



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

Ravibhushan Sonawane^{*1}, Balaji Kattewar², Kanchan Suthar³,

1. Associate professor, Department of Panchakarma,
S.S.T. *Ayurvedic* College, Sangamner Maharashtra
2. Professor, Rasashastra and Bhaishajya *kalpana*,
Dhanvantari *Ayurvedic* Medical College, Udgir, Maharashtra.
3. P.G. Scholar, Rasa shastra and bhaishajya *kalpana*,
APM's Ayurved Mahavidyalaya, Sion, Mumbai-22, Maharashtra.

*Corresponding author: sparsh.ravi@gmail.com

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*, *Sharangdhara*, *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*, *chamakila*, 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, Shukti, 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. Ayurved 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* ^[104]:

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 pradhana, ushnavirya, 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.

REFERENCE:

1. Sushruta, Sushruta Samhita, English Commentary by Sharma P.V., Varanasi, Chaukhamba Bharati Academy, Reprint 2010, Sutra Sthana 11/4, pp. 113.

2. Anonymous, The *Ayurvedic* Formulary of India, 2nd Ed. Part-1, Indian System of Medicine and Homeopathy, Govt. of India, 2003, pp. 163.
3. Sharma PV, Cakradatta, English Translation, 1st Ed., Varanasi, Chaukhambha Orientalia, 2007, 5/4-20, pp. 73-75.
4. Shruti Pandey, Vinamra Sharma, Anand Kumar Chaudhary. A critical review on historical aspects of *Kshara*. Int. J. Res. Ayurveda Pharm. Jul - Aug 2016.
5. Dr.Ambikadatta shastri, Sushrut samhita purvardha, reprint 2016, Varanasi, Choukhambha Sanskrit Sansthan, sutrasthan, p.no 45.
6. Sushruta, Sushruta Samhita, English commentary by Sharma P.V., Varanasi, Chaukhamba Bharati Academy, Reprint 2010, Sutra Sthana 11/1, pp. 113.
7. Sharangadhara, Sharangadhara Samhitha, Murthy K.R.S, Varanasi, Chaukhambha Orientalia, Reprint 2012, 12/101- 104, pp. 156.
8. Sharma Sadananda, Rasa Tarangini, Shastri K, 11th Ed. Delhi, Motilal Banarasidas, 1989.
9. Joshi D, Rasamrtam, Acarya Y.T., 2nd Ed., Varanasi, Chaukhambha Sanskrit Samsthan, 2003, pp. 356.
10. Madhava Upadhyaya, Ayurveda Prakasha, Commentary by Mishra SG, Varanasi, Chaukhambha Bharati Academy, 2007, 6/60, pp. 463.
11. Vagbhata, Astanga Hrdaya, English Translation by Murthy K.R.S, 7th Ed. Varanasi, Chowkhamba Krishnadas Academy, 2010, Sutra Sthana 30/ 8-12, pp. 344-45.
12. Sharma S, Rasa Tarangini, Shastri K, 11th Ed. Delhi, Motilal Banarasidas, 1989.
13. Anonymous, The *Ayurvedic* Formulary of India, first Ed. Part-III, Indian System of Medicine and Homeopathy, Govt. of India, 2011, pp. 212.
14. Sharma S, Rasa Tarangini, Hindi Commentary by Shastri Kashinatha, 8th Ed., Delhi, Motilal Banarasidas, pp 339.

Conflict of Interest: Non

Source of funding: Nil

Cite this article:

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

Ravibhushan Sonawane, Balaji Kattewar, Kanchan Suthar

Ayurlog: National Journal of Research in Ayurved Science- 2020; (8) (6):01-06