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

Dr. Manisha Sanjay Bang¹, Dr. Pranav Prakash Redkar², Dr. Rushikesh N. Kangad³

¹Professor, Dept. Shalya Tantra, Eva College of Ayurveda, Supedi, 360440, dist. Rajkot, Gujarat, India.
²Associate Professor, Dept. Shalyatantra, Eva College of Ayurveda, Supedi, 360440, dist. Rajkot, Gujarat, India.
³Lecturer, (Assistant Professor), Eva College of Ayurveda, Supedi, 360440, dist. Rajkot, Gujarat, India.

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.

DR. MANISHA SANJAY BANG

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

Ayurveda provides potential to resolve many health problems and Shalya Chikitsa as a 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 Bhesaj 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.
DR. MANISHA SANJAY BANG

AYURVEDA IMPORTANCE OF KSHARA KARMA W.S.R. TO PROPERTIES AND INDICATIONS OF KSHARA
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 Teeksha Guna, Ushna Virya and Katu Vipaka. These properties of Kshara offer health benefits in many surgical and para-surgical health problems.

References:

1. P. Hemantha kumar - Recent trends in the management of Arshas/Haemorrhoids, Published by Chaukhamba Sanskrit Pratishthan, Delhi, 2011.


