



LITERARY STUDY OF KSHARA AS HETU AND CHIKITSA FROM CHARAK SAMHITA

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ABSTRACT In Charak Samhita, Kshara as Etiological factors and Treatment modalities are mentioned.

Ksharas are alkaline substances obtained by processing the ash of drugs. Kshara has properties of hot, penetration action, light, dry, increase liquidity and improves agni etc. When *Kshara* is continuously used in excess quantity, patients continuously suffer from baldness impotency, blindness, and grey hairs, cardiac disorders characterized by severing pain in early stage. Kshara Kalpas are used to normalize Kapha which get vitiated because of excessive use of Amla, Madhur. Kalpas are prepared in the form of Churna, Vati, Taila etc. to balance the vitiated Kaphaja disease. Kshara Kalpas with actions such as Chedana, Bhedana, Lekhana etc. are discussed on the basis of their content and indications. Their application in diseases of Kaphaja Grahani, Kaphaja Gulma etc. In this paper, etiological factor and probable mode of action of Kshara which is used as Chikitsa along with its therapeutic uses is explained.

KEYWORDS : Kshara, Hetu, Chikitsa.

INTRODUCTION:-

Kshara possesses rich medicinal values and is used as an important ingredient in various formulations which are used in the management of Gulma, Grahani, Ajeerna, Arsha, Ashmari, Shwasa etc. Acharya Charak has advised about Kshara as one of the important internal medicines in diseases such as Udara Roga and in Rakta Gulma. Acharya Charak has stated Ksharas as Hetu for various diseases as Pittaj Jwara and Rakta Pitta. He has not recommended constant and excess use of Kshara.

Action of Kshara as causative factor in disease are found in Charak samhita such as pittaja arsh, pittaja jwar etc. According to Acharya Charak, Kshara is include in katu skandha and Acharya susruta include in Lavana skandha.

In this paper, scholar has explored the concept of Kshara as HETU and CHIKITSA aspect.

AIM:

To study of Kshara as Hetu and Chikitsa from Charak samhita.

OBJECTIVE:

1. To study of Kshara as Hetu from charak samhita.
2. To study of Kshara as Chikitsa from charak samhita.

MATERIAL

1. *Charaka Samhita* with *Chakrapani* Commentary

METHODOLOGY:

1. Scattered references of Kshara have been compiled.
2. Compiled references have been categorized on the basis of types, Guna, Karma, as a Hetu and as a Chikitsa.
3. Analysis and interpretation of all compiled references have been done.

Definition of Kshara

As per Acharaya Charak, Kshara scraps the abnormal tissue from its location and destroys it after dissolving it, because of its corrosive nature.

Kshara as Hetu:

Kshara is one of the major factor of Gramya Aahara Due to use of Gramya Aahara, muscles become flabby, joints become vitiated, fat accumulated and liquified in excess. In such person marrow does not remain intact inside bone. Impairment in the ejaculation of semen and ojas undergo diminution. Person feels exhausted, excess of Sleep, drowsiness, laziness. Person loss initiative, gets dyspnoea, become incapable of physical and mental work. Person also loses his memory, intellect, complexion.

In Pittaja jwara Amongst other hetus like ushna, amla, lavana, katu

rasa sevana, Kshara sevana is one of the important Hetu of Pittaja jwara. Due to these Hetus, vitiated pitta comes in contact with Jatharagni and Blocks the channels carrying Rasa and Sweda, impairs Agni due to liquidity and takes out the Agni from Amashaya and spreads it all over the body. Thus, pittaja jwara manifests.

Also in shukravaha srotas dusti, When Kshara used as internal application in excessive quantity. Ushna, teekshna, Laghu, ruksha, properties of kshara destroy guru, snigdha, Madhur properties of Shukra Dhatu. Kshara work as kledana then vishoshana. PH of semen is too alkaline causing infertility due to excessive use of Kshara. When Kshara used for long time it leads to impotency.

Also in Pittaja arsha, Due to ushna, teekshna properties of kshara increase pitta dosha. Vitiated pitta localized in gudavali, pradhana dhamani and mamsadhara kala and arise symptoms like burning sensation, bleeding. Arsha may become chronic or incurable due to complications like excessive bleeding, gudapaka.

Also in pittaja udar disease, Ushna, teekshna guna of kshara increase pitta dosha. pitta gets vitiated instantly and joining with vayu and kapha, obstruct the passaga and extinguishes digestive fire in the stomach and give rise to pittaja udar roga. Now a days peoples are consuming fast food and junk foods regularly. Ajinomoto is one of the major ingredients in such fast foods, specifically in Chinese foods. People got addicted to such foods, as ajinomoto has addictive effect or Rochana effect. Ajinomoto is type of Kshara and Kshara has Rochan effect and hence increases taste. Though it increases taste, but consuming these types of food regularly, are not good for health. Acharya Charak has stated in Viman sthan that Pippli, Kshara and Lavana should not consume in more quantity and frequently.

1. Ajinomoto - Monosodium Glutamate (MSG) Disodium Guanylate and Disodium Inosinate are used as food flavouring agents in chinese food items chips etc. Ajinomoto cause: Headaches, Facial pressure, Chest pain, Burning sensation 9.
2. Sulfites are common preservatives used in various fruits, have side effects in form of headaches, palpitations, allergies, and even cancer 10.
3. Nitrates and Nitrites, Benzoates, aspartame, sulphur dioxide, propyl paraben etc 11.
4. sulphite and nitrite are alkaloid compound found in kshara which is used as preservatives of meat, fruits cause harmful effect.

Kshara as Chikitsa:

Various Ghrita, Churna, Vati, Taila Kalpas are related to Kshara. In this paper, scholar has included selected reference of Kshara where it is used for treatment of some Vyadhis, Avastha or Lakshana.

Scholar has found various reference, these are classified under: Shaman and Shodhana category.

1. Shaman:

Shamana treatment which pacifies the Doshas in their site and balancing the doshas.

Shaman Yogas are sub categorised under:

- A. CHURNA
- B. GHRITA
- C. TAILA
- D. VATI
- E. Ointment
- F. OTHERS

2. Shodhana:**Shodhana Yogas are sub categorised under:**

Shodhana chikitsa is used to eliminate excessive doshas, waste elimination from body.

- A. Therapeutic vomiting.
- B. Therapeutic purgation.
- C. Therapeutic enema.
- D. Nasal administration of medicines.

Jalodara is a disease which is caused due to obstruction of Udakavaha and Swedavaha Srotas. Due to the Mandagni, vitiated Vata and Kapha dosha causes the accumulation of fluid. Ushna, Tikshna properties of Gomutra enhances Agni and Ushna, Tikshna, Ruksha properties of Kshara work as Strotoshodhana and helps in Samprapti vighatana simultaneously removal of Aapya dosha. Thus kshara is helpful in treatment of Jalodara roga.

Also in Kasa roga, Ushna, Teekshna properties of Kshara decrease Kapha dosha. Kshara clear the kapha in the obstructed respiratory tract and subsides the aggravated pranavayu. Ashvagandha kshara licked with honey and ghee results in cure of Kasa (cough), Hikka (hiccups) and Shwasa (dyspnea). So Kshara linctus should give to purify channel obstructed by kapha dosha.

Also in Kustha disease, Due to Hetu sevana, Tridish prakopa, Twak, Rakta, Mansa and Ambu shathilyata. Further Doshas gets accumulated at the place of Dhatu Shathilyata. Dosh and Dushya Sammurchhana occurs. kadali, palash, patala, nichula, mix ksharodak used as lepa - in - Mandal kustha Due to Kshara has ksharana and kshanana properties of Kshara, Kleda and Kapha dosha in Mandala Kustha is removed so kshara work as Lekhana karma in mandala Kustha roga.

Also in Kaphaj gulma, Kaphaj Gulma is developed by Dosh Dushya Samurchhana occurs in aamashaya, gradually kaphadosha accomplishes hard and round shape like firm cystic growth and adhere to Aamashaya. Higdadi churna is indicated in Kaphaja Gulma Chikitsa as it is prepared with various types of drugs such as tikta rasa, Kashaya rasa dominant dravyas such as Hingu, Chitrak. Due to Ksharan and Kshanan properties and Katu, Ruksha guna of Kshara reduces Madhur, Snigdha guna of Kapha Dosha in Gulma.

DISCUSSION:

In the era, plant-derived products are importance as medicinal products and cosmetics. Herbal medicines are widely used in health-care in countries. According to an estimate of the World Health Organization, about 80% of the world population still uses herbs and other traditional medicines for their primary health care needs. Ayurveda utilizes different forms of herbs in therapeutics. Kshara is one among such forms.

According to Acharya Charak, Kshara dravya has Ksharnatwa in nature. Acharya charak has mentioned 2 types of Kshara preparation and has mentioned the use of Kshara according to disease. Acharya chakrapani has described the method of preparation of kshara. Kshara is dominated by Katu and lavana rasa.

Hetu:

Excessive use of KSHARA vitiates Pitta Dosha, Rasa dhatu, Rasvaha and Swedvaha Srotas thus Pittja Jwara disease manifest. Excessive use of Kshara vitiates Pitta dosh, Shukra Dhatu, Shukra vaha Srotas, Abhyantara marga thus Shukra Dusthi. Excessive use of Kshara vitiates Pitta Dosha, Rakta Dhatu, Rakta vaha Srotas thus Rakta pitta disease occurs.

PITTAJAJWARA

In this sutra, various Hetus of Pittaja Jwara are explained. Amongst

other Hetus like Ushna, Amla, Lavana, Katu Rasa sevana, Kshara sevana is one of the important Hetu of Pittaja Jwara.

Due to these Hetus, vitiated pitta contact with Agni of Amashaya. Blocking the channels carrying Rasa and Sweda, impairs Agni due to liquidity and taking out the Agni from Amashaya and spreads it all over the body. Thus, Pittaja Jwara occurs.

Acharya Charak quoted Kshara as Gramya Ahara (blameworthy food). Due to use of Kshara, muscles become flabby, joints become vitiated, fat accumulated and liquified in excess. In such person marrow does not remain intact inside bone. Impairment in the ejaculation of semen and ojas undergo diminution. Person feels exhausted, excess of Sleep, drowsiness, laziness. Person lacks in enthusiasm, gets dyspnoea, become incapable of physical and mental work. Person also loses his memory, intellect, complexion.

Kshara is quoted as one of the part of Trios drugs which should not be consumed regularly and in excessive quantity. Kshara is associated with hot, sharp and light properties. It is used for suppuration, cauterisation and penetration. Its excessive use produce injurious effects on hair, eyes, heart and virility. It is used for digestion, burning and tearing. People of villages, cities, where Kshara is continuously used in excess quantity, they continuously suffer from baldness, impotency, blindness, and grey hairs, cardiac disorders characterized by severing pain.

Chikitsa:

Various ksharas which are found in Charak samhita Yavakhara, Sarji kshara, Apamarga kshara are the Ksharas which are mostly used for the management of various disease. Pippalyadi Anjana, Mulakadi lepa, Kadali kshara alepa, Chitrakadi lepa etc kshara kalpas are used as Pratisarniyya kshara and Yavakshar ghrita, Ksharagudika, Kantkari ghrita etc Kshar kalpas used as Paniya kshara

Action of kshara kalpas in various disease:**Srotoshodhan karma**

Various diseases like Jalodara, Sannipataja udara, Mridbhakshana janya pandu, Karna roga etc manifested by Srotovarodh janya samprapti. Many Kshara kalpas work as Srotoshodhana karma such as Yavakshara churna used in Jalodara, Sanipataja udar roga and Mridbhakshana janya pandu etc.

Vata anulomana karma

Various disease like Vataja Gulma, Arsh, Udavarta, Vatajakasa, Vataj hridroga. many Kshara kalpas such as Taila panchaka used in Vataja Gulma, Nilinyadi ghrita used in Vataj Gulma, Yavakshara churna used in Arsh work as Vata anulomana karma.

Lekhana karma

various Kshara kalpas work as Lekhana karma in Kaphaja Shiroroga, Mandala kushtha, Switra etc. Bhallatak lepa used in Shwitra, Kushtha, Arsh, Chitrakadi lepa used in Mandala kushtha work with its Lekhana action.

Deepana karma

various Kshara kalpas work as, Aamaja Grahini, Kaphaja Grahini, arsh etc. such as Yavakshara churna in Makkala roga, Kshara ghrita in Mandagni, Palash kshara ghrita in Arsh, Duralabhadi khara in Kaphaja Grahini.

Vilayana karma

Various kshara kalpas work as Vilayana karma in Hikka, Shwasa, Urdhwaga Rakta pitta etc. Such as Aswagandha kshara in Hikka, Shwasa, Kamalnaal kshara in Urdhwaga raktapitta.

Kshara Agada is described by Charaka samhita is similar except for few ingredients & indications and the method of preparation. However, most of the drugs are having Visaghna, Krimihara, Deepaniya karmas. The use of Kshara Agada in cases such as skin disorders, liver disorders, ano-rectal disorders, allergic problems is also justified theoretically. The review is an attempt to provide collective knowledge on therapeutic, pharmacological and medicinal use of Kshara Agada.

Kshara Agada contains 15 drugs. Most of these drugs are having Katu, Tikta rasa; Ushna veerya; Katu vipaka; Kusthaghna, Visaghna, Deepaniya and Krimihara karmas. These drugs are very potent and

reported to have actions such as Krimighna ,shothahara etc Individually, some of these drugs have diuretic, diaphoretic actions which are useful in elimination of poison. The preparation is prepared in Kshara having less Tikshna guna which makes it suitable for use in treatment of poison where fast action is required.

CONCLUSION

1. In Charak Samhita there are 26 types of Kshara are mentioned.
2. Among various Kshars, Yavakshara is found most frequently used.
3. Amongst all Kshara Kalpas, Churna Kalpana is maximum used.
4. Mridu Ksharas are used in Pittja and Raktaja diseases whereas Madhyam and Teekshana Ksharas are used in Vataja -kaphaja diseases.
5. Maximum number of Ksharas work as Chedana, Lekhana, Bhedana Strotoshodhana, VataAnulomana.

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