

“Apamarga Kshara Preparation And Its Application In Different Surgical Diseases”

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Background and Aim:

Acharya Sushruta (800 BC) described four-folded line of treatment as *Bhaisaja chikitsa*, *Kshara karma*, *Agni karma*, and *Shastra karma*. Among all these therapies, *Kshara karma* has become very useful treatment for selected ano-rectal diseases and other surgical diseases. In this present article focus on *Apamarga* (*Achyranthus aspera* Linn.) *kshara* preparation, one among the best qualitative *kshara* and its application in different surgical diseases.

Material and Methods:-

The preparation of *Apamarga* (*Achyranthus aspera* Linn.) *kshara* is documented from authors own observations and Information of its application in different diseases was gathered from various published work of last ten years.

Result:-

Many researches show that *Apamarga* (*Achyranthus aspera* Linn.) *kshara* has multiple pharmacological activities and effective in Ano-rectal diseases. Total five publications were included in the final selection after systematic analysis.

Conclusion: -

Apamarga (*Achyranthus aspera*) *Kshara* is very effective in treating many disorders like *Dushta Vrana*, *Bhagandara*, *Arsha* and *Charmakeela*. *Apamarga* (*Achyranthus aspera*) *kshara* is used in preparation of *Ksharasutra* which is well known for its therapeutic effect in the Ano-rectal diseases like *Arshas*, *Bhagandara* and *Nadi-vrana etc.* *Apamarga kshara* and *Apamarga kshara sutra* are effective in many surgical diseases for complete cure.

Key words: - *Apamarga Kshara*, Anorectal diseases, Ayurveda, *Arsha*, *Bhagandara*.

1.0 Introduction:

It is the potential of *Ayurveda* to help the society in curing many challenging and uncertain problems of medical science. Ano-rectal disorders are as old as people. Detail explanation is found in almost all ancient medicinal classics as well as in Vedic period literature. Ano-rectal problems are a group of medical sickness that happens at perianal region and at the junction of the anal canal and the rectum. These problems are commonly met in general surgical practice. World according to World Health Organization (WHO), about 80% of the world population is depend on herbal and other traditional medicines for satisfying their most important health care needs.¹ Therefore, it is the need of today, to figure out quality and to characterize various plants and their constituents against a number of diseases based on their traditional claims of the plants given in *Ayurveda*. Four-folded line of treatment has been explained by *Acharya Sushruta* (800 BC) are *Bhaisaja chikitsa*, *Kshara karma*, *Agni karma*, and *Shastra karma*. Among all these therapies, *Kshara karma* has become very useful treatment for selected ano-rectal diseases and other surgical diseases.²

According to *Sushruta samhita*, the *kshara* is prepared from many plants such as *Apamarga* (*Achyranthus aspera*), *Amaltas* (*Cassia fistula*), *Kutaj* (*Holarrhena antidysenterica*), *Vasa* (*Adhatoda vasica*), and *Sesame* (*Sesamum indicum*) etc. *Sushruta* believed it as one among the *Anu-shastra* as well *Upa yantra* and *Upa karma* for *Vrana*.³ *Apamarga kshara* (*Achyranthes aspera* linn. alkaline extract) is also used in preparation of *Ksharasutra* (a medicated thread) which is well known for its healing effect in the Ano-rectal diseases like *Arshas*, *Bhagandara* and *Nadivrana* etc.⁴ *Kshara* cures the diseases from its root i.e. suppose a disease can relapses by medical treatment but definitely there is no relapse by *Kshara karma*.⁵ *Acharya Charaka* has mentioned that *Kshara* as one of the three fold treatment that is *Shastra Pranidhana*.⁶ *Acharya Charka* defines *Kshara* as that which scrapes away the abnormal tissue from its deep rooted location, or drags it down after dissolving by its corrosive nature.⁷ Description of *Kshara* is also available in the literature of *Madhava nidana*, *Sharangadhara samhita*, *Yogarathnakara* and *Chakradutta*. *Acharya Sushruta* described two types of *kshara* preparation: one is *paniya kshara* for internal use while the other one is the *pratisaraniya kshara* for external use. The *pratisaraniya kshara* is further divided into three types, i.e., *Mridu* (mild in action), *madhya* (moderate in action) and *tikshna* (strong in action).⁸ *Apamarga* (*Achyranthus aspera* Linn.) *Kshara* is very effective in treating many

diseases like *Bhagandara*, *Arsha*, *Dushta Vrana*, and *Charmakeela*. *Acharya Sushruta* has mentioned many drugs for the preparation of *Kshara* and *Apamarga* is one among them.

Aim and Objective:-

The main objective of this study is to elaborate the method of *Apamarga Kshara* preparation, its pharmacological action and its application in different surgical diseases.

2.0 Material & Method:-The preparation of *Apamarga (Achyranthus aspera* Linn.) *kshara* is documented from authors own observations. Information of its application in different diseases was gathered from various published work of last ten years.

2.1 Preparation of Apamarga Kshara:

- **Time of collection:-**

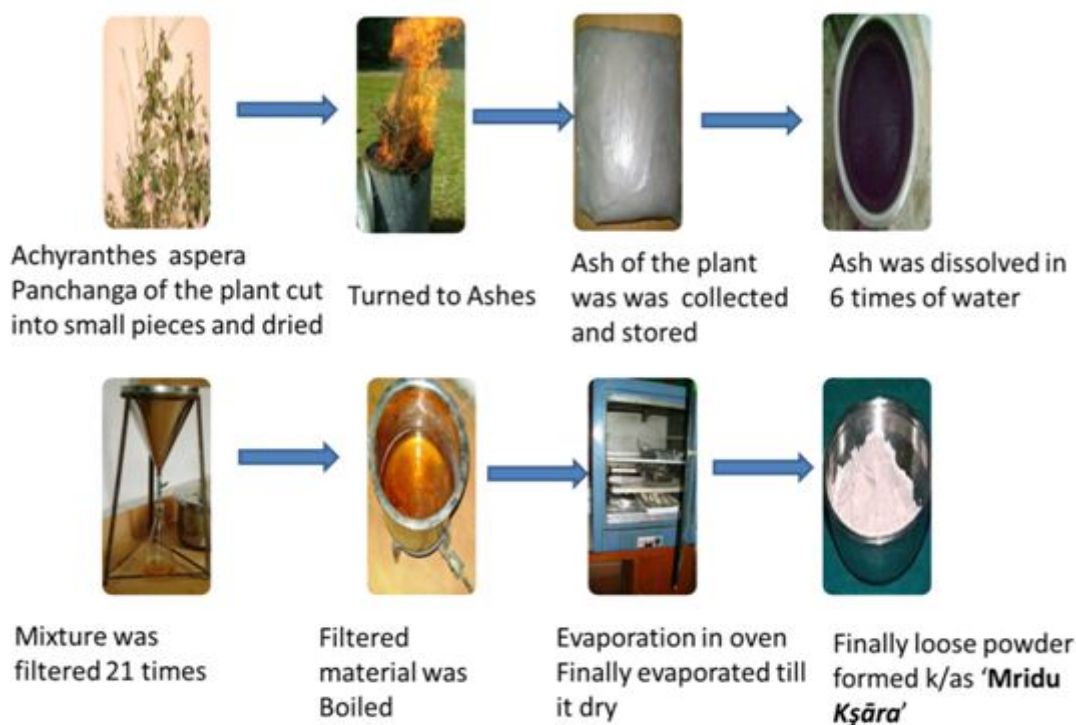
Apamarga (Achyranthes aspera Linn) was collected during August & September months.



(Figure 1: Apamarga (*A. aspera* Linn.)

- **Preparation of Kshara:-**

The whole plant (*Panchang*) of *Apamarga* are collected and dried under shade. When completely dried, the plants are kept on fire. When it is fully burnt, the ashes are allowed to cool down and finally collected in a clean stainless vessel. These ashes are dissolved in six times of distilled water and thoroughly mixed. It is then allowed to settle down and then filtered 21 times with filter paper. Finally the supernatant fluid collected in a separated vessel of wide mouth and is slowly evaporated on a moderate flame. It is stirred from time to time. When the liquid starts becoming thick, the flame is reduced and solution is vigorously and effectively stirred. The powder thus remained, is coarse and having flakes of different sizes. It is made into fine powder and kept in a clean glass bottle with air tight cork.



(Figure 2: Preparation of Apamarga Kshara)

- **Mrudu Kshara:** - When the fine powder is *Ishat Raktavarna* (reddish-yellow color) then it is called as *Mrudu Kshara*.
- **Madhyama Kshara:-** For preparation of *Madhyama Kshara*, Apamarga ash was heated in red hot iron pan. When Apamarga ash was red hot then prepares a *Pottali* and dipped in *Mrudu Kshara*. After this procedure *Mrudu Kshara* turned into white color then heated and stirred till it became thick in consistency. Thick consistency *kshara* is considered as *Madhyama Kshara*.
- **Tikshana Kshara:-** For the preparation of *Tikshana Kshara*, the *Madhyama Kshara* was hold over from the flame, cool for 10 minutes then added *Chitrakamula Kalka* and stirred for its homogeneous distribution.

When *Kshara* itself prepared without *prativapa* (adding paste of other drugs) is called as *Mrudu Kshara*⁹ and when *Kshara* is prepared with *prativapa* (addition of extra drugs to enhance the properties) then called *tikshna kshara*¹⁰

2.2 Procedure of Kshara Karma:-

Kshara karma procedure includes in three stages –

- 1) Poorva-karma (Pre-operative procedure)
- 2) Pradhana-karma (Operative Procedure)
- 3) Paschat-karma.(Post operative procedure)

Pre-operative (Poorva karma):

The patient is placed in a convenient position later the site of *Kshara karma* is exposed. The site is cleaned by antiseptic solution, spirit or alcohol. Then the site draped with a sterilized surgical holed cloth.¹¹

Operative Procedure (Pradhana Karma):

The lesion should be scrapped with a scalpel instrument to roughen the surface (*lekhana karma*) then suitable *Kshara* is smeared (*nakha matra*) with a scoop, left for 1minute. When *Samyak dagdha lakshanas* are seen, then the site is washed with decoction of *amla varga dravyas*.

Post operative procedure (Paschat karma):

After confirm absence of complications, proper dressing applied. The paste of *tila* and *Madhuka* (*Glycyrrhiza glabra*) mixed with *Ghrita* may be used for woundhealing.¹²

2.3 Use of published articles: - Various published articles on *Apamarga* (*Achyranthes aspera* Linn) *Kshara* were studied and analyzed according to objectives of the study. Total five publications were included in the final selection after systematic analysis.

3.0 Observation and Result:-

Apamarga kshara and *Apamarga kshara sutra* are effective in many surgical diseases for complete cure. *Kshara* is more effective in *Kapha Dosha*. *Acharya Sushruta* has mentioned that *Kshara* should be administered by an intelligent and skilled *Shalya chikitsaka* (surgeon) to subside most troublesome and all serious diseases rapidly in which *Kshara* is indicated.

- **Fistula in Ano:** - There are a number of studies on the use of *Kshara-sutra* (a medicated thread) in the treatment of fistula in ano. The studies revealed that the long term use of it was quite effective in treatment of fistulous tracks.¹³⁻¹⁴⁻¹⁵ *Apamarga kshara sutra* also very actively treat different types of piles and fissure in ano.

- **Dusta Vrana:-** *Acharya Sushruta* has clearly quoted *Apamarga kshara* (*Achyranthes aspera* linn. alkaline extract) in *Vrana*. *Apamarga kshara* is very effective in wound healing, itching, and breaks the sub-mucosal fibrosis along with excessive necrosed tissue.
- **Arsha (Piles):-** Symptoms of *Arsha* like bleeding per rectum, pain and inflammation etc. subsided by treatment with *Apamarga kshara* (local application of *Pratisaraniya Kshara*). Main properties of *Kshara* is *chhedan*, *bhedhan* and *lekhan* in *Astavidha shastra karma* of *Ayurveda*.¹⁶
- **Anti-fertility:** Effect of *Apamarga Kshara Taila Uttarbasti* is very effective in the management of Infertility especially in Tubalblockage.¹⁷ The alkaloid fraction obtained from alcoholic extract of root bark inhibited the response of oxytocin in isolated rat uterus. It did not inhibit the responses to serotonin and acetylcholine.¹⁸
- **Anti-inflammatory:** The water soluble alkaloid achyranthine was screened for its anti-inflammatory and anti-arthritis activity against carrageenin- induced foot oedema, granuloma pouch, formalin-induced arthritis and adjuvant arthritis in rats.¹⁹
- **Liver and Lipids:** The alcoholic extract of the plant lowered total serum cholesterol, phospholipid, triglyceride and total lipids in triton-induced hyper-lipidemic rats. The possible mechanism of action might be due to rapid excretion of bile acids causing low absorption of cholesterol.²⁰
- **Wart and corn:-** *Apamarga Kshara* is very effective in wart and corn as it scrap the abnormal tissues. The abnormal keratin deposition in wart and corn is destroyed by *Kshara*, thus normal skin is retained. *Kshara* initiates healing by its *ropana* properties.²

Conclusion:-

Detailed about *Kshara*, preparation of *Kshara*, classification, indication, and contraindication was first explained by *Acharya Sushruta* in *sutra sthana*. *Acharya Sushruta* has mentioned many drugs for the preparation of *Kshara* and *Apamarga* is one among them. *Kshara* is very effective in treating many disorders like *Arsha*, *Bhagandara*, *Dushta Vrana*, and *Charmakeela* etc. *Apamarga (Achyranthus aspera) kshara* is also used in preparation of *Ksharasutra* (a medicated thread) which is well known for its therapeutic effect in the Anorectal diseases like *Arshas*, *Bhagandara* and *Nadivrana* etc. *Apamarga kshara* and *Apamarga kshara sutra* are effective in many surgical diseases for complete cure with minimum side effects and less recurrence.

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Ethical approval: No ethical approval is required as no animals or humans have been used in the study.

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