



A Review On The Use Of *Paneeya Kshara* In Surgical Diseases.

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ABSTRACT

Kshara is extensively discussed in *Ayurvedic* texts, detailing its preparation, types, qualities, indications, contraindications, and potential complications. It is classified as both an *Upayantra* and an *Anushastra*, and is regarded as one of the most important tools among *Shastra* and *Anushastra* due to its properties such as *Chedana*, *Bhedana*, *Lekhana*, and *Tridosahara*.

The medicine possesses unique *Ksharana* and *Kshanana* properties, which help eliminate unhealthy tissues and unwanted growths. According to *Vagbhatta*, diseases that cannot be treated through *Shastra karma* should be addressed using *Kshara Karma*. *Kshara* is categorized into two types based on its preparation and use- *Paneeya* and *Pratisarniya Kshara*. *Paneeya Kshara* is taken orally and is particularly beneficial in treating chronic conditions where surgery is not an option.

This review focuses on the preparation and clinical applications of *Paneeya Kshara* as described in classical *Ayurvedic* texts

Key Words – *Kshara*, *Chedana*, *Bhedana*, *Lekhana*, *Paneeya Kshara*.

INTRODUCTION

Acharya Sushruta, recognized as the "father of surgery," described surgical techniques that are still practiced by modern surgeons today. In addition to surgical methods, he also elaborated on Para surgical procedures, one of which is *Kshara Karma*. *Kshara Karma* is a non-invasive, minimally painful procedure that is easily accepted by patients who may have a fear of surgery.

The term "*Kshara*" refers to a substance with *Ksharana* properties, where *Ksharana* means "to remove" deformed or damaged tissue. It is an alkaline substance derived from plants, obtained by carefully processing the ash of specific medicinal herbs. *Kshara* is classified under both *Anushastra* and *Upayantras*. Due to its actions—*Chedana*, *Bhedana*, *Lekhana* and *Tridosahara* (balancing the three doshas) it is considered one of the most significant tools among *Shastras* and *Anushastras*¹.

This highlights the importance that the ancient scholars placed *Kshara* in surgical practices. *Acharya Charaka* included *Kshara* as one of the eighteen components of medicinal plants and recommended its internal use² for treating conditions such as *Swasa Roga*, *Udara Roga*, and *Grahani Roga*.

DEFINITION

"*Ksharanat kshananadva kshara*³" means that which eliminates and causes the removal of vitiated or damaged tissue.

TYPES

Kshara is classified into two types based on its mode of application⁴:

1. ***Pratisaraneeya Kshara***⁵ – This is applied externally and is used in the treatment of conditions such as haemorrhoids, fistula in ano, pilonidal sinus, non-healing ulcers, warts, keloids, tonsillitis, gingival hyperplasia, oral mucocoele, nasal polyps, and hypertrophied turbinate.
2. ***Paneeeya Kshara*** – This refers to the oral administration of *Kshara* in forms such as *Ksharodaka*, *Churna*, *Gutika*, or *Avaleha*. It involves the internal use of *Kshara* derived from a specific drug or a combination of drugs, taken with appropriate *Anupana*'s (adjuvants) to treat particular diseases. According to *Acharya Vagbhata*, internal administration of *Kshara* can effectively cure complex ailments.

INDICATIONS OF PANEYYA KSHARA:

Acharya Sushruta has recommended *Paneeeya Kshara* for managing various ailments, including *Garavisha* (toxins), *Gulma* (abdominal tumors), *Udara* (ascites), *Agni Sangha* (digestive impairment), *Ajirna* (indigestion), *Aruchi* (loss of appetite), *Sharkara* and *Ashmari* (urinary calculi), *Abhyantara Vidradhi* (internal abscess), and *Arsha* (hemorrhoids)⁶.

Similarly, *Acharya Charaka* and *Acharya Vagbhata* have described different *Paneeeya Kshara* formulations for treating conditions such as *Raktapitta* (bleeding disorders), *Ashmari* (urinary calculi), *Arsha*

(hemorrhoids), *Svasa* (respiratory ailments), *Kshaya* (wasting diseases), *Kasa* (cough), *Gulma*, *Grahani* (digestive disorders), *Udara* (abdominal diseases), *Kaphaja Hridroga* (cardiac disorders due to *Kapha* imbalance), and *Mutraghata* (urinary obstruction).

CONTRAINDICATIONS OF *PANEEYA KSHARA*:

Paneeeya Kshara is contraindicated in conditions such as *Raktapitta* (bleeding disorders), fever, individuals with *Pitta*-dominant constitution, children, the elderly, debilitated individuals, and those experiencing giddiness, intoxication, fainting, or *Timira Roga* (ocular disorders)⁷.

Acharya Charaka has cautioned against excessive consumption of *Kshara*, classifying it as *Na ati Sevaniya Dravya* (a substance unsuitable for overuse), as its prolonged use may lead to adverse effects such as baldness, premature greying of hair, debility, and sterility.

PREPARATION OF *PANEEYA KSHARA*⁸:

The *Panchanga* (all parts) of the selected plant used for *Kshara* preparation are collected, dried, and cut into small pieces before being incinerated along with limestone and *Tilana*. Once the ash cools, it is separated from the residual limestone and *Bhasma Sharkara*. The obtained ash is then thoroughly mixed with six times its quantity of water and filtered 21 times using a cloth.

The remaining residue is discarded, and the *Ksharodaka* (alkaline solution) is then heated on *Mandagni* (mild flame) with continuous stirring until it is reduced to one-third of its original volume.

DOSE OF *PANEEYA KSHARA*:

- *Uttama matra*-1 pala (4 tola)
- *Madyama matra*-3 tola
- *Hina matra*- ½ pala (2 tola)

UTILITY OF *PANEEYA KSHARA* IN SURGICAL DISEASES

1. *Paneeeya Kshara* in *Mutraghata* (Benign Prostate Hyperplasia)

Kshara with *Mutrala* (diuretic) and *Vata Anulomana* (regulating Vata) properties are utilized in the management of Benign Prostatic Hyperplasia (BPH).

- Through its *Chedana* (excising) and *Lekhana* (scraping) actions, *Kshara* helps to reduce prostate size, thereby alleviating urinary obstruction.
- Its *Mutrala* effect aids in relieving symptoms such as urinary urgency, increased frequency, and retention.
- In an acidic environment, 5-alpha reductase converts testosterone into dihydrotestosterone (DHT), which promotes prostate growth. Due to its alkaline nature, *Kshara* inhibits this enzyme, thereby limiting prostate enlargement.

- Additionally, *Kshara* is known to cause *Pumsatvopagata* (impotence), potentially affecting androgen levels, which may contribute to its therapeutic effect in BPH.

Commonly used *Kshara* in BPH management include *Yava Kshara*, *Tilanala Kshara*, *Kamalnal Kshara*, and *Kadali Kshara*.

2. *Paneeya Kshara* in *Amlapitta* (Acid peptic disease)

Acharya Sushruta has recommended *Paneeya Kshara* for managing gastrointestinal disorders such as *Gulma* (abdominal tumors), *Agnimandya* (digestive impairment), *Ajirna* (indigestion), and *Aruchi* (loss of appetite).

- When *Kshara* interacts with *Amla Rasa* (sour taste), it transforms into *Madhura Rasa* (sweet taste). Similarly, upon ingestion, *Kshara* combines with acidic gastric juice, resulting in a *Madhura Rasa* effect that alleviates symptoms like *Hrut-Kantadaha* (burning sensation in the chest and throat) and *Tiktamlodgara* (bitter-sour belching), while also protecting the gastric mucosa and preventing ulcer formation.
- Its *Ropana* (healing) property aids in the recovery of gastric ulcers.
- With its *Pachana Guna* (digestive effect), it enhances digestion.
- Due to its *Krimighna* (antimicrobial) action, it is beneficial in *H. pylori*-induced gastritis.

Commonly used *Paneeya Ksharas* for gastrointestinal disorders include *Chincha Kshara*, *Kadali Kshara*, and *Aragwadha Kshara*.

3. *Paneeya Kshara* in *Ashmari* (Urinary calculi)

Acharya Susrutha specifically described the use of *Paneeya Kshara* which helps to disintegrate and remove calculi, cure the symptoms such as pain and burning sensation thereby helps in *Ashmari*.

- *Bhedana* property helps to disintegrate urinary stones.
- As it is *Tridoshaja Vyadhi*, *Tridoshghnata* effect of *Kshara* helps to break *Tridosha Samprapti* of disease.
- *Paneeya Kshara* eliminates *Krimi* hence cures the infections of the urinary tract.
- *Kapha* is the culprit in the formation of *Ashmari*, *Kshara* pacifies vitiated *Kapha* thus preventing chances of *Ashmari*.
- Diuretic property reduces dysuria thus providing overall relief in renal stone.
- *Shodhana* (Cleaning) and *Ropana* (Healing) are beneficial properties of *Kshara* helps in healing the lacerated mucosal surface of the urogenital tract due to friction of spiky & nodular type of *Ashmari* (Oxalate stone). Commonly used *kshara* in the management of *Ashmari* : *Yava kshara*, *Mulaka kshara*, *Palasha kshara*, *Kadali kshara*, *Koshataki kshara*.

*Anandayoga*⁹ - formulation of combination of five *kshara* - *Tila*, *Apamarga*, *Palasha*, *Kadali*, *Amalaki*.

4. *Paneeya Kshara* in urinary tract infection:

- By the virtue of its alkaline pH, it helps in preventing growth of microorganisms.
- *Shodhana* action eliminates the pathogenic organisms from the urinary tract.
- Diuretic action may help in relieving symptoms like burning micturition, dysuria.

5. *Paneeya kshara* in Polycystic ovary syndrome (PCOS)

- When *Kshara* is used in this condition by *Kapha Medahara* property breaks the pathogenesis of disease and removes *Srotoavrodha* of *Artava vaha srotas*.
- The *Bhedana* and *Lekhana* property helps in reducing the size of the cyst.

EXAMPLE OF SOME *PANEEYA KSHARAS* WITH GENERAL INDICATION.

1. *Apamarga Kshara*¹⁰ - *Swasa* (Asthma), *Gulma* (Abdominal lump), *Shoola* (Abdominal pain)

2. *Mulaka Kshara*¹¹ - *Mutrakruchra* (Dysuria), *Asmari* (Calculus)

3. *Palasha Kshara*¹⁰ - *Agnimandya* (Loss of appetite), *Gulma* (Abdominal lump), *Plihavrudhi* (Splenomegaly), *Yakrithvrudhi* (Hepatomegaly), *Mutrakruchhra* (Dysuria), *Asmari* (Calculus)

4. *Yava Kshara*¹¹ - *Adhmana*, *Anaha*, *Sula*, *Udararoga* (Ascites), *Mutrakruchra* (Dysuria), *Pliharoga* (Splenomegaly)

5. *Snuhi Kshara*¹⁰ - *Udara* (All types of ascites), *Gulma* (abdominal lump), *Sopha* (Inflammation), *Visuchika* (dysentery) *Ajirna* (indigestion), *Shoola* (Abdominal pain), *Yakrith Vikara* (Diseases of liver), *Swasa* (Asthma)

6. *Kadali Kshara*¹¹ - (Urinary calculi), *Gulma* (Abdominal lump), *Sopha* (Inflammation), *Plihodara* (Splenomegaly)

7. *Tila Kshara*¹⁰ - *Mutrakruchra* (Dysuria), *Asmari* (Calculus), *Pliha vrudhi* (splenomegaly)

DISCUSSION

Kshara is a distinctive formulation in *Ayurveda*, regarded as superior among all surgical and Para surgical interventions. *Acharya Vagbhata* emphasized that even diseases which are considered challenging to treat can be effectively managed with the simple use of *Paneeya Kshara*.

However, prior to its administration, assessing an individual's *Prakriti* is essential, as its use in *Pitta Prakriti* individuals may lead to adverse effects such as vomiting, giddiness, fever and other complications. Additionally, excessive dosage of *Kshara* can result in severe side effects, including bleeding, electrolyte

imbalance and alkalosis. *Kshara* administered in a proper way can cure diseases which are difficult to cure, if not it will be as dangerous as fire, poison and sharp instruments.

CONCLUSION

While surgery is an invasive procedure, *Kshara* offers a minimally invasive and effective alternative, particularly for individuals who are contraindicated for surgery, the elderly, and those with a fear of surgical interventions.

When used appropriately according to indications and with a suitable *Anupana* (adjuvant), it can yield optimal results. *Kshara* is a cost-effective treatment with a low recurrence rate and can be conveniently administered on an outpatient basis.

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