

**PRATISARNIYA KSHARA - A REVIEW****\*Dr. Deepshikha Srivastava, M.S.(Ayu) Shalya Tantra**

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Shalya Tantra, V.Y.D.S.  
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Khurja.**ABSTRACT**

In Sushruta Samhita, the substance that expel out the 'Dushta Tvak Mamsaadi' by its *Ksharana* action is called *Kshara*. *Kshara* do its action by Chedan, Bhedan and Lekhan karma. *Pratisarniya* and *Paniya kshara* are two types of *Kshara*. *Pratisarniya kshara* is external application of *Kshara* whereas internal use of *kshara* is known as *Paniya kshara*. Acharyas has described various indications for *Pratisarniya kshara* and *Paniya ksahra*.

**KEYWORDS:** *Kshara, Pratisarniya kshara, ksharana.***History of Kshara**

There is no description of *Kshara* in Vedic literature. In Upanishad, the use of word *kshara* is found but nothing has been described in detail.

In successive literature like Puranas, there is description of *kshara* in two forms i.e. oral and local application with description of *Kshara karma* for the treatment of many diseases.

In this regard detailed explanation regarding *Kshara* has been made by *Sushruta* in *Sutra Sthana* 11. Considering its scope in *Shalya tantra* due to its actions like *Chedana, Bhedana, Lekhana* etc, he has Described *Kshara* as an *Anushastra, Upyantra, Agropaharaniya* and one of the *Upakrama of Vrana(Su.Su.11/3)*.

Consequently *Charaka Samhita* also dealt with definition, varieties, properties & application of *Kshara*. *Charaka* has mentioned two types of *Kshara* preparation. In *Vimana sthana*(1st chapter) definition, general properties and adverse effects of *Kshara* are mentioned. He has also specified that *Kshara* is not an individual *Rasa*, but is a *Dravya* prepared from various drugs. *Acharya Charaka* has considered it as one of the three fold treatment i.e. *Shashtra*

*Pranidhana*. In *Harit Samhita*, *Kshara Karma* is included in the eight important types of treatments.

*Acharya Dalhana*, the eminent commentator of *Sushruta Samhita* explained the word “*Ksharana*” as one which mobilizes and removes the deformed flesh, skin etc. or which removes the vitiated *doshas* from their location.

### Etymology

The term *Kshara* is derived from two roots i.e. ‘*Chhana*’ & ‘*Chhar*’ means ‘Satan’ or ‘destroyer’ because of its capability to destroy the unhealthy tissues of the body. In *Amarakosha*, *kshara* term is denoted as ‘*Kach*’, which gives the meaning movement (*Sanchaalana*).

Analysing the derivation, the word *Kshara* means *Spandana*, *Himsaa* and *Ksharana*. In *Sushruta Samhita*, the substance that expel out the ‘*Dushta Tvak Mamsaadi*’ by its *Ksharana* action is called *Kshara*. *Acharya Dalhana* comments that the substance which produces *Shodhana* of bodily *Dosha*, *Dhaatu*, *Malaadi* because of its *Ksharana* action is called *Kshara*. It is known as *Kshara*(alkali) also because of its corrosive nature (*Ksharanaat*).

### Types of Kshara

As per text various classifications of *Kshara* are available. All such classifications are based on some fundamental factors. As per given below:

#### (I) On The Basis Of Application

##### *Sushruta*(*Su.Su.11/6*)

- *Pratisaraniya* (External application)
- *Paniya* (Oral administration)

##### *Vagbhatt*(*As.Hr.Su 30/2-3*)

- *Bahya Parimarjana*
- *Antaha Parimarjana*

#### (2) On The Basis Of Potency(*Su.Su.11/11*)

The *Pratisaraniya Kshara* has been further sub classified into tri folds-

- A. *Mridu*(Mild) - without additional drug.
- B. *Madhyama* (Moderate) - Contains “*Avapa*”dravyas.
- C. *Tikshna* (Acute) - Contains “*Avapa*”, “*Prativapa*” and some other dravyas.

This classification is entirely based on the strength or concentration of *Kshara* to achieve different depths of burning at the site.

### (3) On The Basis of Origin

- A. Vanaspatija
- B. Praniya
- C. Khanija

### Indications of *Pratisarniya Kshara*(*Su.Su.11/7*)

1. *Kushtha*
2. *Arsha*
3. *Mashaka*
4. *Kitibha*
5. *Dushta Vrana*
6. *Krimi*
7. *Dadru*
8. *Nadivrana*
9. *Visha*
10. *Mandala*
11. *Charmkeela*
12. *Baahya Vidradhi*
13. *Kilaasa*
14. *Tilakaalaka*
15. *Saptamukharoga*
16. *Bhagandara*
17. *Nyachchha*
18. *Arbuda*

### Contraindications of *Pratisaraniya Kshara*

#### According to Diseases(*Su.Su.11/30*)

1. *Jwara*
2. *Sarvaanga- shotha*
3. *Atisaara*
4. *Ajeerna*
5. *Hridroga*

6. *Aruchi*
7. *Shiroroga*
8. *Timira*
9. *Paandu*
10. *Pittaja*
11. *Rakta-pitta*
12. *Pramehi*
13. *Kleev*
14. *Kshata-ksheena*
15. *Upvrita/ Udvrta Phalayoni*

**According to Physical Status(Su.Su.11/30)**

1. *Durbala*
2. *Balaka*
3. *Bheeru*
4. *Garbhini*
5. *Vridhha*
6. *Ritumati*

**According to Site(Su.Su.11/31)**

1. *Dhamanee*
2. *Snaayu*
3. *Gala Pradesha*
4. *Sandhi*
5. *Sevane*
6. *Marma*
7. *Vrishana*
8. *Nakhaantaha*
9. *Tarunaasthi*
10. *Medra*
11. *Vartma Roga*
12. *Siraa*
13. *NabhiPradesha*
14. *Alpa mamsa Pradesha*

**According to Season(As.Hr.Su30/7)**

1. *Sheeta Kala*
2. *Ushna Kala*
3. *Varshaa Kala*
4. *Durdina*

**Rasapanchaka of Kshara**

- *Rasa* : *Katu*
- *Anurasa* : *Lavana*
- *Guna* : *Tikta*
- *Veerya* : *Ushna*
- *Vipaaka* : *Katu*

**Mukhyadravya**

*Kutaja, Palaash, Ashwakarna, Paribhadra, Vibhitaka, Aaragbadh, Tilwka, Arka, Snuhi, Apamarga, Patalaa, Naktamaala, Vrisha, Kadali, Chitraka, Putik, Indravriksha, Aasfota, Ashwamaaraka, Saptaparna, Agnimantha, Gunja, four types of Koshataki.*

**Tilanaala**

**Botanical name:** *Sesamum indicum* DC

**Family:** Pedaliaceae

**English:** Sesame

**Hindi:** Til

**Gujarati:** Tal

**Rasa Panchaka of tilanaala**

**Rasa:** *Madhura, Kashaya, Tikta*

**Guna:** *Guru, Snigdha*

**Veerya:** *Ushna*

**Vipaaka:** *Madhura*

**Part used:** *Panchanga without moola*

**Chemical Constituents**

Mainly it contains neutral lipids, glycolipids and phospholipids, sesamose, sesamolin, sesamol, pinoselinol etc. Sesamol and sesaminol have shown antioxidant

activity (ACS Symp. Ser. 1994, 547, 264). Sesamolol exhibited stronger anti-oxidant activity than vit. E microsome assay. (Agric. Biol. Chem. 1985,49, 3351).

### **Prakshepa Dravya-(for *Madhyama kshara*)**

#### **1. Shankhnabhi (core of conch shell)**

**Varga** - *Suddha Varga*

**Molecular formula-**  $\text{CaCO}_3$

**Synonyms**(Shankh)- *Trirekha, Samudrija, Sunada, Dirghanada, Kamboja, Kshudra.*

*Shankh* is basically a covering of an animal of Mollusca group, inside which an animal harbors which is used for eating. Cut front portion of this *Shankha* is known as *Shankha-nabhi*.

It is of two types- *Vamavarta* and *Dakshinavarta*.

**Properties** – It is *kashaya, katu* and *kshariya*. It is *laghu* and *sheeta* and *sheeta* in *veerya* also. It is *tridoshaghna*, and *subsides the eye diseases*.

#### **2. Ksheer- paka (Jalshukti)(pearl mother / oyster)**

**Varga** - *Suddhavarga*

**Synonyms** - *Muktamata, muktagriha, mauktikaprasava, abdhimanduki, muktaprasu.*

*Varishukti, krimibhu, sambuka, jaladimba, putikatoyashukti.*

It is a kind of shell of molluscans and is found in sea and large ponds. It is *katu* in *rasa*, *madhura* in *vipaka* and *snigdha* in *guna*. It is *deepana, shulanashaka*.

#### **3. Kat-sarkara (Unburnt lime)** β dV'kdZjkvnX/kLkq/kkik"kk.kk%P(*Dalhana on su.su11/11*)

#### **4. Bhasma-Sarkara-(Kalikachurna/ burnt lime/caustic lime or calcium oxide)**

HkLe'kdZjk'rq{kkjæO;S% LkgnX/kk'pw.kZik"kk.kk%P *Dalhana on Su.Su.11/11*)

### **Prativapa Dravya for Tikshana Kshara**

*Sukti Pramana* of *churna* of equal quantity of *Danti, Dravanti, Chitraka, Langali, Putikpatra, Taalpatri, Vidlavana, Suvarchika, Kanakksheeri, Hing Vacha, Atees* along with previously mentioned *Katsarkardi dravya*.

**Preparation of *Pratisarniya Kshara* (Su.Su.11/11-14)**