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AYURVEDA IMPORTANCE OF *KSHARA KARMA* W.S.R. TO PROPERTIES AND INDICATIONS OF *KSHARA*

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Abstract

Kshara Sutra is an important Ayurveda therapy which offers minimal invasion for the management of parasurgical and surgical health problems. *Kshara Sutra* is considered safe and economic therapy for the treatment of anorectal disorders such as; haemorrhoids and fistula-in-ano. This therapy play important role amongst the various surgical procedures of *Shalya Tantra* and helps to heal wounds and cuts effectively. *Kshara Sutra* can be prepared by the coating of *Snuhi* latex (*Euphorbia nerifolia*), *Apamarga* (*Achyranthes aspera*) and *Haridra Churna* (*Curcuma longum*). *Kshara Sutra* applied for the treatment of pathological conditions like sentinel piles, pilonidal sinus, warts and rectal polyps, etc. The different Ayurveda and therapeutic properties of *Kshara Sutra* offers therapeutic advantages in various conditions requiring approaches of *Shalya Tantra*. Considering this present article explores properties and therapeutic role of various *Kshara Sutra*.

Key-Words: *Ayurveda, Kshara Sutra, Shalya Tantra, Anorectal disorders, Surgery.*

Introduction

Ayurveda provides potential to resolve many health problems and *Shalya Chikitsa* as surgical modality of Ayurveda gives enormous options for treating many surgical health issues. *Sushruta Samhita* is main text of Ayurveda surgical practice and it encompasses several approaches based on the logical reasoning and evidence based practices to cure different surgical and para-surgical problems. The diseases like *Arsha* which are considered as *Ashta mahagada* can also be managed using modalities of Ayurveda *Shalya Chikitsa* [1-4].

The Shalya Chikitsa can be used to treat various ano-rectal disorders; the therapeutic practices for treating such diseases involve utilization of Bleshaj Chikitsa, Kshara Karma, Agnikarma and Shastra Karma. Here *Kshara Karma* plays pivotal role towards the management many pathological conditions.

Ayurveda classics described *Kshara* as a substance which removes vitiated material from the skin and flesh etc., helps to detoxify *Dosha, Dhatu, Mala* and possess alkaline property. *Kshara* therapy offers *Vrana Shodhana* and *Ropana* properties which helps to purify and heals wounds respectively [5-7].

Kshara karma utilizes as potential cauterization therapy and considered superior to all surgical and para-surgical measures. This therapy causes incision, puncturing and scarification which ultimately causes derangements of vitiated *Tridoshas*. This therapy uniformly cures affected parts of body and improves natural healing process.

***Kshara* Classification:**

Ayurveda described various types of *Kshara* on the basis of their mode of application as depicted in **Figure 1**. The *Pratisaraniya Kshara* mainly employed for external use while *Paneeya Kshara* employed for internal use. The *Pratisaraniya Kshara* can be sub classified as *Mridu, Madhya* and *Tikshna*. *Mridu Pratisaraniya Kshara* imparts mild action; *Madhya Pratisaraniya Kshara* causes moderate action while *Tikshna Pratisaraniya Kshara* posses intense cauterization.

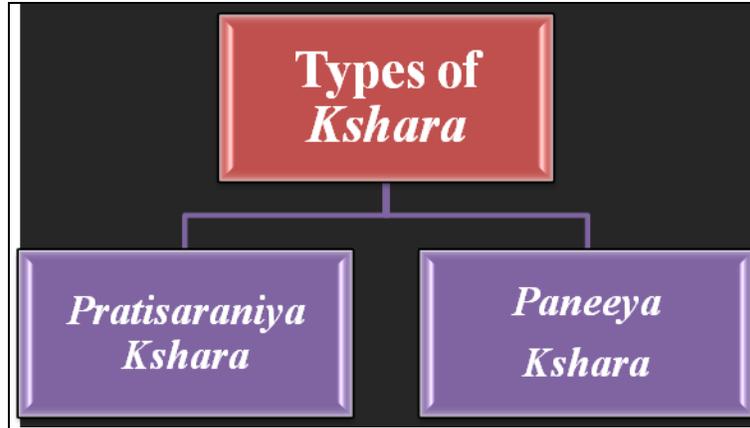


Figure 1: Types of *Kshara* based on their mode of application.

Ayurveda Properties of *Kshara*:

- *Rasa*: *Lavana* and *Tikta*
- *Guna*: *Ruksha* and *Teekshna*
- *Virya*: *Ushna*
- *Vipaka*: *Katu*

Therapeutic Properties of *Kshara*:

- ✓ *Kshara* is *Agni* and *Vayumahabhutiya* predominant
- ✓ *Kshara* having *Teekshna* and corrosive properties
- ✓ Imparts quick therapeutic action
- ✓ *Kshara* having qualities like *Chhedana*, *Lekhana* and *Bhedana*, etc.
- ✓ *Tridoshaghna* effect of *Kshara* helps to pacifies morbid *Doshas*.
- ✓ *Soumyata* property of *Kshara* gives pleasant or mild nature
- ✓ *Pachana* effect brings maturity of wounds.
- ✓ *Katuka* effects offer pungent taste which gives purification of debris.
- ✓ *Teekshna* property provides irritant nature to improve blood circulation of affected area.
- ✓ *Dahana* property of *Kshara* corrodes affected body parts.

- ✓ *Ushna* property produces heat that improves healing process.
- ✓ *Vilayana* effects of *Kshara* provides property of liquefaction
- ✓ *Shodhana* effects cleanses wounds and cuts
- ✓ *Ropana* effects improves granulation for healing process
- ✓ *Shoshana* property dries wounds
- ✓ *Lekhana* effects contributed towards scraping nature of *Kshara*
- ✓ *Darana* property of *Kshara* bursts the wounds, this effect of *Kshara* may be due to the presence of *Agneya* herbs
- ✓ *Krimighna* effect of *Kshara* helps to kills microbes and germs thus imparts antimicrobial action
- ✓ *Stambhana* action of *Kshara* arrests bleeding or stops excessive discharge [6-10].

Biological effects of *Kshara*:

- ✚ Destroys vitiated *Kapha*
- ✚ Expels *Ama* and removes toxins from body
- ✚ Destroys *Visha* (poisons)
- ✚ Removes excess *Meda*
- ✚ Alleviate *Vata* due to its *Vataghna* effect
- ✚ *Apamarga* and *Snuhi Kshara* offers *Pittagna* effect

Indication of *Paneeya kshara*

- ❖ *Agnisada*: dyspepsia, indigestion
- ❖ *Arsha*: haemorrhoids
- ❖ *Ashma*: urinary calculus
- ❖ *Udara*: abdominal disorders
- ❖ *Gulma*: abdominal tumors
- ❖ *Garavisha*: poisoning

Indication of *Pratisarana kshara*

- ❖ *Shwitra*: leucoderma
- ❖ *Bahya arsha*: piles
- ❖ *Mashaka*: warts
- ❖ *Granthi*: fibroids
- ❖ *Kushta*: skin diseases
- ❖ *Bhagandara*: fistula-in-ano
- ❖ *Arbuda*: tumors

Contradiction of *Kshara*:

- *Raktpitta* (bleeding disorders)
- *Timira* (eye disease)
- *Moorchha* (unconscious)
- Should not be used at the vital points of body (*Marma*)
- Use of *Kshara* not indicated in *Sira*, *Snayu*, *Tarunasthi* and *Dhamani*.
- Should be avoided in pregnancy
- *Kshara* also not indicated for elderly person with chronic diseases.

Advantages of *Kshara Sutra*

- Minimal invasion
- Economic and ambulatory
- Simple and easy to perform
- Minimal recurrence chances
- Lesser chances of surgical complications like stricture
- Wide range of applicability

Conclusion

Kshara Sutra is an Ayurveda therapy which helps to manage parasurgical and surgical health problems mainly anorectal disorders such as; haemorrhoids, fistula-in-ano,

sentinel piles, pilonidal sinus, warts and rectal polyps, etc. *Kshara Sutra* can be prepared by the coating of *Snuhi* latex (*Euphorbia nerifolia*), *Apamarga* (*Achyranthes aspera*) and *Haridra Churna* (*Curcuma longum*). The different Ayurveda and therapeutic properties of *Kshara Sutra* offers therapeutic advantages in various conditions requiring approaches of *Shalya Tantra*. *Kshara* possesses *Tridoshaghna*, *Chhedana*, *Lekhana*, *Bhedana*, *Teekshna*, *Ushna*, *Vilayana*, *Krimighna* and *Stambhana* properties by virtue of their *Lavana* and *Tikta Rasa*, *Ruksha* and *Teekshna Guna*, *Ushna Virya* and *Katu Vipaka*. These properties of *Kshara* offer health benefits in many surgical and para-surgical health problems.

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