



Practical view of kadali kshara preparation

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ABSTRACT

Main aim of Ayurveda is to maintain health of healthy person and make free from diseases to diseased person. The aim of Ayurveda is proved by many acharya by applying ayurvedic fundamentals. one of them is ayurvedic medicine. Which plays important role in ayurvedic treatment Acharya focus on preparation of herbal drugs along with the quality of the drug. This drug has an appropriate qualities and significant result on particular diseases.

Kshar is one of the important ayurvedic formulation which is used in various diseases. it has a unique quality than other drugs. it is an alkali preparation of either by single herb or multiple herb. by its unique qualities many *kruchha sadhya* diseases are treated.

Now a day we see that the ayurvedic formulations are not much effective on the diseases. The cause is many more such as the low efficacy of medicinal plant, wrong method of preparation etc. if we make an ayurvedic formulation according to the ayurvedic text with standard operating procedure by maintaining quality of the drug we can get

significant effect on some particular disease.

In this paper we explain one of the standard procedure of *kadalikshar* preparation according to *sushrut* Samhita. Total estimation of how much raw material used, time require to prepare *kadalikshar*, how much loss of raw drug and material and method of *kadalikshar* preparation is explained.

Keyword:- kadalikshar, kshar

INTRODUCTION

Ayurveda is the ancient health science which is totally based on basic fundamentals. The method of drug preparation and its use in a particular disease has its own importance. *Acharya* mention the standard method of drug preparation in ayurvedic text, we can prepare one drug by many methods which are mention in ayurvedic text. acharya also explain the qualities of the prepared drug by giving examples and given some test to test the prepared drug.

But in current era the preparation of the ayurvedic formulation are not much effective as mentioned in ayurvedic text. The reason behind is lack of standard operating procedure as mention in

Samhita. Today demand of the ayurvedic medicine gradually increases so the preparation of the drug not done properly due to lack of time. some medicine is still giving proper response to the diseases.

IMPORTANCE OF THE KSHARA⁽¹⁾⁽⁴⁾

In ayurvedic text, *kshar* has its own importance in relation to the *Shastrakarma* and *agnikarma chikitsa*. any diseases which is not cured by *shastrakarma* and *agnikarma* then these types of diseases are treated with *ksharakarma*.

INDICATION OF PANIYA KSHARA-⁽¹⁾⁽³⁾

1. Gara wish 2. gulma 3. udara 4. Mandagni, 5. ajirna
6. sharkara 7. ashmari 8. abhyantar vidradhi, 9.arsha etc.

MATERIALS AND METHODS

MATERIALS

Required material for the preparation of the *kadalikshar* are listed below

- 1.kadali plant
- 2.dry crop of whole kadali plant
3. filtered water
- 4.steel container of size 200 ml and 400ml.
- 5.Two water drum of size 300 lit.
- 6.gas stove
- 7.cotton cloth
- 8.Large size iron plates.



METHODS

HARVESTING OF BANANA PLANT

Growing of banana plant does not need much effort but to achieve high yields

requires skills dedication and proper planting method.

AGRO AND CLIMATE –

Banana plant need warm subtropical climate, adequate moisture and protection from wind.

Most varieties of banana grow best with 12 hours of bright light and high humidity of 50 % or higher.

Ideal temp for banana plant growth is 26 to 30

Growth begin at 18.c reaches optimal growth at 27 .c and stop entirely when temp reaches 38.c

Banana plant grow best in bright sunlight high temp will scorch leaves and fruit.

In each hector farm we can cultivate approximately 2000 plants of banana.

For each plant 5.5 feet / 5.5 feet area required.

SOIL

Banana need rich, moisture and well-drained soil with 40% clay ,75%slit,85% loam.

Banana prefer a more acidic soil with pH 6 to 7.5. low pH make banana more susceptible to panama disease. avoid soil that is sandy, salty, nutritionally deficient and ill drained soil

Planting time-

tissue culture bananas can be planted throughout the year.

nutrients required for banana plant-nitrogen, phosphorous, potassium, with the ratio of 3:1:6 and other micronutrient to ensure the plant vigorously.

CROP GEOMETRY

The most economical and efficient spacing is 1.82m×1.52mwith 3,630 plant per hectare.

PREPERATION OF ASH^{(3) (5)}

whole *kadali* plants which was kept for drying after taking 2 moth it is ready for

burning. first of all, whole bananas plants burn on large size iron plates to avoid contact of soil with ash and also to avoid wastage of ash in soil. burning procedure take 2 hours to burn whole plant of *kadali*. after that whole ash is spread and kept for cooling.

ash takes about 10 hours to complete self-cooling. after complete cooling whole ash is collected in nylon bags.

after that we did weight of *kadali* plant ash which is 220kg after burning of 860kg *kadali* plants.



PREPERATION OF KSHARODAK (kshar jala) ⁽³⁾

Total obtained *kadali* ash is 220kg is dissolved in 6 times water that is 1320 lit of water.

2 big same size steel containers with capacity 650 lit are used to preparation of *ksharodak* now we divide total ash in two equal part that is 110 kg ash in each container with 650-liter distilled water. We dissolved in to water and stairs properly to dissolve all the component of ash in to the water. Then both the container kept stable for 24 hours for dissolving process.

On the next day after 24 hours of dissolution process we collect *ksharodak* and sedimented ash thrown away. *ksharodak* filtered 21 times in the cotton cloth properly. filtered *ksharodak* take in the two containers.

After complete filtration process we get 1000 lit *ksharodak* 140 kg wet ash.

It means we lost 320 lit water along with 80 kg ash



After filtration we get 1000 lit *ksharodak* which is kept on fire of evaporation process.

We kept constant heat and wait for complete evaporation of *ksharodak* .it took 25 hours to complete evaporation .at the end of evaporation process we got brownish white colored *kadalikshar* at the bottom of the container with some moisture in it. we kept it on manda Agni for complete evaporation of water. after complete process of evaporation, we got

about 3.6kg *kadalikshar*. we collect it and kept in glass jar.



STANDARDIZATION OF KADALIKSHAR

We send sample of prepared *kadalikshar* for standardization.

Chart

TESTING PARAMETERS	RESULTS
1. Ph	11.8
2.Moisture	3.70%
3.Total ash	94.69%
4.Acid insoluble ash	4.82%
5.Calcium	17.32%
6.Potassium	41.20%
7.Water solubility	63.10%
8.Magnesium	7.40%

REQUIRED MATERIAL CHART

In the process of *kadalikshar* preparation total amount of material required Is listed below in the table.

MATERIAL name	
1.Kadali crop	860 kg
2.Ash	220kg
3.filtered water	1320 lit
4.ksharodak	1000 lit
5.Kadalikshar	3.6kg

6.Loss of ash	80kg
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CONCLUSION

Khar preparation is the challenging method and a long procedure.it is the procedure in which alkaline elements of the plant were extracted. *kshar* nirman involve many different procedures from harvesting of kadali crop up to the *kadalikshar* preparation. this article gives idea about how much time required, hpw much raw material required and how much lose occurred during procedure etc.

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