

## AN CRITICAL APPRAISAL OF KSHARKARMA IN THE CONTEXT OF AYURVEDA

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## ABSTRACT

Kshara karma is mentioned as one of the Upasastras. Kshara karma is said to be superior to any other surgical or parasurgical measures due to its functions like chedana, bhedana, lekhana and Patana karma. It can be applied in the narrowest place and internally where surgical procedures cannot be performed. 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:** Ksharkarma, Upasastras, Kshara.

## 1. INTRODUCTION

Description of Kshara is not obtainable in vedic literature. Description of Kshara is existing only in post vedic literature. Kshara karma is a parasurgical procedure. It is included under the heading of anusastra along with agnikarma and jalukavacarana. Acharya susruta,<sup>[1]</sup> considered it as one among the Anusastra as well as an Upayentra because, it does Chedya, Bhedya and Lekhana kriya and Tridoshahara. Acharya charaka,<sup>[2]</sup> has revealed Kshara as one of the three oldest treatments that is Shastra pranidhana. He has illustrated internal uses of Kshara than external. Acharya Vagbhata,<sup>[3]</sup> has pronounced in detail about Kshara and Kshara karma, he deliberated it as the best Shastra. Acharya Kashyapa,<sup>[4]</sup> under the context of Dwivraneeya chikitsa, there is description of Kshara prathisarana.

## 2. Kshara karma

Kshara is derivative from the root word kshara, which means movement. Amarakosa has mentioned kshara as a synonym to glass. Acharya Sushruta designates Kshara as ksharanatsatanadityartha kshapanam sodhanamithyartha.<sup>[5]</sup> Ksharana revenues that which establishes and eliminates the vitiated doshas. Ksharana means which melts away or causes dissolution. Further Dalhana comments Ksananat means to perform Kshanana i.e., to destroy or injure unhealthy tissues. The drug performing both the possessions is called as Kshara. Acharya charka resists Kshara as plights away the abnormal tissues from its deep-rooted location or drags it down after dissolving by its corrosive nature. The vitiated mamsa is eliminated or vitiated kapha is

indifferent from its asaya and shed downwards and expelled by kshara karma.<sup>[6]</sup>

## Kshara can be divided into 2 types

1. Pratisraneeya kshara - it is used in the form of ksharaodaka, ksharasutra, ksharavarti, ksharapichu, ksharanjana.
2. Paneeya kshara - it is used in the form of kshara vati, ksharaghrta or taila, ksharabasti, ksharacurna, ksharaavaleha.<sup>[7]</sup>

## 3. Role of kshara karma in stree roga

Kshara karma is deliberated as a satisfactory method to treat cervical erosion instead of electro cauterization in which likelihoods of recurrences and complications are more like secondary haemorrhage, infertility, cervical stenosis.<sup>[8]</sup>

Indication: Genital warts, Cervical erosion, Cervical polyp, Nabothian follicle, Chronic non healing cervical ulcer.

**4. Action of kshara karma in cervical erosion** In ayurvedic classics, there is no direct explanation of garbhashaya griva mukhagata vrana is available, but acharya vaghata has designated it in reference of yoni vranekshana yantra.

## 5. Preparation

The Panchanga (whole plant) of Apamarga (Achyranthes aspera) 5 kgs should be collected, dried up and burnt. The whole ash 500 gms were unruffled and mixed with 6

times (approx. 3 liters) of water and filtered 21 times. The filtrate is clean and clear like color of cow's urine and it is kept on mild fire and liquid evaporates to 1/3rd of its original quantity. This is known as Mridu or mild concentrate Kshara. Then add 50 gms of red hot Shukti (Limestone) to the filtrate solution and continuously stirred well until it evaporates to 1/3rd of its original quantity. This is known as Madhyama or moderate Kshara. This should be further heated up by adding 5 gms of Chitraka Kalka (Plumbago gelanica). With this thick solution is gained which is known as Pratisaraneeya Teekshana or extremely concentrate Kshara. It will be collected and stored in air tight container.

#### 6. Procedure for Kshara Karma

The patient administered with a dose of local anesthesia to relax the muscles and to put in a sleep like state so that no pain and discomfort is experienced during the procedure. A lubricated slit proctoscope is passed into the anal canal and Kshara is applied over the internal pile mass to turns color and burning of it. Next, the pile mass is washed with lemon juice to neutralize the Kshara and a rectal pack is applied. This mode of treatment helps for quick healing and reduces the chance of recurrence. The treatment cuts and drains the pus from fistula in ano and fissure in ano or hemorrhoids and also preserves the continence of anal canal.

#### 7. General Advices after Kshara Karma Therapy

This is to be followed strictly to evade constipation and to clear the bowel regularly without any additional strain on the muscles that enables bowel movement. The diet plan includes fibre rich foods with lots of vegetables and fruits along with plenty of water. All spicy and fried food matters are excepted as they can interfere with proper functioning of the digestive system. Regular physical activity with less straining such like walking is required to increase the blood circulation to all extremities of the body. Patients are also recommended to avoid prolonged sitting that can apply pressure on the area.

#### 8. Microscopy features of prepared Apamarga Pratisaraneeya Teekshana Kshara –

It has shown fibrous / sclereidal tissues and polygonal crystals of different sizes. Defeat on drying of Kshara paste after decanting the supernatant liquid, total ash and acid insoluble ash of Kshara powder free from moisture and pH of the supernatant liquid is 13.3.

#### 9. Indications

1. Paneeya Kshara – Mild concentrate Kshara is used internally in worms, indigestion, urinary calculus, skin diseases, obesity.
2. Pratisaraneeya Kshara – Highly concentrate Kshara is used in internal haemorrhoids, after fistulectomy, rectal prolapse, after excision of pilonidal sinus, after incision and drainage of anorectal abscess, infected wounds etc

#### 10. Application of Pratisaraneeya Teekshana Kshara in Internal haemorrhoids

The patient is anaesthetized with local or spinal anesthesia, greased slit proctoscope is to be presented into the anus and Kshara realistic over the internal pile mass and wait for 2 minutes or until the pile mass turns to the colour of Reddish black (Pakwa Jambu Phala Varna) After this process, the pile mass must be washed with lemon juice to neutralize the Kshara after proper burning of piles. The same procedure should be followed in other piles also. Later the rectal pack with Yashtimadhu taila or ghrta is applied.

#### 11. Mode of Action of Pratisaraneeya Kshara in Internal piles

Histopathological examination of slough material in blackish brown discharge reveals the presence of enclosed haemorrhoidal tissue.

#### 12. Application of Pratisaraneeya Teekshana Kshara in after fistulectomy in Fistula-in-ano

In small low anal fistulas, first excise the fistula tract followed by application of Pratisaraneeya Teekshana Kshara and wait for 2 minutes, later neutralize with lemon juice and pack with Yashtimadhu taila or ghrta. It is helpful for quick healing and avoids recurrence of fistula tract. In high level fistulas, excision of fistulous tract was done partially monitored by to solicitation of Kshara. Later Kshara Sutra is applied in residual fistulous tract at anal sphincteric area. The excised fistulous tract heals completely with aid of Kshara and residual fistulous tract was cut by Kshara Sutra ligation. So that patient can be cured at less time and pain. In this technique, after excision of fistulous tract and applying Kshara, leads to debridement of the fibrous tissue and at the same time remaining wound will be healed by its scraping and healing property of Kshara. In the mean time, the Kshara sutra ligation at sphincteric area of fistulous tract leads to cutting and debridement and drainage of fistulous tract at the same time preservative continence of anal canal.

#### 13. Application of Pratisaraneeya Kshara in Rectal Prolapse

The patient is anaesthetized with local or spinal anesthesia, lubricated slit proctoscope is to be presented and Kshara applied at lower most all around healthy mucosa of 3 cm area of anal canal and wait for 2 minutes or until it turns to the color of reddish black. After this procedure, the mucosa must be lapped with lemon juice to neutralize the Kshara after proper burning of mucosa. Later the rectal pack with Yashtimadhu taila or ghrta is applied.

After Kshara application in rectal prolapse, the burned part heals and anal canal become fibrosed and constricted. Then prolapse of rectum is immobile completely.

#### 14. Application of Pratisaraneeya Teekshana Kshara in Pilonidal Sinus

After excision of Pilonidal sinus, the Kshara applied over the wound and wait for 2 minutes. Later neutralize with lemon juice and pack with Jatyadi / Yastimadhu taila or ghrita. The presentation of Pratisaraneeya Kshara helped after excision of Pilonidal Sinus by scraping of pits in the surrounding tissue of the sinus, evades the formation of unhealthy granulation tissue and supports in healing of the wound from the base.

#### 15. Advantages of Kshara Therapy

- Postoperative pain is mild in intensity
- No bleeding
- Minimum hospitalization – one day care
- No possibility for recurrence
- Systemic diseases are also undergoing this process.
- No surgical difficulties like incontinence, stenosis and stricture.

#### 16. CONCLUSION

Kshara karma is mentioned as one of the Upasastras. Kshara karma is said to be superior to any other surgical or parasurgical measures due to its functions like chedana, bhedana, lekhana and Patana karma. There is a wide range of discription avilable 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.

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