

UNDERSTANDING OF KSHARA KARMA AND ITS APPLICATION IN SHALYA
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ABSTRACT

Kshara karma is said to be one among the *Anushastra karma* as explained by *Acharya Sushruta*. *Kshara* i.e caustic alkali is considered as superior among *shastra* and *anushastra* because it does the functions like excision, cutting and scraping. It also mitigates all the *tridosha*. It is versatile, because even such places that are difficult to approach by ordinary measures can be treated by *kshara karma*. There is a wide range of discription available about *kshara* in many of authoritative texts of ayurveda. However, *Acharya Sushruta* is the pioneer of *kshara kalpana*, as he introduced *kshara kalpana* in one of the specific chapter. These *kshara* preparations have many therapeutic usages and even proved to be effective in treating many disorders, Application of these preparations have replaced many surgical procedure too.

KEYWORDS: *Kshara*, *Anushastrakarma*.

INTRODUCTION

Kshara is named since it destroys the vitiated tissue and make them fall off. Since *kshara* is formed by the combination of many plant drugs, it mitigates the *tridosha*, being white in colour it is cool; though being cool, its actions such as burning, ripening, bursting etc are not hindered; because of predominance of *agneya* drugs it is pungent, hot, penetrates deep, causes ripening, liquification, purification ect. *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

1- On the basis of Administration.^[1]a) *Pratisaraneeya kshara*-External application.b) *Paneeya kshara*-Internal administration.

2- On the basis of concentration.

a) *Mrudu*b) *Madyama*c) *Teekshna***Pratisaraneeyakshara** - Applying *kshara* externally.Method of preparation^[2]

- Step 1 - Collection of drugs like *Kutaja*, *palaaha*, *asvakarna*, *paribhadra*, *vibhitaka*, *aragvadha*, *tilvaka*, *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 21times
- 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^[3]**

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).

Paniya kshara^[4]- 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 *mruhukshara*.
- 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:- Barbour's 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^[5]

Bagandara
Nadivrana
Arbuda.

Method of preparation of ksharavarti

- Step 1 - Make *aushadhravya* 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 its 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 smeared 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 - in *Dustavranas*.

Diabetic wounds.

Kshara Anarha (Contra indication of Kshara)^[6]

Kshara karma is contra indicated in *Durbala*(debilitated), *Bala*(children), *Vayastha*(oldage), *Bhiru*(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*.

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