

REVIEW OF GUGGULU SNUHI KSHARA SUTRA

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ABSTRACT

Acharya Sushruta first mentioned Ksharasutra in the treatment of Nadi Vrana (sinus), Bhagandara (fistula in Ano), Arbuda (Benign tumor) etc. One of the essential Components of this thread used early. Collection becomes more difficult in summer, so preparation is possible only in limited Seasons. In few cases, the intensity is so severe that the patients discontinue the therapy. To overcome these problems, several researches have been carried out. The researchers are based on searching for the drugs having better actions and acceptability than that of Snuhi latex and Apamarga kshara. These drugs should be having binding property on thread, easy availability in bulk, less irritant (sheet veerya), having vrana shohak and vranaropakara properties, having anti-septic and anti-inflammatory activities, and additional beneficial action.

KEYWORDS: Kshara Sutra, Nadivrana, Kshara, Vranaropaka etc.

INTRODUCTION

Etymological derivation of the word kshara: As per shabdakalpadruma, the word kshara is derived from the rootkshara means to melt away or to perish. Kshara sutra means thread made up of caustic material which destroys or cleans the devitalized tissue and to disintegrate the skin or other tissues.

Origin of ksharasutra: pioneer of Ayurvedic surgery Acharyasushruta first mentioned ksharasutra in the treatment of Nadivrana (sinus), Bhagandara (fistula in ano), (Benign tumor) etc. but does not emphasis upon it's a preparation. Chakrapani Dutta was the first person to mention the method of preparation with its indication in Bhagandara (fistula in ano) and arsha (hemorrhoid). He described method of preparation as smearing a thread repeatedly in latex of snuhi (*Euphorbia nerifolia*) and Harida (turmeric) powder. After Chakrapani Dutta almost all the later author described same method of preparation and inadequate method of procedure of application, it lost its popularity among Ayurvedic Surgeons. Rasatarangini which was published later to Chakradutata a better kshara sutra preparation was introduced. The credit of standardization and

development for practical use mainly goes to Prof. P.J. Deshpande Dr. S.k. Gupta in the present era.

Properties of kshara: kshara is considered superior to all surgical and para surgical measures because they perform the work of incision puncture, and scarification to relieve derangements of the tridosha and uniformly affect the diseased part to which they are applied. As per Sushruta, kshara possess the following qualities, Tridoshaghna – because of different types of drugs it can pacify all the humours, Saumyata – owing to their white color, Dahana- owing to its burning nature, Pachana- because of its digestive capability, Darana – since many drugs of agneya nature enters in to their composition, katuka – because of its pungent taste, Ushna- because of its heat producing nature, Tikshna – because of its irritant nature, vilayana – because of its liquefaction property, Shodhana – because of its cleansing property, Ropana – improves granulation (healing), Shoshana – absorption, stambhana-arresting or stopping nature, Lekhana- scraping property, Krimighna- because of its antimicrobial action, Sterility – if used in excess, it normalizes Aama, Kapha, visha, medodhatu and also cures kushtha when given in proper doses. In addition to that Acharya Charak attributed two more properties – Laghu and Bhedana Vagbhatta said that kshara acts by

extracting all the toxins from the site and cures the disease totally.

PREPARATION OF THE THREAD

Since there are no clear indications about the number of coating of snuiksheera and haridrachurna applications, the preparation of the thread was tailored to suit the necessities keeping the concepts and theories. It was assumed that the snuiksheera Bhavitakshara Sutra is an innovative technique brought by Acharya Chakrapani Datta to the practice and it was an advancement over the conventional kshara Sutra which was a thread impregnated with kshara during the time of Acharya Sushruta and Acharya Vagbhata. To overcome these problems, several researches have been carried out in the department of Shalya, IIMS B.H.U and developed standard method which is approved by I.C.M.R. New Delhi India.

At first the thread is spread out length-wise in the hangers specially designed for this purpose. Then fresh snuhi latex mixed with Sodhit Guggulu Niryasa (resin) and ethanol and solution is prepared for coating. The solution is smeared on the thread on its whole length with the help of a gauze piece. The wet threaded hanger is placed inside Kshara Sutra cabinet. It is dried for a day. On the next day, the dried thread is again smeared with solution. This process is repeated for 11 days. On the 12th day, the thread is again smeared with solution, and then in the wet condition, thread is spread over the Apamarga Kshara powder. The thread is allowed to dry in cabinet. The same procedure is repeated seven times. On 19th day, the dried thread. The process is repeated for three consecutive days. In this way, a thread has total of 21 coating of snuhi latex, 7 coating of Apamarga Kshara Sutra and three coating of Haridra powder. Then these threads were collected, fumigated and kept in air tight glass tubes.

NUMBER AND PATTERN OF COATINGS GUGGULU SNUHI KSHARA SUTRA

Guggulu Snuhi Ksheera Based Kshara Sutra	Coating
Snuhi Ksheera + Guggulu	11
SnuhiKsheera + Guggulu +ApamargaKshara	7
SnuhiKsheera + Guggulu + HaridaChurna	3
TOTAL Coatings	21

MATERIAL REQUIRED

1. **Apamarga Kshara** – Whole plant is to be collected and cut in pieces. After drying the plant shade, it is burnt in light fire. Ash is collected and is dissolved in six times water. The solution, so formed, is filtered with the help of filter paper. Residual ash is again dissolved in four times of water and same procedure is repeated at least twice in order to take away alkaline material from the ash. Ultimately, the ash remains as a natural residue which is thrown. The

fluid is filtered several times and finally, the kshara is obtained by evaporating the filtered solution.

- Snuhi Latex** – it is collected by incising the stem of Snuhi plant. The secretory milk so obtained from incision should be stored in a pot. As the latex has the tendency to coagulate early, one requires every time fresh latex. Haridra powder mixed in latex to avoid quick coagulation.
- Haridra Powder** – Dry rhizome of Haridra plant are cut into pieces and make them powder. Then sieve the powder through a fine cloth. The fine powder is kept in jar for use.
- Guggulu Resin**- Dry guggulu resin collected from market. This resin have impurities so purification with triphalakwatha is conducted in college pharmacy. Then purified Gugguluniryasa resin dissolve in ethanol for use.
- Surgical thread**– for making kshara Sutra number 20 linen thread is taken. Because it is having good tensile strength and it is neither too thick nor too thin.
- Kshara Sutra Cabinet** - it is used for drying the Kshara sutra. The thread is placed on metal hangers especially designed for this purpose and these threaded hangers and put in to cabinet. The cabinet is having hot air blower or alternatively electric bulbs for the purpose of providing warm environment. After coating on thread, they are kept again in the cabinet for drying and subsequent coating has been done 21 days.

MODE OF ACTION

The mode of action starts immediately after contact with the tissue level. Kshara penetrates into the invaded cells of lesion till the engorged tissue of the mass destruction or up to the removal site. During the cutting effect there must be oozing of blood which is ceased by the sclerosing effect of the therapy. Kshara coagulates the protein of tissue. Due to the coagulation during cutting of the mass there was no chance of bleeding. After the homeostatic action, no collection of debriding material is allowed to deposited by there the debriding effect of therapy. The chance of infection does not occur due to sustaining action of kshara. The pressure effect made by the Guggulu Snuhi Kshara sutra ligation makes mechanical strangulation of blood vessels, which in fact cause the local necrosis of pile mass and ultimately forced to falling out the pile mass. Pain during cutting process also control by Gugguluniryasa. Kshara creates inflammation during cutting process is control by Haridrachurna. After removal of piles mass, the anal wound is supposed to be oozing during stool passing, but it does not happen so due to post effect of Kshara. However the majestic, simultaneous action of Guggulu

Snuhi Kshara Sutra rules over the disease to contribute maximum benefit to the patients.

CONCLUSION

Arsha is a common clinical problem related to age, dietary factors and life style. it appears at Guda region which is Sadyapranahara Marma. Kshara sutra is local treatment for Arsha which is mentioned by Acharya Chakrapani. Kshara sutra is now a very popular and highly practiced treatment modality for the management of hemorrhoids, fistula in ano, chronic fissure with tags, and warts, pilonoidal sinus, Chronic sinuses, rectal polyps, and papilloma, neoplastic pedunculated growths etc. it is mandatory to make Kshara Sutra by using different combinations of Kshara and binding material to achieve the most potent combination for the benefit of humanity.

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