



KSHARA KARMA – AN EMERGING ALTERNATIVE TECHNIQUE FOR ANORECTAL DISORDERS

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ABSTRACT

Acharya Sushruta, the great ancient Indian surgeon has mentioned a preparation named *Kshara* in his treatise *Sushrut Samhita*. Comparing with present context, chemically *Kshara* is an alkali with pH above 10 exhibiting sclerosant property along with other actions like *Dahan* (cauterisation), *Shodhan* (Cleansing) and *Ropan* (healing). In the present study, properties of *Kshara* its method of preparation indications, contraindications and probable mode of action are highlighted.

KEYWORDS: *Kshara*, *Kshara Karma*, Sclerosant.

Etymology

The term *Kshara* is derived from two roots i.e. “*Chhanaand*”, “*Chhar*” means destroyer because of its capability to destroy the substance like an unhealthy tissue of the body and vitiated flesh etc.^[1]

Types of *Kshara*

On The Basis Of Application

- *Pratisarneeeya* (External application)
- *Paneeeya* (Oral administration)^[2]

On The Basis Of Potency

The *Pratisarneeeya Kshara* has been further sub classified in to three.^[3]

- *Mridu* - without additional drug.
- *Madhyama* - Contains “*Avapa*” *Dravyas*.
- *Tikshna* - Contains “*Avapa*” “*Prativapa*” and some other *Dravyas*.

This classification is entirely based on the strength or concentration of *Ksharas* and use for the external use. This means to achieve different depths of burning in the site.

According to *Sushruta*, *Ksharas* are *Tridoshahara* (alleviating three *Doshas*), *Saumya* (gentle), *Pachaka* (digestive), *Ushnaviryaya* (hot in potency), *Tikshna* (sharp), *Vilayaka* (liquefier of granular tissues), *Shodhaka* (purifier), *Ropana* (healing tissue), *Shoshana* (absorbent), *Lekhana* (scraping), *Krimighna* (destroying microorganisms), *Amahara* (alleviating *Kapha Dosh*), *Kusthaghna* (curing disease *Kustha*), *Medohara* (alleviating *meda*-variety of fatty substances),

Pumsatvahara (destroying sexual potency on prolong administration).^[4]

Physical characters of well-prepared Teekshna *Kshara*^[5]

Not too strong, not too mild, not too white, thin, slimy, unspreading, quick acting.

Physical properties of improperly prepared *Kshara* as *doshas* of *Kshara*^[6]

Too mild, too hot, too white, too sharp, too slimy, too spreading, too thick, very thin, uncooked, with less potency.

Preparation Of Teekshna Apamarga *Pratisarneeeya Kshara*^[7]

Ingredients

- *Apamarga Panchang*
- *Chitraka*
- *Shukthi*

METHOD

The *Panchanga* of *Apamarga* plant was collected, dried up and burnt. Then this ash was collected and mixed with six times of water and filtered 21 times. The filtrate is clean and clear like *Gomutra Varna* and it was kept on mild heat until thick solution was obtained which was known as *Apamarga Pratisarneeeya Mridu Kshara*.

Above mentioned filtrate solution was kept on mild heat until reduced to 2/3rd and then add red hot powder of *Shukti* (weight 1/10 part of ash), into the filtrate solution

and that solution was further heated up until thick solution was obtained which was known as *Apamarga Pratisaraneeya Madhyama Kshara*.

In above mention procedure after adding red hot *Shukti* 1/10 part into the filtrate solution, this solution continuously heated and stir well until it reduces to 1/3rd and that was further heated up by adding *Chitraka Kalka* (weight 1/10th part of *Shukti*) until thick solution was obtained which was known as *Apamarga Pratisaraneeya Teekshna Kshara*.

These all *Kshara* were collected and stored in air tight container.

Indication of external application of Kshara

Kshara can be applied on sinus, fistula in ano, bleeding haemorrhoids, chronic fissure in ano, hidra adenitis suppuritiva and other infected wounds, rectal prolapse.

Method of application in hemorrhoids

After introduction of proctoscope lubricated with Xylocaine jelly in anus, pile masses are visualized. The second step is to press it by a cotton swab and *Kshara* is to be applied with the help of applicator-*Darvimukha Shalaka*. After application, third step is to cover the opening by hand until counting of one hundred numbers is completed.^[8] If the strength of *Kshara* and severity of disease requires, *Kshara* may be applied *Again*. The application should be stopped when pile mass begin to aquire colour of ripe *Jambu* (redish black). The *Kshara* should then be washed out by juice of citrus fruits.^[9] In case of prolapsed pile masses as usually seen, the *Kshara*, is applied without help of proctoscope. Apply *Ghrita* mixed with *Madhuka on pile mass* and instrument should then be taken out, the piles should be treated one by one at an interval of seven days each.

Contraindications of Kshara application

Acute conditions like acute fissure in ano, inflamed haemorrhoids.

Mode of action

Kshara acts on Haemorrhoids in two ways –

- 1) It cauterizes the pile mass directly because of its *Ksharana Guna* (corrosive nature) and
- 2) It coagulates protein in haemorrhoidal plexus.

The coagulation of protein leads to disintegration of haemoglobin into haem and globin. Synergy of these actions results in decreasing the size of the pile mass. Further, necrosis of the tissue in the haemorrhoidal vein will occur. This necrosed tissue slough out as blackish brown discharge for 3 to 7 days. The haem present in the slough gives the discharge its colour. The tissue becomes fibrosed and scar formation seen. The haemorrhoidal vein obliterates permanently and there is no recurrence of Haemorrhoids.^[10]

In case of infected wounds, due to its corrosive action it debrides unhealthy tissue. Once healthy tissue appears then *Kshara* application should be discontinued so that healing is not disturbed.

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