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# Review on *Kshara Karma* in *Streeroga*

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## ABSTRACT

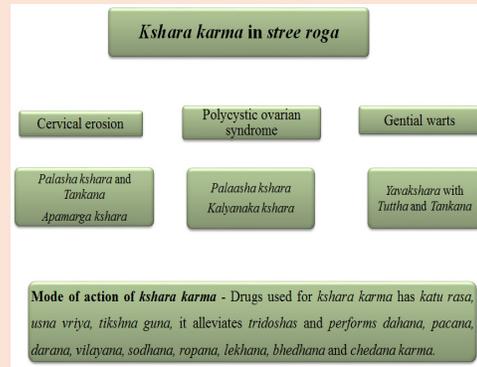
*Kshara karma* is mentioned as one of the *Upasastras*. *Kshara karma* is said to be superior to any other surgical or parasurgical measures due to its functions like *chedana*, *bhedana*, *lekhana* and *Patana karma*. It can be applied in the narrowest place and internally where surgical procedures 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. In spite 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*.

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## 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 *julukavacarana*. Acharya susruta<sup>[1]</sup> considered it as one among the *Anusastra* as well as an *Upayentra* because, it does *Chedyo*, *Bhedyo* and *Lekhano kriya* and *Tridoshabhara*. Acharya charka<sup>[2]</sup> has mentioned *Kshara* as one of the three oldest treatments that is *Shashtra pranidhana*. He has illustrated internal uses of *Kshara* than external. Acharya Vagbhata<sup>[3]</sup> has described in detail about *Kshara and Kshara karma*, he considered it as the best *Shashtra*. Acharya Kashyapa<sup>[4]</sup> under the context of *Dwinraneeya 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 kshapanam sodhanamithyartha*.<sup>[5]</sup> *Ksharana* means that which mobilizes and removes the vitiated *doshas*. *Ksharana means* which melts away or causes disintegration. Further Dalhana comments *Ksananat* 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 scrapes 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*.<sup>[6]</sup>

*Kshara* can be divided into 2 types:

1. *Pratisaraneeya kshara* - it is used in the form of *ksharaodaka*, *ksharasutra*, *ksharavarti*, *ksharapichu*, *ksharanjana*.
2. *Paneeya kshara* - it is used in the form of *kshara nati*, *ksharaghrita* or *taila*, *ksharabasti*, *ksharacurna*, *ksharaavaleha*.<sup>[7]</sup>

## 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.<sup>[8]</sup>

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 *garbhashaya griva mukhagata vrana* is available, but acharya vaghata has described it in reference of *yoni vranekshana yantra*.

[9] Considering the features of cervical erosion, it can be stated as *nija/agantuja*, *kapha-pittaja*, *twaka- mamsaja* type of *vrana*, which occurs at *griva* of *garbhashaya* (cervix).

#### 5. PALASHA KSHARA AND TANKANA

The drugs having *katu rasa*, *laghu*, *tikshna guna*, *usna*, *virya* and *katuvipaka* corrects *kapha dusti*. *Kshara* has *ushnavirya* does the *kaphavata nirharana*, 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 *tikshna guna*, it does the *kapha nissarana* which helps in reducing the *yonisrava* and *yonikandu*. uee to its *lekhana karma*, it does the *dushita mamsabarana*. This can be correlated to strong alkaline nature which is responsible for its 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.<sup>[10,11]</sup>

#### 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.<sup>[12]</sup>

#### 7. Action of Kshara Karma in Polycystic Ovarian Syndrome

The general procedure for its preparation is *Mridu Bhasmikaarana* (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*. *Paneeya Kshara* is given in *Dwignunja* (*Dwignunja*– one *Gunja* = 125 mg hence 250 mg) 250 mg dosage.<sup>[13]</sup> If *Paneeya 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 *Paneeya kshara* mentioned in *kshara panchaka* by acharya charaka and vagbhata. *Palasha* (*buteamonosperma*) it is also said to be as *kimsuka kshara* or *parnakshara*. *Palasha kshara* with *pippali choornam* and honey improves *agni* and it is indicated in *gulma*, *pleeba* and *udaranrogas*. *Palasha kshara* with *gavyaajya* indicated in *raktthagulma*. *Agneya dravyas* are *pitta vardhaka* as well as *vata – kapha shamana*. Due to its *ushna*, *theekshna* properties it decrease *kaphadosha*, *medodhatu* and removes *srotborodha*.

#### 8. KALYANAKA KSHARA

*Kalyanaka kshara* mentioned in *asthanga bridaya chikitsa sthana- arsho chikitsa*, *paneeya kshara* which can be applied in the *doshika avastha* of Pcos. Ingredients include *trikatu*, *triphala*, *danthi*, *bhalathaka*, *chitraka*, *erandataila* and *gomutra*. *Kalayanaka kshara*

is effective in normalizing *vata*. The drugs of *kalayanka kshara* have *kapha vata shamana*, *vata anulomana*, *chedana*, *bhedana* and *lekhana* properties, which helps in reducing the cyst size, ovarian volume, normalize ovulation. *Paneeya kshara* used for internal administration and is given in *Dwignunja* (250mg) dosage.<sup>[14]</sup>

#### 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 *kaphajavyadi*, *arsas*, *kapha vata roga*. *Tuttha* having *rasayana*, *lekhana*, *bhedana* properties, indicated in *twakvikaras* and *tankana* having *hrdya*, *balya* and *vatakaphagna* properties, indicated in *artava janaka*, *mudagarbha*. 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.<sup>[15]</sup>

### 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 *jalaaukacharana*.

The *kshara* is superior to the *Shastra* (sharp instruments) and their substitutes (*anusastrā*) because of their capability to perform *Lekhana*, *Bhedana*, *Chedana* and also due to their power to alleviate provoked *Tridoshas*.<sup>[16]</sup> *Kshara* has property of *kapha-krimighan*, *lekhana*, *shodhana*, *ropana karma* that make it best choice for treating any type of *vrana*. Drugs used for *Kshara* has *katu rasa*, *usna virya*, *saumya guna*, *tikshna*, *agneya guna* and alleviates *tridoshas* and performs *dabhana*, *pacana*, *darana*, *vilayana*, *sodhana*, *ropana*, *sosana*, *lekhana*, *bhedana* and *chedana*.<sup>[17]</sup> *Kshara* when used externally causes coagulation of proteins, disintegration of haemoglobin blackish brown discharge, sloughing and re-epitheliazation.

### 12. CONCLUSION

Acharyas mentioned various *Sthanika 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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