CONTRAINDICTION OF KSHARAKARMA

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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, Sushrutha, Kshara karma, contra indications.

INTRODUCTION:

Kshara is defined as that which sloughs out the necrosed tissue & irritates the normal tissue. Brihatrayees considered it pradhana among shastra & anushastra. Because it is tridoshha hara can be used even in those places which are difficult to approach by ordinary measures. It can be used for procedures like chedana, bhedana, lekhana. The superiority of kshara is attributed to its properties. They are,

Table No.1: properties of kshara

<table>
<thead>
<tr>
<th>Rasa</th>
<th>Katu, lavana</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guna</td>
<td>Soumya, tikshna, Agneya</td>
</tr>
<tr>
<td>Veerya</td>
<td>Ushna</td>
</tr>
<tr>
<td>Varna</td>
<td>Shukla</td>
</tr>
<tr>
<td>Doshagnata</td>
<td>Tridoshagnata</td>
</tr>
<tr>
<td>Karma</td>
<td>Dahana, pachana, darana, vilayana, shodana, ropana, shoshana, lekhana, sthambhana.</td>
</tr>
<tr>
<td>Rogagnata</td>
<td>Krimi, ama, kaphahara, kushtahara, vishahara, medahara</td>
</tr>
</tbody>
</table>
These properties will be expected from an ideal kshara possessing specific physical properties or otherwise known as Kshara guna. Where as a Kshara with 8 dosha will lead to adverse effects. They are enlisted in Table No. 2.

<table>
<thead>
<tr>
<th>Guna</th>
<th>Dosha</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Na ati tikshna</td>
<td>1. Ati mardava</td>
</tr>
<tr>
<td>2. Na ati mridu</td>
<td>2. Ati shwaitya</td>
</tr>
<tr>
<td>3. Na ati Shukla</td>
<td>3. Ati ushna</td>
</tr>
<tr>
<td>5. Picchila</td>
<td>5. Ati picchila</td>
</tr>
<tr>
<td>6. Avishyandhi</td>
<td>6. Ati sarpita</td>
</tr>
<tr>
<td>7. Shiva</td>
<td>7. Ati sandrata</td>
</tr>
<tr>
<td>8. Sheegra</td>
<td>8. Apavata</td>
</tr>
</tbody>
</table>

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 contraindications of kshara before its clinical usage.

To understand the contraindications of kshara, knowledge regarding types of kshara & their modes of administration is necessary.

CLASSIFICATION:

Table no.3 Classification of kshara

Analysis of Contraindications: of Kshara karma; which can be broadly divided as:

Acharya Sushrutha & Acharya Vagbhata had given wide range of contraindications
1. Discussion on contraindication according to condition:

a. Contraindications based on vyadhi:

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 debilitat- ing 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 & phalayoni.

b. Contraindication based on strength of person:

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 debilitat- ed persons such as bala, vriddha, 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 pro- longed 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:

Application of kshara is contrain- dicated over vital parts. Ex: all marma, 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:

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

e. Contraindicted time for Ksharakar- ma:

Considering the influence of envi- ronment on human’s body, there is restric- tion for Ksharakarma during ati sheetha kala, ati varsha kala, ati ushna kala, and durdina & ati pravata. Indu reveals that it may lead to alpayoga.

2. Contraindictions of Kshara based on mode of use:

By observing list of kshara contraindications, we can understand them under 3 cat- egories:

1. Diseases contra indicated to paneeya Kshara
2. Diseases contra indicated to prathisara- neeyaa Kshara
3. Diseases contra indicated in both

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

Contraindications of Kshara sutra

Kshara sutra is indicated when patient is emaciated, weak and fear full.

In current practice Kshara sutra applica- tion is avoided in case of

- Severe systemic disorders
- Fistula as a complication of other diseases
- Malignancies

Importance of yukthi in deciding contraindication:

- Tikshna Kshara not to be used in pittaja vyadhi.
- Rakthapitta is generally contraindicated for Ksharakarma; but in rakthapitta 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; probably it is ‘Vidagda’, the type of ajeerna where pitta is dominant.
- To nullify the effect of environmental factors Acharya Vangasena advised Kshara karma after suryodaya in Hemantha ritu which is a cold season. In Vasantha ritu it is done after suryas-thamana to reduce the effect of sun during day time.
- Acharya Charaka considers Kshara, 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 & bhesha.
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 Sushrutha highlighted this with drishtantha chathustaya:

| स्वाभिन श अशुनम क पः प्रोभव तामवङ्खुः य तः। | स धीमता स यक्षनुः य तौरोगानः। |
| नाह याद चैवेशनाः 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.

REFERENCES


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