

**PROPERTIES, APPLICATION, ADVANTAGES AND DISADVANTAGES OF KSHARA  
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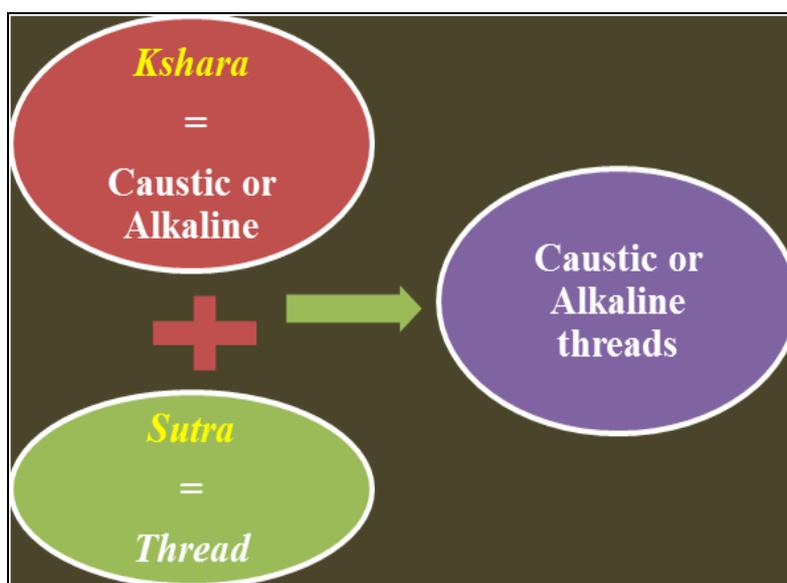
**ABSTRACT**

Ksharsutra is a therapeutic modality of Ayurveda, especially belongs the Shalya Tantra department of ancient science. The application of Ksharsutra is associated with scraping, draining, excision, penetrating and debridement procedures. Ksharsutra significantly improves process of healing and imparts health benefits with minimal invasion. The Ksharsutra can be used with the help of infant feeding tube as a day care procedure and this process does not cause any pain. Kshara Sutra described as superior surgical and para surgical measures amongst the other modalities of Shalya Tantra. This helps to release derangements and healing of tissue, Ksharsutra offers Saumyata, Dahana, Tridoshaghna, Pachana, Katuka, Ushna, Darana, Tikshna, Shodhana, Ropana, Vilayana, Shoshana, Lekhana, Krimighna and Stambhana, etc effects. These effects of Ksharsutra provide therapeutic benefits in surgical pathogenesis. Present article summarizes properties and applications of various types of Kshara sutra and their therapeutic indications.

**KEYWORDS:** Ayurveda, Kshara sutra, Shalya Tantra, Snuhi Ksheer, Apamarga Kshara.**INTRODUCTION**

*Kshara sutra* are specific types of thread made by caustic material which helps to cleans devitalized tissue and disintegrate skin to improves process of healing of damage tissue or wounds, etc. *Ksharasutra* used for the treatment of fistula in ano, warts, pilonoidal sinus, rectal polyps, hemorrhoids, *Nadi Vrana*, *Arbuda* and anal

papilloma, etc. Latex of *Snuhi* (*Euphorbia neriifolia*), *Haridra* (turmeric), *Apamarga* and *Ksheera*, etc. are mainly employed for the preparation of *Kshara sutra*.<sup>[1-4]</sup> The literal meaning of word "*Kshara sutra*" is depicted in **Figure 1** which itself indicates caustic or alkaline threads.

**Figure 1: Literal Meaning of Word "Kshara Sutra".**

**Properties of Kshara**

❖ <b>Tridoshaghna:</b>	Pacify all the humours,
❖ <b>Saumyata:</b>	Possess their own white color
❖ <b>Dahana:</b>	Burning nature
❖ <b>Darana:</b>	<i>Agneya</i> nature causes <i>Darana</i> effect
❖ <b>Katuka:</b>	Pungent taste
❖ <b>Ushna:</b>	Heat producing nature
❖ <b>Tikshna:</b>	Irritant nature
❖ <b>Vilayana:</b>	Liquefaction property
❖ <b>Shodhana:</b>	Cleansing property
❖ <b>Ropana</b>	Improves granulation and healing
❖ <b>Shoshana:</b>	Causes absorption
❖ <b>Stambhana:</b>	Arrest or stop unnecessary bleeding or discharge
❖ <b>Lekhna:</b>	Scraping property
❖ <b>Krimighna</b>	Antimicrobial action

*Kshara sutra* by virtue of its above mentioned properties helps to normalizes *Aama*, *Medo dhatu* and *Visha* thus eliminates toxins or debridement and fasten the healing process. *Laghu* property of *Kshara* increase availability of drug at the site of action and *Bhedana* effects extracts all the toxins and cures disease completely.<sup>[4-7]</sup>

**Effects of preparation method and materials on property<sup>[6-9]</sup>**

- ✓ *Mridu* variety of *Pratisarniya kshara* can be used for obtaining maximal hygroscopic & caustic action.
- ✓ *Ksheera* mainly used to produces debridement of proteolytic enzymes.
- ✓ *Ksheera* used whenever absorption of high concentration required.
- ✓ *Udumbara*, *Papaya*, *Guggulu* and *Arka*, etc. can be used in *Kshara sutra* preparation whenever binding property is required.
- ✓ *Haridra* used whenever direct contact of *Kshara* with the atmosphere is to be prevented. The uses of *Haridra* increase stability of *Kshara* and impart antiseptic property.
- ✓ *Snuhi Ksheera* used for *Kshara* preparation when clotting is to be avoided.
- ✓ *Snuhi* latex and *Apamarga kshara* having binding property on thread thus remain in contact with thread for longer period of time.
- ✓ These materials are less irritant possessing *Sheeta veerya* property thus relieves burning sensation.
- ✓ *Snuhi*, *Haridra*, *Apamarga* and *Ksheera* offers *Vranashodhak* and *Vrana ropaka* properties thus recommended for *Bhagandara*.
- ✓ *Snuhi* latex creates mechanical strangulation of blood vessels and imparts *Ksharana guna* (corrosive properties).
- ✓ *Snuhi* latex is proteolytic in nature thus dissolves the tissue and enhances process of absorption.
- ✓ *Papaya Sutra* is considered good for cleansing and healing purpose.
- ✓ *Papaya Sutra* leads to debridement of necrosed tissue and facilitates early wound healing.

- ✓ *Guggulu* based *Kshara sutra* was used whenever analgesic effect required along with healing properties.
- ✓ *Guggulu* based *Kshara sutra* offers binding action thus remain present for longer period of time and gives anti-inflammatory activities.
- ✓ *Yavakshara Sutra* gives scapping, hygroscopic and anti-inflammatory properties.
- ✓ *Ghritakumari Ksharasutra* was used for its local anesthetic property.

**Application of Kshar sutra**

- ✚ *Kshar Sutra* used for the treatment of piles
- ✚ *Kshar Sutra* used for the treatment of fistula
- ✚ *Kshar Sutra* used for the treatment of fissure
- ✚ *Kshar Sutra* used for the treatment of warts.
- ✚ *Kshar Sutra* used for the treatment of pilonidal sinus
- ✚ *Kshar Sutra* used for the treatment of rectal polyps
- ✚ *Kshar Sutra* used for the treatment of *Nadi Vrana* and anal papilloma, etc.

**Advantages**

- Minimal invasion as compared other surgical measures.
- Easy availability of materials required for the preparation of *Kshar sutra*.
- Enhances wound healing and improves tissue granulation.
- Good tolerance and no allergic reactions
- Easy to perform and wide range of applicability
- Effective as operative and post operative measures.
- It is minor operative procedure, requiring less time to perform suturing thus considered as time saving technique.

**Possible side effects of Kshar sutra**

- It may induce pain in some cases.
- Authenticity and procedure standardization yet to be established.
- Minor complications after post-surgery if not performed appropriately.
- Bleeding and infection could be observed sometimes.
- Severe cases of hemorrhoids and major operative procedures cannot be finished by *Kshar sutra*.<sup>[9-11]</sup>

**CONCLUSION**

*Ksharsutra* is therapeutic modality of Ayurveda *Shalya Tantra* used for scraping, draining, excision, penetrating, debridement and healing purposes. *Ksharsutra* offers *Dahana*, *Tridoshaghna*, *Pachana*, *Ushna*, *Darana*, *Katuka*, *Tikshna*, *Shodhana*, *Vilayana*, *Shoshana*, *Lekhna*, *Ropana*, *Stambhana* and *Krimighna*, etc. effects thus provide therapeutic benefits in many surgical pathogenesis. *Kshara sutra* mainly indicated for treating piles, fistula, fissure, warts, pilonidal sinus, rectal polyps and anal papilloma, etc.

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