

# A Review Article on Utility of Paneeya Kshara in Surgical Diseases

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## Abstract

Kshara, an alkali preparation of plant origin obtained by burning dried parts of a specific plant into ash and processed systematically to use for medicinal purposes. Acharya Sushruta mentioned Kshara as parasurgical procedure and considered as superior among all surgical and parasurgical procedures because of its actions like Chedana, Bhedana, Lekhana, Tridosha hara property and it can be used in different forms as Pratisaraneeya Kshara, Paneeya Kshara, Kshara sutra, Kshara varti, Kshara avaleha, Kshara gutika and as a Ingredient in indigenous formulations. He preferred parasurgical procedures which are non-invasive, cause less pain and require no anaesthesia in treating surgical diseases. When a kshara is used internally it is called as Paneeya kshara. In classical texts it is mentioned that with the help of paneeya kshara the common surgical diseases like gulma (abdominal tumour), udara(ascites), Sharkara, Ashmari(calculi), Abhyantara vidradhi, Krimi and Arsha etc can be treated without a knife and it is also mentioned kshara can cure the diseases which are difficult to a cure, hence an effort is made to describe the utility of paneeya kshara in surgical diseases.

**Keywords: Kshara, Chedana, Bhedana, Lekhana, Paneeya Kshara.**

## Introduction

Acharya Sushruta known as "father of surgery" mentioned surgical procedures which are even practised by today's modern surgeons. Along with surgical procedures he also explained parasurgical procedures, among those Kshara karma is one. Kshara karma is non-invasive, less painful procedure and easily accepted by patients who have fear of surgery. The literary meaning of the word Kshara is "A substance which has Ksharana property, ksharana here means "to remove" the deformed body tissue. It is the alkaline substance of the plants, obtained by systematically processing the ash of specific drugs. It is included both in Anushastra and Upayantras. By virtue of its Chedana, Bhedana, Lekhana and Tridosha hara action it is considered as Pradhanatama among Shastras and Anushastras<sup>[1]</sup>. This shows the importance given to Kshara by acharyas in surgical practice.

Acharya Charaka mentioned kshara as one among the eighteen parts of herbal plants which can be used for medicinal purposes<sup>[2]</sup>. He mentioned Kshara for internal use in the management of Swasa roga, Udara roga, Grahani roga etc.

**Definition-** Ksharanat kshananadva kshara<sup>[3]</sup> means that which removes the vitiated tissue and makes them fall.

**Types:** It is of two types, pratisaraneeya kshara( applied externally) and paneeya kshara (internal administration) based on its use<sup>[4]</sup>.

1) **Pratisaraneeya kshara:**<sup>[5]</sup> Used for application locally in treating diseases like haemorrhoids, fistula in ano, pilonidal sinus, Non healing ulcer, wart, keloid, tonsillitis, gingival hyperplasia, oral mucocele, nasal polyp, hypertrophied turbinates etc.

2) **Paneeya kshara:** Administration of Kshara by oral root in the form of Ksharodaka, Churna, Gutika or Avaleha is known as Paniya Kshara. Here Kshara of a particular drug or the combination of drugs are administered internally with suitable anupanas for a particular disease. According to Acharya Vagbhata, Kshara given internally can cure athikrichra Rogas.

### Indications of paneeya kshara:

Acharya Sushruta Indicated Paneeya Kshara in the management of diseases like Garavisha (poison), Gulma (Abdominal tumor), Udara (Ascitis), Agni Sangha, Ajirna (indigestion), Aruchi (Anorexia), Sharkara, Ashmari (urinary calculi), Abhyantara Vidradhi (Internal Abscess), Arsha (haemorrhoids)<sup>[6]</sup>.

Acharya Charaka and Acharya Vagbhata mentioned different Paniya Kshara yogas while explaining the treatment of different diseases like Raktapitta, Ashmari, Arshas, Svasa, Kshaya, Kasa, Gulma, Grahani, Udara, Kaphaja Hridroga and Mutraghata.

### Contraindications of paneeya kshara:

Contraindications are Raktapitta (bleeding disorders), fever, individuals of pitta prakriti, childrens, aged, debilitated, those suffering from giddiness, intoxication, fainting and Timira roga<sup>[7]</sup>.

Acharya charaka advised not to use Kshara excessively (Nati sevaniya dravya) As it cause baldness, grey hairs, debility, sterility etc on excessive use.

### Preparation of paneeya kshara:<sup>[8]</sup>

The Panchangas of plant/s from which Kshara is to be prepared are collected, dried up and made into small pieces, then burnt with limestone and Tilanala. When the ash cools down it should be separated from the residue of limestone and Bhasma Sharkara. The collected ash should be well mixed with six times of water. Then filtered 21 times through a piece of cloth. The residual portion is thrown away and the Ksharodaka should be kept on Mandagni and continuously stirred well until it remains 1/3rd.

### Dose of paneeya kshara:

- Uttama matra-1 pala(4 tola)
- Madyama matra-3 tola
- Hina matra- ½ pala(2 tola)

In Rasatarangini dose of kshara for oral administration is 1 ratti(~125 mg) to 1 masha (~1 gm)<sup>[9]</sup>.

As per classics it is advised for panartha but practically it is not safe, it may cause erosions of mucosa of oesophagus and stomach and form strictures and non palatability makes alternate way to administer the drug in capsule form.

- Dosage: 250 mg To 500 mg BD.

### Utility of Paneeya Kshara in surgical diseases

#### 1. Paneeya Kshara in Ashmari ( Urinary calculi)

Acharya Susrutha specifically described the use of Paneeya Kshara which helps to disintegrate and remove calculi, cure the symptoms such as pain and burning sensation thereby helps in Ashmari.

- Bhedana property helps to disintegrate urinary stones.
- As it is tridoshaja vyadhi, Tridoshghnata effect of kshara helps to break Tridosha Samprapti of disease.
- Paneeya Kshara eliminates Krimi hence cures the infections of the urinary tract.
- Kapha is the culprit in the formation of Ashmari, Kshara pacifies vitiated Kapha thus preventing chances of Ashmari.
- Diuretic property reduces dysuria thus providing overall relief in renal stone.
- Shodhana (Cleaning) and ropana (Healing) are beneficial properties of kshara helps in healing the lacerated mucosal surface of the urogenital tract due to friction of spiky & nodular type of Ashmari (Oxalate stone).

Commonly used kshara in the management of ashmari : Yava kshara, Mulaka kshara, Palasha kshara, Kadali kshara, Koshataki kshara.

Anandayoga<sup>[10]</sup>- formulation of combination of five kshara -Tila, Apamarga, Palasha, Kadali , Amalaki.

#### 2. Paneeya Kshara in Mutraghata (Benign Prostate Hyperplasia)

Kshara which are having mutrala action, vata anulomana are used in treatment of Benign prostate hyperplasia (BPH).

- By the action of chedana and lekha, kshara reduces the size of the prostate which helps in reducing obstruction to the flow of urine.
- By the mutrala (diuretic) action it relieves the symptoms like urgency, frequency and retention of urine.
- In acidic media 5-alpha reductase turns testosterone into Dihydrotestosterone which influences prostate growth. Due to alkalinity of kshara it inhibits 5- alpha reductase action.
- Kshara causes pumsatvopagata (impotence) probably it may affect the androgen levels thus helping in BPH.

Commonly used kshara in BPH are: Yava kshara, Tilanala kshara, Kamalnal kshara, Kadali kshara.

#### 3. Paneeya Kshara in Pittashaya Ashmari (Cholelithiasis)

- Kshara by its bhedana guna helps in disintegration of stones i.e lithotriptic action.
- By its Virya , it has got potential to increase the Agni and helps Pachana which helps to make the metabolic corrections in the pathogenesis of cholelithiasis.

- As kshara is Kaphahara , helps in kapha vilayana and proper channelisation of vata and removes the stasis of bile.
- The Medohara property of Kshara may help in the metabolism of cholesterol thereby liquefaction of gallstones formed due to cholesterol. With the diuretic effect the liquefied bile will be filtered and excreted through the urine.
- In gallbladder the bile gradually becomes acidic and its pH goes down to 7.4 to 7.0. and alkalinity of kshara helps to avoid excess concentration of bile and may help in treating bile stone.

Commonly used kshara in Cholelithiasis are: Aragwadha kshara, Kutaja kshara, Palasha kshara.

#### 4. Paneeya Kshara in Amlapitta(Acid peptic disease)

Acharya sushruta advised paniya kshara in Gastrointestinal disorders like Gulma, agnimandya, ajirna, aruchi etc.

- Kshara when combines with Amla rasa it become madhura rasa in the same way when kshara taken internally combines with gastric juice which is acidic in nature becomes madhura rasa pacifies symptoms like hruth-kantadaha, tiktamlodgara and prevents gastric ulcers formation by protecting the mucosa of stomach.
- By the ropana action it heals gastric ulcers.
- By its pachana guna it improves digestion.
- By its krimighna action it helps in H. pylori induced gastritis.

Commonly used paneeya ksharas : Chinchha kshara, Kadali kshara, Aragwadha kshara.

#### 5. Paneeya Kshara in Raktaja Gulma (Fibroid uterus)

- Kshara by virtue of its actions like shodhana, lekhana, vilayana helps in removing obstruction in artava vaha srotas makes proper channelisation of vata and rakta thereby helps in correcting painful or heavy menstrual bleeding.
- By its chedan and lekhan guna it helps in the regression of fibroid tumours.
- It is mentioned in charak samhita that agni should be improved in the management of gulma, this can be achieved by usna, tikshna and pachana guna of kshara.

Commonly used kshara: Palasha kshara, Svarja kshara.

Formulation of kshara: Ksharavaleha<sup>[11]</sup>.

#### 6. Paneeya kshara in Polycystic ovary syndrome (PCOS)

- When Kshara is used in this condition by kapha medahara property breaks the pathogenesis of disease and removes srotoavrodha of artava vaha srotas.
- The bhedana and lekhana property helps in reducing the size of the cyst.

#### 7. Paneeya Kshara in Urinary tract infection.

- By the virtue of its alkaline PH it helps in preventing growth of microorganisms.
- Shodhana action eliminates the pathogenic organisms from the urinary tract.

- Due to its antimicrobial property it destroys microbes.
- Diuretic action may help in relieving symptoms like burning micturition, dysuria.

[Table.1 ] Example of some paneeya ksharas with general indication.

Sl no.	Kshara	Indication
1.	Apamarga kshara <sup>[12]</sup>	Swasa (Asthma), Gulma (Abdominal lump), Sula (Abdominal pain)
2.	Tilaksara kshara <sup>[12]</sup>	Mutrakruchra (Dysuria), Asmari (Calculus), Pliha vrudhi (splenomegaly)
3.	Kadali kshara <sup>[13]</sup>	Ashmari (Urinary calculi), Gulma (Abdominal lump), Sopha (Inflammation), Plihodara (Splenomegaly)
4.	Mulaka kshara <sup>[13]</sup>	Mutrakruchra (Dysuria), Asmari (Calculus)
5.	Chincha kshara <sup>[12]</sup>	Agnimandya (Loss of appetite), Sula (Abdominal pain), Gulma (Abdominal lump), Mutrakruchra (Dysuria), Asmari (Calculus)
6.	Vasa kshara <sup>[13]</sup>	Swasa (Asthma), Gulma (Abdominal lump), Kasa (Cough),
7.	Palash kshara <sup>[12]</sup>	Agnimandya (Loss of appetite), Gulma (Abdominal lump), Plihavrudhi (Splenomegaly), Yakrithvrudhi (Hepatomegaly), Mutrakruchra (Dysuria), Asmari (Calculus)
8.	Yava kshara <sup>[13]</sup>	Adhmana, Anaha, Sula, Udararoga (Ascites), Mutrakruchra (Dysuria), Pliharoga (Splenomegaly)
9.	Sarjikshara <sup>[13]</sup>	Mutraghata (Dysuria), Krumi (Worm infestation) Ajirna (Indigestion), Gulma (Abdominal lump),
10.	Putikaranja Kshara <sup>[13]</sup>	Gulma (abdominal lump), Udara (abdominal disease), Sopha (inflammation)
11.	Arka kshara <sup>[12]</sup>	Gulma (abdominal lump), Plihavrudhi (Splenomegaly), Kasa (Cough), Swasa (Asthma)
12.	Snuhikshara <sup>[12]</sup>	Udara (All types of ascites), Gulma (abdominal lump), Sopha (Inflammation), Visuchika (dysentery), Ajirna (indigestion), Sula (Abdominal pain), Yakrith vikara (Diseases of liver), Swasa (Asthama)

### Discussion:

Kshara is a unique preparation mentioned in Ayurveda, it is considered superior among all surgical and parasurgical procedures. Acharya Vagbhata mentioned that the diseases which are more difficult to treat can be cured by simple use of Paneeya kshara. Before administration of Kshara assessment of prakriti of an individual is necessary as it may cause vomiting, giddiness, fever and other serious side effects if administered to pitta prakriti persons. Excessive dosage may cause serious complications like bleeding,

electrolyte imbalance and alkalosis. Kshara administered in a proper way can cure diseases which are difficult to cure , if not it will be as dangerous as fire, poison and sharp instruments.

### Conclusion:

- Surgery is an invasive technique and Kshara is minimal invasive and a better alternative treatment for individuals who are contraindicated for surgery, Aged and who fears of surgery. We can get better results If used as per indication with suitable Anupana.
- Kshara is cost effective , recurrence rate is very low and can be administered on OPD basis.

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