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Review on **Kshara Karma in Streeroga**

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**ABSTRACT**

Kshara karma is mentioned as one of the Upasastras. Kshara karma is said to be superior to any other surgical or parasurgical measures due to its functions like chedana, bhedana, lekhana and Patana karma. It can be applied in the narrowest place and internally where surgical procedures cannot be performed. Kshara is formed by burning whole plant and ash is purified to obtain ash. The result is the formation of Kshara powder which is alkaline in nature. Inspite of its corrosive action, it can be given orally. Hence an attempt to review Kshara karma used in stree roga.

**KEYWORDS** Corrosive action, Chedana, Kshara, Lekhana, Upasastras.

**PICTORIAL ABSTRACT**

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1. **INTRODUCTION**

Description of Kshara is not available in vedic literature. Description of Kshara is available only in post vedic literature. Kshara karma is a parasurgical procedure. It is included under the heading of anusastra along with agnikarma and jalakarana. Acharya susrutas¹⁰ considered it as one among the Anusastra as well as an Upayendra because, it does Chedya, Bledya and Lekhana kriya and Tridoshahara. Acharya charka¹¹ has mentioned Kshara as one of the three oldest treatments that is Shattra pranidibana. He has illustrated internal uses of Kshara than external. Acharya Vagbhatas¹² has described in detail about Kshara and Kshara karma, he considered it as the best Shattra. Acharya Kashyapa¹³ under the context of Dwiramaneeya chikitsa, there is description of Kshara prathisarana.

2. **KSHARA KARMA**

Kshara is derived from the root word kshara, which means movement. Amarakosa has mentioned kshara as a synonym to glass. Acharya Sushruta describes Kshara as ksharanat-satanadityartha kshapamam sodhanamithyartham.¹⁴ Ksharana means that which mobilizes and removes the vitiated doshas. Ksharana means which melts away or causes disintegration. Further Dalhana comments Kshanat means to perform Kshanana i.e., to destroy or injure unhealthy tissues. The drug performing both the properties is called as Kshara.

Acharya charka defines Kshara as scapes away the abnormal tissues from its deep-rooted location or drags it down after dissolving by its corrosive nature. The vitiated mamsa is excised or vitiated kapha is removed from its asaya and shed downwards and expelled by kshara karma.¹⁰ Kshara can be divided into 2 types:

1. Pratisaraneeya kshara - it is used in the form of ksharadaka, ksharasutra, ksharavarti, ksharapichu, ksharanjana.
2. Paneeya kshara - it is used in the form of kshara vati, ksharaghrta or taila, ksharabasti, ksharaunarna, ksharavastra.

3. **ROLE OF KSHARA KARMA IN STREE ROGA**

Kshara karma is considered as a satisfactory approach to treat cervical erosion instead of electro cauterization in which chances of recurrences and complications are more like secondary haemorrhage, infertility, cervical stenosis etc.¹⁴ Indication: Genital warts, Cervical erosion, Cervical polyp, Nabothian follicle, Chronic non healing cervical ulcer.

4. **ACTION OF KSHARA KARMA IN CERVICAL EROSION**

In ayurvedic classics, there is no direct description of garbhsastha graiva mukhagata trana is available, but acharya vaghata has described it in reference of yoni vranekshana yantra.
5. PALASHA KSHARA AND TANKANA

The drugs having katu rasa, laghu, tiksna guna, usna, virya and katuvipaka corrects kapha dusti. Kshara has ksharavriya does the kapharana nirbharana, which inturn reduces the pain or cervical tenderness and it also does the pachana which accelerates the phase of paka and reducing the inflammation in lesser time. Because of its tiksna guna, it does the kapha nissarana which helps in reducing the yonisara and yonikanda. Ue to its lekhana karma, it does the dushita mamsabarana. This can be correlated to strong alkaline nature which is responsible for is corrosive action i.e. destruction of columnar epithelium, after destruction of this epithelium re-epithelisation of squamous epithelium occurs. Also removes the vitiated doshas, which enhances the healing process. Kshara gives better results in chronic and recurrent cases.[10,11]

6. APAMARGA KSHARA

Apamarga kshara is strongly alkaline in nature and brings about the destruction of superficial cells of eroded cervical area flowed by sloughing off of unhealthy tissue.[12]

7. Action of Kshara Karma in Polycystic Ovarian Syndrome

The general procedure for its preparation is Mrudu Bhasmitarana (conversion to ash), adding water (1:6 ratio), filtration (21 times), distillation (boiling the Ksharajala still water evaporates), collection (process called lixiviation). The plants are rich source of inorganic molecules when they are burnt as ashes and if it is dissolved with water, plant minerals soluble in water permeate through filtration with predominance of bicarbonate. While boiling this salts converted into solid form, they still have the hygroscopic nature. So quality and quantity depends on the number of filtration of the Ksharajala. Pameeya Kshara is given in Dwivijaya (Dwivijaya- one Gunja = 125 mg hence 250 mg) 250 mg dosage.[13] [If Pameeya Kshara used in a desired dose is a potent remedy to reduce the symptoms, size of the cyst and normalize ovulation in PCOS.

7. PALAASHA KSHARA

Palaasha kshara one of the most common Pameeya kshara mentioned in kshara panchaka by acharya charaka and vagbhatta. Palaasha (buteamonosperma) it is also said to be as krimikaka kshara or parnakshara. Palasha kshara with pippali ibornam and honey improves agni and it is indicated in gulma, plebra and udararogas. Palasha kshara with guraja indicated in raktheagulma. Agneya dravyas are pitta virudhaka as well as vata- kapha shaman. Due to its asana, thokshna properties it decrease kaphadosha, medidhatu and removes srotodhata.

8. KALYANAKA KSHARA

Kalyanaka kshara mentioned in asthanga hridaya chikitsa sthana- arsha chikitsa, Pameeya kshara which can be applied in the doshika avastha of Pcos. Ingredients include trikatu, triphala, danthi, bhudathaka, chitraka, erandataila and gomutra. Kalyanaka kshara is effective in normalizing vata. The drugs of kalyanaka kshara have kapha rata shaman, rata anulomana, chedana, bhedana and lekhana properties, which helps in reducing the cyst size, ovarian volume, normalize ovulation. Pameeya kshara used for internal administration and is given in Dwivijaya (250mg) dosage.[14]

9. ACTION OF KSHARA KARMA IN GENITAL WARTS

In the management of the genital warts, the procedure i.e. kshara plays important role in removing warts.

10. YAVAKSHARA WITH TUTTHA AND TANKANA

Yavakshara having sukshma, laghu, snigdha properties, indicated in kaphajaryadi, arsas, kapha rata roga. Tutthka having rasayana, lekhana, bhedana properties, indicated in twakrikaras and tankana having bhaaya, baiya and vatakaphagnas properties, indicated in artava janaka, mudagerbha. All the dravyas used are having chedana, bhedana and lekhana properties, which invades into the deeper tissues and does ksharana of tissues and undergo necrosis.[15]

11. DISCUSSION

Kshara has an important place among all surgical and parasurgical measures, due to its properties, which do not come under the preview of agnikarma or jalakakshara. The kshara is superior to the Shashtra (sharp instruments) and their substitutes (anuhastra) because of their capability to perform Lekhana, Bhedana, Chedana and also due to their power to alleviate provoked Tridoshas.[14] Kshara has property of kapha-krimaghan, lekhana, shodhana, ropana karma that make it best choice for treating any type of rasa. Drugs used for Kshara has katu rasa, usna virya, saumya gna, tiksna, agneya gna and alleviates tridoshas and performs dahan, pacana, darana, vireyan, sudhana, ropana, sosana, lekhana, bhedana and chedana.[17] Kshara when used externally causes coagulation of proteins, disintegration of haemoglobin blackish brown discharge, sloughing and re-epitheliazation.

12. CONCLUSION

Acharyas mentioned various Sthanaika chikitsa for stree rogas. Kshara karma is one among those chikitsa. Kshara karma is said to be superior to any other surgical or parasurgical measures due to its functions like Chedana (excising/removing), Bhedana (dividing), Lekhana (scraping/scarification) and Patana (splitting) karma. It can be applied in a narrowest place and internally where surgical procedures cannot be performed. Kshara are the substance that acts as a corrosive agent for any growth when used externally and generates healthy base for healing.

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