



A COMPARATIVE ANALYTICAL STUDY OF YAVAKSHARA W. S. R. TO CLASSICAL MEDICINE PREPARATION METHOD

Babar Rashmi¹, Babar Vinayak²

¹M.D. (Kayachikitsa), ²B. A. M. S, D. Y. A, Ojas Ayurved and Panchakarma Chikitsalaya, Old Shirala Naka, Opp. KRP College, Islampur, Tal – Walwa, Dist. Sangli, Maharashtra – 415409, India.

Corresponding Author: contact.rashmi77@gmail.com

<https://doi.org/10.46607/iamj02p9022025>

(Published Online: January 2025)

Open Access

© International Ayurvedic Medical Journal, India 2025

Article Received: 17/12/2024 - Peer Reviewed: 05/01/2025 - Accepted for Publication: 14/01/2025.



ABSTRACT

Kshara is a unique medicinal preparation mentioned in *Ayurveda*. Classically prepared *Ksharas* have proper chemical composition and properties and give desired results when used in treatment. Inappropriate and ambiguously made *Ksharas* available in the market at cheaper rates, have different chemical compositions. To study the difference, we prepared *Yavakshara* using the classical method mentioned in the texts. We compared it with two other samples taken from the market, i.e. samples V and S. After chemical analysis of all three samples; we found that classically prepared *Yavakshara* had a higher percentage of potassium (67.76% as KCl) than market samples V (0.81%) and S (14.42%). The market samples of *Yavakshara* contain higher amounts of sodium as NaCl; sample V (23.25%) and S (49.11%), whereas classically made *Yavakshara* is only 19.08%. This indicates that market-available *ksharas* are like a common salt. Classically prepared *Yavakshara* is mainly a mixture of potassium and sodium salts in lesser quantities, per the API monograph. Hence, classically made *Yavakshara* is a more appropriate, good-quality end product than market-available samples.

Keywords: classical medicine preparation, *Kshara*, *Yavakshara*.

INTRODUCTION

Kshara is an alkaline substance derived mainly from plants by specific methods mentioned in the classical texts of *Ayurveda*. Some of them are also of mineral origin. They can be used internally and externally according to the preparation method and their potency. *Ksharas* can be obtained from variety of plants like *Yava* (*Hordeolum vulgare*), *Apamarga* (*Achyranthes aspera*), *Palasha* (*Butea monosperma*), *Chincha* (*Tamerinda indica*), *Kokilaksha* (*Asteracantha longifolia*), *Snuhi* (*Euphorbia nerifolia*), *Arka* (*Calotropis procera*), *Til* (*Sesamum indicum*), *Kadali* (*Musa paradisiaca*) etc. *Kshara* is defined as '*ksharanat kshananad va ksharah*'. It means the substance which can scrap off the non-viable, unwanted tissue or skin (*Dushit twak mamsadi chalanat*), *gulma* or vitiated *doshas*. It treats various diseases like *Gulma*, *Ash-mari*, *Mutrakrichhra* (Urinary disorders), *Kasa*, *Shwasa* (Disease of the respiratory system), *Granthi*, *Mukharoga* etc. Classically prepared *ksharas* have all the properties and give desired results in patients when used appropriately. While describing '*Chikitsa Chatushpadas*' (four pillars of treatment), our *Acharyas* have mentioned '*Dravya*' or medicine as one of the *pada* (pillar). A medicine or '*Dravya*' is like a weapon used in the battle against disease by *Vaidya* (physician). This weapon should be powerful enough to break the *samprapti* (pathology) of the disease. Our curriculum includes a separate subject called '*Rasashastra and Bhaishajyakalpana*', which gives us theoretical and practical knowledge about the preparation of various medicines. With the help of this knowledge, a *Vaidya* can prepare the medication required for practice. But nowadays, it is challenging for each *Vaidya* to prepare drugs of his own due to some practical problems. Hence, most practitioners rely on medicines prepared by various pharmaceutical companies. Ayurvedic medicine preparation has become an enormous business, and the availability of

drugs has also become easy. However, the quality and efficacy of such many medicines remain questionable. The collection of raw material, its quality, purification, processing and preparation methods are often ambiguous. The possibility of getting optimum results decreases with such drugs. Hence, we decided to prepare '*Yavakshara*' among all these *kshara* as a prototype. Then, we did the chemical analysis of this classically prepared *Yavakshara* and the other two samples of the same taken from the market. We compared all the findings at the end.

Materials and methods

The raw drug required to prepare '*Yavakshara*' is *Yava panchanga*, i.e., a whole barley plant (*Hordeolum vulgare*). We cultivated *Yava* on our farm organically and harvested it after complete maturation. The harvested *Yava* plants were then sundried completely. Dried plants were set to fire and burnt completely to form ash. After complete cooling (*swangasheeta*), the ash was collected. *Yavakshara* was prepared using the method explained in the classical text '*Rasatarangini*'. The ash of the *Yava* plant was soaked in six-fold water overnight. In the morning, supernatant water was taken without disturbing the sediment and filtered 21 times using a clean cotton cloth. This clear liquid obtained after filtration is called '*ksharodaka*'. This was taken in a big iron vessel to boil. It was stirred frequently in between, and all the water was allowed to evaporate. After complete evaporation of water, a white powder-like substance was obtained. This is called '*Yavakshara*'. *Kshara* prepared using this method, which was used in practice and gave the desired results. Then, we decided to study the chemical composition of this classically prepared *Yavakshara* by performing a chemical analysis and comparing it with two other samples taken from the market.

Observations and Results

Table 1: Yield of classically prepared *Yavakshara*

S. No.	Medicine	Raw material used	Total yield
1.	Yavakshara	Yava plant ash (1 kg)	147 gms

The total yield of *Yavakshara* from yava plant ash is approximately 15% of ash.

Table 2: Physical parameters of *Yavakshara*

S.No.	Parameter	Samples		
		(V)	(S)	Classically made
1	Colour	White	White	White
2	Odour	No	No	No
3	Taste	Salty	Salty	Less salty & stinging
4	pH	10.25	9.14	9.40

Table 3: Comparative chemical analysis

S.No.	Parameters	Samples		
		(V)	(S)	Classically made
1.	Water insoluble matter	<0.10%	<0.10%	0.44%
2.	Sodium (as NaCl)	23.25%	49.11%	19.08%
3.	Potassium (as KCl)	0.81%	14.42%	67.76%
4.	Potassium carbonate	<0.50%	<0.50%	<0.50%
5.	Bicarbonate (NaHCO ₃)	0.58%	1.67%	0.90%
6.	Nitrate (KNO ₃)	0.08%	0.41%	0.16%

DISCUSSION

We compared classically prepared *Yavakshara* with two other market samples – V & S. It is observed that the colour of all the samples was white. The taste of market-bought *Yavakshara* was salty, while that of classically made *Yavakshara* was less salty and had a stinging sensation. All the samples had alkaline pH. When we look at the chemical composition, a vast difference is seen between the market samples and classically prepared medicine. The percentage of sodium as NaCl in sample V is 23.25%; sample S is 49.11%, whereas in classically made *kshara*, it is only 19.08%. The percentage of potassium as KCl in sample V is 0.81%, and in sample S is 14.42%. However, the percentage of potassium in classically made *kshara* is 67.76%. This indicates that these market samples of *Yavakshara* are more like common salts as they contain sodium chloride to a greater extent and potassium salts in negligible quantity. Classically prepared *Yavakshara* contains higher potassium than sodium. *Yavakshara* is a mixture of potassium and

sodium salts with potassium in higher amounts. This shows that classically prepared *Yavakshara* is more appropriate and authentic, whereas those taken from the market seem to be prepared using inappropriate raw materials and incorrect methods. This raises a question about the authenticity of market-available products.

CONCLUSION

The above study reveals that classically prepared *Yavakshara* using appropriate raw material and following the correct preparation method yields a good quality medicine that meets the desired criteria. It has a proper chemical composition. On the other hand, *Yavakshara*, available in the market in abundant quantity and at cheaper rates, are nothing but sodium chloride. It can be said that common salt is being sold in the name of *kshara*. Ayurveda practitioners have to be very careful while purchasing and using various drugs because the use of inappropriate and unauthentic drugs may give undesirable results in patients and ruin our esteemed science.

REFERENCES

1. Dr. Sharma Anantaram, Sushruta Samhita Sutrashtana, Ch. 11, Chaukhambha surbharati prakashan, Varanasi, 2006, vol.1, p.78-84.
2. Dr. Garde G.K., Sarth Vagbhata (Marathi Translation of Ashtanga Hrudaya), Sutrashtana, Ch. 30 Chaukhambha surbharati prakashan, Varanasi, 2011, p.117-120.
3. Pandit Kashinath Shastri, Rasatarangini by Sadanand Sharma, Ch. 13, verse1-5, edition 11, Motilal Banarasidas, Delhi, 2004, p307.
4. The Ayurvedic Pharmacopoeia of India, Part 2, Vol.1, Edition 1, Monographs e-book, V.1.0, 2008, 43, Yavakshara (AFI – Part 1, 10:11).

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Babar Rashmi & Babar Vinayak et al: A comparative analytical study of yavakshara w. S. R. To classical medicine preparation method. International Ayurvedic Medical Journal {online} 2025 {cited January 2025} Available from: http://www.iamj.in/posts/images/upload/116_119.pdf