Practical view of Yavakshara preparation
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ABSTRACT
Main aim of Ayurveda is to maintain health of healthy person and make free from diseases to diseased person. This aim of Ayurveda is proved by many acharya by applying ayurvedic fundamentals. One of them is ayurvedic medicine. Which plays important role in ayurvedic treatment. Acharya focus on preparation of herbal drugs along with the quality of the drug. This drug has an appropriate qualities and significant result on particular diseases.

Kshara is one of important the ayurvedic formulation which is used in various diseases. It has a unique quality than other drugs. It is an alkali preparation of either by single herb or multiple herb. By its unique qualities many kruchhra sadhya diseases are treated.

Now a day we see that the ayurvedic formulations are not much effective on the diseases. The causes are many more such as the low efficacy of medicinal plant , wrong method of preparation etc. available market preparation are not much effective and many more products are fail to maintain quality of the drug as per ayurvedic text. If we make an ayurvedic formulation according to ayurvedic text with standard operating procedure by maintaining quality of the drug we can get significant effects on some particular diseases.

In this paper we explain one of the standard procedure of Yavakshara preparation according to Sushrut Samhita. total estimation of how much raw material used, time require to prepare yavakshara, how much loss of raw drug and material and method of yavakshara preparation is explained.

Keywords: Yavakshara, Kshara, Ayurveda.

INTRODUCTION
Ayurveda is the ancient health science which is totally based on basic fundamentals. The method of drug preparation and its use in a particular disease has its own importance. Acharya mention the standard method of drug preparation in ayurvedic text. We can prepare one drug by many methods which are mentioned in ayurvedic text. Acharya also explain the qualities of the prepared drug by giving examples and given some test to test the prepared drug.

But in current era the preparation of the ayurvedic formulation are not much effective as mentioned in ayurvedic text.
The reason behind it is that the lack of standard operating procedure as mentioned in Samhita. today demand of the ayurvedic medicine increasing gradually so the preparation of the drug not done properly due to lack of time. Some medicine is still giving good response to the diseases.

IMPORTANCE OF KSHARA \(^{(1)}\)

In ayurvedic text, khsara has its own importance in relation to shastrakarma chikitsa and agnikarma chikitsa. Any diseases which is not cured by shatrakarma or by agnikarma then these types of diseases are treated with Ksharakarma.

INDICATION OF PANIYA KSHARA \(^{(2,3,5,6)}\)

1. Gara visha  
2. Gulma  
3. Udara  
4. Mandagni  
5. Ajirna  
6. Sharkara  
7. Ashmari  
8. Abhintara  
9. Arsha etc.

MATERIALS AND METHODS

MATERIALS

1. seeds of yava.  
2. Dry crop of yava.  
3. Filtered water  
4. steel containers of size 200 and 400 lit.  
5. two Water drums of size 300 lit.  
6. Gas Stove  
7. Cotton cloth  
8. Large size iron plates  
9. Nylon bags

METHODS

Harvesting of Yava Crop –

6 kg of yava beeja are sown in farm with Urea fertilizer. after 2 months again 3 kg of Urea fertilizer mix with natural fertilizer used during harvesting of yava crop. About 3-month latter the yava crops are well developed. 3 month and 15 days take to complete growth of yava plant. Before total drying of yava plant the crops were removed along with roots and kept for complete dry. After complete dry the crops are weighted 110 kg.

Preparation of Ash \(^{(4)}\)

Now whole yava plant kept for burning. First of all, small part of yava plant burn on large size iron plates to avoid contact of soil with ash and also to avoid wastage of ash in soil. Slowly in multiple small parts the whole yava crop burned. This procedure takes about 2 hours to burn without yava seeds. After that again seeds are burn to make complete ash of yava plant. Then whole ash is spread and kept for self-cooling.
Pic. 4 – Cooling of Yava Ash

ash takes about 5 hours to complete self cooling. After self cooling whole ash is collected in nylon bags. After that we did weight of yava plant ash which is 54 kg. after burning of 110 kg yava crop along with roots we get 54 kg ash.

**Preparation of Ksharodak (Kshar jala)**

Total obtained yava ash which is 54 kg is dissolved in 6 times of water that is 324 litter.

2 big same size steel containers with capacity of 220 litters are used to preparation of ksharodak. Now we divide total ash in two equal part that is 27 kg ash in each container with 162 litters Distilled water. We dissolved ash into the water and rubbed with water for complete alkalis dissolved into the water. Then both the containers kept stable for 24 hours for dissolving process.

On the next day after 24 hours we filter the whole water by 3 folded cotton cloths and collected into another large container of capacity 400 litters. After that we did 21 times filtration of ash with the help of 3 folded cotton cloth for 7 times. After 21 times filtration whole, filtered water was collected into large size container of size 400 litters.

After complete filtration process we get 300 litter ksharodak (kashara jala) and 19 kg wet ash. It means we lost 24 litter water along with 19 kg ash.

**Preparation of Yavakshara**

After filtration we get 300 litters *ksharodaka* which is kept on faire for evaporation process. we kept constant heat and wait for complete evaporation of *ksharodaka*. It took about 18 hours to complete evaporation. we kept container open for fast evaporation. At the end of evaporation process we got whitish black coloured *yavakshara* at the bottom of the container with some moisture in it. We kept it on *manda aagni* for complete evaporation of water. after complete process of evaporation, we got blackish white coloured *yavakshara* at the bottom of container. We collect it and kept in the glass jar. We got about 1 kg and 200 gm *yavakshara*.

**Standardization of Prepared Yavakshara**
We send a sample of prepared yavakshara to the authorized testing lab for standardization.

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Testing Parameters</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>PH</td>
<td>10.30</td>
</tr>
<tr>
<td>2</td>
<td>Moisture</td>
<td>3.54%</td>
</tr>
<tr>
<td>3</td>
<td>Total ash</td>
<td>93.80%</td>
</tr>
<tr>
<td>4</td>
<td>Acid insoluble ash</td>
<td>4.71%</td>
</tr>
<tr>
<td>5</td>
<td>Water solubility</td>
<td>62.89%</td>
</tr>
<tr>
<td>6</td>
<td>Calcium</td>
<td>16.52%</td>
</tr>
<tr>
<td>7</td>
<td>Potassium</td>
<td>40.80%</td>
</tr>
<tr>
<td>8</td>
<td>Magnesium</td>
<td>6.90%</td>
</tr>
</tbody>
</table>

Table no. 1 – Standard values after Standardization of Yavakshara.

**Required material chart**

In the process of yavakshara preparation total amount of material required is listed in the table.

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Material name</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Yava seeds</td>
<td>6 kg</td>
</tr>
<tr>
<td>2</td>
<td>Yava crop</td>
<td>110 kg</td>
</tr>
<tr>
<td>3</td>
<td>Ash</td>
<td>54 kg</td>
</tr>
<tr>
<td>4</td>
<td>Filtered water</td>
<td>325 litres</td>
</tr>
<tr>
<td>5</td>
<td>Ksharodak</td>
<td>250 litres</td>
</tr>
<tr>
<td>6</td>
<td>Yavakshara</td>
<td>1 kg &amp; 200 gm</td>
</tr>
<tr>
<td>7</td>
<td>Loss of ash</td>
<td>19 kg</td>
</tr>
</tbody>
</table>

Table no. 2 - Required material chart

**Conclusion**

*Kshara* preparation is the challenging method and a long procedure. It is the procedure in which alkaline elements of the plant were extracted. *Kshara nirman* involve many different procedures from harvesting of *yava* crop up to the *yavakshara* preparation. This article gives idea about how much time required, how much raw material required and how much lose occurred during procedure ect.

**References** –

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