

PREPARATION OF ARAGWADHA PRATISARNIYA KSHARA

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ABSTRACT

Kshara is described in upyantras and anushastras according to Acharya Sushruta. It is considered to be Pradhan among shashtra and anushashtra karma because of its chedana, bhedana, lekhan property, as well as it is said to be tridoshaghna and used for special procedures.^[1] Pratisarniya kshara is been indicated externally for various disorders such as shwitra, dadru, mandal, kushtha, arsh, bhagander. Aragwadha kshara (AK) is an alkali extracted from the water-soluble ash of Aragwadha panchang. Aragwadha kshara is prepared as per Acharya Sushruta description.

KEYWORDS: Pratisarniya Kshara, Aragwadha Kshara.

INTRODUCTION

Ayurveda cannot remain confined to the use of conventional, conservative norms of medication. It has to accept the new challenges and be prepared to answer the queries of the modern man who would have a right to know about the drug he uses. To meet this new trust of questioning, standard for drugs in Indian Systems of Medicine is mandatory. An Ayurvedic preparation of medicine involves multi-step procedures of many plants and mineral drugs. The complex composition increases the difficulties of standardization and subsequently quality control of the finished product becomes more complex. It is therefore essential that proper documentation and standardization of process, based on

the botanical and chemical characterization of individual drug material must be done.

Now a days *kshara chikitsa* is very popular for its non-recurrence of disease. *Kshara chikitsa* has been in practice since 500 BC.^[2] As per *Sushruta*, the *kshara* is prepared from 22 plants. There are two types of *kshara* preparation: one is *paniya kshara* for internal use while the other one is the *pratisarniya kshara* for external use. The *pratisarniya kshara* is further divided into three types, i.e., *mridu* (mild in action), *madhyam* (moderate in action) and *tikshna*,^[3] (strong in action).

Quality of Properly Made Kshara^[4]

1. Naati Teekshna	5. Pichhila
2. Naati Mridu	6. Avishyanda
3. Naati Shukla	7. Shighrakarita
4. Shlakshna	8. Shiva

Disquality of Kshara^[5]

1. Ati Mridu	6. Ati Sandrata
2. Ati Ushna	7. Ati Visarpita
3. Ati Shukla	8. Heen Dravyata
4. Ati Teekshna	9. Apakvata
5. Ati Pichhila	

Indications of Pratisarniya Kshara^[6]

Shwitra	Kilaas	Nadi Vran
Kushtha	Bhagander	Tila Kalaka
Kitibh	Vyanga	Charm Keelak
Dadru	Arsha	Nyachha
Mandal	Dushta Vran	Krimi
Bahya Vidradi	Arbuda	Visha

Contraindications of Pratisarniya Kshara^[7]**According to disease**

Jwara	Sarvanga	Atisaar
Hridroga	Shiroroga	Pandu
Ajeerna	Aruchi	Timira
Pittaja Roga	Raktaj Roga	Shotha

According to physical status

Durbala	Bhiru	Vridhha
Balaka	Garbhini	Ritumati

According to site^[8]

Dhamni	Sandhi	Marma	Sira
Tarunasthi	Snayu	Sevni	Vrushna
Medhra	Naabhi Pradesh	Alp Maans Pradesh	Naakhantra

According to season^[9]

Sheet kaal, varsha kaal, ushna kaal, durdina.

Method of Preparation of Kshara

As per Acharya Sushruta, A physician wishing to prepare kshara should first purify his body and mind, and should fast on an auspicious day during sharad ritu.^[10] Kshara was prepared as mentioned in Sushruta Samihta as: Full grown Aragwadha of middle age was collected from well area from Baroda city and its peripheries.

Then all the panchanga of Aragwadha was cut into small pieces and was allowed to dry in sunlight. After proper drying the herb was made to burn on stones of sudhapashan with the help of lighted faggots of tilanala. After complete burning of herbs, ash and sudhapashan is separated. Than one drona ash was dissolved in 6 drona of water, and filtered 21 times with the help of clean linen cloth. The filtrate was be kept in a large iron vessel and kept on fire and allowed it to boil gently agitating it

with a ladle. Till the saturated water appears to swachha, raktvarni, teekshna and pichhila. It was taken down from fire and filtered through a piece of clean linen. This filtered drug is known as “ksharodaka”.

For preparing of teekshna aragwadha kshara, katsharkara, jalashukti and shankh nabhi of 50gms each was taken. Jalashukti and shankh nabhi were firstly shodhit with nimbu swaras. The above drugs were taken in iron vessel and allowed to red hot, then ksharodak poured in it. 2 drona of ksharodak added in it and allowed to boil with regular stirring. Until it became semi solid in consistency [na ati viral, na ati gadh]. Called as pakya.

Given Prativaap dravya such as saindhava, vid lavana, swarjikshara, musli, chitrak moola, danti, hingu were added to above pakya in amount of 15gms in powder form.



Panchanga of aragwadha



ash of aragwadha



Ash mixed with water



filtration



sanvyuhim



Final product after mixing prakshepa dravya we get is 1kg 300gms.

Organoleptic Parameters

	Parameters	Value
1.	Colour	Brown
2.	Test	Saline, bitter, sour
3.	Consistency	Semi-solid
4.	pH	11
5.	Loss on drying	3.5%
6.	Ash value	10.35%
7.	AIA	5.30%
8.	Alcohol Soluble Extract	2.65%
9.	Water Soluble Extract	6.1%
10.	Total solid	63.75%

Qualitative Test

1.	Sodium	Present
2.	Potassium	Present
3.	Saponin	Present
4.	Tanin	Trace

DISCUSSION

Kshara has been told as topmost in all surgical and Para surgical measures in Ayurveda. It is also mentioned by

other acharyas in various fascinating methods. Due to its efficacy even in surgical measures though being considered as para surgical one. Commentator of Ashtang Hridya Arundutt, informs that kshara is easily

applicable and promote results even when agnikarma and shashtakarma is either contraindicated or difficult to perform in such diseases. It is fantasy of kshara karma that while being operated it just not work as surgical measures but also equilibrate the vitiation of tridosha simultaneously as it is prepared by various medicinal plants. Kshara is tridoshghna and somya and it works as dahan, pachana etc., not only that but even being Agneya in nature; it is indicated in raktpitta and arsha. Last but not the least, even having the properties like ksharana and kshnana; it can be used orally.

CONCLUSION

Pratisarniya kshara was made with the reference of sushruta. The final product has been found to show good potency as it shows alkaline ph. Hence it is good to use in the diseases indicated for pratisarniya kshara as shwitra, kilaasa, arsha, bhagandar etc. it should be used for 100 matra kaal as explained by shusruta. After that rinsing with nimbu or kanji swaras should be done to balance the ph of that area. As when the lavan ras and teekshna gun mixed with amla ras of nimbu swaras it converted into madhura ras and it pacifies the kshara. As madhura ras is sheet it pacifies the vedana.

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