



KSHARA KARMA AND ITS APPLICATION IN SHALYATANTRA

Dr. Swati Vishnu Gote

Post Graduation Scholar at Shalyatantra Department, PMTs Ayurved College, Shevgoan, Ahmadnagar.

Dr. Mahesh Joshi

Guide and Professor of Shalyatantra Department

Dr. Sumedh Wasnik

HOD and Professor of Shalyatantra Department

ABSTRACT Kshara Karma is considered one of the Anushastra Karmas described by Acharya Sushruta. Kshara (caustic alkali) is regarded as superior among both Shastra and Anushastra because it performs functions such as excision, incision, and scraping. It also helps in balancing all three Doshas (Tridosha). Kshara Karma is versatile, as it can be effectively applied even in areas that are difficult to access through conventional surgical methods. Extensive descriptions of Kshara are available in many authoritative Ayurvedic texts. However, Acharya Sushruta is considered the pioneer of Kshara Kalpana, as he introduced Kshara the specific chapter. These Kshara preparations have numerous therapeutic applications and have proven effective in the treatment of various disorders. In many cases, their application has also reduced or replaced the need for surgical procedures.

KEYWORDS : Kshara, Anushastra Karma.

INTRODUCTION

Kshara is a caustic chemical, alkaline in nature obtained from the ashes of medicinal plants. Acharya Sushruta has described in detail regarding Kshara by dedicating a separate chapter KsharaPakavidhi Adhyaya which no other author has made. The prepared drug substance is called Kshara because it causes Ksharana (Destruction of tissue) to Mamsa and other Dhatu.^[1] Acharya Sushruta defines the Kshara as the substance possessing Ksharana and Kshanan (Destruction) properties^[2] Kshara is described as one among the Anushastras^[3] and one of the Upakrama for Vrana (Wound)^[4]. It is the superior most among the sharp and subsidiary instruments because of performing Chedana (excision), Bhedana (incision), Lekhana (scraping) and destroys the Tridoshaja disorders^[5]. In successive literature like Puranas, there is description of Kshara in two forms i.e., oral and local application. Ksharakarma is more effective than the other modalities of treatment, because they can be administered both internally and externally. The classification of Kshara can be done in various ways on the basis of administration i.e. Paneeya and Pratisaraneeya^[6], concentration i.e., Mrudu, Madhyama and Teekshna^[7]. Sushruta mentioned different plants as: Mushkka, kutaj, Palash, Ashwakarna, Paribhadra, Bhibitaka, Aragvadhya, Tilwaka, Arka, Snuhi, Apamarga, Patla, Naktamal, Vrusha, Kadali, Chitraka, Putika, Asphota, Ashwamarak, Saptachanda, Agnimantha, Gunja, Koshataki^[8]. It has been proved to be effective in treating many disorders like Dushta Vrana (wounds), Bhagandara (Fistula-in-ano), Arsha (haemorrhoids), Charmakeela, Ashmari (Stone), Gulma Udara (ascites), Kushtha (leprosy), Rohini etc^[9]. In Harit Samhita, Kshara karma is included in the eight important types of treatment. It is not too sharp, not too mild, too white, smooth, slimy, nonspreading, wholesome and quickly acting. Because of its whiteness it is prominent in soma inspite of its potency for burning, digestion, tearing etc. nit antagonized due to prominence of properties of igneous drugs, it is pungent, hot, sharp, destroys worms, Ama, Kapha, poisons and fat. Excessive use may lead to impotency. Excessive use of Kshara leads to Pumsatvaupagatha. Acharya Charaka said Kshara helps in digestion but excessive use cause impairment of vision. Acharya Vagbhata described that due to Katurasa, Kshara is injurious to Hridaya, Keshha, Chakshu, Ojus and Shukra.

Properties of Kshar^[10]

Rasa	Katu
Virya	Ushana
Varna	Shukla
Guna	Saumya, Teekshna, Agney
Doshaghna	Tridoshaghna
Karma	Dahana, Pachana, Darana, Vilayana, Shodhana, Ropana, Shoshana

Method of Preparation^[11]

Step 1 - Collection of drugs like Kutaja, palasha, asvakarna, paribhadra, vibhitaka, aragvadhya, tilwaka, arka, snuhi, apamarga, kadali, chitraka each with their root, stem, branches leaves and fruits.
 Step 2- Drying the plants in shade.
 Step 3- Burning till complete Ash is obtained
 Step 4 - 6 parts of water is put into one part of Ash
 Step 5 - stirred well and kept for over night
 Step 6 - filtered through cloth for 21 times
 Step 7- kept for boiling in low flame
 Step 8- 1/10th part of prakshepakadravyas like dantidravanti, citraka, langali, pravala, etc are added and boiled in low flame till semi solid consistency is achieved.

Indications^[12]

Arshas (Internal haemorrhoids), Bhagandara (fistula in ano), Arbuda (tumours), dusta vrana (ulcers), Nadi vrana (Sinus ulcer), Charma keela (warts), Tilakaalaka, Baahya vidradi (external abscess) Visha (Disease produced due to poisons).

Internal administration of Kshara in the form of Kshara jala.

Indications- Gara visha (artificial poison), Gulma, Udara, Agni maandya, Ashmari (urinary calculi), Abyantara vidradhi (internal abscess).

Method of Preparation of Kshara Sutra

Step 1-11 coats of snuhikshira.
 Step 2-7 coats of snuhikshira and mruhukskshara.
 Step 3-3 coats of snuhikshira and haridra.
 Each time while coating hot air is blown to dry the thread.
 UV lamp lighted for 20 to 30 min every day to sterilize the thread.
 Each thread measuring about 10 to 11 inches should be cut and stored in glass tube.

Standardization:- Barbours surgical linen thread 20 is selected because of its maximum tensile Strength and kshara retaining property for sufficient duration.

Type of Kshara is Mrudu

Snuhi Kshira is collected every morning in a glass container by stabbing the stem of plant.

Indications^[14]--Bagandara Nadivrana Arbuda.

Method of Preparation of Ksharavarti

Step 1 - Make aushadadravya into fine powder.
 Step 2 - Mix it with taila/grutha/madhu/dugdha and make it like small stick.
 Step 3- length, circumference of varti depends on purpose and site of administration.

Step 4 - sterilized and preserved in glass container.

Indications - Wounds which are having small opening, deep seated.

Method of Preparation of Kshara Pichu

Step 1- Gauze piece of size 23cm in diameter, fixed in the double layered circular wooden ring.

Step 2- 1st day snuhikshira is applied over the gauze on it's whole circumference with the help of small cotton swab, it should be dried for a day.

Step 3 -on 2nd day dried gauze is again smered with snuhiksheera followed by Mrudukshara and should be dried for a day.

Step 4 -on 3rd day dried gauze is smeared with snuhiksheera followed by haridra powder, it should be dried for a day.

After complete drying the gauze is stored in sterile container.

Indications – Dustavranas. Diabetic wounds.

Kshara Anarha (Contra indication of Kshara) ^[15]

Kshara karma is contra indicated Durbala(debilitated), Bala(children), Vayastha(oldage), Bhuru(fearful), Sarvanga shoona(swelling of whole body), Rakta pitta, Garbini, Rutumati, Pramehi and in places such as Marma, Sira, Snayu, Sandhi, Tarunasthi, Dhamani, Gala, Nabhi, Swalpa mamsa pradesha.

DISCUSSION

Pratisaraniya kshra in Arshas causes necrosis of haemorrhoidal mass, in case of Bagandhara the kshara sutra helps in cutting of the track followed by healing, in case of dusta vrana kshra helps in removing the unhealthy granulation tissue and helps in healing of the wound from the base.

CONCLUSION

Kshara karma is milder procedure when compared to surgical procedure so application of kshara is found to be safe, efficacious and cost-effective method of treatment.

It also has mild post-operative pain, no bleeding, minimum hospitalization and less chances of recurrence. Hence kshara karma plays an important role in treating the disease of Shalya tantra.

REFERENCES

1. Acharya Sushruta, Sushruta Samhita, Dalhana. Nibandhasangraha commentary, Edited by Yadavji Trikamji Acharya and Naarayana Ram Acharya, Chaukhambha Sanskrit Sansthan, Varanasi, Reprint, Sutrasthana 2013; 11 (4):45.
2. Acharya Sushruta, Sushruta Samhita, Dalhana. Nibandhasangraha commentary, Edited by Yadavji Trikamji Acharya and Naarayana Ram Acharya, Chaukhambha Sanskrit Sansthan, Varanasi, Reprint, Sutrasthana 2013; 11 (3):45.
3. Acharya Sushruta, Sushruta Samhita, Dalhana. Nibandhasangraha commentary, Edited by Yadavji Trikamji Acharya and Naarayana Ram Acharya, Chaukhambha Sanskrit Sansthan, Varanasi, Reprint, Sutrasthana 2013; 8 (15):41.
4. Acharya Sushruta, Sushruta Samhita Dalhana. Nibandhasangraha commentary, Edited by Yadavji Trikamji Acharya and Naarayana Ram Acharya, Chaukhambha Sanskrit Sansthan, Varanasi, Reprint, Chikitsasthana 2013; 1 (8):397.
5. Acharya Sushruta, Sushruta Samhita, Dalhana. Nibandhasangraha commentary, Edited by Yadavji Trikamji Acharya and Naarayana Ram Acharya, Chaukhambha Sanskrit Sansthan, Varanasi, Reprint, Sutrasthana 2013; 11 (3):45.
6. Acharya Sushruta, Sushruta Samhita, Dalhana. Nibandhasangraha commentary, Edited by Yadavji Trikamji Acharya and Naarayana Ram Acharya, Chaukhambha Sanskrit Sansthan, Varanasi, Reprint, Sutrasthana 2013; 11 (6):46.
7. Acharya Sushruta, Sushruta Samhita, Dalhana. Nibandhasangraha commentary, Edited by Yadavji Trikamji Acharya and Naarayana Ram Acharya, Chaukhambha Sanskrit Sansthan, Varanasi, Reprint, Sutrasthana 2013; 11 (16):48.
8. Acharya Sushruta, Sushruta Samhita, Dalhana. HARA Nibandhasangraha commentary, Edited by Yadavji Trikamji Acharya and Naarayana Ram Acharya, Chaukhambha Sanskrit Sansthan, Varanasi, Reprint, Sutrasthana 2013; 11 (12):47.
9. Acharya Sushruta, Sushruta Samhita, Dalhana. Nibandhasangraha commentary, Edited by Yadavji Trikamji Acharya and Naarayana Ram Acharya, Chaukhambha Sanskrit Sansthan, Varanasi, Reprint, Sutrasthana 2013; 11 (7,8):46.
10. Acharya Sushruta, Sushruta Samhita, Dalhana. Nibandhasangraha commentary, Edited by Yadavji Trikamji Acharya and Naarayana Ram Acharya, Chaukhambha Sanskrit Sansthan, Varanasi, Reprint, Sutrasthana 2013; 11 (5):45-46.
11. Sushruta, SushrutaSamitha, with commentary of dalhana, anuvadaka Kevalakrishna Takaral, chowakhambaorientalia Varanasi, reprint 2014, sutrastana, 11th chapter, 11th verse Pg No 50.
12. Sushruta, SushrutaSamitha, with commentary of dalhana, anuvadaka Kevalakrishna Takaral, chowakhambaorientalia Varanasi, reprint 2014, sutrastana, 11th chapter, 7th verse Pg No 54.
13. Sushruta, SushrutaSamitha, with commentary of dalhana, anuvadaka Kevalakrishna Takaral, chowakhambaorientalia Varanasi, reprint 2014, sutrastana, 11th chapter, 8th verse Pg No 50.
14. Sushruta, SushrutaSamitha, with commentary of dalhana, anuvadaka Kevalakrishna Takaral, chowakhambaorientalia Varanasi, reprint 2014, Chikitsa, 17th chapter, 29th - 33rd verse Pg No 367.
15. Sushruta, SushrutaSamitha, with commentary of dalhana, anuvadaka Kevalakrishna Takaral, chowakhambaorientalia Varanasi, reprint 2014, sutrastana, 11th chapter, 28th, 29th verse Pg No 55.