



## “A Review on Kshara preparations and Ayurved”

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**Abstract :** In Ayurveda classics there are several plants mentioned as a source of Kshar. Kshar is the alkaline substances obtained from the plant ash. It is prepared by water soluble ash of dried plant through special procedure known as kshar kalpana .The characteristics feature and nature of Kshar kalpana depends on the raw material and manufacturing process. Very limited work has been done related to pharmaceutical and analytical study, standard manufacturing procedure of Kshar kalp. This review article summarizes the evidence based physico-chemical characteristics of Kshar kalpana. According to Shushrut, kshar of plant origin causes ksharana of mamsa dhatu by excision, cutting, scraping, mitigates of all three Doshas . According to Acharya Charak, eighteen different parts of medicinal plants are used for medicinal purpose and kshar is one of them. Sushrut has mentioned several uses of kshar in shalyatantra. Varieties and method of preparation of Kshara are described by Acharya Sharangadhara, Acharya Yadavaji Trikamaji, and method of preparation, properties, application, doses form also described by Rasataranginikar. Kshara is considered as a water soluble ash, but all water soluble content not be obtained within a single wash; some of them may remain as residue.

**IndexTerms – Kshar, Ksharsutra, Kalpana,**

### I. INTRODUCTION

'Kshara' literary means, the material which causes cutting action by of its corrosive properties i.e. 'तत्र क्षरणात् वा क्षार'. Ancient Ayurvedic physicians were well known about the pharmaceutics and the therapeutic properties of kshara. It has been applied internally or externally to cure different disease conditions since the period of Charaka and Sushruta but its detailed pharmaceutical process is described in Yogratnakar and Rasa Tarangini, the literatures of 19th-20th Cen. AD. Kshara is the base of many of the ancient Anorectal surgical operative procedures which are still in practice since the period of Acharya Sushruta like piles, fistula etc. Kshara is mostly prepared out of plant materials, by following ancient pharmaceutical techniques and then designed into different dosage form. In this write up it is tried to highlight the pharmaceutical technique as well as therapeutic implication of kshara.

Kshara is the plant originated substance prepared through ancient pharmaceutical technique. All plants are content of different minerals, alkaloids, glycosides, flavanoids etc. in different proportions. For achieving kshara out of plant, the plant material containing more percentage of alkali/alkaline earth materials are chosen. These are apamarga, papaya, banana, aswatatha etc. from where kshara is manufactured. Kshara is alkaline in nature and the plant based kshara varies from PH 7.5 to 11.5. Different ksharas having plant origin generally contains carbonate, nitrate, bi-carbonate and oxide compounds of potassium, sodium, and magnesium.

नैवतीक्ष्णं न मृदुः शुक्लःश्लक्षणोऽथ पिच्छिलः

अविष्यन्दी शिवः शीघ्र क्षारो ह्यष्टगुणः स्मृतः | (Su.Su-11/16)

तीक्ष्णोष्ण लघुरक्षश्च क्लेदीपक्ता विदारण दाहनो दीपनश्लेत्ता सर्व क्षारोऽग्निसन्निभ | Ch. Su-27/306)

According to Acharya Sushruta kshara having 08 properties like neither too sharp nor too soft, whitish in color, slakshana, pichhila, abhisyandi (it should not cause the obstruction of channels), it should be beneficial for subject and it should have quick response. Likewise Acharya Charak has also described 09 properties of kshara such as teekshana, ushna, laghu, ruksha, kledi, vrana pachaka, vrana-vidaraka, dahakaraka, agni deepaka. Over all he has called it as like fire.

### Pharmaceutical processing of Kshara.

For the preparation of kshara, the parts of plant (bark of aswatath) or whole plant (apamarga panchanga) is collected in appropriate season, washed properly and dried under intense sun shine. Then dried plant material is burnt into ashes in a vessel having wide mouth. After cooling, the ashes are mixed with 04 times of water in a clean vessel stirred well and kept undisturbed for overnight. On the next day the supernatant water is collected, filtered for 21 times with a clean cotton cloth. Filtrate is taken out and dried for evaporating the water contents to achieve the whitish dry powder form material known as kshara.

**Preparation Of Pratisarniya Kshara :** Acharya Sushruta has mentioned a whole chapter for the preparation (Paka) and method of administration (Vidhi) of kshara in his Sushrut Samhita. The general method of Pratisaraniya Kshara is given according to Acharya Vaghbhatta. A physician wishing to prepare kshara should first purify his body and mind and observe a fast on a auspicious day during uttama season. Then full grown Apamarga of middle age should be selected from well area. The physician should cut the plant into small pieces and put them in a place protected from the wind. Then having pieces of Sudhapasan over them and burn them to ashes with the lighted faggots of Tilnala. Then after when the fire has fairly burnt, the ashes of the plant and Sudhapasan should be separately collected and stored. Then one Drona Ahse, should be dissolved in six Drona of pure Gomutra and be filtered twenty one times, with the help of clean linen. Then filtrate should be kept in a large enamel vessel over a fire and boiled by gently agitating it with a ladle. Till the saturated water appears to Achchha, Rakta, Pichchhila and Tikshana. It should be taken down from the fire and filtered through a piece of clean linen. This filtered drug is known as "Ksharodaka". Now, preparing of Tikshna Apamarga kshara one should add some other drugs in Ksharodaka.

### Classification of kshara:

According to therapeutic use kshara is broadly classified into two types like paneeya kshara (for internal use) and pratisarneeya kshara (for external use), pratisarneeya kshara is again divided into 03 types i.e. mridu, madhya and teekshana depending upon the strength of kshara mater and so as applied on the diseased area. Again According to Origin Types of Kshara :Kshara can be divided under various types as follows :A. Vanaspatijanya B. Pranijanya C. Khanijanya. According to Season of Preparation :

- A. Uttama : Prepared in Greeshma (Summer)
- B. Madhyama : Prepared in Sharada (Winter)
- C. Adhama : Prepared in Varsha (Rains)

### Quality of Prepared Kshara :

It has been mentioned that properly prepared kshara should have following

#### Qualities:

Qualities	Sushruta	Vagbhata
1. Nati Tikshna	+	+
2. Nati Mrudu	+	+
3. Nati Shukla	+	+
4. Slakshnata	+	+
5. Pichchila	+	+
6. Avishyanda	+	+
7. Shighrakarita	+	+
8. Shiva	+	-
9. Shikhari	-	+
10. Sukha Nirvapya	-	+
11. Alpa Rakta	-	+

**Different dosage form of kshara:** other than the powder form kshara is also applied with the varti, sutra etc...

Kshara sutra is an important dosage form of kshara prepared for the treatment of different Ano-rectal diseases. For the preparation of kshara sutra, generally 20 no. surgical linen thread is taken and coated with the mixture of apamarga kshara, snuhi kshara and haridra churna again and again (21 times, one coating must be given after drying of previous coating) with the help of gauze soaked with mixture of the above said materials. The thread coated with kshara mixture is dried with hot air blow by keeping it on the hanger of cabin specially designed for kshara sutra. After the preparation, thread is cut into small size (normally 20cm.) and stored inside a sterilized box for its clinical use.

**Dose of kshara:** According to Rasa Taranginiee dose of kshara is 2-8 gunja (250 mg to 1000mg.) depending upon the strength of disease and subject.

### Therapeutic use:

Kshara can be used in hundreds of disease conditions. As it is alkaline in nature, internally is used for the diseases where root cause is gastric acid. Like colic pain, initial level of gastritis, gas abdomen etc. It is also used for gulma, arsha, mutrkrichhra, udara roga, hrtsula, parshwa shula, pleeha, mandagni etc... Externally it is used in the form of powder, for cauterization of different lesions like msaka, charmakeela etc. in the form of kshara sutra it is massively used for the treatment of Ano rectal disorders like piles, fistula, fissure etc... Generally it is observed that on following the proper dietary regimen, a long term therapeutic effect is achieved in this procedural treatment and very negligible recurrence is observed in comparison to direct excision of the lesion. Hence it is the most suggestive operational procedure for Ano-rectal disorders.

### Precaution for kshara: -

Along with the high therapeutic value it has following demerits. Long term use of kshara may hamper the reproductive system. It is very much hygroscopic in nature hence must be stored with greatest care otherwise alkali nature will spoil and its therapeutic value will decrease. As it is corrosive in nature hence it should be handle, store and apply with care. Strength of kshara should be considered on priority basis before its application.

### Conclusion:

Kshara is one of the important tools among para surgical procedures like kshara karma, agni, and jalouka karma. It has a large application in Ayurvedic remedy both externally and internally. It has been used for Ayurveda treatment since the Samhita period, but now a day it is considered as one of the best remedy for Ano-rectal disorders

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