



**REVIEW ARTICLE ON KSHAR**

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**ABSTRACT**

Ayurveda is oldest medical science of India. Ayurveda has its own tools and principles to treat & eliminate the diseases from the body. Our Ancient seers Acharya Charak, Sushrut, Vagbhata, and Chakrapani all are described external and internal uses of kshar karma in various disorders. Kshar karma Therapy is a paramedical procedure which are used from ancient time for curable of many external & internal diseases. Diseases which are not curable with modern medicine or drugs and another notorious diseases where medicine as well performing surgery also difficult and has a lot of complication like - infection, disfigurement, difficult to approach etc. in these disorders kshar karma therapy is so much effective to treat the disease such as skin diseases, some allergic condition, Bhagandar (Fistula in ano), Nadi Vrinda (Sinuses) Arbuda (Cancer) Arsha (Piles), Dusta Vrinda (chronic or non-healing ulcers), Charkani (wart), Tilakala (Melanomas), External abscess, Disease of Mouth, Ranula, Some tumor of mouth cavity, gall bladder stones & renal colic etc.

Ayurveda has answered of all dangerous diseases. It has answer all the problems only by one word that is Kshara karma Therapy. Most of the patients are feared and not happy to go for surgery if alternatives of that diseases are available. Many times patients are not fit to undergo on surgical operation. Under such conditions the alternative measures for advancing the result of surgery is always welcome.

Recent advances in uses of external kshara karma application in the form of kshar sutra, kshar pichu, pratisarniya kshar and ksharvarti etc. are most effective for curing various anorectal disorders, skin disorders and non-healing ulcers etc. Another advances in internal application of kshar karma in the form of vati and capsules, which are useful in cholelithiasis, Granthi (Benign Tumor), Urolithiasis, Arbuda (Cancer) and Nephrolithiasis.

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**INTRODUCTION**

Kshar is a substance, which is alkaline in nature. It is an extract of medicinal plants ashes which is used in various disorders. Kshar chikitsa is a paramedical treatment in Ayurveda. The etymological significans of the term kshar is based on their property of corroding (the skin or the flesh of an affected part of the body), or on their peculiar quality in destroying the skin and flesh where such an effect is desired. Since a variety of substances enter into the composition of kshar, they are endowed with the virtue of subduing the three deranged bodily humours. Owing to their white colour, kshar should be included within the category of cooling substances (Saumya)<sup>1</sup>.

But since many drugs or substances of a hot or fiery nature (Agneya) enter into their composition. Kshar are endowed with the properties of blistering, burning, suppurating (Pachana) opening etc., without involving any contradiction to their

generic (Saumya) nature, and hence they are included within the list of those substances which are both hot and cooling (Saumya and Agneya) in their virtues. They are pungent in taste, of a heat making potency, irritant, digestive, corrosive, absorbent, liquefacient, improve unhealthy sores and granulation & act as a styptic and paralyzing agents. They exercise destructive action on animal tissue. They are antitoxic, anthelmintic and possess the property of curing mucous accumulations in the intestines. They tend to reduce fat and phlegm and they have the virtue of destroying skin diseases. In large doses, have the effect of destroying the virile potency of man<sup>1</sup>.

**Classification<sup>2</sup>**

- On the basis of Administration –
  - Pratisaaraneeya Kshara – External application
  - Paneeya Kshara - Internal administration
- On the basis of Concentration – Mild, Moderate and Highly

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### **Preparation of Pratisarniyakshar<sup>3</sup>**

For preparing pratisarniya kshar, we should collect a full grown panchang (whole plant) of plant like-Apamarg tree (*Achyranthes aspera*) of middle age, and growing on soil recommended in the works on pharmacy and not anyway affected. The plant is dried and burnt to make an ash. This collected ash should be dissolved in 6 times of water to make an solution. If we want to make teekshna kshar then we dissolved the ash in cow urine instead of water.

Finally, this solution has filtered by markeen cloth in 21 times, we get filtered solution. This filtrate kept in pot for further heating. The filtrate is clean and clear like color of cow's urine and it is kept on mild fire and liquid evaporates to 1/3rd of its original quantity. This is known as Mridu or mild concentrate Kshara. If we want to get madhyam kshar then add 50 gms of red hot Shukti (Limestone) to the filtrate solution and continuously stirred well until it evaporates to 1/3rd of its original quantity. This is known as Madhyama or moderate Kshara. This should be further heated up by adding 5 gms of Chitraka Kalka (*Plumbago gelanica*). With this thick solution is obtained which is known as Teekshana or highly concentrate Kshara. It will be collected and stored in air tight container.

### **Preparation of Paneeya Kshar<sup>4</sup>**

Acharya Sushruta has given details of preparation of paneeya kshar in uttar tantra, gulma raga chapter. In the preparation of paneeya kshar all plants (tila, taalmakhana, root & bark of palash, Panchang of sarnso, yavnaal, half riped plant of yav and mooli) should be taken in same amount and burnt to get ash. Now this ash is dissolved in four or six times of animal's urine (urine of equal amount of cow, goat, sheep, donkey, elephant and buffalo). Then filtered it 21 times. Now in this filtrate add kooth, saindhav lavan, mulethi, soanth, vaividang and ajvayan each dravya should be taken 10 gms and 100 gms samudra lavana kept in iron pot and cook at mild fire upto make it become semisolid.

### **Property of Kshar<sup>5</sup>**

The commendable features in kshar are based on its whiteness, on its being neither too mild nor too strong, on its gloss and sliminess, on its sticking to the place of application, and on its power of secreting (Abhisyandi) the morbid fluid, and on its rapid effect. Kshar has the property of tridoshaghna.

### **Indication of Pratisarneeya Kshar<sup>6</sup>**

Alkaline preparation should be externally used in such skin diseases as Kitibha, Dadru, Kilash, Mandala, Fistula in Ano, Tumour, Dusta vrna (infected wounds), Sinus(Nadi vrana<sup>7</sup>, charma kila, Tilkalaka, Nyaccha, Vyanga, Masaka and external abscesses and internal haemorrhoids<sup>8</sup>. Seven forms of diseases which affect the cavity of the mouth such as Upajihvika, Adhigihvika, Upakusa, Dant vaidarbha and in the three types of Rohinis.

**Indication of Paneeya Kshar<sup>9</sup>**-Gulma, Ascitis, loss of appetite, indigestion, flatulent, distention of abdomen with suppression of stool and urine, urinary calculi, stone in the bladder, internal abscess, worm in the intestine, and haemorrhoids as well as for subduing or eliminating any sort of poison from the system.

### **External Kshar Karma Application**

1. In the form of Ksharsutra
2. In the form of Kshar Pichu

3. In the form of Kshar Varti
4. In the form of Pratisarniya Kshar

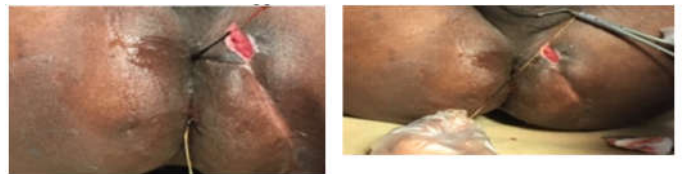
### **Internal Kshar Karma Application**

1. Vati (Tablet)
2. Capsule

### **Indications of Various Forms of Kshar**

#### **Indication of Ksharsutra**

Ksharsutra therapy is an age old, simple and safe minimum invasive surgical technique for treatment of fistula in ano described in ancient classics of Ayurveda is being practiced as a primary method of treatment in all types of fistula in ano including complex and recurrent fistula at Banaras Hindu University since 1965 with great success rate. Ksharsutra is a unique medicated seton helps in both cutting as well as drainage of fistulous tract. The cutting and healing of fistulous tract takes place simultaneously therefore the possibility of damage to anal sphincter is less and chances of incontinence are practically nil. It is a cost effective, day care procedure and hospitalization is not required in majority of the patients. During the course of treatment patient remain ambulatory and can perform routine daily activities normally. Procedure same as Seton application.



### **Application of Ksharsutra in Fistula in Ano**

#### **Indication of Kshar Pichu**

In Ayurveda non healing ulcer can be correlated with Dushta Vrana. Application of Kshar karma for shodhana and ropana of Dushta Vrana is one among the Sixty upakramas of Vrana. Kshar has chhedana (excision), Bhedana (incision), and Lekhana (scrapping) properties along with Tridoshghara (equilibrium of Vata, Pitta, Kapha) properties, thus Kshar Pichu is considered as a good curative measure for local treatment of Dushta vrana.

Kshar pichu is an medicated gauze which is used in case of unhealthy wound for debridement purpose so that wound have becomes healthy granulations tissue.



(Packed Kshar Pichu in glass tube)

#### **Indication of Kshar Varti**

Application of varti in the management of fistula in ano is well known and Sushruta has mentioned different types of Varti in the management of Nadivrana and Bhagandara Chikitsa for the sodhana and ropana of tracts<sup>10</sup>. Mainly ksharvarti is applied in those cases in which fistulous tract is not complete (like-internal blind fistula in ano or sinuses) and Pilonidal sinuses. Kshara is also one variety of cauterization by using

phytochemical substance. It can be used as an individual or an adjuvant to surgical measure. The caustic applied by means of Kshara varti along with plain thread are capable of performing chemical fistulectomy, without creating a wide gap, which is subsequently completely filled by granulation tissue, thus preventing the formation of pus pockets or leaving behind a patent tract.



(Packed Kshar Varti in Glass tube)

### Indication of Pratisarniya Kshar

The patient is lying down in lithotomy position and perianal area has painted. The sterile cut sheet is wrapped and local anaesthesia is infiltrated around the anorectal ring. Now lubricated slit proctoscope is to be introduced into the anus and Pratisarniya Kshara applied over the internal pile mass and wait for 1 minutes or until the pile mass turns to the color of Reddish black (Pakwa Jambu Phala Varna). After colour changes, the pile mass must be washed with lemon juice/ citric acid to neutralize the Kshara effect. The same procedure should be followed in other piles also. Later the rectal pack with Jatyadi tail is applied.

Other diseases in which pratisarniya kshar used like- Rectal Prolapse, corn, mole, Pilonidal Sinus etc.



(Application of Pratisarniya Kshar in Internal Haemorrhoids)



### Indication of Paneeya Kshar

Paneeya kshar is the preparation of kshar, which is used by oral route. Acharya Sushruta has described the preparation of paneeya kshar in uttar Tantra, Gulma Adhyaya (which is mentioned above in this article). But now a day's new advances have come in technologies and form the tablet and capsules of kshar for systemic disorders like- chronic cholecystitis and cholelithiasis. In which capsules of Rohitakyadi given per oral route for one month. This is histopathological, clinical and experimental proved study.

### Advantages of Kshar Therapy

- Kshar therapy is an Para surgical, minimal invasive procedure and time-tested Ayurvedic technique.
- It is a cost effective.
- Kshar therapy may be done in open patient door (OPD).
- Hospitalization is not required in majority of the patients.
- During the course of treatment patient remain ambulatory and can perform routine daily activities normally.
- Postoperative pain is mild in intensity.
- No bleeding
- Recurrence rate is Nil or very low.
- Kshar Therapy is also useful in Systemic diseases.
- No surgical complications like incontinence, stenosis and stricture.

### CONCLUSION

Kshar Therapy is an parasurgical management in Ayurveda. Various forms of Kshar therapy is useful in many local and systemic diseases, which are not curable with modern medicine or drugs such as skin diseases, some allergic conditions, Bhagandra (Fistula in ano), Nadi Vrina (Sinuses), Arbuda (Cancer), Arsha (Piles), Dusta Vrina (chronic or non healing ulcers), CharmaKil (wart), Tilkalaka (Melanomas), External abscess, Disease of Mouth, Ranula, Some tumor of mouth cavity. These are some notorious diseases where medicine as well performing surgery also difficult and No one happy for surgery if alternatives is available. Many time patients are not fit to undergo on surgical operation. Under such condition the alternative measure for advancing the result of surgery is always welcome. Here Ayurveda has answer all the problem by only one word that is Kshar.

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