



## Review Article

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**KSHARAKARMA IN SHALAKYA TANTRA: A REVIEW**Shifali Sahu <sup>1\*</sup>, V.R Hiremath <sup>2</sup>, Shashikala K. <sup>3</sup>, Gururaj N. <sup>4</sup><sup>1</sup> PG Scholar, Department of Shalakyia Tantra, Shri Jagadguru Gavisiddheshwar Ayurvedic Medical College, Koppal, Karnataka, India<sup>2</sup> Professor and HOD, Department of Shalakyia Tantra, Shri Jagadguru Gavisiddheshwar Ayurvedic Medical College, Koppal, Karnataka, India<sup>3</sup> Assistant Professor, Department of Shalakyia Tantra, Shri Jagadguru Gavisiddheshwar Ayurvedic Medical College, Koppal, Karnataka, India<sup>4</sup> Associate Professor, Department of Shalakyia Tantra, Shri Jagadguru Gavisiddheshwar Ayurvedic Medical College, Koppal, Karnataka, India

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**ABSTRACT**

Kshara is one of the Ayurvedic modalities used from the ancient period for the treatment of various diseases. Acharya Sushruta who is worshipped as the "Father of Surgery" is the pioneer of Kshara Kalpana. Kshara karma is important among all the "Anushastra karma". It is multifunctional hence advised in several urdhwajatrugata vikaras according to stage and predominance of Doshas. Kshara application is the best one, taking into consideration of its convenience, easy adaptability, cost-effectiveness, and curative. It also has mild postoperative pain, no bleeding, minimum hospitalization and fewer chances of recurrence. The correct way of adopting the procedure has been considered as wealth and a strong weapon in the Ayurvedic pharmacopeia. There is a need of adopting such Para surgical procedures, doing research works, and popularize it in Shalakyia practice for effective management and cure of the urdhwajatrugata vikaras.

**Key words:** Ksharakarma, Anushastra karma, Para surgical procedure, Kshara.

**INTRODUCTION**

Shalakyia Tantra deals with sense organs known as Gyanendriya i.e. the site of the senses namely - two ears, two eyes, one nose, one tongue, and all-pervading skin. They are the site of manifestation of the disease. Kshara karma is a popular treatment modality in Ayurveda, which has been indicated in various urdhwajatrugata vikaras like – upajihva, adhijihva, upakusha, dantavaidarbha, rohini, and many more<sup>1</sup>. The Shodhana, Ropana, Shoshana, and Lekhana properties of Kshara have beneficial effects on diseases. It helps in the expulsion of harmful substances from the wound. The Shodhana property of Kshara also helps in the removal of sloughs and pus. The antiseptic action of Kshara due to Ropana property helps in wound healing. Kshara karma is important among all the Para surgical procedures, due to its advantage of destroying tridoshaja disorders by chedana, bhedana, and lekhan karma<sup>2</sup> and can be used even in those places which are difficult to approach by ordinary measures. Kshara karma is a type of chemical cauterization. It is gaining popularity in modern times because of its effectiveness in destroying unhealthy tissues and promotes the healing process. Hence it plays an important role in treating many urdhwajatrugata vikaras.

**Table 1: Classification of Kshara based on**

Administration	Potency
Paneeya	Mridu
Pratisaraneeya	Madhyama Teekshana <sup>3,4</sup>

**Table 2: Properties of Kshara**

Rasa	Katu
Virya	Ushna
Varna	Shukla
Guna	Soumya, Teekshana,
Doshaghna	Tridoshaghna
Karma	Dahana, Pachana, Darana, Vilayana, Shodhana, Ropana, Shoshana <sup>5</sup>

An ideal Kshara is appreciated for its multi-dimensional property, also known as Kshara guna; whereas Kshara with dosha leads to side effects.

**Kshara Guna:** - Na Ati Teekshana, Na Ati Mridu, Na Ati Shukla, Shalakhana, Picchila, Avishyandi, Shiva, Sheeghra.

**Kshara Dosh:** - Atimridu, Atishweta, Atiushana, Atitikshana, Atipicchila, Ativisaripita, Atisandrata, Apakatvata.

**Mode of Action of Kshara**

Kshara has Shodhana, Ropana, Shoshana, Stambhana, Vilayana and Lekhana properties. Shodhana property helps in the elimination or expulsion of unwanted and harmful substances from the wound. It helps in the debridement of sloughs and draining of pus. Ropana property helps in the healing of wounds due to the antiseptic action of Kshara. Shoshana property helps in drying up and absorption of mucus discharge that gets collected in ulcer beds promoting the granulation. Stambhana property helps in contraction of opposing edges of ulcer to promote healing and Vilayana property cause liquefaction and dissolving of localized unhealthy tissue. Hence by all these properties of Kshara, healing becomes fast.

**Table 3: Indications of Paneeya Kshara in Urdhwajatrugata Rogas**

Disease	Yogas	Reference
Kaphaja Pratishyaya	Mudga + Trikatu + Yavakshara + Lahsuna Swarasa + Ghrita – Vamana aushadha	Ch. Chi (26/150) A.H. Ut. (20/13)
Pinasa, Shiroroga	Chitraka Haritaki – contains Yavakshara in it.	B.R. (63/25-28) Y.R. (65/76-77)
Karnaroga	Dashamoola Taila contains Yavakshara – used for Paana, Nasya	B.R. (65/94-98)
Gala Roga	Pippalyadi Churna contains Svarjika Kshara used for Mukha dharana	Chakradatta, Mukha Roga Chikitsa (56/17)
Galashundi	Kavala, Yavagupaana with Apamarga Kshara	B.R. (61/59) Su. Chi. (22/53-56)
Kantha, Danta And Mukha Roga	Pitaka Churna contains Yavakshara used for Kavala Dharana	Ch. Chi (26/196-197) A.H. Ut. (22/100) Chakradatta, Mukha Roga Chikitsa (56/18-19)
Kantha Roga	Yavaksharadi Gutika having Yavakshara used for Mukha Dharana	B.R. (61/75)
Kantha Roga	Kshara Gutika contains Palasha Kshara, Muska Kshara, Yavakshara used for Mukha Dharana	Ch. Chi (26/192-193) Chakradatta, Kantharoga Chikitsa (56/22-23) B.R. (61/100)
Kantha Roga	Yavagradi Gutika contains Yavakshara used for Dharana	Chakradatta, Kantharoga Chikitsa (56/20)
Danta, Kantha, Jivha Roga	Kalaka Churna contains Yavakshara used for Mukha Dharana	Ch. Chi (26/194-195) A.H. Ut. (22/90) Chakradatta, Kantharoga Chikitsa (56/15-16)
Kaphaja Swarabheda	Chavya + Bharangi + Haritaki + Trikatu + Yavakshara + Chitraka Moola + Madhu – Leha	Ch. Chi (26/287)
Jivha Roga	Yavaksharadi Jala Siddha Yusha with Bhojana – Pathya	Chakradatta, Jivharoga Chikitsa (56/12)
Kaphaja Jivhakantaka	Lekhana – Patola + Neem + Badikateri + Yavakshara Yusha.	Su. Chi. (22/46-47)

**Table 4: Indications of Pratisaraneeya Kshara in Urdhwajatrugata Rogas**

Lagana	Bhedana – Kshara Karma, Pratisarana with Gorochana + Niltuttha + Yavakshara + Pippali + Madhu	Su. Ut. (14/5)
Arma	Chedana – Pratisarana With Yavakshara + Trikatu Churna + Lavana	Su. Ut. (15/11-13)
Sirajala, Sirapidika	Chedana – Pratisarana With Trikatu + Yavakshara + Lavana.	Su. Ut. (15/22)
Arshovartama, Suskarsha, Vartamabuda	Chedana – Kshara Pratisarana Erandabeeja Majja Or Vibhitaki Kshara + Honey.	Su. Ut. (15/30-33)
Pakshmakopa, Upapakshamala	Epilation – Kshara Pratisarana Gunja Kshara + Honey	Su. Ut. (16/7-8)
Anjananamika	Vedana – Pratisarana With Gorochana + Yavakshara + Tuttha + Pippali Churna triturate them along with honey	B.R. (64/148-151)
Balasgranthi, Savrana Shukla	Ksharanjana contains Yavakshara used for Anjana Prayoga	Su. Ut. (11/11-12), Su. Ut.(12/32-33)
Nasarsha, Nasarbuda	Chedana – Kshara Pratisarana Gunja Kshara + Honey	Ch. Chi (26/157) A.H. Ut. (20/24-25)
Nasa Arsha	Sikhari Taila contains Yavakshara used for Nasya	Chakradatta, Nasa Roga Chikitsa (58/26) B.R. (63/33) Y.R. (65/83)
Nasagata Raktapitta	Utpala Kshara + Honey – Pratisarana	A.H. Chi. (2/16-18)
Karna Shoola	Gandha Taila contains Varataka Kshara	Ch. Chi. (26/224-225)
Karnanada, Badhirya	Apamargakshara Taila for Karnapoorana	Chakradatta, Karnaroga Chikitsa (57/25) Y.R. (64/43)
Karnanada, Badhirya	Hingavadi Taila contains Kshara used for Karnapoorana	Ch. Chi. (26/222) Y.R. (64/46-47)
Karnanada, Krimikarna, Badhirya, Karnasrava, Karnashoola, Mukha Roga, Danta Roga	Kshara Taila contains Svarjika And Yavakshara used for Karnapoorana	Ch. Chi. (26/226-229) Chakradatta, Karnaroga Chikitsa (57/17-21) B.R. (62/18-22)
Karnanada, Badhirya, Karnasrava	Svarjika Kshara Taila contains Svarjika Kshara used for Karnapoorana	Chakradatta, Karnaroga Chikitsa (57/26-27) B.R. (62/27)
Karnasrava, Karnapaka, Karnashoola, Karnanada, Karnaksveda, Krimikarna, Karnakandu, Karnashotha, Karnapratinaha, Badhirya	Madhukadi Taila contains Svarjika Kshara used for Karnapoorana	B.R. (62/65-69)
Shirashoola, Karnashoola, Netrashoola	Taptaraja Taila contains Yavakshara used for Abhyanga and Paana	B.R. (65/134-143)

Ardhavabhedaka, Suryavarta	Dashamoola Taila contains Yavakshara used for Nasya	B.R. (65/94-98)
Darunaka	Kodravatrana Kshara + Water For Kshalana is used	A.H. Ut. (24/25-27)
Kaphaja Galganda	Kodrava Prepared in water mixed with Amalaki Kshara + Gomutra	Chikitsa Manjari
Gala Roga	Dviksharadi Rasakriya contains Yavakshara and Svarjikakshara used for Lepa.	A.H. Ut. (22/101)
Ekvrinda	After Raktamokshana – Kshara Prayoga	Su. Chi. (22/66)
Dantashoola	Saindhava + Kshara + Honey For Pratisarana	Yogamruta
Dantaharsha	Yavakshara + Tila Taila Kavala	Yogamruta
Dantavaidarbha	Chedana – Kshara Pratisarana	Su. Chi. (22/22) A.H. Ut. (22/39) B.R. (61/25) Y.R. (63/113)
Adhidanta	Kshara Lepa	A.H. Ut. (22/16)
Krimidanta	Arka Kshara Pratisarana	A.H. Ut. (22/19-20)
Dantasharkara	Yavakshara + Honey for Dantamoola Gharshana	A.H. Ut.(22/17) Chikitsa Manjari
Dantapupputa	After Raktamokshana Panchalavana + Yavakshara + Honey for Pratisarana	Su. Chi. (22/13) A.H. Ut. (22/32) Chakradatta, Dantaroga Chikitsa (56/5) Y.R (63/99) B.R. (61/17)
Danta Naadi	Chedana – Ksharadagdha	Chakradatta, Dantaroga Chikitsa (56/19-20) Y.R. (63/119) Su. Chi. (22/26-28)
Adhimamsa	Chedana – Pathadi Churna + Honey for Pratisarana, it contains Svarjika And Yavakshara	Su. Chi. (22/24-25) Y.R (63/115-116) A.H. Ut. (22/37-38) Chakradatta, Dantaroga Chikitsa (56/16)
Kaphaja Osth Roga	Trikatu Churna + Svarjikakshara and Yavakshara + Vida Lavana with honey for Pratisarana	Su. Chi. (22/7-8) Chakradatta, Osth Roga Chikitsa (56/6)
Upajihva	Vyoshadi Churna Or Taila Contains Yavakshara used for Pratisarana	Chakradatta, Jivharoga Chikitsa (56/8) Y.R. (63/152-155)
Upajihva	Lekhana with Kshara	Su. Chi. (22/48) A.H. Ut. (22/45) B.R. (61/-55)
Jalarbuda	Bhedana – Kshara Prayoga	A.H. Ut. (22/10)
Adhijihva	Yavakshara + Ardaraka Swarasa Lepana	Yogamruta
Mukharbuda	Chedana – Shunthi + Svarjikakshara Churna + Madhu For Pratisarana	A.H. Ut. (22/77-78)

Ch. Chi – Charaka Chikitsa, Su. Chi – Sushruta Chikitsa, A.H. Ut. – Ashtanga Hridaya Uttarantra, B.R – Bhaishajya Ratnavali, Y.R – Yogaratanakara

### Contraindications of Kshara Karma

Kshara karma demands skilled handling otherwise it may lead to death<sup>8</sup>. Hence, before clinical use, it is very important to know about its contraindications.

#### Based on Site of Use

##### Contraindications based on Vyadhi

Kshara is not used in Raktapitta, Pravridha jwara, pandu, raktaja vikara, trishna, murcha, bhrama, akshipaka & madya. Ushna veerya of Kshara is against these pitta dominant diseases. In debilitating disorders such as sarvanga shotha, prameha, kshataksheena, timira, Kshara cannot be used due to their high potency. Due to its Vilayana property Kshara is contraindicated in atisara, pandu, udara & phalayoni.<sup>9</sup>

##### Contraindication based on strength of person

As the Kshara is a very potent drug; the strength of a person is taken into consideration before administration. The potency of Kshara is not tolerated in debilitated persons such as Bala, vridha, garbhini, ruksha & those who underwent samshodhana therapy. In a person with pitta Prakriti & in the patient who consumed visha or Madya, Kshara should be avoided as it may lead to

atiyoga symptoms. As prolonged usage of Kshara is having the effect of 'Pumsatvopaghata', it should not be used in ritumati stree & Alpa Shukra Purusha. Kshara may induce adverse effects, even in an ideal patient who is afraid of Kshara karma.<sup>10</sup>

##### Contraindication based on site of administration

Application of Kshara is contraindicated over vital parts. Ex: all marma, nabhi, gala, Sandhi, sevani, shepha, vrishana & eye. The logic behind this is to protect them from the Dahana and Darana properties of Kshara. Similarly, soft tissues like sira, snayu, tarunasthi, dhamani, srotas and svalpa mamsa desha are also protected from the destructive property of Kshara.<sup>11</sup>

##### Special conditions of contraindications of Kshara

When an ideal patient for Kshara karma presents with complications such as Shuna gatra, asthishoola and Hridaya peeda, or Sandhi peeda, Kshara cannot be administered. Similarly, Kshara is avoided, if the patient is not consuming food. Probably these patients have deprived of the strength to tolerate the procedure.

##### Contraindicated time for Ksharakarma

Considering the influence of the environment on the human body, there is a restriction for Ksharakarma during Ati sheeta Kala, Ati

varsha Kala, Ati ushna Kala, and durdina & Ati pravata<sup>12</sup>. Indu reveals that it may lead to alpayoga.

**Table 5: Based on Mode of use**

Types	Contraindicated In Diseases
Panceeya	Raktapitta, jwara, trishna, kleeba, ritumati
Pratisaranceeya	Marma, sira, snayu, shepha, svalpa mamsa desha
Ubhaya	Durbala, bala, garbhini, kshataksheena, pitta prakriti contraindications according to avastha vishesha & kala vishesha

### Method of Application of Kshara

#### Poorvakarma

- Examine the patient thoroughly.
- Explain the procedure and take consent from the patient or relatives.
- Required investigations to be done if needed.

#### Pradhana karma

- Explain the position to the patient.
- Use local anesthetic spray if required.
- Carefully apply the Kshara and wait for 100 matrakala<sup>13</sup>.
- Clean the area with Nimbu rasa to neutralize the Kshara.
- Apply ghrita over the burnt wound to overcome daha.

#### Paschata karma

- Observe for the change in colour i.e. "Pakwajambuphala varna"<sup>14</sup>.
- Check for bleeding over the Kshara applied area.

**Table 6: Assessment criteria**

Samyaka dagdha lakshana	Alleviation of disease, no secretions
Heena dagdha lakshana	Pricking pain, itching, numbness, aggravation of disease.
Ati dagdha lakshana	Burning sensation, redness, secretions, body ache, thirst, faintness, death. <sup>15</sup>

#### Pathya

- Lukewarm water and a soft diet.
- Gargling with Triphala Kashaya and Yashtimadhu.
- Oral medicines according to need.

#### Apathya

- Milk and milk products.
- Exposure to cold and cold drinks.
- Meat and Masha products.
- Hot and hard food.

### CONCLUSION

Kshara karma is a strong weapon in Ayurveda which has been advocated in many urdhawavikaras. It is equally useful for physicians & surgeons. It performs multiple functions of shastra, anushastra & bhesaja. Assessment of Rogi Bala & Vyadhi Bala is very important for the proper benefits of the procedure. It is a conducive, daycare procedure and is very effective, which can be

performed under local anesthesia with minimal trivial post-procedure complications which are negligible. The correct way of adopting is the procedure helpful in managing the surgical disorders with ease and comfort. Hence it needs strongly practiced and popularized in Shalakyas diseases.

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