

PAPAYA APAMARG KSHARSUTRA CAN BE ALTERNATIVE FOR CONVENTIONAL  
SNUHI APAMARG KSHARSUTRA- A REVIEWVd. Bhushan Raikwar<sup>1\*</sup> and Vd. S. V. Annapure<sup>2</sup><sup>1</sup>PG Scholar, Dept. of *Shalyatantra*, Govt. Ayurved College, Nanded, Maharashtra.<sup>2</sup>Professor, Dept. of *Shalyatantra*, Govt. Ayurved College, Nanded, Maharashtra.

\*Corresponding Author: Vd. Bhushan Raikwar

PG Scholar, Dept. of *Shalyatantra*, Govt. Ayurved College, Nanded, Maharashtra.

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## ABSTRACT

*Ayurveda* is a “science of life” and *shalyatantra* is a branch of *ayurveda* which deals with the surgical as well as parasurgical procedures like *ksharkarma*, *agnikarma*, *raktamokshana*. Anorectal disorders are more common type of afflictions found in human being, of which *bhagandara* is one among the *Ashtmahagada*,<sup>[1]</sup> *ksharsutra* therapy is used in *bhagandara*, shows its efficacy as well as its low recurrence rate, due to this *ksharsutra* being most popular among the patient with *bhagandara*. Results in increasing demand of *ksharsutra* and raw materials, which are used in preparation of *ksharsutra*. By conventional method, *snuhi kshira*, *apamarg kshar* used in preparation of *ksharsutra*, *snuhi kshira* is collected from *Euphorbia neriifolia* which is full of spikes and not easily available, limited in some geographical regions, not easy to collect in large quantity the *kshira* drop by drop, and it cannot be preserved for long time. Thus, finding an alternative for *snuhi kshira* is important. *Carica papaya* latex has a binding property like *snuhi*, and it can be easily available. Studies regarding *carica papaya* suggests that, it has an antimicrobial,<sup>[2]</sup> anti-inflammatory, as well as vasoconstriction property, so this study is attempted for review of *papaya apamarg ksharsutra* is alternative for *snuhi apamarg ksharsutra* or not.

KEYWORDS *Ksharkarma*, *anorectal disorders*, *ashtmahagada*, *papaya ksharsutra*.

## INTRODUCTION

*Ayurveda* is based upon keen observations and experiences, it has its own authenticity and originality. *Acharya sushruta* the father of surgery has mentioned the *ksharsutra* in the management of *bhagandara*, *nadivrana*,<sup>[3]</sup> *Ayurveda* therapies have extensively studied and evaluated at every step. *Ksharsutra* is important procedure in management of anorectal disorders, but there are some problems while preparation of *snuhi apamarg ksharsutra*. *Snuhi (euphorbia neriifolia)* latex is indicated to collect at the end of *shishir ritu*,<sup>[4]</sup> only early in the morning, it's a very specific time for collection of *kshira*. And it cannot be preserved for long time. *Snuhi* plant is full of spikes it makes difficult to collect the *kshira*. It is found that milky latex of *snuhi* is toxic. It is restricted to grow in dry weather conditions. As increasing demand of *ksharsutra* there is need to increase the production, to meet the demand of *ksharsutra*, there is need to find the alternative for *snuhi* latex, which has same properties of *snuhi*, and which can be used in preparation of *ksharsutra*.

*Carica papaya* unripe fruit gives a latex,<sup>[5]</sup> when we make an incision on its capsule, it has proven medicinal

properties, it can be available easily in all the seasons, it doesn't need to collect in specific season.

## AIMS AND OBJECTIVES

## AIM

1. To review the *papaya apamarg ksharsutra* can be alternative for conventional *snuhi apamarg ksharsutra*.

## OBJECTIVES

1. To study and review *kshar karma* in detail.
2. To collect data about *euphorbia neriifolia* and its uses.
3. To collect data about *carica papaya* and its therapeutic uses.
4. To study difference between *snuhi apamarg ksharsutra* and *papaya apamarg ksharsutra*.

## MATERIALS AND METHODS

1. Data collection done from books, references are described regarding *kshar karma*.
2. Online data collected from various sources.
3. Drug review of *euphorbia neriifolia*:-
4. Drug review of *carica papaya*:-

5. Preparation of *ksharsutra* and raw material collection according to different *acharyas* references are studied.
6. All the data collected from different sources, all the data collection, compilation and analysis done, and discussed in depth.

*Kshara*,<sup>[6]</sup> is so called as it moves down or producing injury by disintegrating the vitiated skin, muscles etc. *Euphorbia neriifolia* is *katu tikta* in rasa, it has *guru tikshna guna*, *ushnvirya*, and *katu vipaka*, it is *kapha vaat hara*, *bhedana*, *dipana* and *tikshna virechana*.<sup>[7]</sup> Its root are *krimighna*, steamed leaves are used as *vranaropaka*. It has chemical constituents as, Taraxerol cycloartenol, euphol, n-hexacosanol, euphorbiol, hexacosanate, pelargonin.<sup>[8]</sup> It has proven various pharmacological actions like, anti-inflammatory, analgesic, antibacterial, diuretic, antioxidant activities.

*Carica papaya* fruit is *pittashamka*, *vranropaka*, *krimighna*, and *raktastambhaka*,<sup>[9]</sup> It has various medicinal properties and therapeutic uses. Papaya contains papain enzyme is a main component. Some other constituents of papaya include alkaloid like carpaine, psuedocarpaine, and carpinine proteolytic enzyme chymopapaine and carpaine. Vitamins like A, C and E, minerals like zinc and magnesium. These chemical component act as a anti-microbial and anti-inflammatory, analgesic and mainly acting as debriding agent.<sup>[10]</sup>

The milky latex of *snuhi* is found to be toxic and may cause intense inflammation of the skin and the eye,<sup>[11]</sup> some cases have also reported about permanent blindness. On contact with skin there will be burning and vesication can occur. On ingestion of the latex causes irritation, vomiting, burning sensation, diarrhea, convulsions and coma, can lead to death.

Papaya *apamarg ksharsutra* is prepared as conventional method, here the difference is only the *snuhi* latex is replaced by papaya latex. Papaya is *vranaropaka* and *raktastambhaka* so it promotes early wound healing. On other hand papaya latex is not poisonous, and it have pharmacological actions as *snuhi* latex does. It could be easily available so papaya *apamarg ksharsutra* is prepared easily by excluding poisonous hazards which could occur during preparation of *ksharsutra* by *snuhi* latex. papaya has a exfoliative effect,<sup>[12]</sup> on skin and it is less irritant as compared to *snuhi*.

## DISCUSSION

*Bhagandara*, *nadivrana*, hemorrhoids, are common anorectal disorders. in modern era of medicine and surgery all this requires surgical cure, but in *ayurveda ksharsutra* is parasurgical procedure capable to perform excision by its pressure on track and healing effect by the composition while preparing the traditionally used *snuhi apamarg ksharsutra* we faced some problems like, *snuhi kshira* requires specific season and time for collection,

and it could not preserved for long time. While papaya *kshira* easily available in all seasons & it can be preserved for long time. Papaya has constituents like papaine, alkaloid like carpaine, psuedocarpaine and carpinine, proteolytic enzyme chymopapaine and carpaine. Due to all these components, it act as a antimicrobial, anti-inflammatory, analgesic wound healing and debriding agent and it is less irritant.

Due to unavailability of *snuhi kshira*, it is desirable to find out alternative for *snuhi kshira* which is used in preparation of conventional *ksharsutra* and further use in anorectal diseases.

## CONCLUSION

*Ksharsutra* in anorectal disease shows miraculous effect and it has proved boon for humanity. Due to above study it can be conclude that the *papaya apamarg ksharsutra* can be alternative for traditional *snuhi apamarg ksharsutra* due to drug availability, user suitability. Also to meet increasing demand of *ksharsutra* & its popularity in anorectal diseases more production is need of present day. Hence to boost production of *ksharsutra* and to meet the demand we should have to use various raw materials in preparation of *ksharsutra*. Thus due to above study of *carica papaya*, its chemical constituents it can be used as an alternative for *snuhi kshira* in preparation of conventional *ksharsutra*.

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