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### THERAPEUTIC IMPORTANCE OF KSHARA, W.S.R. TO PANEYYA KSHARA IN ASHMARI: AN AYURVEDA REVIEW

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#### ABSTRACT

Ayurveda mentioned various materials obtained from natural sources for different therapeutic purposes. *Kshara Kalpana* is one example of such types of materials which is extensively used in *Shalya Tantra*. These are alkaline preparations made from natural materials like; coral, *Mulaka*, *Snuhi* and *Arka*, etc. *Kshara* composed of ashes of herbs and mineral based products. These preparations are used for many therapeutic purposes and play vital role in para-surgical interventions. *Kshara* preparations are used in *Mutrashmari*, *Arshas*, *Nadi Vrana* and *Bhagandhara*, etc. *Kshara Sutra* is mainly employed in treatment of *Bhagandar*, *Arsha* and in various ailments where *Lekhan* and *Ksharan* are expected. Considering these entire conditions present article emphasizes therapeutic importance of *Kshara*, W S R, to *Paneeya Kshara* in *Ashmari*.

#### KEYWORDS

Kshara, Paneeya Kshara, Ashmari and Kshara Sutra.

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#### INTRODUCTION

*Ashmari* is a condition which involves pathological consequences of urinary stone and considered as Urolithiasis in modern medical sciences. The condition mainly affects functioning of kidney leading to the urinary infections and disturbance in urination. Pathologically disease associated with vitiation of *Mutravah Srotas* which may occur due to the faulty diet, suppressing natural urges, *Madyapana*, *Matsya sevan*, alcoholism and smoking, etc.

The symptoms of *Ashmari* are *Mutrakriccha*, *Jwara*, *Aruchi*, *Vedana*, *Sotha* and *Mutravikirna*. The pathogenesis starts with *Apathyasevan* and

accumulation of etiological factors which aggravates *Doshas*, these vitiated *Doshas* when mixes with *Mutra* then *Vata* dries up *Mutra* *Sthansanshray* resulting formation of renal stone and urinary path obstruction. There are various types of renal stones described by modern science as depicted in Figure No.1.

Ayurveda elaborated uses of *Aushadha chikitsa*, *Shastra Chikitsa* and *Kshara Chikitsa*, etc. for the management of *Ashmari*.

## **KSHARA IN SHALYA TANTRA**

### **Pratisaraniya Kshara**

*Pratisaraniya Kshara* mainly employed in *Charmakila*, *Dadrumandala*, *Kitibha*, *Bhagandar*, *Arsha*, *Dushta Vrana* and *Vyanga*.

### **Paneeeya Kshara**

*Paniya Kshara* for *Visha*, *Gulma*, *Garavisha*, piles and abscess.

*Acharya Susruta* specifically described uses of *Paneeeya Kshara* for the management of such types of conditions. These therapies help to disintegrate and remove calculi. *Paneeeya Kshara* cure symptoms such as pain and burning sensation, it also reduces chances of recurrence. *Varunadi Gana Dravyas* of *Kshara* helps in *Ashmari* at initial stage. The health benefits of *Kshara* in *Ashmari* as per ayurveda are as follows:

- These therapies offer *Chhedana* and *Bhedana* properties thus help to disintegrate urinary stones.
- *Paneeeya Kshar* imparts *Lekhana* effects thus relieve pain.
- *Mutrala* effect helps to facilitate urination.
- *Tridoshghnata* effect of therapy helps to break *Tridoshaj Samprapti* of disease.
- *Ksharan* properties of *Kshara* detoxify *Mala* and removes waste.
- Pacify vitiated *Dhatus* and *Doshas*.
- *Shodhana* and *Ropana* properties of *Kshara* provide symptomatic relief in urinary and ano-rectal problems.
- *Kshara* predominantly possess corrosiveness and *Teekshna* properties thus destroy and disintegrate stone.

- *Shlakshna Guna* and quick action imparts immediate relief.

### **Preparation of Paneeya Kshara**

The main ingredients are *Sesamum indicum*, *Achyranthus aspera*, *Butea frondosa*, *Musa sapientum* and *Embllica officinale*. *Kshara* was obtained from ash of ingredients. The pH of final preparation maintained neutral or alkaline.

### **Kshara Properties**

- *Lavana Rasa*
- *Ruksha* and *Teekshna Guna*
- *Ushna Virya*
- *Katu Vipaka*

*Paniya Kshara* removes *Krimi* thus provide relief in infections caused by renal stone. It relieves constipation, *Agnimandya* and *Ajirna* induced by urinary stone. *Kshara* offers cleansing property thus help to remove debris, waste and stone. *Kamalnal* acts as an alkalizer and possess *Sheetveerya* property, facilitate disintegration and removal of stones from urinary tract. The *Lavana Rasa*, *Ruksha Guna*, *Ushna Virya* and *Katu Vipaka* of *Kshara* provide *Ashmari Chedana* and *Mutrakrichrahara* effects.

*Paniya Kshara* acts on all types of renal calculi but calcium stones and uric acid stones mainly disintegrate within few days since these calculi are affected easily by alkaline materials possessing *Ushna* property.

Alkali preparation like *Kshara* helps to neutralizes acidic pH thus prevents chances of stone formation. Alkali preparation gives relief in symptoms of renal calculi. *Kapha* vitiation is mainly considered responsible for the formation of *Ashmari*. *Kshara* relieves vitiated *Kapha* thus prevent chances of *Ashmari*. *Teekshna* and *Ushnaguna* of *Kshara* help to alleviate *Kapha* and *Vata* therefore reduces pathogenesis of disease. *Lavana rasa* and *Ushnavirya* of *Kshara* helps to dissolve renal calculi. *Sookshma* and *Snigdha* of *Kshara* reduce *Kathinata* of *Ashmari*. Diuretic property of drug reduces symptoms of dysuria and suppresses *Koshtagat Vaat* thus relieves abdominal pain associated with renal stone.

### Advantages of Kshara in Ashmari

- Less chances of recurrence
- Safe in terms of complications and adverse effects
- Better tolerance
- Better palatability
- Raw material easily available & easy to prepare
- Good acceptability from patient and physician point of view.

### Pathya

Liquid diets and intake of water

*Mudga, Yava* and *Jeerna Shali*

*Vamana* and *Virechana*

*Langhana*

### Apathya

Oily, spicy, sour and acidic diet

*Kharjur, Jambu* and *Shushkann*, etc.

*Vegaudeerana*

*Krodha* and *Ativyayam*, etc.



Figure No.1: Various types of renal stone as per modern science

### CONCLUSION

*Paneeya Kshara* can be used in *Ashmari* since it offers *Ashmarigna* action. *Chedhana, Bhedana* and *Mutrala* effects of *Kshara* help in the management of *Ashmari*. The uses and preparation of *Paneeya Kshara* is simple as compared to other therapy. It is considered as safe and effective therapy with good acceptance. *Paniya Kshara* eliminates *Krimi* hence relief infections of urinary tract. It relief *Agnimandya, Ajirna* and constipation induced by urinary stone. *Kshara* cleanse renal stone due to its alkalizer and *Sheetveerya* property. It facilitates disintegration followed by removal of renal stones from urinary tract. *Kshara* pacifies vitiated *Kapha* thus prevent chances of *Ashmari*. *Kshara* alleviates *Vata* therefore reduces abdominal pain, *Lavana rasa* of *Kshara* dissolves renal calculi, *Snigdha*guna of *Kshara* reduce *Katinatha* of *Ashmari* and diuretic property reduces dysuria thus provide overall relief in renal stone.

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### CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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