



## AN CONCEPTUAL STUDY ON EFFECTS OF KSHAR KARMA IN URDHVAJATRUGAT ROGA

**Dr. Gaurav Panya\*<sup>1</sup>, Dr. Jagruti Richhariya<sup>2</sup> and Dr. Rajendra Singh Patel<sup>3</sup>**

<sup>1</sup>P.G. Scholar, Dept. of Shalakyia Tantra Mansarovar Ayurvedic Medical College Hospital and Research Centre Bhopal MP.

<sup>2,3</sup>Assistant Professor Dept. of Shalakyia Tantra Mansarovar Ayurvedic Medical College Hospital and Research Centre Bhopal MP.

**\*Corresponding Author: Dr. Gaurav Panya**

P.G. Scholar, Dept. of Shalakyia Tantra Mansarovar Ayurvedic Medical College Hospital and Research Centre Bhopal MP.

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### ABSTRACT

*Kshara* is one of the *Ayurvedic* modalities used from the ancient period for the treatment of various diseases. *Acharya Sushruta* who is worshipped as the “Father of Surgery” is the pioneer of *Kshara Kalpana*. *Ksharakarma* is a para surgical techniques mentioned in *Ayurveda* and are explained to provide complete relief in certain diseases which are not cured by herbal medicine or surgical interventions. According to *Ayurved*, *Kshara* is ‘*Pradhanatama*’ among *shastra* and *Anushastra*. It is multifunctional hence advised in several *urdhwajatrugata vikaras* according to stage and predominance of *Doshas*. *Kshara* application is the best one, taking into consideration of its convenience, easy adaptability, cost-effectiveness, and curative. It also has mild postoperative pain, no bleeding, minimum hospitalization and fewer chances of recurrence. This review article deals with various aspects of *Kshara* in *Urdhwajatrugat roga*.

**KEYWORDS:** *Ksharakarma*, *Anushasta karma*, Para surgical procedure.

### INTRODUCTION

*Shalakyia Tantra* deals with sense organs known as *Gyanendriya* i.e. the site of the senses namely- two ears, two eyes, one nose, one tongue and all-pervading skin. They are the site of manifestation of the disease. *Kshara karma* is a popular treatment modality in *Ayurveda*, which has been indicated in various *urdhwajatrugata vikaras* like – *upajihva*, *adhijihva*, *upakusha*, *dantavaidarbha*, *rohini*, and many more. The *shodhana*, *Ropana*, *Shoshana*, and *Lekhana* and *Tridoshaghna* properties of *Kshara* have beneficial effects on diseases. *Acharya Sushruta* considered *Kshara* as ‘*Pradhanatama*’ among *Shasta* and *Anushastra*. According to *Ashtanga sangraha*, *Kshara* is ‘*Sarvasashtra- Anushastranam varishta*’. *Kshara* helps in the expulsion of harmful substances from the wound. The *Shodhana* property of *Kshara* also helps in the removal of sloughs and pus. The antiseptic action of *Kshara* due to *Ropana* property helps in wound healing. *Kshara karma* is important among all the para surgical procedures, due to its advantage of destroying *tridoshaja* disorders by *chedana*, *bhedana*, and *lekhana karma*. *Kshara karma* is a type of chemical cauterization its effectiveness in destroying unhealthy tissues and promotes the healing process. So it plays an important role in treating many *urdhwajatrugata vikaras*.

### Ksharakarma

#### Classification of *Kshara* based on

Administration	Potency
1. <i>Paneeeya Kshara</i> (Anta: <i>Parimaarjanam</i> )	1. <i>Mridu</i>
2. <i>Pratisaraniya</i> ( <i>Bahyaparimaarjanam</i> )	2. <i>Madhyama</i>
	3. <i>Teekshana</i>

### Properties of *Kshara*

*Rasa - Katu*  
*Virya - Ushna*  
*Varna – Shukla*  
*Guna - Soumya, Teekshana*  
*Doshaghna – Tridoshaghna*  
*Karma - Dahana, Pachana, Darana, Vilayana, Shodhana, Ropana, Shoshana.*

An ideal *Kshara* is appreciated for its multi- dimensional property, also known as *Kshara guna*; where as *Kshara* with *dosha* leads to side effects.

***Kshara Guna:*** *Na Ati Teekshana, Na Ati Mridu, Na Ati Shukla, Shalakshana, Picchila, Avishyandi, Shiva, Sheeghra.*

***Kshara Dosh:*** *Atimridu, Atishweta, Atiushana, Atitikshana, Atipicchila, Ativisarпита, Atisandrata, Apakatvata.*

**General dose of Kshara****Dose of Paaneeeya Kshara**

- i) Uttama : 1 pala (4 karsha)
- ii) Madhyama : 3/4 pala (3 karsha)
- iii) Avara : 1/2 pala (2karsha)

**Dose of Pratisaaraneeya Kshara**

- Mridu : 2pala
- Madhyama : 1pala
- Teekshna : 1/2 pala

**Mode of Action of Kshara**

Kahara has Shodhana, Ropana, Shoshana, Stambhana, Vilayana and Lekhana properties. Shodhana property helps in the elimination or expulsion of unwanted and harmful substances from the wound. It helps in the healing of wounds due to the antiseptic action of Kshara. Shoshana property helps in drying up and absorption of mucus discharge that gets collected in ulcer beds promoting the granulation. Stambhana property helps in contraction of opposing edges of ulcer to promote healing and vilayana property cause liquefaction and dissolving of localized unhealthy tissue. Hence by all these properties of Kshara, healing becomes fast.

**General indications of Pratisaaraneeya Kshara**

Alkaline preparation should be externally used in diseases which affect the cavity of the mouth such as Upajihvika, Adhigihvika, Upakusha, Danta vaidarbha and in the three types of Rohinis. Ashtanga sangraha added the disease Granthi and Vartmagata roga.

**General contra indications of Kshara**

Kshara karma demands skilled handling otherwise it may lead to death. Hence, before clinical use, it is very important to know about its contraindications in Pittaprakruti, Baala, Vridha, Durbala, Moorchhita, Timira, Shiroroga, Akshipaaka.

**Indications of Kshara karma in Netra, Mukha, Nasa, and Danta Roga**

Kaphaja Pratishyaya,	Kaphaja galganda
Dantashoola	Pinasa roga
Dantaharsha	Galashundi
Dantavaidarbha	Kaphaja Swarabheda
Adhidanta	Kaphaja jivhakantaka
Krimidanta	Nasarsha

**Samyak- Heena- Atiyoga Lakshana of Ksharakarma**

Samyak Dagdha Lakshana	Heena Dagdha Lakshana	Ati Dagdha lakshana
Vikaropashama, Laghava, Asrava, Pakwajambhu sankasha, Eeshat avasannam.	Toda, Kandru, Jadya, Vyadhividdhi, Durgandham	Oosha, Daha, Raga, Shopha, Jwara, Paka, Visarpa, Shiroroga, Vata- pitta kopa.

**DISCUSSION**

Kshara is a parasurgical method of treatment which is very much effective in the management of various diseases of urdhwajatrugata vikaras (Karna- Nasa- Mukha roga). As Kshara is prepared from many drugs it has Tridosha Shamaka property. Teekshana

Dantasharkara  
Dantapuppata  
Danta Naadi  
Upajihva  
Jalarbuda  
Adhijihva  
Mukharbuda  
Karnasrava  
Karnapaka  
Danta Naadi  
Upajihva  
Jalarbuda  
Karnashotha  
Arma  
Sirajala  
Sirapidika  
Arshovartama  
Suskarsha  
Vartamarbuda  
Pakshmakopa  
Upapakshamala  
Anjananamika  
Balasgranthi

Nasarbuda  
Nasagata Raktapitta  
Karnanada  
Krimikarna  
Dantavaidarbha  
Adhidanta  
Krimidanta  
Dantasharkara  
Dantapuppata  
Danta Naadi  
Upajihva  
Jalarbuda  
Lagana

**Kshara prayoga****Poorvakarma**

The patient is made to sit in Nivata pradesha (devoid of sun light), all the necessary arrangements should be done which is told in Agropaharaneeya Adhyaya. Examination of the patient and Ksharakarma pradesha has to be done. Do Doshanusaara poorvakarma like In vata dushti- Lekhana karma (scrapping); In pitta dusti- Gharshana karma (scrubbing) and in Kapha Dusti- Pracchana karma (incision).

**Pradhanakarma**

Apply Kshara using Shalaka (rodlike instrument) for the duration of 100 maatrakaala or according to the dosa.

**Paschatkarma**

After observing samyak dogdha lakshana (proper cauterization). Shamana prayoga is done with Amlavarga, sarpi and Madhuka. For Kshara vrana ropana, Tilakalaka, Madhuka and Ghrita have to be applied as Lepana. In the case of Heena or Adhidagdha vrana do treatment according to the Dosha.

pratisaraneeya kshara is better than Mridu and Madhyama Kshara. After Kshara is applied it creates chemical burn. Later it sheds off after necrosis. Simultaneously the wound of kshara Daghdha heals spontaneously as kshara possess wound healing property. The wound created by Kshara completely heals

within 2 weeks. No severe adverse effects are reported after the application of *kshara*.

### CONCLUSION

*Kshara karma* is a strong weapon in Ayurveda which has been advocated in many *urdhawavikaras*. It is equally useful for physicians & surgeons. It performs multiple functions of *shastra*, *anushastra* & *bheshaja*. Assessment of *Rogi Bala* & *Vyadhi Bala* is very important for the proper benefits of the procedure. It is a conducive, daycare procedure and is very effective, which can be performed under local anesthesia with minimal trivial post-procedure complications which are negligible. The correct way of adopting is the procedure helpful in managing the surgical disorders with ease and comfort. Hence it needs strongly practiced and popularized in *shalakya* diseases.

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