



KSHARA KARMA

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ABSTRACT

Kshara is a caustic chemical, alkaline in nature obtained from the ashes of medicinal plants. It is the superior most among the shastra and anushastra's because of performing chedana, bhedana and lekhana karma. Kshara karma is a procedure which is more effective compared to Shastra karma and Agni karma. Kshara has the qualities like chedana, bhedana and lekhana karma. Among all the surgical and parasurgical methods, kshara karma plays an important role. Kshara is of two types Paniya kshara and Pratisaraniya kshara. Again Pratisaraniya kshara can be advocated in the form of mrudu kshara, madhyama kshara and teekshna kshara.

KEY WORDS: Kshara, Kshara karma, Pratisaraniya kshara, Paniya kshara.

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.

As our Acharyas explained the Gunakarmas, doshas, 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 Ayurvedic 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 (Ksharanat Kshananadva Ksharaha^[1]). 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, by its corrosive nature.

Kshara is of two types namely Paniya kshara and pratisaraniya kshara. Kshara karma is done with new innovative methods like kshara sutra for various

conditions like bhagandara, Arshas, Nadivrana whereas in the form of kshara lepa in the conditions like Nadivrana, Vrana, Charmakeela, Kshara sutra, Tundikere, Cervical erosion, Arshas

SOURCES OF KSHARA

- Khanija: Eg: Tankana kshara, Sarja kshara & Surya kshara.
- Praniya: Eg: Shanka, Karpadika, Pravala etc.
- Vrukshaja: Eg: Apamarga kshara, Yava kshara etc.

IMPORTANCE OF KSHARA^[2]

“शस्त्रानुशस्त्रेभ्यः क्षारः प्रधानतमः छेदभेद लेख्य करणात् त्रिदोषघ्नत्वाद् विशेष क्रिया अवचारणाच्च”

Kshara is most superior to shastra & anushastra, since it does Chedana karma (excision), Bhedana karma (incision), Lekhana karma (scarification), Tridoshagna and has vishesha kriya (specific functions)

TYPES OF KSHARA.^[3]

Kshara is mainly divided into two types.

- 1) Pratisaraniya kshara
- 2) Paniya kshara

PANIYA KSHARA

Preparation of Paniya Kshara

Bhasmas of tila, ikshuraka, palasha, sarshapa, yavanala & mulaka is decanted with gomutra. Each 1 Pala (40gms) churnas of Kushta, saindhava, madhuyasti, suṇṭi, vidanga & ajamoda are mixed with Samudra

lavana 10 Pala (400gms) and mixture is cooked in patra on mandagni till it becomes semisolid.

Administered with Dadhi, sura, sarpi, dhanyamla, sukoshna jala, or kulattha khashya depending on disease condition.

पानीयस्तु गर गुल्मोदराग्निसन्ग अजीर्ण
अरोचकानाहर्शकराशमर्याभ्यन्तरविद्रधि क्रिमि विषार्शः
सूपयुज्यते॥

CONTRAINDICATIONS OF PANIYA KSHARA

“अहितस्तु रक्तपित्तज्वरितपित्तप्रकुतिबालबुध दुर्बल
भ्रममद मूर्च्छातिमिरपरितेभ्यो अन्येभ्यश्चैवम् विधेभ्यः॥”

INDICATIONS OF PANIYA KSHARA^[4]

PANIYA KSHARA IN GULMA, UDARA AND SHOOLA^[5]

Sl no	Gulma	Udara	Shoola
1	Yava kshara svarjika kshara & kushta with tila taila	Svarjika kshara, Kushta & saindhava lavana with sukoshna jala	Bhasmas of pippali, yava, chitraka & ushira with sukoshna jala
2	Svarjika kshara, Kushta & saindhava lavana with sukoshna jala		
3	Bhasmas of pippali, yava, chitraka & ushira with sukoshna jala		

PRATISARANEYYA KSHARA

Is a type of kshara where kshara is applied over the affected part.

PREPARATION METHOD OF PRATISARANEYYA KSHARA^[6]

Mrudu kshara

24 varieties of plants have been mentioned in Sushruta Samhitha. Useful parts are moola, phala, patra, shaka. Cut into small pieces and put them in a place, protected from wind for drying, all dried plants and pieces of Sudhasharkara are burnt together to ashes which are lighted with dried Tilanala. Ashes of plant material and Sudhasharkara are separated collected and stored. Ashes of plant material are only dissolved and stirred in six times pure jala or gomutra. Filtered twenty one times in succession. Filtrate should be boiled on mandagni till the mixture turns picchila and rakta varna. Then it should be filtered through a piece of clean ghana vastra and divided into two half. one part is again boiled in Mandagni until na ati ghana nor na ati sandra semisolid consistency is obtained

Madhyama ksahara

For Second part-Potency of kshara is increased by mixing drugs like sudhasarkara, jalashukthi of 8 parts with separately kept kshara jala. Heated on mandagni until it becomes red hot. This mixture is added to mrudu kshara and heated until the semisolid consistency is obtained

Teekshna ksahara

Churna of Danti, Dravanti, Chitraka, Langali, Putika patra, Praval, Talapatri, Vida, Suvarchika, Svarnaksiri, Vaca and Ativisha are taken in equal quantity each weighing one shukti (20 g) is mixed with madhyama kshara and heated

DOSHAS OF KSHARA

“अतिमार्दव श्वेत्याऔष्ण्यतैक्ष्ण्यपैच्छित्यसर्पिताः।

सान्द्रता अपक्वता हीनद्रव्यता दोष उच्यते॥”

Kshara doshas are ati mardavata, ati shvyata, ati ushnata, ati teekshnata, ati picchilata, ati sarpi, ati sandrata, apakvata and hina dravyata.

PRATISARANEYYA KSAHRA KARMA VIDHI

- Poorva Karma
- Pradhana Karma
- Paschat Karma

Poorva karma

Instruments used are shalaka (Shalaka yantra), kshara dravya (Apamarga kshara), pichu, amla dravya(Nimbhu swarasa), ghruta(Goghruta), taila(Tila taila), madhu are kept ready.

For Vataja: Avalikhya (scraping)

For Pittaja: Avaghrushya (rubbing)

For Khaphaja: Pracchayitva (scerifing) is done and then Kshara is applied

Pradhana karma

Kshara is taken in shalaka yantra and applied over the affected sthana and waited for “वाक् शतमात्रम्” and observed for “samyak kshara dagdha lakshana”.

“तस्मिन्निपतिते व्यधौ कृष्णता दग्ध लक्षणम्॥

On application of kshara over the diseased, portion get disintegrates and the spot turns krishna varna

Paschat karma

“तत्राम्लवर्गः शमनः सर्पिर्मधु सम्युतः॥

For shamana, kshara is wiped with amla varga dravya, sarpi and madhuka churna.

INDICATIONS OF KSHARA KARMA^[7]

उत्सन्नमांसान् कठनान् कण्डुयूथां चिरोत्थितान्॥

तथैव खलु दुःशोध्यैत् कसारकम्णा॥

Kshara is indicated in conditions like utsana mamsa (raised granulation tissue), kateena (Hard), kandu (Itching), Cherakaala (Chronic), dushodhana (Difficult for cleansing)

INDICATIONS OF PRATISARANEEYA KSHARA^[8]

तत्र प्रतिसारणीय कुष्ठ किटिभ ददु मण्डल किलास भगन्दर अर्बुद अर्शस् दुष्टव्रण नाडी व्रण चर्मकील तिलकालक न्यच्छ व्यन्ग मक बाह्यविद्रधि क्रिमि विषादिषूपदिश्यन्ते सप्तसुचमुखरोगेषु उपजिह्वाधिजिह्वोपकुश दन्तवैदर्भ्येषु तिसृषु च रोहिणीषु एतेश्वेवानुशस्त्रप्रणिधानमुक्तम् ॥”

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.

CONTRA INDICATIONS OF PRATISARANEEYA KSHARA

Kshara is contraindicated in diseases like Jwara (pyrexia), Hrudroga (cardiac disorder), Shiroroga (cranial diseases), Panduroga (anaemia), Arochaka, Sarvangashopha (anasarca), Raktajagulma (haemangioma) and Udararoga (ascitis). 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, nail bed, testis and all parts of the eye except eye lid.^[5] According to seasons - Summer, autumn and cloudy weather are contraindicated.

Pratisaraniya kshara is applied in the form of

- Kshara lepa
- Kshara sutra

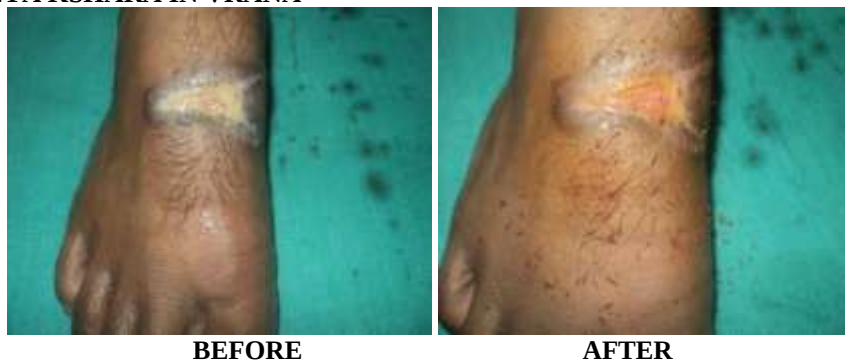
PRATISARANEEYA KSHARA IN NADI VRANA



KSHARA

- Helps in healing of wound from the base.
- Avoids formation of unhealthy granulation tissue.

PRATISARANEEYA KSHARA IN VRANA



- Removes the slough, devitalized tissues and the pus pockets.

PRATISARANEEYA KSHARA IN CHARMAKEELA



Pratisaraneeya kshara does lekana, bhedana and chedana of the lesion

PRATISARANEEYA KSHARA IN NASA ARSHAS



DAY 1

DAY 1 AFTER APPLICATION

- Shrinks the hypertrophied turbinate mass by its corrosive nature

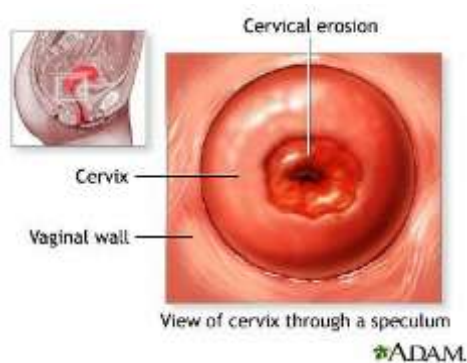
PRATISARANEEYA KSHARA IN TUNDIKERI



Pratisaraniya Kshara

- Reduces lakshanas like Katina shotha, Toda, Paka and Galoparodha

PRATISARANEEYA KSHARA IN CERVICAL EROSION



Kshara

- Erodes the superficial cells
- Helps in regeneration of underlying basal cells with growth of squamous epithelium.

KSHARA TAILA IN KARNA SRAVA



Karna srava, durgandha & kaphaja lakshana's are reduced with kshara application and thus helps in repairing of Tympanic membrane.

PREPARATION METHOD OF KSHARA SUTRA

The surgical linen thread of size 20 is spread horizontally throughout the length of hanger, which is mounted over a hanger stand. Each thread on the hanger is smeared with snuhi kshira with the help of clean gauze piece. All the four sides (front, back, above & below) of thread should be uniformly smeared. Hanger should be placed inside the cabinet & closed properly and later hot air is blown

to facilitate uniform drying of thread. In these way 11 coatings of Snuhi kshira is done. Next 7 coatings are smeared with Snuhi & Apamarga kshara. First ksheera is applied and then dipped in fine powder of Apamarga kshara.

Hanger is gently tapped to remove excessive kshara from the thread. At last 3 coatings are done with Snuhi kshira and Haridra churna. Ultra violet lamp in the cabinet should be lighted for 20-30 mins every day in order to provide good sterilization for threads.

When all 21 coatings are completed, each thread of 10 - 11 inches are cut and sealed in glass test tubes with labeling of DOM & DOS.

SOURCES OF KSHARA SUTRA

Apamarga, Palasha, Aragvadha, Karanja, Tilvaka, Patala, Vasa, Agnimantha, Sunhi, Chirabilwa, Krutavedana, Kutaja, Ashwakarna, Nimbha, Bhibhitaka, Karavira, Arka, Sariva, Chitraka, Gunja, Kadali.

KSHARA SUTRA IN BHAGANDHARA



Kshara sutra does the action of excision, scrapping, draining, debridement and healing of the tract.

KSHARA SUTRA IN ARSHAS:



Kshara Sutra cauterizes the arshas directly because of its corrosive nature and thus helps in coagulation. Prevents recurrence.

DISCUSSION

Kshara karma (Caustic therapy) is superior to Shashtra and anushastra karma. Kshara karma is widely practiced in various disorders in the form of Pratisaraneeeya kshara and Paniya kshara. Conditions like Arshas, Charmakeela, Nadi Vrana, Nasa Arshas, Tundikere, Rectal Prolapse, Cervical erosion and karna srava Pratesaraneeeya kshara lepa is used where as in Bhagandara, Arshas, Pilonidal sinus Kshara sutra is practiced. In disorders like Gulma, Udara and Shoola Paniya kshara is advised.

Pratisaraneeeya kshara lepa in Vrana removes the slough and the pus sockets. Shrinks the hypertrophied turbinate mass by its corrosive nature in Nasa arshas. In Charmakeela Kshara does Lekhana, Bhedana and chedana of the lesion. Reduces lakshanas like kateena shotha, toda, paaka and galoparodha in Tundekeri. In condition like Cervical erosion Kshara erodes the superficial cells and helps in regeneration of underlying basal cells with growth of Squamous epithelium. Karna srava, durgandha & kaphaja lakshana's are reduced with kshara application and thus helps in repairing of Tympanic membrane. In rectal prolapse, kshara helps in healing and thus anal canal becomes fibrosed and narrowed.

Kshara sutra is widely practiced in conditions in Bhagandara, Nadi vrana (Pilonidal sinus) and Bhaya Arshas. In Bhagandara kshara sutra does excision, scrapping, draining, debridement and healing of the tract simultaneously. Avoids formation of unhealthy granulation tissue and helps in healing of wound from the base in Nadi vrana. Kshara Sutra cauterizes the arshas (pile mass) directly by its corrosive nature and thus helps in coagulation and prevents recurrence.

CONCLUSION

Kshara is found applicable in a wide range of disease both internally and externally.

Kshara is effective in indicated diseases when used appropriately and it causes harm to the patient when used indiscriminately.

Usage of kshara is increasing day by day as it requires minimal surgical procedures.

In Bhagandara post operative pain is mild in intensity with minimal bleeding, requires minimum hospitalization, no scope for recurrence, no surgical complications like incontinence, stenosis and stricture.

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