

**CONTRAINDICATION OF KSHARAKARMA****<sup>1</sup> Bhat Padma <sup>2</sup> Shetty Hariprasad <sup>3</sup> Prasad G.K**<sup>1</sup>Final year PG Scholar, Dept. Of Shalya tantra, K.V.G. Ayurveda Medical College, Sullia, Karnataka, India<sup>2</sup>Assistant Professor & Co. Guide, Dept. Of Shalakyta tantra, K.V.G. Ayurveda Medical College, Sullia, Karnataka, India<sup>3</sup> Professor & Guide, Dept. Of Shalya Tantra, K.V.G. Ayurveda Medical College, Sullia, Karnataka, India**ABSTRACT**

Kshara is popular among physicians & surgeons for its multi dimensional property & functions. It can be administered internally or externally. Kshara possessing ideal property is like boon where as its unskilled handling results in adverse effects. *Acharyas* had given wide range of contra indicated conditions to prohibit such ill effects. A skilled vaidya will get maximum benefits out of kshara by selecting the suitable condition only. Proper assessment of the stamina of the patient will help in avoiding complications. The site for application of *kshara* should be selected in such a way that it is devoid of vital points to check the damage to important structures. Influence of environmental factors is also taken into consideration. Special attention must be given towards mode of administration of *kshara* according to disease. Thus wise practice of *kshara* is to know where not to use it before knowing where to use. It is rightly said that unwise handling of *kshara* is as good as poison, fire & weapon in the hand of a fool. Here an attempt has been made to understand the logic behind the contra indications of *Ksharakarma* explained by *Acharyas*.

**Key words:** *Kshara, Vaidya, Sushruta, Kshara karma, contra indications.*

**INTRODUCTION:**

*Kshara* is defined<sup>1</sup> as that which sloughs out the necrosed tissue & irritates the normal tissue. *Brihatrayees* considered it *pradhana* among *shastra* & *anushastra*<sup>2</sup>. Because it is *tridoshha hara* can be used even in those places which are difficult to approach by ordinary measures<sup>3</sup>. It can be

used for procedures like *chedana, bhedana, lekhana*<sup>2</sup>.

The superiority of *kshara* is attributed to its properties<sup>4</sup>. They are,

**Table No.1:properties of *kshara***

<b>Rasa</b>	<i>Katu, lavana</i>
<b>Guna</b>	<i>Soumya), tikshna, Agneya</i>
<b>Veerya</b>	<i>Ushna</i>
<b>Varna</b>	<i>Shukla</i>
<b>Doshagnata</b>	<i>Tridoshagnata</i>
<b>Karma</b>	<i>Dahana, pachana, darana, vilayana, shodana, ropana, shoshana, lekhanana, sthambhana.</i>
<b>Rogagnata</b>	<i>Krimi, ama, kaphahara, kushtahara, vishahara, medahara</i>

These properties will be expected from an ideal *kshara* possessing specific physical properties or otherwise known as *Kshara guna*<sup>5</sup>. Where as a *Kshara* with 8 *dosha*<sup>6</sup>

will lead to adverse effects. They are en- listed in **Table No. 2**.

Guna	Dosha
1. <i>Na ati tikshna</i>	1. <i>Ati mardava</i>
2. <i>Na ati mridu</i>	2. <i>Ati shwaitya</i>
3. <i>Na ati Shukla</i>	3. <i>Ati ushna</i>
4. <i>Shlakshna</i>	4. <i>Ati tikshna</i>
5. <i>Picchila</i>	5. <i>Ati picchila</i>
6. <i>Avishyandhi</i>	6. <i>Ati sarpita</i>
7. <i>Shiva</i>	7. <i>Ati sandrata</i>
8. <i>Sheegra</i>	8. <i>Apakvata</i>

**Table No. 2 kshara guna & dosha**

Though an ideal *Kshara* is appreciated for its multi dimensional property, it demands skilled handling; otherwise it may even lead to death. The guidelines to attain this skill can be drawn from the wide range of contra indications mentioned by Acharyas. Thus there is a need to analyse They are as shown in **Table No.3**,

CLASSIFICATION<sup>7</sup>:

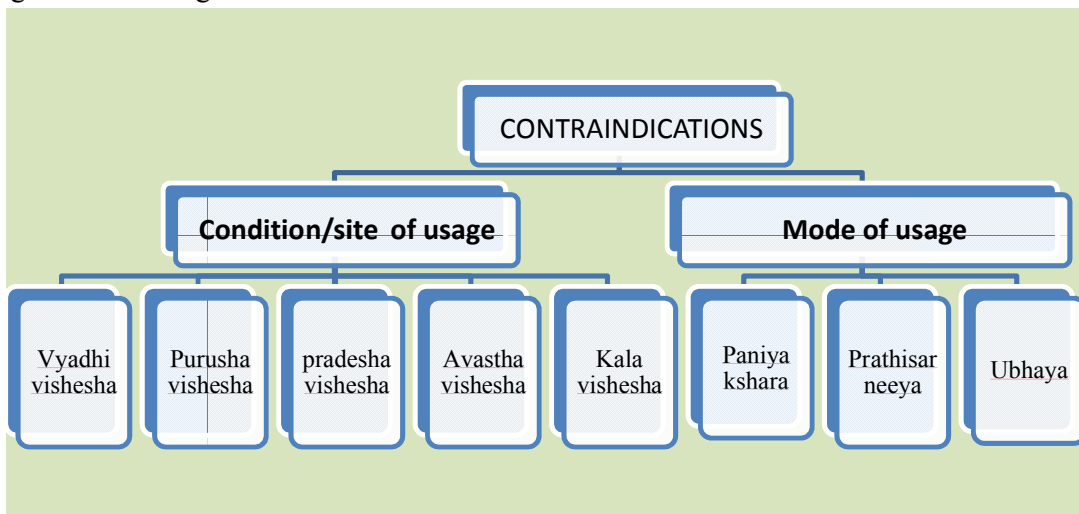
Type of Kshara based on	Mode of Administration	Potency
	<i>Paneeeya</i>	<i>Mridu</i>
	<i>Prathisaraneeyaa</i>	<i>Madhyama</i>
		<i>Tikshna</i>

**Table no.3 Classification of kshara**

**Analysis of Contraindications:**

Acharya *Sushrutha*<sup>8</sup> & Acharya *Vagbhata*<sup>9</sup> had given wide range of contraindications

of *Kshara karma*; which can be broadly divided as:



**1. Discussion on contraindication according to condition:**

a. Contraindications based on *vyadhi*<sup>10</sup>:

*Kshara* is not used in *rakthapitta, pravridha jvara, pandu, rakthaja vikara, trishna, murcha, bhrama, akshipaka & mada*. *Ushna veerya* of *kshara* is against these pitta dominant diseases. In debilitating disorders such as *sarvanga shotha, prameha, kshataksheena, timira, & hrit-murda roga* *kshara* cannot be used due to its high potency. Due to its *vilayana* property *kshara* is contraindicated in *atisara, pandu, udara & phalayani*.

b. Contraindication based on strength of person<sup>11</sup>:

As the *Kshara* is a very potent drug, the strength of person is taken into consideration before administration. The potency of *kshara* is not tolerated in debilitated persons such as *bala, vridha, garbhini, ruksha &* who underwent *samshodhana* therapy. In a person with *pitta prakriti* & in patient who consumed *visha* or *Madhya kshara* should be avoided as it may lead to *atiyoga* symptoms. As prolonged usage of *Kshara* is having effect of ‘*Pumsatvopaghata*’, it should not be used in *ritumati stree & alpa shukra purusha*. *Kshara* may induce adverse effect, even in an ideal patient who is afraid of *kshara karma*.

c. Contraindication based on site of administration<sup>12</sup>:

Application of *kshara* is contraindicated over vital parts. Ex: all *marma*, They are enlisted in **table No.4**, i. e.

Type of kshara	Contraindication
<b>Paneeya</b>	<i>rakthapitta, jvara, trishna, kleeba, ritumati</i>
<b>Prathisaraneeya</b>	<i>marma, sira, snayu, shepha, svalpa mamsa desha</i>
<b>Ubhaya</b>	<i>Durbala, bala, garbhini, kshataksheena, pitta prakriti contraindications according to avastha vishesha &amp; kala vishesha</i>

**Contraindications of Kshara sutra**

*Kshara sutra* is indicated<sup>14</sup> when patient is emaciated, weak and fear full.

*nabhi, gala, Sandhi, sevani, shepha, vris-hana & eye*. The logic behind this is to protect them from *dahana & darana* properties of *kshara*. Similarly soft tissues like *sira, snayu, tarunasthi, dhamani, srotas, and svalpa mamsa desha* are also protected from destructive property of *kshara*.

d. Special conditions of contraindications of *Kshara*<sup>12</sup>:

When an ideal patient for *kshara karma* presents with complications such as *shuna gatra, asthishoola, hridaya peeda or Sandhi peeda, kshara* cannot be administered. Similarly *kshara* is avoided, if patient is not consuming food. Probably these patients have deprived in strength to tolerate the procedure.

e. Contraindicated time for *Ksharakarma*:

Considering the influence of environment on human’s body, there is restriction for *Ksharakarma* during *ati sheetha kala, ati varsha kala, ati ushna kala, and durdina & ati pravata*<sup>13</sup>. *Indu* reveals that it may lead to *alpayoga*.

**2. Contraindications of Kshara based on mode of use:**

By observing list of *kshara* contraindications, we can understand them under 3 categories:

1. Diseases contra indicated to *paneeya Kshara*
2. Diseases contra indicated to *prathisaraneeyaa Kshara*
3. Diseases contra indicated in both

In current practice *Kshara sutra* application is avoided in case of

- o Severe systemic disorders

- Fistula as a complication of other diseases
- Malignancies

Importance of *yukthi* in deciding contraindication:

- ✓ *Tikshna Kshara* not to be used in *pitta-ja vyadhi*.
- ✓ *Rakthapitta* is generally contraindicated for *Ksharakarma*; but in *rakthapitta*<sup>15</sup> *chikitsa*, *Acharya Charaka* advised usage of *Utpalanala kshara* when there is clotting of blood due to *kapha anubandha* at throat. This shows importance of *yukthi* in implement of treatment.
- ✓ *Acharya Vagbhata* contraindicated the *Kshara* in case of *Ajeerna*<sup>13</sup>; probably it is 'Vidagda', the type of *ajeerna* where *pitta* is dominant.
- ✓ To nullify the effect of environmental factors *Acharya Vangasena*<sup>16</sup> advised *Kshara karma* after *suryodaya* in *Hemantha ritu* which is a cold season. In *Vasantha ritu* it is done after *suryasthama* to reduce the effect of sun during day time.
- ✓ *Acharya Charaka* considers *Kshara*<sup>17</sup>, *Pippali* & *lavana*, the 3 things which are not to be used for prolonged duration. Because *kshara* will lead to impotency after prolonged usage. It also destroys hair, eye & heart.

## CONCLUSION

1. *Kshara* is equally useful for physician & surgeon.
2. It can perform multiple functions of *shastra*, *anushastra* & *bheshaja*.
3. Assessment of *rogi bala* & *vyadhi bala* is mandatory to derive proper benefits from *kshara*.
4. In general *kshara* is contra indicated in *pitta pradhana* conditions, debilitated patients & in vital parts.
5. When used unwisely will lead to adverse effect; thus *vaidya* must get familiar with its properties.
6. *Acharya Sushruta* highlighted this with *drishtantha chathustaya*<sup>18</sup>:

वषा नि श अशृ न्मुम

क पः ारोभव तअमत्सी यु तः

स धीमता स य्क्अनु यु तोरोगान्

नह याद चक्षेपान् II (Su.Su.11/11)

*Kshara* can lead to death in the hands of an unskilled person. It will produce pain all over the body just like poison; it is as destructive as fire; it will cut the vital tissues just like a mishandled weapon; It can cause death just like thunder bolt. At the same time it will cure severe disorders instantly when properly used by a skilled person.

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