

REVIEW OF RESEARCH STUDIES CONDUCTED ON KSHARA KARMA IN
GYNECOLOGYDr. Manju Chouksey^{1*}, Dr. Suresh Kumar Solanki² and Dr. Hetal H. Dave³¹Associate Professor, Department of Prasuti and StriRoga, L. N. Ayurved College and Hospital Bhopal, M.P.²Assistant Professor, Department of Prasuti and StriRoga, Ananya Ayurved College Kalol, Gandhinagar (Gujarat)³Associate Professor, Department of Prasuti and StriRoga, National Institute of Ayurved, Jaipur, Rajasthan.***Corresponding Author: Dr. Manju Chouksey**

Associate Professor, Department of Prasuti and StriRoga, L. N. Ayurved College and Hospital Bhopal, M.P.

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ABSTRACT

kshara the substance, possessing properties i.e. *ksharat* and *ksharan* means it has property to remove unhealthy *twacha mansadi*. *Kshara* destroy only the abnormal tissue. It is a milder procedure compared to surgery and thermal cautery. This property of *kshara* is due to its chedana, bhedana, lekhana and patan karma. It is versatile, because even such places that are difficult in approach by ordinary measures can be treated by *Kshara Karma*. *Kshara Karma* is useful as the substitute of surgical instruments, because they can be used safely on the patients who are afraid of surgery. The aim of this review study is to highlight the potential of *Kshara* in gynecology. The data related to the *Kshara Karma* has been collected by hand search and through the internet which was published in the scientific journals. This article gives direction to the new researcher for further study on *Kshara Karma* in different forms.

KEYWORDS: *Kshara Karma*.**INTRODUCTION**

Kshara is a medicine prepared from different plant explained in Ayurveda texts like Sushrut Samhita, Astanga Hridaya, Chakrapani and others. In Ayurveda different surgical procedures have been describe such as Ashtavidha shashtra karma, Shashti Upkrama and Saptaopkrama and para-surgical procedures like *Kshara karma*, Agni karma and Jalokavacharan. Sushrut has described it as one of the best para-surgical tools for the treatment of various surgical ailment.

Etymology of of *Kshar*^[1]

Acharya Sushruta defines that *kshara* the substance, possessing properties i.e. *ksharat* and *ksharan* means it has property to remove unhealthy *twacha mansadi*. *Kshara* destroy only the abnormal tissue.

Definition of *Kshara*

Kshara is a caustic, alkaline in nature obtained from the ashes of medicinal plants. It is a milder procedure compared to surgery and thermal cautery. It is the superior most among the sharp and subsidiary instruments because of performing excision, incision and scraping.^[2] It is versatile, because even such places that are difficult in approach by ordinary measures can be treated by *Kshara Karma*. *Kshara Karma* is useful as the substitute of surgical instruments, because they can be used safely on the patients who are afraid of surgery.

Classification: (S. S. Su. – 11/12)

According to Sushruta Sutrasthana *kshara* are of two types

- On the basis of Administration –
- Pratisaaraneeya *Kshara* – External application
- Paneeya *Kshara* - Internal administration
- On the basis of Concentration – Mild, Moderate and Highly

Indication of *Pratisaraniya Kshar*^[3]

Acharya Sushruta Mentioned so many disease in which local application of *kshara* can be applied, they are: *Kustha*, *kitibha*, *dadru*, *mandala*, *kilasa*, *bhagandara*, *arbuda*, *arsha*, *dustavrana*, *nadivrana*, *chamakila*, *tilakalaka*, *nyacha*, *vyanga*, *masaka*, *bahya vidradhi*, *krimi*, *visha*, *upajihvika*, *adhijihvika*, *dantavaidarbha*, Three types of *rohini*.

Indication of *Paniya Kshar*^[4]

Garavisha, *gulma*, *udararoga*, *agnisanga*, *ajirna*, *arochaka*, *anaha*, *sharkara*, *ashmari*, *abyantara vidhradhi*, *krimi*, *visha*, *arsha* in these all disease *kshara* can be internally used.

Properties of *Kshara*^[5]

According to Acharya Sushruta *Kshara* has property to pacify *tridosh*. Besides it is *saumya* in nature, it has power of *dahana*, *pachana* and *darana* properties. Due

to formed by *agneya aushadhi* it has many other properties like *katu-ushna-tikshna, pachana, vilayana, shodhana, ropana, shoshana, stambhana, lekhana, krimighna, ama-kapha-kushtha-vishaghna and medanashaka.*

Due to these properties it has been indicated in various gynaecological diseases including local application and internal use. It is used in even such places that are difficult in approach by ordinary measures and safely on the patients who are afraid of surgery.

Out of these two kshara, pratisarniya kshara specially finds a wide range of application in Gynaecology. Kshar can be used in following various forms^[6]

- Kshar – Powder.
- Kshar Sutra (Kshar treated thread).
- Kshar Taila (Oil prepared from Kshar).
- Kshar Jala (Kshar treated water).

MATERIAL AND METHODS

The aim of this article is to summarise the research studies conducted on different form of Kshara in the management of gynaecology, as preclinical and clinical. For that purpose, the search was done on internet by search engine Google, Pubmed, Ayurved Research database, the search in above site was done by keyword Kshara Karma and following articles were found in different sites. Some of article or post graduate research studies were made available by hand search as possible.

RESULT

1. Kshara taila Uttarbasti by Apamarga kshara taila in Infertility (Tubal blockage)^[7]

Effect of Apamarga kshara taila Uttarbasti in the management of infertility w.s.r. Tubal blockage, study carried out by Dr. Shankar Rajput at IPGTRA Jamnagar Gujrat, Total 16 Patient were administered Apamarga kshara taila Uttarbasti, and the trial drug Apamarga kshara taila gave highly significant result i.e. 75% in opening of Fallopian Tube, 83.33% in Fimbrial Block, 76.92% in Cornual Block.

2. Kshara Karma by Apamarga Kshara in Karnini Yonivyapad (Cervical Erosion)^[8]

Clinical evaluation of the efficacy of kshara karma with apamarga kshara and jatyadi taila pichu in the management of cervical erosion (karnini yonivyapada), study carried out in 2012 by Dr. Pragya Gupta at national institute of ayurveda jaipur, results was good, Group A- 15 registered patients were administered with application of 'Apamarga kshara' on cervix and 'Jatyadi Taila Pichu' in the vagina, Kshara for 7 sitting alternate day in a month and 'Jatyadi Taila Pichu' for 14 days in a month. Treatment was done after bleeding phase of menstrual cycles over. Average percentage of relief was Group A -72.17% followed by 'Group B' i.e. 68.44%.

3. Kshara Karma by Palasha Kshara in Karnini Yonivyapad (Cervical Erosion)^[9]

Comparative clinical study to evaluate efficacy of Palasha Kshara and Dhatakyadi Tail Pichu in the management of Cervical Erosion (Karnini Yonivyapad), study was carried out in 2014 by Dr. Manju Chouksey at national institute of ayurveda jaipur, results was good, Group I- 15 registered patients were administered with application of 'Palasha kshara' on cervix and 'Dhatakyadi Tail Pichu' in the vagina, Kshara for 7 sitting alternate day in a month and 'Dhatakyadi Tail Pichu' for 14 days in a month. Treatment was done after bleeding phase of menstrual cycles over. Overall percentage relief was higher in 'Group A' -71.40%, followed by 'Group B' i.e. 65.81%.

4. Kshara Karma by Snuhi Kshara in Karnini Yonivyapad (Cervical Erosion)^[10]

A clinical study to evaluate efficacy of Snuhi Kshara and Dhatakyadi Tail Pichu in the management of Karnini Yonivyapad w.s.r. to Cervical Erosion, study was carried out by Dr. Priyanka Sharma at national institute of ayurveda Jaipur, results was good, 15 registered patients were administered with application of 'Snuhi kshara' on cervix and 'Dhatakyadi Tail Pichu' in the vagina, Kshara for 7 sitting alternate day in a month and 'Dhatakyadi Tail Pichu' for 14 days in a month. Treatment was done after bleeding phase of menstrual cycles over. Average percentage of relief was 65.19%.

5. Removal of Cervical polyp by Ksharasutra^[11] Prepared with Apamarga Kshara, Snuhi kseera and Haridra

Use of Ksharasutra for removal of Cervical polyp- A case study report, was carried out by Dr. Raksha Dubey at Govt. Ayurved college Nanded. In this study ksharasutra gives tremendous result. In this single case study of cervical polyp, ksharasutra acts as chemical cauterization and mechanical strangulation of the blood vessel causes local gangrene of the cervical polyp mass tissue and ultimately resulting in falling out the mass average 5-6 days.

DISCUSSION

So many studies have been carried out on role of kshara karma in gynecology which gives significant result. Kshar is obtained from medicinal plants which may be chosen according to their properties required for various diseases.

Kshara taila Uttarbasti in Infertility (Tubal blockage)

Kshara Taila Uttarbasti removes the blockage of tubal lumen by directly acting on obstruction and restores the normal endometrium. It restores the normal function of the cilia by stimulating it. It also breaks the tubo-peritoneal adhesions and normalizes the tonic phasic contractions of muscle. It also simulates endometrial

receptors along with hypothalamo-pituitary-ovarian-uterine axis restoring normal hormonal functioning. So, it can be said that Kshara Taila Uttarbasti procedure can be a standard treatment for tubal Blockage.

Kshara Karma in Karnini Yonivyapad (Cervical Erosion) - Application of Kshara causes chemical cauterization and has better results than electric cauterization. Its dahan (burning) action causes vasoconstriction, pachan (digestive) causes death of superficial cells and daran leads to shedding off the cells while shodhan and ropan properties lead to cleansing-healing and regeneration of basal layer and growth of squamous epithelium explaining its effect in cervical erosion.

Removal of Cervical polyp by Ksharasutra - The ksharasutra act as chhedya (excision), Bhedya(incision), Ropan(healing power) and chemical cauterization of tissue by property of its alkaline nature which facilitates cutting of tissue. Due to alkaline (PH- >9.2) of ksharasutra. It acts antibacterial at site of ligation. Turmeric powder allows minimizes reaction of caustics and helped for healing of wound. Ksharasutra has combined effect of these three herbal drugs (Apamargakshar, Snuhiksheer and Turmeric) and said to be unique drug formulation for cutting of cervical polyp as well as making wound clean.

CONCLUSION

Kshar Karma is safe and easy to apply and doesn't require special skills unlike other parasurgical procedures. It is less painful with less recurrence and easily available. It's highly effective and cost-efficient with reduced hospital stay which is suitable for developing country like ours.

Limitation

More researches need to be done to further strengthen the faith. More emphasis and researches required on Paniya Kshar.

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