



ISSN 2456-3110

Vol 4 · Issue 5

Sept-Oct 2019

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

# JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



**Charaka**  
Publications

Indexed

# A Conceptual and clinical application of *Kshara Karma* in Anorectal Diseases

Dr. Amit Kumar<sup>1</sup>, Dr. Anchal Bilyan<sup>2</sup>, Dr. Premsukh<sup>3</sup>

<sup>1</sup>Assistant Professor, Dept. of Shalya tantra, <sup>2</sup>Assistant Professor, Dept. of Kayachikitsa, Uttaranchal Ayurvedic College, Dehradun, Uttarakhand, <sup>3</sup>Medical Officer (Ayurveda), Govt. of Rajasthan, INDIA.

## ABSTRACT

In Ayurveda, *Shastra* and *Anushtra Karma* are described in detail. *Kshara* is best among *Shastra* and *Anushastras*. Two types of *Kshara* are there - *Paneeya* and *Pratisarneeya*. *Pratisarneeya Kshara* is of three types- *Mridu*, *Madhyama* and *Teekshana*. *Kshara Karma* include - *Pratisarneeya Kshara* application, *Kshara Sutra* therapy and *Kshara Varti*. *Pratisaraniya Kshara* is mainly used in wound management, various anorectal disorders such as *Arsha* (Haemorrhoids), *kushtha*, *Arbuda*, *Dushta Nadivrana*, *Guda Bhramsha* (Rectal prolapse). *Kshara* is a caustic material. It causes chemical burn on the area where it is applied. It helps in sloughing of necrosed and infected tissues. *Kshara Sutra* therapy is used specially in *Bhagandara* (Fistula in Ano), *Nadivrana* (Pilonidal sinus) and various benign growth of skin such as papilloma, warts etc. *Kshara Varti* is used in chronic non healing wounds for debridement and in sinuses or fistula in ano. *Kshara Karma* has been very much effective non surgical means in the management of various disorders especially in anorectal disorders.

**Key words:** *Anushastra*, *Arsha*, *Bhagandara*, *Kshara*, *Nadivrana*, *Pratisarneeya Kshara*.

## INTRODUCTION

*Kshara* is a medicine prepared from different plants explained in Ayurveda texts *Sushruta Samhita*, *Ashtanga Hridaya* and *Chakrapani* and others. In Ayurveda different surgical procedures have been described such as *Ashtvidha Shastra Karma*, *Shashti Upkrama* and *Saptopkrama*. To achieve these procedures various means/tools have been explained. Among them are - *Shastra*, *Anushastra* and *Yantra*. *Shastra* are instruments with sharp edges and *Yantra* are instruments which have blunt edges. These are

used in removal of *Shalya*. There are two types of *Shalya* - *Sharirika* and *Agantuja*.<sup>[1]</sup> In *Sushruta Samhita* and *Ashtanga Hridaya* parasurgical procedures are also described and emphases have been given to them. Parasurgical procedures are - *Kshara Karma*, *Agnikarma* and *Jaloukavacharana*.<sup>[2]</sup> These procedures are described in detail in *Sutra Sthana* of *Sushruta Samhita* and *Ashtanga*. Each of these procedures has its indications and contraindications. *Kshara* is of two types - *Paneeya* and *Pratisarneeya*. *Paneeya Kshara* is indicated in diseases of internal organs or should be used internally and *Pratisarneeya Kshara* are used externally in different diseases.<sup>[3]</sup>

Again *Pratisarneeya Kshara* is of three types - *Mridu*, *Madhyama* and *Teekshana*. *Teekshana Kshara* is used in *Vataja*, *Kaphaja* and *Medoja Arbuda*; *Mridu Kshara* is used in *Pittaja* and *Raktaja Arsha*.<sup>[4]</sup> Indications of *Paneeya Kshara* are - *Arsha*, *Ashmari*, *Gulma*, *Udara Vikara*, *Ajeerna* etc. whereas *Pratisarneeya Kshara* is indicated in *Arsha*, *Kushta*, *Bhagandara*, *Arbuda*, *Granthi*, *Dushta Nadivrana* etc. it is also indicated in *Nasaarhsa*, *Karnarsha* and *Vartma Roga*.<sup>[5]</sup> Plants used for *Kshara* preparation are - *Kutaja*, *Palasha*,

### Address for correspondence:

Dr. Amit Kumar

Assistant Professor, Dept. of Shalya tantra, Uttaranchal Ayurvedic College, Dehradun, Uttarakhand, India.

E-mail: amitnegiayurveda@gmail.com

Submission Date: 06/09/2019

Accepted Date: 18/10/2019

### Access this article online

#### Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

Published by Maharshi Charaka Ayurveda Organization, Vijayapur, Karnataka (Regd) under the license CC-by-NC-SA

*Nimba, Apamarga, Aragvadha*<sup>[6]</sup> etc. *Kshara* should be prepared in *Sharada Ritu* according to *Sushruta*. *Sushruta* has also indicated use of *Kshara* in *Gudabramsha* in *Arsha Chikitsa* chapter.

*Kshara Sutra* preparation is not explained in *Sushruta* and *Ashtang* but it is described in *Chakradatta*, commentary on *Charak Samhita* by *Chakrapani* and *Ras Tarangini*,<sup>[7]</sup> *Ras Kamdhenu*. According to *Chakradatta*, *Kshara Sutra* is prepared with the use of *Snuhi Ksheera* and *Haridra Churna* and indicated their use in *Arsha* and *Bhagandara* whereas use of *Kshara* in *Kshara Sutra* first described by *Ras Kamdhenu*. *Sushruta* has indicated use of *Kshara Sutra* in *Nadivrana Chikitsa*. *Acharya Charaka* indicated its use in *Bhagandara*. Work on *Kshara Sutra* has been done greatly by Prof. P. J. Deshpandey and his them.<sup>[8]</sup> Nowadays *Kshara Sutra* is prepared as described by Prof. P.J Deshpandey. Later it has been used by many Ayurveda surgeons and it is gaining popularity due to its efficacy in treating sinuses and fistula in ano. *Kshara* in modified form is used as *Varti* in sinuses and unhealthy wounds.

### Methods

Literary review and clinical use of all forms of *Kshara* in clinical practice are described in the present article. Firstly classical review of *Kshara* has been described.

### Preparation of *Pratisarneeeya Kshara* and *Kshara Sutra*.

Basic methodology of preparation of all forms of *Kshara* is followed as described in classical literatures and some minor modifications are done presently to prepare *Pratisarneeeya Kshara* and *Kshara Sutra*. Plants used for the preparation of *Kshara* are - *Apamarga, Plasha, Aragvadha, Snuhi* etc.

### Preparation of *Pratisarneeeya Kshara* e.g. *Teekshana Apamarga Pratisarneeeya Kshara*

#### Materials Required

1. *Aragvadha* or *Apamarga Panchanga*
2. Container- 10 Litre
3. *Shukti*

4. *Chitrakamoola*

5. Air tight container

#### Method of Preparation<sup>[9]</sup>

*Aragvadha* or *Apamarga Panchanga* (e.g. 10 kg) is collected and formed into a heap. The whole twig was burnt into ashes and then it was allowed to cool by itself. The whole ash is collected (1kg) and mixed with six times of water by volume and stirred well, allowed to settle overnight. Then it is filtered through double folded cotton cloth for 21 times, residue was thrown out. Amber colored filtrate is obtained. This is subjected to *Mandagni Paka*, when the content was reduced to 2/3rd, 100g, (1/10<sup>th</sup> of ash) of *Shukti* is heated red hot and then mixed with *Ksharajala* to dissolve it completely. Again content is reduced to 2/3<sup>rd</sup> and 10g (1/10<sup>th</sup> of *Shukti*) of *Citrakamoola Kalka* is added to the boiling *Ksharajala* and allowed to boil for a few more minutes, when the content attained consistency as described by *Acharya Sushruta* (not too liquid or too solid). Then it is removed from fire and transferred into separate air tight container with lid and stored for use. After preparation pH value of the *Aragvadaadi* or *Apamarga Teekshana Pratisarneeeya Kshara* is measured. Usually pH is found to be >12. The prepared *Kshara* is kept in air tight container.

### Preparation of *Kshara Sutra* e.g. *Apamarga Kshara Sutra*

#### Materials required for *Kshara Sutra* preparation

1. *Apamarga Kshara*
2. *Snuhee Ksheera*
3. *Haridra Churna*
4. Barbour's thread No. 20
5. *Kshara Sutra* cabinet

#### *Apamarga Kshara* preparation

*Apamarga Panchanga* is collected and burnt as whole. Ash of *Apamarga* is collected and mixed with 21 times weight of the ash. The *Ksharajala* is kept for overnight.

Next day onwards it is filtered to get *Ksharajala*. This is subjected to *Mandagni*, when the content was

reduced to 2/3<sup>rd</sup>, 100g, (1/10 of ash) of *Shukti* is heated red hot and then mixed with *Ksharajala* to dissolve it completely and again kept for *Mandagni Paka*. All the water content is evaporated and whitish coloured *Kshara* is obtained. *Snuhi Ksheera* is collected as fresh from *Snuhi* plant. *Haridra churna* and Barbour's thread No-20 is kept ready

#### Steps of Kshara Sutra preparation

1. Barbour's thread is applied on *Kshara Sutra* preparation ring. *Snuhi ksheera* is applied over the thread and dried. Similarly total 11 coatings of *Snuhi ksheera* are achieved.
2. *Snuhi Ksheera* is applied over thread again and *Apamarga Kshara* is applied over it with the help of gauze. This step is repeated for 7 times so that 7 coatings of *Apamarga Kshara* are achieved.
3. *Snuhi Ksheera* is applied over thread again and *Haridra Churna* is applied thereafter. It is kept for drying. This step is repeated for 3 times so as to achieve 3 coatings of *Haridra*.

After each coating on barbour's thread, it is dried and second coating is done after proper drying. The *Kshara Sutra* preparation ring is kept inside the *Kshara Sutra* cabinet.

#### Clinical Application of Kshara

*Teekshana Pratisarneeya Kshara* is widely used in anorectal conditions such as haemorrhoids, rectal prolapse, polyps, fistula in ano. Method of application of *Kshara* is almost similar in all kind of diseases.

#### Kshara in Rectal prolapse and Haemorrhoids

##### Poorva Karma (Preoperative Preparation)

- a) Part preparation
- b) Bowel clearance
- c) Inj. Tetanus toxoid
- d) Lignocaine sensitivity test

##### Materials required for Kshara application

- *Teekshana Pratisarneeya Kshara*
- *Nimbu Swarasa* or *Kanji*

- Slit Proctoscope
- Applicator
- Bowl and cotton swab

#### Pradhana Karma (Operative Procedure)

- a) Lithotomy position
- b) Anaesthesia- Local anesthesia with lignocaine 2%.
- c) After achieving local anesthesia manual anal dilatation, sufficient enough to admit four fingers is done. Slit proctoscope is introduced and skin around pile mass is pulled laterally with Allis tissue holding forceps to get a better view of haemorrhoids. The healthy anal mucosa is covered with wet cotton balls to prevent spilling of *Kshara* on it. Then *Kshara* is applied over pile mass and kept for 2 minutes. In case of rectal prolapse *Kshara* is applied over anorectal junction/ring. Then the pile mass/anorectal ring is cleaned with distilled water followed by *Nimbu Swarasa* and observed that whether the pinkish pile mass was turned to blackish (*Pakvajambu Phala Varna*).<sup>[10]</sup>

If not, *Kshara* is applied once again till the pile mass turned to blackish colour. This procedure is repeated on all the haemorrhoids. Thereafter the anal canal is packed with gauze piece soaked in *Jatyadi/Madhuyasti Taila* to prevent burning sensation and local oedema.

#### Post operative management (Pashchat Karma)

Patient is kept nil by mouth for 6 hours after the procedure. Packing is removed after 24 hours or till patient defecation, and 15 ml of *Jatyadi/Madhuyasti Taila* is administered per rectal. From next day onwards patient is advised to take sitz bath with *Sphatika Bhasma* after passing stool for 10-15 min twice a day and *Jatyadi/Madhuyasti Taila* 15 ml twice daily is pushed per rectally after sitz bath.

#### 1. Kshara in Fistula in ano and Pilonidal sinus

*Teekshana Pratisarneeya Kshara* can be applied in case of fistula in ano or pilonidal sinuses.

In fistula in ano after fistulotomy *Kshara* is applied over open wound. It is kept till *Kshara Dagdha Lakshana* is observed as described earlier. Same procedure is adopted in pilonidal sinus after excision of the sinus track. Then it is wiped with distilled water and *Nimbu Swarasa* as in case of haemorrhoids.

## 2. *Kshara Sutra* in Fistula in ano, Pilonidal sinus and Haemorrhoids

Preoperative procedure - Same as described in *Kshara* application haemorrhoids.

### Operative procedure

- After achieving local anesthesia with lignocaine 2%, a copper probe is inserted from external opening to internal opening in fistula in ano.
- Partial fistulotomy is done.
- Kshara Sutra* is applied at one end of probe and is taken out from other opening along with probe and knot is applied.
- Antiseptic dressing is done with *Jatyadi Taila*.
- In case of pilonidal sinus partial excision is done around the sinus opening. All dead tissues and hairs are removed.
- A copper probe is inserted along the sinus track and it taken out through a artificial opening created at distal or proximal end. Rest of the procedure is similar as in case of fistula in ano.
- In haemorrhoids *Kshara Sutra* is used for transfixation of pile mass base during open haemorrhoidectomy.

### Postoperative management

- Daily sitz bath with *Tankana Bhasma/Sphutika Bhasma* is advised and antiseptic dressing with *Jatyadi Taila*.
- Kshara Sutra* is changed weekly for 2-4 weeks as per need in case of fistula in ano and pilonidal sinus. In haemorrhoids *Kshara Sutra* is not changed. It gets sloughed off as the pile mass is sheds off after necrosis.
- After 3, 4 weeks *Kshara Sutra* is removed, wound is laid open and dressing with *Jatyadi Taila* is

continued till the wound is healed completely. In case of haemorrhoidectomy, *Jatyadi Taila* is used per rectal 5 ml twice daily after sitz bath.



Fig. 1: *Kshara Karma* in Arsha (Haemorrhoids)



Fig. 2: Haemorrhoidectomy with *Kshara Sutra*



Fig. 3: *Kshara Karma* in Nadivrana (Pilonidal Sinus)

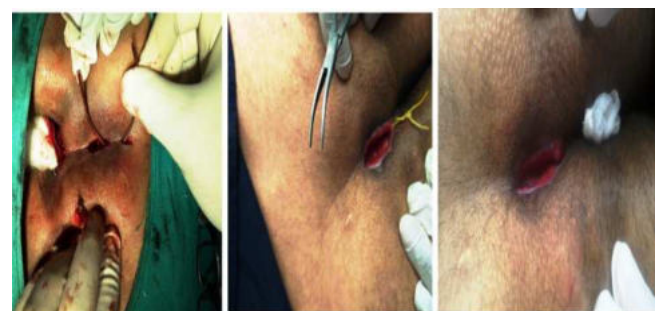


Fig. 4: *Kshara Sutra* in Nadivrana (Pilonidal Sinus)



Fig. 5: Kshara Sutra in Bhagandara (Fistula in Ano)

## DISCUSSION

*Kshara* is a parasurgical method of treatment which is very much effective in the management of various diseases especially in anorectal disorders. As *Kshara* is prepared from many drugs it has *Tridosha Shamaka* property. *Teekshana Pratisarneeeya Kshara* is better than *Mridu* and *Madhyama Kshara*. After *Kshara* is applied in haemorrhoids it creates chemical burn of the pile mass. Later it sheds off after necrosis. Simultaneously the wound of *Kshara Daghda* heals spontaneously as *Kshara* possess wound healing property. The wound created by *Kshara* completely heals within 2 weeks. No severe adverse effects are reported after the application of *Kshara*. But some minor effects are observed burning sensation and Sphincter spasm and they can be treated days by administering *Madhuyasti Taila* or *Jatyadi Taila*. There is no anal stricture by this therapy. But during the procedure few precautions should be taken like performing lord's anal dilatation and proper application of *Kshara* only on the affected site (haemorrhoids) not on the rectal mucosa. Average recovery time is 14 days. In this way *Teeksna Pratisaraneeya Kshara* is considered efficient in the treatment of internal haemorrhoids. The treatment modalities of hemorrhoids medical, surgical or parasurgical come under four treatment principles of *Arsha* (Haemorrhoids) told by *Acharya Sushruta*.<sup>[11]</sup> The criteria of assessing the correct potency of *Pratisaraneeya Kshara* are getting *Jambuphalavarna* of pile mass within *shatamatra Kala* (approximately two minute). This has been achieved here by strictly following the technique of *Kshara* preparation

explained by *Sushruta*. The pH value of *Teekshna Pratisarneeeya Kshara* lays between 12-14. The *Pratisarneeeya Kshara* acts by chemical burn and necrosis of tissues and obliteration of haemorrhoidal radicles. Thereafter sloughing of haemorrhoidal mass and it causes fibrosis and scar formation.<sup>[12]</sup> In rectal prolapsed *Kshara* is applied at anorectal ring, therefore it strengthens the anorectal ring due to cicaterization and prolapse does not occur.

*Kshara Sutra* in fistula and pilonidal sinus is a multistage procedure. So the patients need to visit the hospital every week; hence, the duration of treatment in the *Kshara Sutra* is longer. During *Kshara Sutra* treatment partial fistulotomy is performed to open the external opening and *Kshara Sutra* is placed. It gradually causes debridement and healing the wound. This procedure is less painful than other techniques of fistula management. After *Kshara Sutra* procedure patients can resume their work from the next day of the procedure and it doesn't affect their normal activities. Average healing in *Kshara Sutra* therapy is assessed by Unit cutting Time (UCT) i.e. total no days taken to cut through the track divided by initial length of *Kshara Sutra* in centimeters. Average UCT is 7 days.<sup>[13]</sup> During the therapy in subsequent follow up *Kshara Sutra* is changed and size of track is reduced. There are no major side effects of *Kshara Sutra* therapy. No any effect on continence. There is minimal tissue trauma as well as lesser bleeding. Minimum hospital stay and early ambulization is achieved in *Kshara Sutra* therapy.<sup>[14]</sup> There is very less recurrence rate.

## CONCLUSION

*Kshara* and *Kshara Sutra* therapy provide adequate treatment to the anorectal diseases very effectively. *Kshara* and *Kshara Sutra* should be prepared as described in classical texts. Recurrence rate in fistula in ano is negligible as compared to conventional treatments available. These procedures are minimal painful and can be even performed without the use of anesthesia. But with the use of anesthesia its effect is achieved much conveniently.

## REFERENCES

1. Sushruta, Sushruta Samhita with Ayurveda Tatva Sandipika hindi commentary by Ambika Dutta Shastri, Chaukhambha Sanskrit Sansthan Varanasi, *Sutra* sthana, 2002 26(4):138
2. Sushruta, Sushruta Samhita with Ayurveda Tatva Sandipika hindi commentary by Ambika Dutta Shastri, Chaukhambha Sanskrit Sansthan Varanasi, *Sutra* sthana, 2002 7(15):39
3. Sushruta, Sushruta Samhita with Ayurveda Tatva Sandipika hindi commentary by Ambika Dutta Shastri, Chaukhambha Sanskrit Sansthan Varanasi, *Sutra* sthana, 2002 11(6):46
4. Vagbhata. Ashtanga Hridaya, with commentaries of Arunadutta and Hemadri, edited by Pt. Hari Sadasiva Sastri Paradakara. Varanasi: Chaukhambha Surbharati Prakashan, Ed. Reprint 2010, 30/22-23
5. Vagbhata. Ashtanga Hridaya, with commentaries of Arunadutta and Hemadri, edited by Pt. Hari Sadasiva Sastri Paradakara. Varanasi: Chaukhambha Surbharati Prakashan, Ed. Reprint 2010, 30/3
6. Sushruta, Sushruta Samhita with Ayurveda Tatva Sandipika hindi commentary by Ambika Dutta Shastri, Chaukhambha Sanskrit Sansthan Varanasi, *Sutra* sthana, 2002 11(12):47
7. Shastri K Rasa Tarangini of Sadanada Sharma, Motilala Banarsidas; New Delhi, 2004 11<sup>th</sup> Edition 14(59-61):337
8. K H H V S S Narasimha Murthy, Prof P J Deshpande – Reinventer Of Kshar Sutra Therapy, Annals of Ayurvedic Medicine, Oct-Dec 2012 Vol-1 Issue-4, Page173-175
9. Sushruta, Sushruta Samhita with Ayurveda Tatva Sandipika hindi commentary by Ambika Dutta Shastri, Chaukhambha Sanskrit Sansthan Varanasi, *Sutra* sthana, 2002 11(13-15):47-48
10. Sushruta, Sushruta Samhita with Ayurveda Tatva Sandipika hindi commentary by Ambika Dutta Shastri, Chaukhambha Sanskrit Sansthan Varanasi, *chikitsa* sthana, 2002 6(4):46
11. Sushruta, Sushruta Samhita with Ayurveda Tatva Sandipika hindi commentary by Ambika Dutta Shastri, Chaukhambha Sanskrit Sansthan Varanasi, *chikitsa* sthana, 2002 6(2 ):46
12. Padmendra et al Effect of *Aragvadhaadi Teekshna Pratisarneeeya Kshara* in the management of *Abhyantara Arsha*, AAMJ, 2015 1(3) page147-151
13. Hemanta kumar panigrahi et al Clinical evaluation of *Kshara Sutra* therapy in the management of *Bhagandara* (Fistula in Ano)-A prospective study, Ancient science of life Vol.28 3(2009) page 29-35
14. Anant kumar VS et al., Efficacy of *Svarnkshiri Taila* and *Kshara Sutra* in the management of *Bhagandara*, IJAM, 2013, 4(2) page131-139

**How to cite this article:** Dr. Amit Kumar, Dr. Anchal Bilyan, Dr. Premasukh. A Conceptual and clinical application of Kshara Karma in Anorectal Diseases. J Ayurveda Integr Med Sci 2019;5:262-267.  
**Source of Support:** Nil, **Conflict of Interest:** None declared.

\*\*\*\*\*