

Ksharkarma – A Review Study From Sushrut Samhita**Dr. S. R. Lonikar¹, Dr. Vaibhav V. Kamble^{*2}**

1. HOD & Prof., Shalyatantra Dept.,

C.S.M.S.S. Ayurved Mahavidyalaya Kanchanwadi, Aurangabad.

2.PG Scholar, Shalyatantra Dept.,

C.S.M.S.S. Ayurved Mahavidyalaya Kanchanwadi, Aurangabad.

Corresponding Author: Email- Dr.vaibhav33@gmail.com

Abstract:-

Ayurveda is the science of life. It deals with treatment of diseased people's as well as it maintains the health of healthy peoples. Shalyatantra is the branch of Ayurveda which includes treatment of enemies or harmful things to body and mind that is Shalya. Acharyasushruta is the father of surgery. He told many treatment modalities in the context of various diseases. Acharya has mentioned one of the most powerful weapon that is Ksharkarma. He explained, Ksharkarma is said to be among the Anushastrakarma. It is considered as superior among Shastra and Anushastra because it does the functions like excision, cutting and scraping.

Keywords:- Ksharkarma, Anushastrakarma.

Introduction:-

Kshara is the herbal extracts of plants can be prepared from combination of many herbs or may be from single herb. It also acts on vitiated Tridosha. The prepared drug substance is called Kshara because it causes Ksharana (Destruction of tissue) to Mansa and other Dhatu¹. Its actions such as burning, ripening, bursting etc. are not hindered; because of predominance of Agneya Dravyait is pungent, hot, penetrates deep, causes ripening, liquification, purification as well as promotes healing etc². Kshara Karma is useful as the substitute of surgical instruments because they can be used safely on the patients who are afraid of surgery. 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.

Aim:- To study the Ksharkarma from Sushrut Samhita .

Objective:- To Study the literary review of Ksharkarma from Sushrut Samhita .

Material & Methodology:-

The study will be conducted in 3 stages,

1. Review of Literature
2. Compilation
3. Classification

Material:-

1) Review of Literature – Literary review will be done from Sushrut Samhita .

Methodology:-

- 1) Compilation – Data related with Ksharkarma will be collected from Sushrut Samhita.
- 2) Classification – Collected data classified under different heads as below ,

Definition:- Acharya Sushruta defines the Kshara as the substance possessing Ksharana and Kshana properties & it causes Ksharana i.e. Destruction of Vitiated to Mansa and other Dhatu¹.

Kshara is described as one among the Anu-shastras³.

Kshar Pradhanya:- Kshara is considered as superior among Shastra and Anushastra because it does the functions like excision, cutting and scraping. It also acts on vitiated Tridosha. It is versatile, because even in such places that are difficult to approach by ordinary measures can be treated by kshara karma⁴.

Types of Kshara⁵:-

On the basis of administration	1) Pratisaraneeya (External application) 2) Paneeya (Oral administration)
On the basis of concentration	1) Mrudu 2) Madhyam 3) Teekshna

Properties of Kshara⁶:-

1) Rasa	Katu(Pradhan Rasa)
2) Virya	Ushna
3) Varna	Shukla
4) Guna	Saumya, Teekshna, Agneya
5) Doshaghna	Tridoshaghna
6) Karma	Dahana, Pachana, Darana, Vilayana, Shodhana, Ropana, Shoshana

Qualities of Kshara :-

Sr. No.	Good Qualities ⁷	Bad Qualities ⁸
1	Na-atitikshna	Atimridu
2	Na-atimrudu	Atishweta
3	Na-atishukla	Atiushnatva
4	Slakshnatva	Atitikshnatva
5	Picchila	Atipicchila
6	Avishyanda	Ativisarпита
7	Sheeghrakaariva	Atisandrata
8	Shiva	Apakvata
9		Hinadravyata

Kshar Nirman Vidhi:

1) Pratisaraneeya Kshara⁹

The Panchangas of plants should be collected, dried up and made into small pieces. Then these are burnt with lime stone. While burning the dispersed parts of the plants are kept with the help of Tilanala. When the ash cools down it should be separated from the residue of limestone and Bhasma Sharkara. The collected ash should be mixed well with six times of Water or Gomutra, then filtered twenty one times in a big vessel through a piece of cloth. The residual portion is thrown away and the filtrate i.e. Ksharodaka should be kept on Mandagni and continuously stirred well until it reduces to 1/3rd. This is MriduKshara. From these eight Palas has to be taken and mixed with Shankhanabhi or Shukti to make Prativapa. In the meantime, heating should continue and Prativapa should be mixed. Care should be taken that it is not too liquid or too dried up. The solution thus obtained is known as Madhyama Kshara. The Madhyama Kshara should be heated up again by adding some

Prativap Dravyasuch as Danti, Chitraka, Ativishaetc¹⁰. With this thick solution obtained which is known as Teekshna Kshara.

2) Paneeya Kshara¹¹

The collected ash should be well mixed with six times of water. Then filtered 21 times in a big vessel through a piece of cloth. The residual portion is thrown away and the Ksharodaka should be kept on Mandagni and continuously stirred well until it remains 1/3rd.

3) Ksharsutra Nirman Vidhi—Acharya Chakradatta has mentioned the Ksharsutranirmanvidhi in Arshoadikara topic.

Ksharsutra is the medicated thread which is prepared by 21 coatings of SnushiKsheer, kshar and Haridra on 20 No. Barbour's Surgical linen thread. Coatings are done in 3 Steps as follows,

- 1) Step 1 –Snuhikshir (11 Coatings)
- 2) Step 2 –Snuhikshir + Kshar (7 Coatings)
- 3) Step 3 –Snuhikshir + Haridra (3 Coatings)

After every coating hot air is blown to dry the thread and UV lamp Lighted for Sterilization of thread. After completion of 21 coatings on 21 day cut the thread and store in glass tube.

Kshara Matra:-

Paneeya Kshara¹²:

- 1)Uttam- 1 Pala (4 Tole)
- 2)Madhyam-3 Karsha (3 Tole)
- 3)Hina- ½ pal (2 Tole)

Pratisaraneeya Kshara:

- 1)Alpa Matra- Nakhotsedhasama
- 2) Madhyam Matra – Twice of the Alpamatra
- 3)Uttam Matra- Thrice of the Alpamatra

Indication of Kshara:-

Indication of Pratisaraneeya Kshara¹³:-

Pratisaraneeyakshara is indicated in good number of diseases by ancient Acharyas. Kushtha (skin diseases), Kitibha (psoriasis), Kilasa (vitiligo), Mandala kushtha, Bhagandara (fistula-in-ano), Nadivrana (sinus), Dushtavrana (infected wounds), Bahyavidradhi, Dushtavrana (infected wounds), Arbuda (tumor), Charmakeela (wart), Tilakalaka (mole), Vyanga (pigmentation of skin), Mashaka (nevus), Saptamukhroga i.e. Upajivha, Adhijivha,

Upakusha (gingivitis), Dantavaidarbha, Vataja, Pittaja, Kaphajarahini.

Indication of Paneeya Kshara¹⁴:-

Garavisha, Gulma, Udararoga, Agnisanga, Ajirna, Arochaka, Aanaha, Sharkara, Ashmari, Aabhyantaravidhradhi, Krumiand Arsha.

Indications of Ksharsutra¹⁵:-Bhagandar, Arsha, Nadivrana,Warts, Krusha ,Durbal and BhiruRugna.

Kshar Dagdha Lakshane¹⁶-

Dagdha Prakar	Lakshane
1) Samyaka Dagdha	1) Alleviation of symptoms and signs of disease 2) Without any secretions 3) Well-being to the patient
2) Heena Dagdha	1) Pricking pain 2) Itching 3) Numbness 4) Aggravation of disease
3) Ati Dagdha	1) Burning sensation 2) Redness 3) Suppuration 4) Secretions 5) Body ache 6) Thirst 7) Faintness 8) Even death

Discussion-

As per review from Sushrut Samhita Acharya Sushruta has mentioned the Kshara,Types of Kshara, Kshar Nirman Vidhi, Use of Kshar and Ksharsutra in Various diseases. Ksharkarma is effective in treating many disorders like Dushta Vrana, Bhagandara, Arsha , Nadivrana, Charmakeela, Ashmari , which shows its importance in Shalya Tantra. Ksharkarma is simple, very safe, effective and procedure with minimal or no complications.

Conclusion –

The Study can be concluded that Acharya Sushruta has mentioned Kshara is useful as a medicine for external and internal use in different formulation. There are number of Ksharas which are prepared from various medicinal plants can be used for Ksharkarma.Kshara has important role in

medicine, surgical and para- surgical practice. Ksharakarma has been considered as a wealth and a strongest weapon in Ayurveda.Ksharakarma plays an important role in treatingthe disease of Shalyatantra. Hence Ksharkarma reflects its own importance in Shalyatantra.

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