



## Review of various types of *Kshara Kalpana*

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### Abstract:

Kshar kalpana is one of important dosage form developed as sub type of panchavidh kashay Kalpana. Kshara is alkaline in nature. It is based on the principle that alkaline substances get dissolved in water and can be obtained by evaporating water content. It is derived from certain plants as well as minerals and animal products which contains more alkaline substances. It is first described in Sushrut samhita. There are various methods described in ayurvedic texts to prepare kshara. It has been proved to be effective medicine internally as well as externally. Ksharasutra described by Chakradatta is being used widely by surgeons and appreciated its effectiveness. Kshara also have pharmaceutical application like shodhan, satvaptana of shilajatu, kankshi, parada etc. There is wide range of description available about kshara in ayurvedic texts. Based on plant/mineral or animal product and mode of use, it has various types like pratisaraniya, paniya kshara, Yavakshara, tankan kshara, Apamarga Kshara etc.

**Keywords:** kshara, kalpana, alkaline, preparation, vanaspatij, khanija,

### Introduction:

Ayurvedic treatment is based on various types of dosage forms. Panchavidh kashay kalpana is the basic form. many formulations are developed over time having long shelf life, stability, strong action like guti, vati, syrup, asava, arishta, sneha kalpana, kshara etc.

Kshara kalpana is alkaline substance obtained from ash of plants, minerals and animal products. The Kshara can treat those diseases which are difficult to cure. It can be used both internally as well as externally as per indications given in text. Kshara is considered important among shastra (sharp instruments) and anushastra (accessory instruments). It can excise (bhedan), cut (chhedan), scrape (lekhana) the tissue and bring tridosha to even state (tridoshaghna). It is useful in uneven parts (vishama sthane) where surgery is not possible.

Based on plant/mineral or animal product, it has various types like Yavakshara, tankan kshara, Apamarga Kshara etc. As per mode of use, it has two types that is pratisaraniya, paniya kshara. and on the intensity of corrosive property, it is divided into three types-1.Mrudupaka 2. madhyampaka 3. tikshnapaka

An attempt has been made in this article to take complete review about types of kshara kalpana described in various rasagranthas, ayurvedic texts and methods of preparation.

**nirukti-** tatra ksharanad kshananadva ksharaha |sushrut sutrasthan 11/4

The dosage form which cut or destroys affected tissue is kshara.

**Definition-**The substance that removes the vitiated debris of skin, muscle etc. due to its corrosive property (ksharan) is kshara.

Plants/Herbs used for Kshar nirman <sup>5</sup>



**Aim-**present article aims to take complete review about types of kshara kalpana.

### Objective-

- review kshar kalpana in rasagrantha,
- review kshara kalpana in ayurvedic texts
- review various types and their methods of preparation.

### Material and methods -

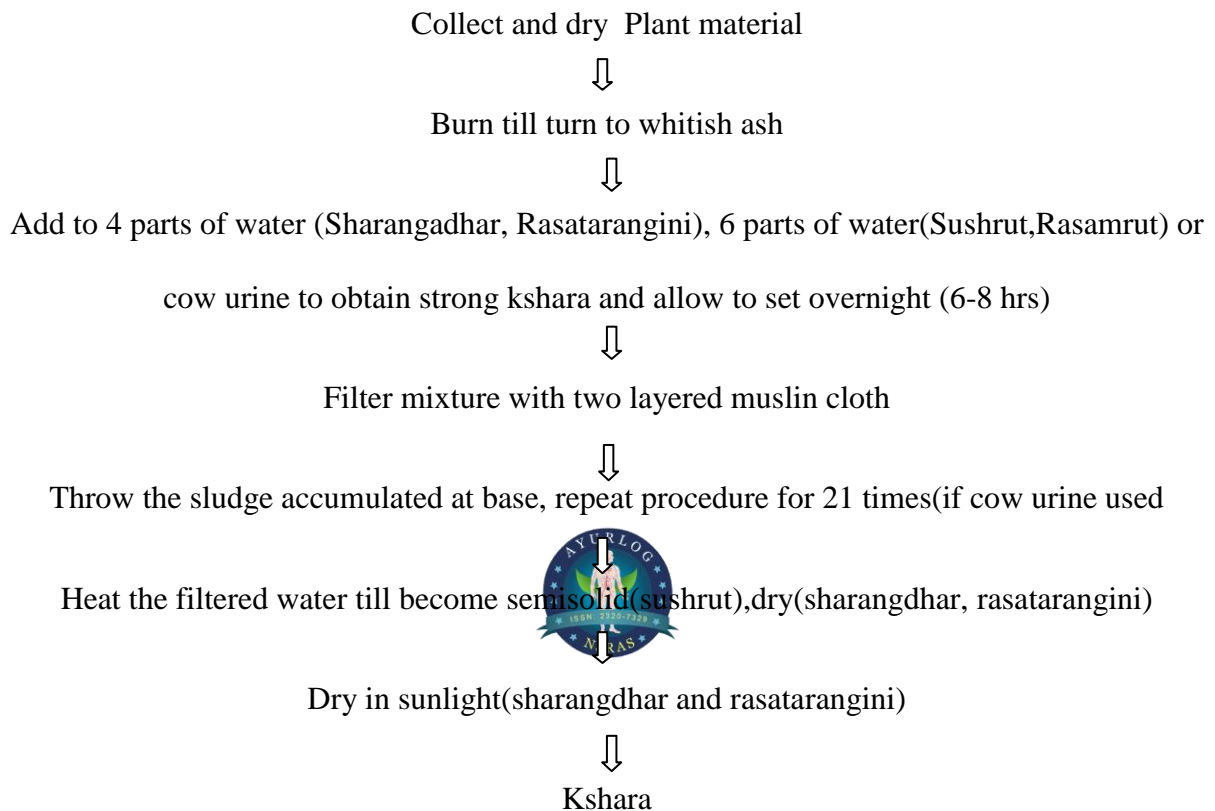
Ayurvedic texts like Sushrut samhita, sharangdhar samhita and rasagrantha like rasatarangini are reviewed for collection of literature regarding Kshara and their types. Research and review articles and recent ongoing researches are reviewed via internet.

<i>Khadir</i>	<i>Acacia catechu</i>
<i>Karanj</i>	<i>Pongamia pinnata</i>
<i>Arka</i>	<i>Calotropis procera</i>
<i>Snuhi</i>	<i>Euphorbia neriifolia</i>
<i>Apamarga</i>	<i>Achyranthes aspera</i>
<i>Patala</i>	<i>Stereospermum suaveolens</i>
<i>Chandan</i>	<i>Santalum indicum</i>
<i>Shirish</i>	<i>Albizia lebbai</i>
<i>Arjun</i>	<i>Terminalia arjuna</i>
<i>Aguru</i>	
<i>Kutaj</i>	<i>Holarrhena antidysenterica</i>
<i>Palash</i>	<i>Butea frondosa</i>
<i>Paribhadra</i>	<i>Erythrina indica</i>
<i>Bibhitaka</i>	<i>Terminalia belerica</i>
<i>Aragwadha</i>	<i>Cassia fistula</i>
<i>Saptaparna</i>	<i>Alstonia scholaris</i>
<i>Kadali</i>	
<i>Vasa</i>	<i>Adhathoda vasaca</i>

<i>Indrayava</i>	
<i>Meshashrunji</i>	<i>Dolicandrone falcata</i>

Plant material should be collected in SHARAD RUTU that is in the month of ashwin-kartika(September to October)<sup>4</sup>

### General Method of preparation of kshar<sup>1,2,3</sup>

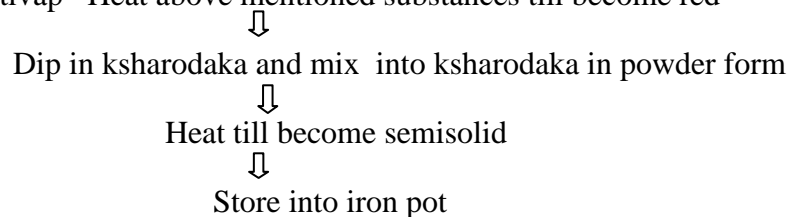


#### a. types according to paka<sup>1</sup>

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)

1. Mrudu paka-without prativap

2. Madhyam paka-with prativap –Heat above mentioned substances till become red



3. 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).

#### **b. types according to mode of use <sup>4</sup>**

1. Pratisaraniya Kshara (external)- Kustha, kitibha, dadrumandala, kilas, fistula in ano (bhagandar), tumour (arbuda), piles (arsha), infected wound (dushta vrana), nadivrana, charmakila, disorders due to pitta dosha like mole, vyanga

2. Paniya Kshara (internal)-poisoning (garavisha, visha), gulma, Ascites, piles, indigestion, anorexia, worm infestation, internal abcess,

#### **c. types according to vanaspatij/khaniya/praniya drug <sup>2,6</sup>**

1. Vanaspatija kshara (plant)

2. Khanija kshara (mineral)

3. Praniya (Animal)

Various KSHARA have been described in different texts collectively presented here.

1. Vanaspatija kshara –Rasatarangini- Yavakshara, Arkakshara, Apamarga kshara, Til kshara, Snuhi kshara, Chinchakshara

#### **a. Yavakshara- synonyms-**

Yavapatya, Yavaj, Yavashookaja, Yavya, Yavagraja, Yavavha, Yavanalaja, Shookaja

Method of preparation- Ash of plant- add to 8 parts of water- filter 7 times- heat mixture- obtain whitish kshara of yava

Properties- Laghu, snigdha, deepan, pachan, diuretic, increases sweating, normalize kapha and vaat dosha

Indications- Gulma, pleeha, shoola, ascites, dysuria, bloating, Hyperacidity, inflammation of testes, Diabetes mellitus

**Dosage-** 3 ratti to 10 ratti

**b. Sarjikshar-** swarjjik, swarjika, swarji, swarj, suvarchika, swarjjaka, swarjikakshar, sarji, sarjika, suvarchaka, suvarchi, suvarch, sukhorjik, kapot, sukhavarcha, ruchak, swarjikshar, souvarchal, suvarch

Method of preparation- burn Duralabha panchang- Ash- add into 8 parts of water- allow to set- filter 7 times through muslin cloth- heat filtrate till become dry- collect kshara.

Properties- Tikshna, katu, ushna (hot), pachan (digestive), calms vaat dosha

**c. Apamarga kshara-** synonyms- mayurakshara, kharamanjarika kshara, kinikshara

Properties- Tikshna

Indications- Shwas, gulma, shoola, deafness

#### **d. Arkakshara**

Synonyms- Ravikshara, Bhaskarakshara, Kharjughna, Mitrakshara

Properties- tikshna pachana (digestive), deepan

Indications- Shwas, kasa, gulma, pleeha

#### **e. Tila kshara**



Synonyms-Tilabhooti,  
Homadhanyabhooti, Pavitraksharak

Properties-tikshna

Indications- Mootrashmari (stone), pleeha,  
vranadarana, relieves urine obstruction

#### f. Snuhikshara

Synonyms- Snuck kshara, vajrakshara,  
sehund kshara

Properties- tikshna, deepan (appetizer)

Indications- Udara (Ascites), gulma,  
inflammation, visuchika, ajirna  
(indigestion), shoolahar, shwasahar, liver  
enhancer

#### g. Chinchakshara

Synonym: Amlikakshar, chinchikakshar,  
Amlikaksharak, chinchabhooti,  
chinchikabhasit, chinchabhasma  
amlakabhasit, tintidibhasit

Indications- agnimandya (appetizer),  
shoola, gulma, mutrakrichchra (dysuria),  
ashmari (stone)

#### h. Palasha kshara

Synonym-Kinshuk kshar, parnakshar,  
triparnakshark

Indications- deepan, gulma, pleeha, yakrut  
vridhhi (liver enlargement),  
mutrakrichchra (dysuria), ashmari(stone)

### 2.Khanija kshara

#### a. Tankan kshara

Synonyms-tank, tang, tangan, dravak,rang  
kshar, rang rangad, lohashodhan,  
swarnashodhan, soubhagya, sitakshar,  
shwetakshar, kshararaj, tangak

Shodhan (purification)- 1) tankan 1 part  
+water 24 part

2) Ashuddha tankan churna (5 pala) in  
vessel heat with continues stirring stop heat

Properties-Katu, ushna, tishna, ruksha,

#### b. Sorak

Synonym- sora, suryakshar, vanhikshar

Properties-katu, tikshna, strongly lavan  
rasa, very hot in nature, deepn

Nirmalikaran-1 pala sorak+4 pala water  
filter heat mixture till water evaporate  
shuddha sorak

Sorak+1/2 part hot water filter heat  
mixture

Shodhan-sorak churna+extract of ela in  
khalva. repeat thrice

Dose-2 gunja-10 gunja

#### c. Navasadar

Synonym-navyasar, nrusadar, nrusar,  
narasar, kittakshar, narasadar,  
chullikalavan

Shodhan-Navasadar+3 parts of water filter  
heat on tivragi till water evaporates

Properties-calms tridosha, snigdha  
sukshma, laghu, pachansarak, tikshna  
deepan, ushna,

Indications-pleeha,indigestion of flesh etc

Dose-2 ratti to 8 ratti

#### Discussion:

Kshara described by various ancient  
acharya.They had described it from  
various aspects like  
pharmaceutical,clinical surgical etc.there

are some differences in preparation, storage and types. Sushrut samhita first to describe Kshara kalpana .general description given. Ashtanga sangraha and ashtang hriday followed the same but rasagranthas like rasatarangini contributed special chapters for Kshara. described types in detail along with some advanced formulations using chemicals like nimbukamla.

### Conclusion:

Kshara kalpana is one of important dosage form to cure various diseases. It is helpful to cure illness and has been proved effective till now. It is very potent and concentrated dosage form having unique method of preparation. It has various types with different therapeutic indications. generally methods of rasatarangini and sharangdhar are used to prepare kshara.

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### Cite article:

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**Ayurlog: National Journal of Research in Ayurved Science- 2018; (6)(7): 1-6**