



Conceptual study of *Kshara* according to *Charaka Samhita*

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Abstract

Properties of *Kshara* are mentioned in *Charakasamhita Sutrasthan* in *Annapanvidi Adhyay*. *Charakacharya* explained use of *Kshara* in various diseases in *Chikitsastan*. Charakanyas of commentator *Bhattar Harischandra*, *Charakapanjika* of *Swamikumar*, *Nirantarapadavyakhya* of *Jejjata*, *Ayurvedadipika* of *Chakrapani* and so many more commentaries are available today to valuable guidance worldwide era. Conceptual, *Leshokta*, *Sankshipt*, *Anukta*, meaning between the lines can easily explored by contribution of commentaries within hardworking of whole life, *Sambhasha*, repeated reading and study of commentaries. These new researchable ideas, clues are guide by appreciated track for clinical application in present problem in about each and every medical faculty which already mentioned by *Acharya* in ancient

time. Most of contribution *Ukti Pramana* is specialties of *Charaka Samhita*, *pratyakshyadi pramana* described in *Vimansthan* ch.4 and 8. But *Yukti* has described in *Sutrasthan* ch 11. Which is explored detailed by *Chakrapani* like this more issues are described by commentators.

Keywords:

Kshara, *Sambhasha*, *Yukti*, *Karmukata*.

INTRODUCTION:

Leshokt, *Sankshipt*, *Anukta*, meaning between the lines can easily explored by contribution of commentaries within hardworking of whole life, *Sambhasha*, repeated reading and study of commentaries. These give new researchable ideas, clues for clinical application in contemporary problem in about each and

every medical faculty which already mentioned by Acharya in ancient time. Most of contribution *Yukti Pramana* is speciality of Charaka Samhita e.g. *Pratyaks hyadi praman* described in *Vimanshana* ch.4 and 8. But *Yukti* has described in *Sutrasthan* ch 11. Which is explored detailed by *Chakrapani* like this more issues are described by commentators.

Most of remedies are described in Charakasamhita like *Rasayan, Asava, Arista, Panchvidha Kashaya kalpana, Pathyakalpana, Ksharkalpana* at first time. These remedies are having drastic involvement in day to day life in form of medicine. Properties of *Kshara* are mentioned in *Charakasamhita sutrasthan in Annapanvidi Adhyay* in ch.27 in Verse 306. *Charakacharya* quoted use of *Kshara* in various diseases in *Chikitsastana. Pippalyadi Kshar, Ksharvatika* are used in treatment of *kaphodar*. In *Grahani chikitsa chaturtha kshar, kshar ghruta, Pippalimuladi kshar, Bhallatak kshar, Duralabhadi kshar, Bhunimbadi kshar, Haridradikshar, Pancham kshara* is mentioned in *Chakrapani's Ayurved Dipika*. In *cronic Jalodar, Dusta vran, Kustha, Kshara* is useful for avoid recurrence. Hence more exploration is needed.

AIM

To study *Kshara Kalpana* from *Charakasamhita* and *Chakrapani Tika*.

OBJECTIVE:

- To study literary review of *Kshara* quoted in *Charakasamhita*.

- To study of *Kshara Kalpana* from *Chakrapani Tika*.
- To compile references of *Kshara Kalpana* from *Charakasamhita* and *Chakrapani Tika*.
- To correlate properties and uses of *Kshara* from compiled data.

MATERIAL:

Literary review of *Ksharkalpana* in *Charakasamhita* and *Chakrapani Tika* – *Ayurveddipika*.

- Properties of *Kshar* are *Laghu, Tikshna, Ushna, Virya, Ruksha, Pachak, Dahak, Kaphacchedi, Kledi, Vidarak, Agnidipak, Agnisannibha*.

Ksharanat kshar – this property of *Kshar* is mentioned by *Charakasamhita Adhogaman Kriyayogat- Laukika* and *Ksharam stravayam iti* = these properties of *Kshar* are mentioned by *Chakrapani*. These prove that *Kshara* is a Drug and not Rasa as described as *Acharya Sushruta*.

METHOD:

Charakasamhita and *Chakrapani Tika* – *Ayurveddipika* quoted *Kshar* in *Sutrasthan 27th Annapanvidhi Adhyaya* and Uses of *Kshar* in *Chikitsasthan* about *Raktapitta, gulma, Udar, Hikka, Shwas, Kasa chikitsa*.

Conceptual study- *Sukshma vichar of samprapti bhanga* by *Acharya* even from ancient time.

- *Charakacharya* quoted *Kshar* which is prepared from herbs in *Raktapitta*

Chikitsa specific in *Kaphanubandhe Raktapitta*.

Kamalnal, Palash, Priyangu, Mahua, Vijaysar kshar with honey and *ghrut* in *Raktapitta* (Cha.chi.4/93-94.)

Chakrapani explained *Karmukata* and *Matra of Kshara* in detailed.

Prabhava of Kamalnal Kshara is *Raktapittahar*.

Yuktya yuktasya matraya-Yukti - matravachan – *Acharya* mentioned *kshar* is useful in *Raktapitta* in less quantity. *Chakrapani* avoid *tikshna dravya* for *Raktapitta*. Other commentators explained properties of *Kamalnal sheetguna, sheetvirya*, so it used in *tikshna vikar*.

- In *Chikitsasthan* in *Gulma Chikitsa Adhyay*, at the time of using *kshar*, *Charakacharya* quoted following indications- *Dosha Prabalya* should be *Kapha*, in *Kaphadhikya, Strotavarodh* by *Kapha. Prakruti* of patient should be *Shleshmik, Gulma* should be *Sthir. Bala* of patient should be *Uttam* -patient having healthy body and strong mind without complications & other diseases. *Dosha praman Vruddhi - pravruddha dosha Ksharan - Kshar*. Patient should consuming heavy diet with *Mamsa, Milk, and Ghrit*. These all factors are well described by commentators. (Cha.Chi.5/56-58)
- *Chakrapani* commented additional factor about time indication that *Kshar* should be used in *Hemant* and *Shishir Ritu*. It should be mentioned in specific season to tolerate by body, avoid complication

because of using *Kshar*, to avoid recurrence of disease.

- Dosage form quoted by *Charakacharya* in *Udar chikitsa* specifically in *Parshvashool Chikitsa, Charakacharya* mentioned *Bilwakshar siddha tail pan*. (Cha.Chi.13/146-171).
- *Dravyanischiti* quoted by *Chakrapani* explained pharmaceutical preparation with fruit of *Bilwa* and other part of *Dashamool, Bilwakshar* made from *Bilwaphal dahat kruten kshar* i.e. *Kshar* prepared by burning of *bilwa fruit. Bilwakshar siddha tail* used for *tailpan*.
- *Charaksamhita* quoted in *Kaphapradhan Hikka, Shwas Vyadhi chikitsa* different types of *kshar* – which is made from *Ashwagandha, Mayurpadnal*, Other parts like bones, hoots, corns, horns of animals, feathers of birds with honey and *ghrut*. (Cha.chi.17/116-119).
- *Dravyanischiti* quoted by *Chakrapani* within differentiate significance *Mayurpadnal kshar* means *kshar* made from *Mayurpiccha-nal -Siv/ nal* of *Mayurpiccha*, not bone of legs of peacock. *Kshar* is indicated in *Hikka, Shwas Vyadhi chikitsa* only in *kaphavarodha*.

DISCUSSION:

There are two references quoted about *Kshar* in *Sutrasthan*.

1. One reference quoted as Promoter of digestion again as harmful for eyes and semen.
2. These are merit and demerit of substance respectively explained by *Chakrapani Tika*.

CONCLUSION:

Kshara quoted by *Charakasamhita* but well explained by *Chakrapani* with clinically important issues on the following basis-

- 1) *Dravyanischiti*,
- 2) *Karmukata*
- 3) **Indications**,
- 4) **Contraindications**,
- 5) *Matra – Yukti*.

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