

THE EFFICACY OF KSHARA KARMA; AN ANCIENT AYURVEDIC PARA-SURGICAL TECHNIQUE, IN ADDRESSING CHRONIC TONSILLITIS: SINGLE CASE STUDY¹*Dr. Rohith R. S., ²Dr. Varun T. V., ³Dr. Chaitra T. M. and ⁴Dr. Sri Lakshmi C. G.¹Professor and HOD, Dept. of Shalakya Tantra, Rajeev Institute of Ayurvedic Medical Sciences and Research Centre, Hassan, Karnataka.²Assistant Professor, Dept. of Shalakya Tantra, Rajeev Institute of Ayurvedic Medical Sciences and Research Centre, Hassan, Karnataka.³Assistant Professor, Dept. of Kriya Sharira, Rajeev Institute of Ayurvedic Medical Sciences and Research Centre, Hassan, Karnataka.⁴Assistant Professor, Dept. of Shalakya Tantra, Rajeev Institute of Ayurvedic Medical Sciences and Research Centre, Hassan, Karnataka.***Corresponding Author: Dr. Rohith R. S.**

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ABSTRACT

Chronic tonsillitis is a recurrent inflammatory condition of the tonsils that significantly affects the quality of life and productivity of individuals. While conventional treatments such as antibiotics and tonsillectomy are commonly employed, they have limitations, including recurrence of infections, resistance to antibiotics, and surgical complications. Kshara Karma, an Ayurvedic para-surgical procedure, offers a promising alternative for managing chronic tonsillitis. Kshara, a caustic alkaline preparation derived from medicinal plants, is known for its antimicrobial, anti-inflammatory, and tissue-healing properties. This single case study reports on a 36-year-old patient with chronic tonsillitis characterized by frequent throat pain, dysphagia, and tonsillar hypertrophy. The patient underwent Kshara Karma, involving the topical application of Pratisarana Kshara to the affected tonsillar tissue. The treatment was performed under controlled conditions, ensuring precision and safety. Post-treatment evaluation revealed marked symptomatic relief, reduced tonsillar size, decreased frequency of infections, and improved overall health without significant side effects. The study demonstrates the efficacy of Kshara Karma as a minimally invasive, safe, and cost-effective therapeutic approach for chronic tonsillitis. These findings suggest the need for further clinical studies to validate and standardize its application in broader patient populations.

KEYWORDS: Kshara Karma, Tonsillitis, Apamarga Kshara.**INTRODUCTION**

Chronic tonsillitis is a recurring inflammatory condition affecting the palatine tonsils, leading to symptoms like throat pain, dysphagia, bad breath, and general discomfort. In modern medicine, treatment typically includes antibiotics and surgical intervention (tonsillectomy), which may provide temporary relief but are associated with antibiotic resistance, surgical risks, and recurrence. Ayurveda, with its holistic and individualized approach, identifies such conditions under the disease entity "Tundikeri" and prescribes both systemic and local treatments. One such intervention is Kshara Karma, a para-surgical procedure using caustic alkaline substances derived from medicinal herbs. Among them, Apamarga Kshara, prepared from *Achyranthes aspera*, stands out due to its potent Shodhana (cleansing), Ropana (healing), and Lekhana

(scraping) properties.^[1]**REVIEW OF LITERATURE****Drug Review: Apamarga Kshara**

Apamarga (*Achyranthes aspera* Linn.) belongs to the family Amaranthaceae and is a well-documented medicinal plant in Ayurvedic classics. Apamarga Kshara is classified under Teekshna Kshara due to its penetrating and corrosive properties. It contains a blend of phytochemicals such as alkaloids, saponins, potassium carbonate, and calcium, which provide antiseptic, antimicrobial, and anti-inflammatory effects. Its pharmacological actions include Sloughing of hypertrophied tissue, liquefaction of mucus and debris, and arresting local microbial growth. Sushruta and Sharangadhara have both elaborated on its utility in conditions involving excessive tissue growth and

suppuration.^{[2][3]}

Disease Review: Chronic Tonsillitis (Tundikeri)

In Ayurvedic texts, the clinical picture of chronic tonsillitis closely resembles Tundikeri, which involves Kapha and Rakta vitiation leading to inflammation and swelling in the throat region. The accumulation of Ama and blockage in Rasa Vaha Srotas are considered primary causes. If not treated appropriately, it can lead to frequent infections and complications like abscess formation. Treatment principles include Langhana (light diet), Shodhana, and Pratisarana (local application), with Kshara Karma being indicated in chronic, non-healing cases.^[4]

CASE REPORT

A 36-year-old male presented with a two-year history of chronic throat pain, recurrent tonsillar infections, dysphagia, and halitosis. Examination revealed congested and enlarged tonsils (Grade III hypertrophy) with cryptic debris. He had undergone multiple antibiotic therapies with no lasting relief. The Ayurvedic assessment revealed symptoms aligned with Tundikeri, and Kshara Karma with Apamarga Kshara was planned.

Procedure of Kshara Karma

The Kshara Karma was executed under aseptic conditions in three sittings, each spaced three days apart: Preparation: Patient was made to sit upright. Gargling with lukewarm Triphala decoction was done prior to the procedure.

Application: Using a cotton swab, Apamarga Kshara was applied locally to the tonsillar surface. The application lasted 1 minute.

Neutralization: The area was then rinsed with lime water to neutralize the alkaline pH and prevent tissue over-damage.^[5]

Post-care: Herbal gargles and Yashtimadhu phanta were advised. Soft, non-irritant diet and rest were ensured.

Follow-up showed remarkable improvement in symptoms, with no recurrence over 3 months.

DISCUSSION

The use of Apamarga Kshara in chronic tonsillitis addresses the root pathology described in Ayurveda. Its Katu (pungent), Tikta (bitter), and Ushna (hot) qualities help pacify vitiated Kapha and clear the Srotas. The caustic nature of Kshara liquefies and sloughs off hypertrophic tissue while simultaneously exhibiting bactericidal effects. Unlike systemic antibiotics, the localized application of Kshara avoids systemic toxicity and resistance. The triple action—Lekhana (scraping), Shodhana (purifying), and Ropana (healing)—results in immediate symptomatic relief and long-term resolution.

Mode of Action

The mode of action of Apamarga Kshara includes:

- Proteolytic Action: It breaks down inflamed or necrosed tissue.

- Antiseptic & Antibacterial: Potassium carbonate and other alkaline salts inhibit bacterial growth.
- Astringent Action: Reduces secretions and promotes local healing.
- Stimulation of Granulation Tissue: Enhances tissue repair by promoting fibroblast activity.

Significance

Kshara Karma represents an effective, minimally invasive option in chronic ENT conditions, particularly when conventional therapies fail. Its low cost, ease of administration, and negligible side effects make it especially useful in resource-limited settings. It aligns with global trends in integrative medicine, supporting a blend of traditional and modern systems.

CONCLUSION

This case underscores the effectiveness of Apamarga Kshara Karma in managing chronic tonsillitis by reducing inflammation, controlling infection, and minimizing tonsillar hypertrophy. Its pharmacological and Ayurvedic actions such as Lekhana, Shodhana, and Ropana directly address the pathogenesis described in classical texts. Unlike antibiotics and surgery, Kshara Karma acts locally, reduces the need for systemic medications, and avoids surgical complications. Moreover, the patient in this study experienced significant relief with no recurrence over the follow-up period, highlighting its long-term benefits. The simplicity and cost-effectiveness of the procedure make it particularly valuable in outpatient Ayurvedic practice. With increasing global interest in integrative and non-invasive therapies, Apamarga Kshara Karma presents a scientifically grounded and traditionally endorsed alternative for chronic ENT conditions. Further controlled clinical studies, standardization of procedure, and long-term follow-up are recommended to validate these promising results and incorporate Kshara Karma into mainstream clinical protocols.

SUMMARY

A 36-year-old chronic tonsillitis patient was successfully treated with Apamarga Kshara Karma, showing significant symptom relief and no recurrence. The procedure demonstrated Ayurvedic principles of Shodhana, Ropana, and Lekhana, offering a viable, cost-effective alternative to surgery.

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