



KSHARA KARMA - AN OVERVIEW

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ABSTRACT

Objectives: *Kshara* is caustic alkali it mitigates *tridosha*, it does *Chedhana* [Excision], *Bhedana* [Incision], *Lekhana* [Scraping], and is used for specific functions. **Methods:** *Ksara* is so-called as it moves down or produces. '*Ksaranat*' by carrying down[disintegrating] the vitiated skin, muscle, etc; Diseases that are difficult to treat with ordinary measures can cure by *Ksharakarma*. *Ksharakarma* has replaced many surgical procedures too. **Conclusion:** *Kshara* which destroys [the vitiated tissues and makes them fall off] *Kshara karma* can be used safely on patients who are afraid of surgery.

Keywords: *Kshara*, *Ksharakarma*, *Anushastra*, *Tridosha*

INTRODUCTION

kshara karma is a milder procedure when compared to surgery and thermal cautery. *Ksharakarma* is considered superior among *sastra* and *Anushastra*. Among *agni* and *Jalauka*, *kshara* only does *Chedhana*, *bhedana*, *lekhana* actions. *Kshara* contains a combination of different drugs thus they alle-

viate the *tridosha*.¹Being soma [white] in colour, it is Soumya; though being *Soumya* its actions such as *Dahana* [Burning], *Pachana* [digestion], *Dharana* [Tearing] are not hindered.²It is claimed that in many cases the purpose of surgical treatment may be served by oral administration of *kshara*.

Importance Of Kshara:

Kshara is a predominance of ingenuous drugs; it is pungent, hot, sharp, digestive [and suppurative], dissolving, cleansing, healing, drying, etc

Classification³ On the basis of administration- Internally- *Paneeeya kshara* and Externally-*Pratisarneeeya kshara* on the basis of concentration - *Mridu, Madhyama, Teekshana*

Properties Of an Ideal Kshara⁴

Not too sharp, too sharp, too mild, and too white; slimy, un spreading, wholesome, and quickly acting

DOSHA OF KSHARA⁵

Excessivesoftness, whiteness, hotness, sharpness, sliminess, spreadiness, thickness, improper cooking, and deficiency of constituents. According to charaka samhitha, the qualities of *kshara* are – Tikshna [sharp penetrating action], Ushna [hot and ability to produce perspiration], Laghu [light]⁶

METHOD OF PREPARATION OF KSHARA⁷

- Step 1- Collection of drugs like *Kutaja, Palasha, Asvakarna, Vibhitaka, Aragvadhya Tilvaka, snuhi, Apamarga, kadali, chitraka* each with their root, stem, branches, leaves, and fruits.
- Step 2 - Drying the plants in the shade
- Step 3 - Burning till complete ash is obtained
- Step 4 - 6 parts of water are put into one part of ash
- Step 5 - Stirred well and kept overnight
- Step 6 –Filtered through cloth for 21times
- Step 7 –Kept boiling in low flame
- Step 8 – 1/10th part of *Prakshepa dravyas* like *Danti Dravanti, chitraka, langali, Pravala*, etc are added and boiled in low flame till semi-solid consistency is achieved.

Indications Of Pratisaraneeya Kshara

Arshas [internal haemorrhoid], *Bhagandara* [fistula in ano], *Arbuda* [tumours] *Dushta vrana* [ulcers], *Nadi vrana* [sinus ulcers], *Charmakeela* [warts], *Tilakalaka, Bahya vidradhi* [external abscess], *Visha* [disease produced due to poison], *Upajihva, Adhijihva, Upakusa* and *Dantavaidarbha*; Three kinds of *rohini*.⁸

INDICATIONS OF PANIYA KSHARA

Gara visha [artificial poison], *Gulma, Udara* [Ascitis], *Agni mandya, Asmari* [urinary calculi], *Abhyantara vidradhi* [internal abscess] .⁹ Various methods of application of *kshara: kshara varti, kshara picu, kshara sutra. Kshara varti* is prepared by using *aushadha dravya choorna* mixed with *taila/madhu/ghrita/dugdha* and made into a small stick [Length and circumference of *varti* depend on the site of administration]. *Varti* is sterilized and preserved in a glass container.¹⁰ Indications-Used in a wound that is deep-seated and has a small opening. *Ksharapicu* was prepared by using a gauze piece 23cm in diameter, fixed in the double-layered circular wooden Ring. On Ist day *Snuhikshira* is applied over the gauze piece, and it should be dried for a day. On the 2nd day again, it is smeared with *Snuhikshira* then with a *Mridukshara* and dried. On the 3rd day dried gauze is smeared with *Snuhikshira* followed by *haridra choorna* and dried for a day and stored in a sterile container.¹¹

Indication- Dusta vrana, diabetic wound

Kshara sutra- Barbour's surgical linen thread 20 is selected for preparing *Ksharasutra* because of its maximum tensile strength and *kshara* retaining property for a long duration. Step 1-11 coats of *snuhi Kshira*. Step 2 - 7 coats of *Snuhi kshira and Mridu kshara*. Step 3 – 3 coats of *Snuhi kshira and haridra*. Hot air is blown each time after coating to dry the thread and sterilized by using a UV lamp lighted for 20-30minutes. Each thread measuring 10-11 inches should be cut and stored in a glass tube¹²

Contra indications of kshara karma [Kshara Aaharha]¹³

In *Durbala* [debilitated], *Bala* [children], *Vayastha* [old age], *Bhiru* [fearful], *Sarvanga shoona* [swelling of the whole body], *Raktapitta* [bleeding disorders], *Garbhini, Ritumati, Pramehi* [Diabetic] and in places such as *marma, sira, snayu, sandhi, Tarunasthi, dhamani, gala, nabhi swalpa mamdsa pradesha*.

Dose of Paneeya kshara – *Uttama matra:1pala – 40ml*

Madhyama matra – 3 karsha – 30ml

Heena matra -1/2 pala – 20ml

But dose should be calculated by Vaidyas according to *Dashavidha pareeksha*.

Pratisarneeeya kshara – As per requirement.

DISCUSSION

Kshara is superior among *sastra and Anushastra*, it does actions like *chedya bhedhya* and *lekhana* of vitiated tissues and make them fall off and mitigates *tridosha*. *kshara* is the predominant of various *usna* drugs, it is *Sukla* and *Soumya* in nature; it has *usna*, *teekshna*, *pachana*, *dharana*, *Vilayana*, *stambhana*, *vrana shodhana*, and *lepana* like properties. In *charaka samhitha* functions of *kshara* are *kledana* then *Vishoshana*; it has the ability to generate exudates and cleans up by drying, *pachana*, *Dahana*, *Bhedana*. *Ksharakarma* can apply in various methods depending on diseases such as *kshara sutra* in *bhagandara*, *Naadivrana*; *kshara varti* in *vrana* which has a small opening and deep-seated; *kshara picu* in *Dusta vrana*, diabetic wound. *Ksharakarma* is used for treating various diseases like *arsas*, *bhagandara*, *nadi vrana*, *Dusta vrana*, etc. *Ksharakarma* is a milder procedure when compared to surgeries, thermal cauterisation. *Ksharakarma* can be useful for people who are afraid of surgery.

CONCLUSION

Kshara karma is one among *Anushastra* and also superior among them. It is a milder procedure when compared to surgical procedures, so the application of *kshara* was found to be a safe, efficacious, and cost-effective method of treatment. It also has mild post-operative pain, no bleeding, minimum hospitalization, and less chance of recurrence. Hence *kshara karma* plays an important role in treating diseases.

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