



INDICATION OF KSHARA IN CURRENT ERA

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ABSTRACT

Kshara is one of the famous formulations in ayurveda. It is most popular medicine among surgeons due to its wide range of action. *Sushruta* explained its importance as it is far more important than *shastras* and *amushastras* and also gave reason for its greatness. Unlike *Sushruta* other *Acharyas*, *Charak* and *Vagbhata* also emphasized the importance of *kshara karma*. All *Acharyas* studied *kshara* in detail and gave its properties, effects, adverse effects, indication, contraindication, method of preparation. *Brihatrayee* given use of *kshara* in various medical and surgical conditions. *Kshara* is like double edged sword, it means *kshara* definitely cures various diseases if used wisely but it is like poison if used injudiciously. So this is an attempt to explore the indications of *kshara* given in our context in today's era with proper logic.

KEYWORDS : *kshara karma*, *Sushruta*, Indication

INTRODUCTION

Kshara is prepared from a plant extract. It is said to be superior as it vitiates tridoshas, has properties to cut, scrap etc and can be used in specific conditions where any other treatment modality is not applicable. *Kshara* itself means it removes dead, necrosed tissues. The word *Kshara* (क्षर) is derived from the root *Kshar* (क्षर्), means to melt away (क्ष् स्यन्दने). *Acharya Sushruta* defines as the material which cleans the excessive/the morbid doshas (*Kshyananat Kshyananat va Kshara*). According to the preparation we can consider it to be caustic materials, obtained from the ashes after distillation and are mostly alkaline in nature. *kshara* has very wide range of action e.g. dahan-, pachan, daran, vilayana, shodhan, ropana, shoshan, stambhana, lekhan, krimi, aam, kushth, vishghna. These actions are due to its various properties like shukla, soumya, ushna, teekshna etc. It performs functions like incision, excision etc. It cleans and dries the wound. It digests aam.

Though *kshara* has wide range of action it has some gunas and doshas. So cautious use of *kshara* is mandatory as illogical or liberal use may harm the patient. *Acharyas* given the guna and dosha of *kshara* according to its formulation. *Kshara* guna include it should not be too sharp, too soft, white, fine, better to touch, slimy, immovable, not so tough or soft, rapid acting. The substance by which the diseased part of the body are killed or scratched are called *kshara*. *Ksharas* are made up of concentrated salts and alkalies obtained mainly from herbs. *Kshar karma* is the important para-surgical procedure. It proves beneficial in diseases which are not cured even by complicated surgery. Though *kshara* is characterized by all gunas mentioned in context, if it is not used wisely, harmful effects may be seen or disease will not cure or will aggravate.

So it is of immense importance to understand exact conditions where *kshara* should be used and where not to use.

Routs of administration of *kshara* are-

1. *Paneeeya* – Internal use
2. *Pratisarneeeya* – External use

Paneeeya means use of *yavakshara*, *sajjika* etc. in churn, vatak, *avaleha* form.

Indications of *Paneeeya kshara*-

Agnisang- Poor digestive power. As *kshara* possesses *ushna*, *teekshana* properties, it is having *deepana* property so it is indicated in *agnisang*.

Paneeeya Kshara is indicated in all diseases that are formed due to *agnimandya* and devoid of *pitta dosha* e.g. *gulm*, *udara*, *ajeerna*, *arsha* etc.

Gulm- *Gulm* is formed due to vitiation of *vata dosha* and *kshara* is having *ushna* property which is against the *shita* property of *vata* so it is indicated in *gulm*.

Udara- the main pathology in *udara* is *strotorodh*, *agnimandya* and *vigun vata dosh*. *kshara* plays important role in *strotoshodhana* due to its *teekshna* property, improves *agni* due to its *deepana* property and *ushna* property helps to pacify *vata dosha*.

Ajeerna, *arochaka*, *aanaha* are also indication for *paneeeya kshara* as there is also *agni dushti* and *aam dushti*.

Also it is indicated in *abhyantar vidradhi*, *krimi*, *vish* also.

The *Paneeeya Kshara* is mostly used for the treatment of diseases like artificial poison, abdominal lump, indigestion, calculus etc.

Pratisarneeeya *kshara*-

Kshara that is used for external application is *pratisarneeeya*. It is of three types-*mridu* *Madhya*, *teekshna* according to strength and method of preparation is different for each of them. *Sushruta* gave in detail the method of preparation of all the three *pratisarneeeya kshara* and how to access the strength of *kshara*.

In the past strength of *kshara* was accessed by its action on *errand nala*, if *errand nala* gets burned before 100 *matra* *kal* it was considered as *teekshna kshara*, if it takes more than 100 *matras* then it was considered as *mridu kshara*.

Nowadays strength of *kshara* is judged according to its *Ph*. more the *ph* *teekshna* the *kshara*.

Indications of *pratisarneeeya kshara*-

The *Pratisaraniya Kshara* is used to apply on tumors, piles, fistula in ano, skin diseases etc

Indications can be classified broadly as-

1. skin diseases
2. oral diseases.

1. Skin diseases include-

a. *Kushth*-

Kushtha occurs when three dosas are perturbed. It affects four *dusyas*, namely skin, muscles, blood and lymph. Skin diseases occupy an enormous portion in the treatise of *Charaka*. After going through the treatise it becomes very clear that *kushtha* (mainly leprosy) was considered to be the most important of all skin diseases and it had an immense effect in the society. The word *kushtha* was used to represent mainly leprosy and many different kind of skin diseases that were similar or dissimilar to leprosy. *Kshara* is said to be effective in *kushtha* also

b. Dadru-

This represents with raised lesion with erythema, itching and eruptions, possibly a description of dermatophytosis or eczema. Dadru can be correlated with fungal infection or ring worm infestation. Vitiating kapha and vata are the main culprit in dadru. Kshara due to local application controls fungal growth and thus indicated in dadru and ultimately in fungal infection.

c. Kitibh-

This can be correlated with psoriasis as its appearance same that is bluish discolouration, dry and rough skin, scales on skin, itching. Vata and kapha is dominant dosha so kshara is effective in this disease. Here the lesion is black with rough surface and the effect is due to disturbed vata and kapha

d. Mandada-

Kapha is dominant dosha in mandala kushth. The appearance of kushth is circular whitish patches, doesn't spread easily, intense itching. As kshara is having properties that pacify kapha it can be used in this type of kushth.

e. Kilas-

This can be correlated with leukoderma or vitiligo. Vitiating tridoshas when affect meda dhatu white patches are formed which is the pathology of kilas. Here dushya is meda (fat).

f. Charmkil-

The main pathology is provoked vyana vayu along with kapha dosha produces firm and nail like growth externally. These can be considered as skin tags. That means vata and kapha are mainly involved so kshara can be used effectively.

g. Tilakalak-

This is considered as melanocytic naevus. These are whitish or bluish patchy lesions.

h. Nyachha-

Congenital hyperpigmentation of body can be considered as nyachha.

i. Vyanga-

Hyperpigmentation of face can be correlated as vyang.

j. Mshaka-

Elevated nevi can be considered as mshak.

Kshara on pratisarana causes chemical debridement of these lesions so it is indicated in these skin disorders.

k. Bahya vidradhi-

Sushruta given treatment of bahya vidradhi as pachan, daran, bhedana. Kshara has daran, pachana property. So kshara is used in bahya vidradhi.

l. Krimi-

The main reason for Krimi formation is kapha dosha. Kshara is used in krimi for external application as it has krimighn, teekshna property.

m. Vish- Kshara also indicated in visha by sushruta.

n. Various oral cavity diseases such as ranula, tumours of mouth, tonsillitis.

advancing the result of surgery is kshara.

4. Kshara can be used in various skin diseases, various abdominal conditions such as abdominal lump, poor digestion etc.
5. Some oral cavity diseases are also treated with pratisarneeya type of kshara.

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CONCLUSION-

1. There are many diseases which are not curable with modern medicine or drugs are not so much effective to treat the diseases.
2. Notorious diseases where medicine as well performing surgery also difficult and has a lot of complication like - infection, disfigurement, difficult to approach etc.
3. Under such condition the alternative measure for