A critical review study of Kshara Kalpana according to classical Ayurvedic text.

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ABSTRACT:

The medicinal products are classified in different forms in Ayurvedic pharmaceuticals, Kshara kalpana is one of them. Kshara are the substances obtained from the ashes of Animals i.e.(conch shells, coral etc.), minerals(borax, salt) etc. and plants (Apamarga, mulaka) origin, where alkaline portion is extracted from the ashes of these substances. Kshara kalpana can be used as single or compound or mixture of many herbs, animals and mineral products. There is a-wide range of description available in Ayurvedic text. In Sushruta Samhita, Acharya sushrut, Father of Indian surgery is the pioneer of Kshara kalpana. He has given detailed explanation of Kshara kalpana. Kshara Kalpana can be used externally as well as internally. Kshara kalpana also used in different pharmaceutical procedures like Shodhana, Jarana and Marana.

KEYWORDS:

Kshara, Jarana, Shodhan, Kshara sutra, Tankan, Alkaline.

INTRODUCTION:

Health has always been on top of the list for human beings. For the purpose of healthy life nature has gifted various resources to human beings. Herbs, metals, mineral and animal product are useful resources.
In today’s life style, Ayurveda has shown various paths to take advantage from these resources. Uses of resources in medical treatment are not new for this world and Kshara kalpana is one of them. In preparation of Kshara the method is designed in such a way, that alkaline substance is extracted from any drug. Kshara can be obtained from ash of any plants, animals and mineral products. It is also said that the disease which is difficult to treat can be cured with the help of Kshara therapy. Kshara helps in minimizing the recurrence of diseases. Kshara can reduce the chances of infection due to its alkaline property e.g. - post-surgical infection. In different text of Rasashastra, Kshara kalpana’s are mentioned in different formulation.

In this article an effort has been taken to compile and present the utilization of Kshara in the pharmaceutico-therapeutics.

AIM:

Review various types of Kshara kalpana available in classical Ayurvedic text.

OBJECTIVES:

1. Review various types of Kshara kalpana in Ayurvedic text.
2. Review various types of Kshara kalpana in Rasagranth.
3. Review various types of Kshara kalpana and method of preparation.

MATERIAL & METHODS:

Classical Ayurvedic text like Sushruta Samhita, Charaka, Sharangdhar, Rastarangini etc. are reviewed for collection of Kshara kalpana and their types.

Research article and ongoing researches are reviewed too through internet.

DEFINITION:

The substance which removes vitiated debris of skin, muscle etc. due to its alkalinity or corrosive property is Kshara [1].

According to the Ayurvedic Formulary of India, Kshara are alkaline substance obtained from the ash of drugs [2].

A) TYPES ACCORDING TO MODE OF APPLICATION [3].

1. Pratisaraniya Kshara (External)

Pratisaraniya Kshara has been further sub classified according to its potential in to 3 types:

- Mridu (mild),
- Madhya (moderate)
- Tikshna (intense).

This classification is entirely based on the strength or concentration of Kshara and applicable in the external use.

E.g.-Kustha, kitibha, dadrumandala, kilas, fistula in ano (bhagandar), tumour (arbuda), piles (arsha), infected wound (dushta vrana), nadivrana, charmakila, disorders due to pitta dosha like mole, vyanga.

2. Paniya Kshara (Internal)
E.g.- Poisoning (garavisha, visha), gulma, ascites, piles, indigestion, anorexia, worm infestation, internal abscess.

B) TYPES OF KSHARA KALPANA [4]:

On the basis of Season of preparation:

1) Uttam (Best) - Prepared in Greeshma (summer season)
2) Madhyam (Better) - Prepared in Sharad (autumn season)
3) Adhama (Bad) - Prepared in Varsha (rainy season)

C) TYPES OF KSHARA KALPANA ACCORDING TO PAKA [5]:

These types are given by Acharya Sushrut on the basis of strength of corrosive property due to addition of prativap dravya-

1. Katasharkara (lime)
2. Bhamasharkara (ash of limestone)
3. Shankh Nabhi
4. Kshirapak (jalashukti)
   a. Mrudu paka-without prativap
   b. Madhyam paka-with prativap
   • Heat above mentioned substances till become red.
   • Dip in ksharodaka and mix into ksharodaka in powder form Heat till become semisolid.
   • Store into iron pot.

   c. Tikshna paka- Also called as “Pakya”.

   Prativap along with fine powder of danti, dravanti, chitrak, langli, praval, bidlavan, suvarchila, kanakakshiri, hingu, vacha, ativisha each in equal quantity –add up to quantity 1 shukti (24 grams).

D) TYPES ACCORDING TO ORIGIN (VANASPATIJ/KHANIJA/PRANIJA) [4]:

1. Vanaspatija Kshara (plant)
2. Khanija Kshara (mineral)
3. Pranija (Animal)
   • Vanaspatija Kshara –Rasatarangini-
   • YavaKshara, ArkaKshara, Apamarga Kshara, Til Kshara, Snuhi Kshara, ChinchaKshara, PalashKshara, SarjiKshara, Kadali kand Kshara etc.
   • Khanija Kshara (mineral)
   • Naisargik Kshara (Natural)- Surya Kshara, Tankan
   • Kritrim Kshara- Sodium Bicarbonate.
   • Pranija Kshara- Shankha, Shuki, Praval, Kapardika etc.

E) TYPES OF KSHARA KALPANA ACCORDING TO ITS PREPARATION IN DIFFERENT SAMHITA:

1. According to Sushruta Samhita [6]:

The plants containing Kshara are collected and dried and then they are burnt to get ash form. The burning should be done till matter get burnt. The ash is dissolved in six times of water in an earthen pot and kept for one night. Next day morning contents should be filtered for 21 times and obtained liquid is heated, till total water content is get evaporated, then Kshara is obtained.

2. According to Sharangdhara Samhita [7]:
The dried parts of plants which exude milky sap are burnt into ash form in fire. The ash thus obtained is dissolved in four times of water in mud pot and kept overnight. Next day morning the clear supernatant water is decanted out into a clean vessel and boiled till all the water evaporates, leaving of a fine white powder at the bottom. This is known as Kshara.

3. According to Rasa Tarangini [8]:

The plants containing Kshara are dried and burnt into ash form. The ash thus obtained is dissolved in four times of water and rubbed with hands properly and contents are kept without any disturbance for 3 hours. Then contents are filtered with three folded cloth. This filtered liquid is boiled till total water content gets evaporated. Finally, Kshara is obtained in greyish white powder form.

4. According to Acharya Yadavji (Dravya Guna Vigyana) [9]:

Panchanga (five parts of plant) of the plants containing Kshara are collected and dried, and then they are burnt to get ash form. The burning should be done till matter get burnt. The ash is dissolved in six times of water in an earthen pot and kept for one night. Next day morning contents should be filtered for 21 times and obtained liquid is heated, till total water content is get evaporated, then Kshara is obtained which is similar to the colour of greyish white.

5. According to Ayurveda Prakash [10]:

The dried parts of plants which exude milky sap are burnt into ash form in fire. The ash thus obtained is dissolved in four times of water in mud pot and kept overnight. Next day morning the clear supernatant water is decanted out into a clean vessel and boiled till all the water evaporates, leaving of a fine white powder at the bottom. This is known as Kshara.

6. Ayurveda Sara Sangraha [11]:

The plants containing Kshara are dried and burnt into ash form. The ash thus obtained is dissolved in Eight times of water and rubbed with hands properly and contents are kept without any disturbance for 2 to 3 Days. Then contents are filtered with four folded cloth. Then content should be filtered for 7 times and obtained liquid is heated, till total water content is get evaporated, then Kshara is obtained.

F) TYPES OF COMBINED KSHARA/PRESENT IN GROUP:

1. Kshardvaya [12]:

SarjiKshara, yavaKshara.

2. Ksharatray [12]:

YavaKshara, SarjiKshara, TankanKshara.

3. Ksharapanchak [12]:

PalashKshara, MushkaKshara, YavaKshara, SuvarchikaKshara, TilnalKshara.

4. Ksharashastaka [4]:

TilaKshara, PalashKshara, VachaKshara, KutajaKshara, ApamargaKshara, MustakaKshara.
5. **Ksharasaptaka**[^10]:

SarjiKshara, YavaKshara, TankanKshara, SuvarchikaKshara, PalashKshara, GauryaKshara, MustakaKshara.

6. **Ksharaashtak**[^12]:

PalashKshara, SnuhiKshara, ApamargaKshara, ChinchKshara, ArkaKshara, TilKshara, YavKshara, SarjiKshara.

7. **Ksharadashak**[^04]:

ShigruKshara, MulakaKshara, PalashKshara, ChukrikaKshara, ChitrakKshara, AdrakaKshara, NimabKshara, IkshuKshara, ApmargaKshara, MochakKshara.

**SAVEERYATA AVADHI**[^13]: 5years.

**MATRA**[^14]: 125 mg to 1 gm (125mg to 1000mg)

**DISCUSSION:**

- A wide range of reference given in classical Ayurvedic text.
- Both internal and external administration can be done.
- Herbs used for extraction of Kshara are of tikta, katu rasa pradhanah, ushnnavirya, katuvipaka, vatahara property.
- Teekshnata of the Kshara can be maintained by adding the respective prativap dravyas.
- Various methods of preparation has been explained in different classical references.
- Different procedures are involved in the method of preparation of Kshara.

**CONCLUSION:**

Major thrust by whole of the pharmaceutical industry is focused towards design and development of new innovative plant based drugs through investigation leading from traditional system of medicine. In recent years, ethno-botanical and traditional uses of natural compounds, especially of plant origin received much attention as they are well tested for their efficacy and generally believed to be safe for human use. It is best classical approach in the search of new molecules for management of various diseases. Kshara is one of the important dosage forms as mentioned in Ayurveda to cure various diseases like Kustha, Gulma, Mutraaghat while Kshara Sutra is one of the important surgical procedures for the treatment of fistula in Ano. Kshara and Kshara Sutra are popular remedy among the various Ayurvedic effective medicaments. Researchers are exploring the therapeutic potential of Kshara derived from different plant as it has more therapeutic properties which are not known.

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