar* to prevent any secondary infection. In the case of *Dusta wound* (Infected wound) *Kshara* oil is used for cleaning the wound. so, we see that *Kshara karma* is superior to *Shashtra Karma* because *Kshara* having the benefits. Of *Chedana* (Excision), *Bhedana* (Incision), *Lekhana* (Scraping), *Shodhana* (Cleaning), *Ropana* (Healing) properties.

## CONCLUSION

The patient should require admitting to the hospital for surgery. There is no need for hospitalization for the patient. Another complication of surgery is heavy bleeding. because of the heavy bleeding patient could have a risk of shock & then can lead to death. but in *Kshara Karma*, it has properties to stop bleeding & *Kshara* have Natural Ingredients so, there is no chance of any harmful effect in the body so that the *Kshara Karma* is superior, to the *Shashtra & Anushastra Karma*.

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