

## CLINICAL UTILITY OF KSHARA KARMA IN SURGICAL PRACTICE

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### ABSTRACT

*Ksharakarma* is the oldest known and popular modality of treatment. Being *Upayantra* & *Anushastra*, it is been considered as the superior treatment among *Bheshaja* and *shastra*. *Kshara* is the herbal extracts of plants. According to Sushruta, in *Kshara Paka Vidhi Adhyaya* has mentioned 23 drugs plants as: Mushkka, kutaj, Palash, Ashwakarna, Paribhadra, Bhibitaka, Aragvadha, Tilwaka, Arka, Snuhi, Apamarga, Patla, Naktamal, Vrusha, Kadali, Chitraka, Putika, Asphota, Ashwamarak, Saptachanda, Agnimantha, Gunja, Koshataki from which *Kshara* can be prepared. *Kshara* is also useful in external application directly as *Ksharapichu* (gause-piece), *Kshara Sutra*, *Ksharavarti*. This alkaline preparation has many therapeutic usages and many surgical procedures. In present days *Ksharakarma* is most commonly used in most of the painful disorders to relieve pain. Hence this article make a review over ancient views and also the newer inventions of chemical cauterization which can be used accordingly in conditions where *Ksharakarma* is needed.

**KEYWORDS:** *Ksharakarma*, Cauterization.

### INTRODUCTION

*Kshara Chikitsa* has been in practice since 500 BC. As per Sushruta, the *kshara* is prepared from 22 plants such as Apamarga, Snuhi, Aragvadha, Kutaja, Vasa, Arka, Tila etc.

*Kshara* is the most important one among *anu shastra*, because it does functions like Chedana, Bhedana, Lekhana, Tridosahara. *Kshara Chikitsa* has been in practice since 500 BC.

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*Kshara Kalpana* is preparation of *Kshara*, which can be done by using single, or compound, or mixture of many herbs and mineral products. There is a wide range of description available about *Kshara* in many of authoritative texts of Ayurveda. *Kshara* used safely on patients who are not fit for surgery.

Classification of Kshara <sup>[3]</sup>			
Based on	Types		
Administration:	Prathisaraniya	Paniya	
concentration	Mrdu	Madhyama	Teekshna
origin:	Herbal	Mineral	

However, Acharya Sushruta; father of Indian Surgery, is the pioneer of *Kshara Kalpana*, as he has described *Kshara Kalpana* in one specific chapter. These alkaline preparations have many therapeutic uses and even proved to be effective in treating many disorders.

Applications of these preparations have replaced many surgical procedures too.

**Nirukti of Kshara**

“तत्र क्षरणात् क्षणनादवा क्षारः ॥”<sup>[4]</sup>

As it destroys the unwanted tissues.

**Use of Kshara in Different Form****Prathisaraneeya Kshara in Diabetic Foot Ulcer**

- Patient came with c/o wound in medial aspect of foot with discharge Since 2 years
- K/C/O T2DM
- Diag.: Diabetic foot Ulcer



Applied chitraka tikshna kshara after lekhana, treatment continued once in three days for 7 days and later on dressing done with jathyadi pichu for 15 days

**Prathisaraneeya Kshara Karma In Abhyantara Arshas**

- Patient came with c/o Pain during defecation , bleeding after defecation Since 3 months

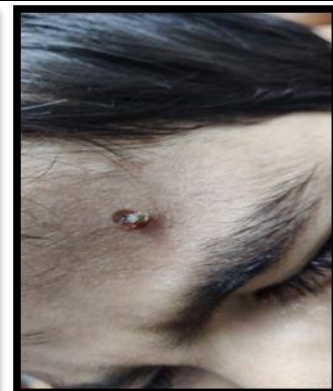


Chitraka Prathisaraneeya kshara

Total treatment period : 21 Days

**Prathisaraneeya Kshara in Charmakeela**

Patient came with c/o, Over growth of skin in the forehead since 1 month



3 Days after application of Kshara wart fall down by itself



**Prathisaraneeya kshara in valmika**

1. Patient came with c/o Pus discharge from the multiple openings at sole of right foot since 10 years  
2. Swelling and pricking type of pain at right foot since 10 years



**Treatment adopted : Chedana karma Followed by Chitraka Prathisaraneeya kshara application**

**Prathisaraneeya kshara in vicharchika**

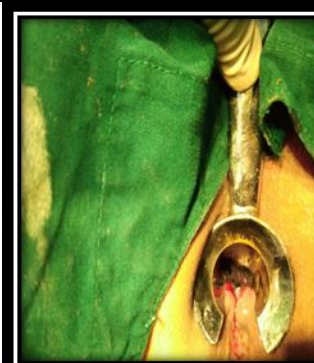
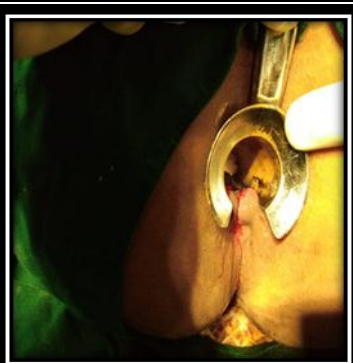
Patient came with the c/o, Eczematous lesions over his right leg Associated with mild discharge and itching Since 2 years



**3 Sitzings of Kshara Karma (chitraka kshara) done with the interval of 7 days**

**Prathisaraneeya kshara in charmakila**

Patient came with c/o, Pain and burning sensation while defecation with bleeding, Associated with constipation since 4 years



**Wound healed within 7 days**

**Kshara sutra in bhagandara**

Patient came with h/o Pus discharge along with itching from perianal region since 1 month



**Track completely healed within 5 months , ksharasutra changed within the interval of 7 days**

**Kshara sutra in nadivrana**

Pain and foul smelling discharge from natal cleft since 15 years.



2 tracks found ,track excised within 1 month

**Kshara varthi in Nadivrana**

Patient came with c/o Pus discharge, pain and swelling Just below the inner canthus of the eye since 15 days.



Small ksharavarti made of kadali mrudukshara in the interval of 7 days for 2 months

**Kshara varthi in Nadivrana**

c/o discharge with foul smell from the right ear Patient had an opening at his right pre-auricular region at root of the helix since birth.



3 congenital sinus was present, chitraka kshara varthi inserted for 24 days followed by ropana Upakrama

**Kshara varthi and kshara sutra in Mammary sinus and fistula secondary to subareolar abscess**

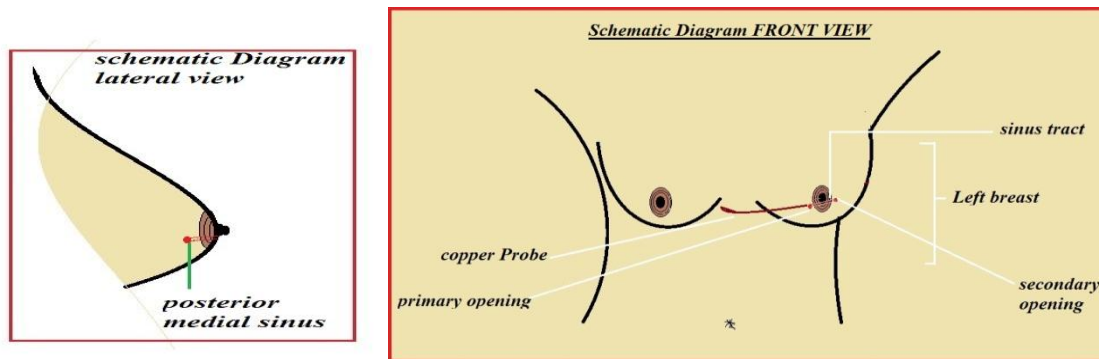
**Before treatment**

Patient c/o, Painful swelling and pus discharge in the left breast region since 15 days.

**Local examination of breast**

Pus discharge with External opening at left sub areolar breast region.





### During treatment

Varthi insertion in sinus track kshara sutra application for inter connecting track



Kshara sutra & kshara varthi at site



After Treatment

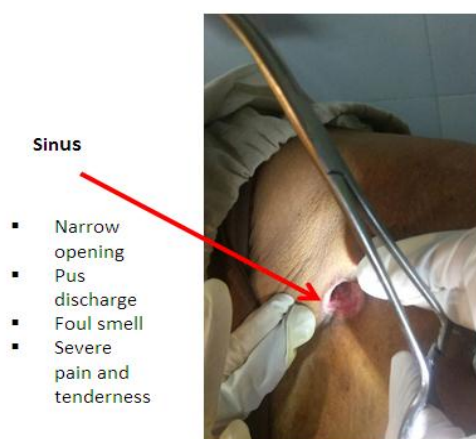


### Application of Kshara Pichu

#### Sinus Of Ileocaecal Tuberculosis With Lymphadenitis

- Pain and pus discharge at the site of right lower abdomen since 1 month

- Associated with Generalised weakness, loss of weight, Loss of appetite.



Sinus

- Narrow opening
- Pus discharge
- Foul smell
- Severe pain and tenderness

Kshara pichu application



## AFTER TREATMENT



- Healed sinus tract.
- No opening
- No discharge
- Relief from symptoms

Total treatment duration: 5 months

### Kshara Pichu in Vrana

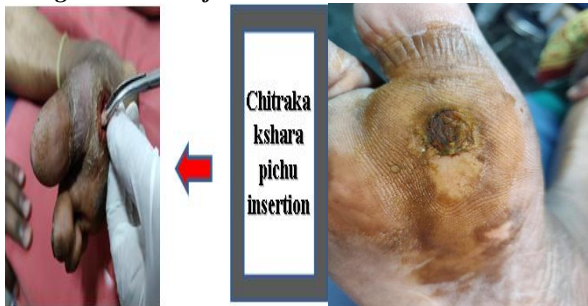
Patient came with c/o Non - healing ulcer over right foot since 2 months

- k/c/o T2 DM

#### Before Treatment



#### During treatment After treatment



### Administration of Paniya Kshara Paneeya Kshara In Urinary Calculi

- Patient came with c/o
- Pain in flank region
- Dribbling of urine
- Burning micturition

#### Treatment Given

1 pinch of yava kshara with 48 ml of varunadi kashaya twice daily for 1 month.

### Paneeya Kshara In Bph

- Patient came with c/o,
- Increased frequency of micturition in night times
- Dribbling of urination.

### Treatment given

1 pinch of yavakshara with 48 ml of varunadi kasaya twice daily for 1 month.

### DISCUSSION

- Kshara is having Tridoshagna property, and also Ksharana and Kshanana property, which will scrape out the unwanted tissues.
- In Internal hemorrhoids, as there will be dilatation of veins, the application of Kshara, causes necrosis of the pile mass and by its lekhana guna helps in removal of the same.
- Main symptom of chronic fissure in ano is pain and bleeding. As kshara is having sthambana property it will prevent bleeding and also due to its ropana property it will helps in healing of fissure.
- In Valmika, Acharya had mentioned about excision and kshara application repeatedly because of Bahudoshavastha and Tridoshaja, Kshara is better in this as it is having Tridoshahara, lekhana and shodhana property
- In chronic non healing wounds, the main aim is debridement of the slough and promote wound healing. Application of Kshara helps in achieving this in better way. As Kshara is having Lekhana property it will scrape out all the vitiated doshas and also reduces infection by its shodhana property thereby enhances faster healing of wound.
- Fistula in ano is caused due to crypto glandular infection wherein there is continuous discharge from the fistulous tract
- Application of kshara sutra is an effective line of treatment for removal of unhealthy granulation tissue and healing of the tract.
- In case of sinuses the most common pathology is continuous oozing from the sinus opening due to foreign body therefore by introducing Kshara varti through narrow passage causes shodhana of nadi by removing the foreign body
- And cleanses the passage thereby helpful in proper healing and prevents shastra karma and cosmetically better than excision.
- In Urinary calculi, it is formed by urinary salts bound together by a colloid matrix of organic

materials<sup>5</sup>. By administration of Kshara internally, It will reach the target tissue and by its bhedana action it will destroy the matrix of urinary salts thereby reduces the size of stone which is expelled out through urine later.

- BPH is considered as one of the type of moothraghatha paneeya kshara administered helps in reducing the size of prostate there by reduces the symptoms.

## CONCLUSION

- Though Kshara is one of the anu shastra<sup>[6]</sup>, It is widely used than Shastras in many shalya vyadhis.
- As Kshara is Tridoshagna, and it is having different type of preparation based on concentration it can be used to pacify all doshas.
- As we prefer kshara, contra indications of kshara<sup>[7]</sup> should be always in mind to avoid adverse effect of it due to improper administration.
- In most of the Shalyaja vyadhi, Kshara is widely used preferably than going for surgery like in case of Hemorrhoids, Fistula in ano, Renal calculi, BPH, Sinuses.
- Kshara is cost effective in clinical practice and recurrence chance is very minimal and also cosmetically better than shastra karma.
- Among Shastra and anu shastra kshara is Pradhana as it is having chedana, bhedana, lekhana, Tridoshagna, property and also especially Pittarshas also it is indicated.<sup>[8]</sup>
- Also Dahana, Pachana and Darana action of kshara can be achieved both internally and externally by Paniya and Pratisaraneeya kshara respectively.
- As Surgery is a invasive technique and Kshara is minimal invasive, we can use kshara as per indication for better benefits.

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