AYUR KAUSHALAM
TWO DAYS NATIONAL SEMINAR/WORKSHOP
ON
Recent advancements in Kshar karma
WSR to Ano Rectal Disorders
15-16 December 2017
(POST GRADUATE DEPARTMENT OF SHALYA TANTRA)
DR SARVEPALLI RADHAKRISHNAN RAJASTHAN AYURVED UNIVERSITY,
KARWAR, NAGAUR ROAD, Jodhpur (RAJ.)
SOUVENIR

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LORD DHANWANTRI
कुलगीतम्

सर्वपल्लि राधाकृष्णन् राजस्थान आयुर्वेद।
विश्वविद्यालयो विज्ञाते सूर्यनगर्म मरुभूमि।
जयतु आयुर्ज्ञानपदम्। जयतु आयुर्ज्ञानपदम्।

संस्कृतिसंकले जोधपुरनगरे धर्मनिरते पुण्यस्वरूपे।
आधुसुखस्य प्रदातायं विश्वविद्यालयो संश्रुतः।
योगः कर्मसु कौशलमिति साधवितुः सत्त्वः।

विश्वविद्यालयो विज्ञाते सूर्यनगर्म मरुभूमि।
जयतु आयुर्ज्ञानपदम्। जयतु आयुर्ज्ञानपदम्।

अत्र विलसति आयुर्विष्णू मोदते आयुर्विष्णा।
रोगः प्रशाम्यत्वसाध्यः जीवनिति आतुरा।
सर्वं निरामयास्तन्तु भाविष्यन्तैः तत्त्वः।

विश्वविद्यालयो विज्ञाते सूर्यनगर्म मरुभूमि।
जयतु आयुर्ज्ञानपदम्। जयतु आयुर्ज्ञानपदम्।

ज्ञानशीलनवशोधकर्मणा अहर्निशं उन्नतिशीलः।
चिकित्साक्षेत्रे गौरवमूलो वैशिवकपतले विश्रुतः।
जीवे वेषं शतशिलं लक्ष्मणं जितस्यः।
विश्वविद्यालयो विज्ञाते सूर्यनगर्म मरुभूमि।
जयतु आयुर्ज्ञानपदम्। जयतु आयुर्ज्ञानपदम्।
धन्वन्तरि वंदना

जय जय हे धन्वन्तरि भगवन् तव चरणौ प्रणामः।
देवदनुजननवन्दित गद्धर शरणं तव श्रयामः।।
जय जय हे धन्वन्तरि भगवन् तव चरणौ प्रणामः।।

मथितपयोनिषिद्धमुद्धव पाणावमृतवरिन।
सुखदो वरदो धनदो भवतात् गद्धयवारिन् कारिन्।।
दीयतां हि लोकेष्यं सुतरं स्वास्थ्यवचं सुललामं।।
जय जय हे धन्वन्तरि भगवन् तव चरणौ प्रणामः।।

t्वमसि नितान्तं केवलमेक आमयभीतिनिहताः।
सकलसुरासुरवक्रमनुजानां मानसपाटलवितिन्ता।।
जगति गद्धवजगवविनाशिन् भक्त्या वयं भजामः।।
जय जय हे धन्वन्तरि भगवन् तव चरणौ प्रणामः।।

यया समस्ते लोकेःस्मां भूयात् प्रगटिर्मनदा।
आयुर्वेदो भवतु समुच्यं सतततमिदं वाछामः।।
स्वतन्त्रभारते वैद्यकविव्या भवतु परमस्वच्छन्दः।।
जय जय हे धन्वन्तरि भगवन् तव चरणौ प्रणामः।।

अहं हि धन्वन्तरिरिवदिदेवो।
जरारुजामृत्युरोसमरणाम्।।
शाल्यांगगमरुपर्चरैपेतम्।
प्राप्तोद्विम गां भूय इहोपदेष्टुम।।
संदेश

मुझे यह जानकार प्रस्नता है कि डॉ. सर्वपल्ली राधाकृष्णन राजस्थान आयुर्वेद विश्वविद्यालय, जोधपुर के स्नातकोत्तर शास्त्रियां संग्रह द्वारा दो विभागीय रिसिटेंट एडवांसमेंट्स इन छात्र डक्टर एस एस आर टू एनोरेक्टल डिसऑर्डर्स विभागक राष्ट्रीय सेमिनार एवं कार्यशाला का दिनांक 15-16 दिसंबर, 2017 को आयोजन किया जा रहा है।

राष्ट्रीय सेमिनार के लिए शुभकामनाएं।

(कल्याण सिंह)
MESSAGE

This gives me an immense pleasure to know that PG Department of Shalya Tantra, University College of Ayurveda, Dr. S.R. Rajasthan Ayurved University, Jodhpur is going to organize two days National Seminar and Workshop on Recent Advancements in Kshar-karma wsr to Anorectal Disorders on December 15-16, 2017.

As we know that our great ancient surgeon and Father of Surgery Sushruta had invented and described several innovative surgical interventions like plastic surgery. One amongst them, Ksharkarma, a great contribution of Sushruta has been practiced as the most efficient approach in the management of several anorectal disorders in comparison to conventional invasive procedure. Dr. P.J. Deshpande and his team had further worked upon it to present it into a more beneficial therapy.

Constituent herbs of Ksharkarma formulation exhibit different mode of actions at the same time at the site like curator, healer, anti-inflammatory etc. This is minimal invasive procedure that keeps patient in comfort comparatively. Therefore Modern Surgeons show their interest in learning Ksharkarma nowadays. Ksharkarma is now getting popularity among masses also and the same is practiced in prominent modern medical institutions like AIIMS, PGI etc.

Eminent Ayurveda surgeons are nowadays advancing the process for further development in Ksharkarma with latest scientific mindset. This brainstorming event will provide a platform to discuss, share and update the knowledge with experiences of distinguished authorities of Ksharkarma and will indeed be useful for all participants. I congratulate Prof. O.P. Dave and his team to plan and undertake an important endeavor of organizing National Seminar and workshop on Ksharkarma.

I wish the ensuing event a great success.

(Prof. Dr. Radhey Shyam Sharma)
Vice Chancellor
MESSAGE

I am delighted to learn that P.G. Department of Shalya Tantra, Dr. S.R.Rajasthan Ayurved University, Jodhpur is going to organize two days seminar/workshop on recent advancements in Kshar Karma with special reference to Ano-rectal disorders during 15-16 December, 2017.

In contemporary period, the importance of Ayurvedic surgical procedures like Kshar Karma has been well acclaimed even by conventional medical fraternity so that various medical institutes like AIIMS has adapted these techniques for the non-relapsing cure of various Ano-rectal disorders. Due to modern life-style and food habits the incidence of various Ano-rectal disorders such as haemorrhoids, fistula-in ano, fissure-in ano, peri anal abscesses etc. are increasingly reported in our society. The holistic surgical management through Kshar Karma is an invaluable contribution from Ayurveda which needs to be brought out for the awareness of various stake holders. In addition, the curative role of Kshar Karma in chronic and obstinate diseases like Vitiligo, non-lepromatous lesions, non-healing ulcers, pigmentation disorders etc. are required to be highlighted to the scientific world.

In this context, the efforts of Dr. S.R.Rajasthan Ayurved University, Jodhpur aimed at sharing the knowledge base and strengths of Ayurvedic Shalya Tantra through research findings are noteworthy. It is a matter of satisfaction that University is also bringing out a souvenir on the occasion of Seminar/workshop. I congratulate the team for this appreciable job and wish all the success for the program. My compliments to the Vice-Chancellor Prof. Radhey Shyam Ji Sharma also for mentoring to such innovative programs.

Dated the 06th December, 2017

(Rajesh Kotecha)
Dr. Sanjeev Misra  
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7 Dec 2017  

Message  

It gives me immense pleasure to know that Department of Shalya Tantra in Dr. Suryapalli Radhakrishan  
Rajasthan Ayurvedic University, Jodhpur is organizing a National seminar/workshop on “Recent  
advancement in Kshar karma WSR to Ano-Rectal disorder”.  

Ayurveda emphasizes the preventive and curative aspects of disease. Kshar karma does not need any introduction and is being successfully practiced throughout the country from the smallest to the best hospitals in country. Common ano-rectal disorders are being treated with Kshar sutra. It is heartening to see indigenous treatment getting such a huge acceptance & success.  

I wish the organizing committee my best wishes towards the grand success of the seminar/workshop. I hope it will bring together the practitioners from all systems of medicine and will provide unique platform for discussion of Kshar karma.  

Once again, I take this opportunity to convey my very best wishes for an effective, successful and productive Conference.  

[Signature]  

(Dr. Sanjeev Misra)
Message

I am extremely delighted to know that Post Graduate Shalya Tantra Department of University Ayurvedic College of Dr. Sarvepalli Radhakrishanan Rajasthan Ayurved University Jodhpur, is organising a two days National Seminar/Workshop entitled “Recent advancements in Kshar Karma WSR to Ano Rectal Disorders” – AYUR KAUSHALAM on 15th & 16th December 2017.

The theme of the conference is very relevant and is the need of the day to bring forward the Ayurvedic Concepts of the management of Ano-rectal disorders. The discussions and deliberations in this Seminar/Workshop will not only influence the surgeons & proctologist of the country but will also have global impact in the management of suffering humanity due to its holistic approach. In the present time surgery in modern medicine is at its highest glory due to the availability of so many advanced instruments & equipments, a wide range of medicines available and strong anaesthesia back-up. In spite of such advancements there is no proper answer to the ano-rectal disease management. It is matter of pride and worth appreciating that Shalya Tantra Department of University Ayurvedic College of Dr. Sarvepalli Radhakrishanan Rajasthan Ayurved University Jodhpur is continuously working in this direction and proposed Conference/Workshop will prove a mile stone. I congratulate the organisers for this unique effort.

I am sure that this conference preceded by a workshop will provide an opportunity to all the participants from various parts of the country to learn and share their knowledge and experiences and will have never ending impact in the field of Ano-rectal disorder management. I take this opportunity to convey my heartiest congratulations and best wishes on this occasion and wish the Conference a grand success.

Prof. Sanjeev Sharma
Director, NIA
History of Ano-rectal disorders is as old as mankind. A number of treatments are being practiced and are still being devised by surgeon’s right from times of Dhanvantari. At this juncture Ayurveda has offered a premier "Kshar therapy" which seems to be based on nano-technology and repeat action sustained release medicament principles of today's scientific world. This approach due to presence of potent medicinal components with a characteristic of deeper penetration of its nano particles provides an ideal therapy for ano rectal disorders. It is not only extensively practiced in india but is attracting attention worldwide.

On this subject for more exploration from various angles with the kind blessings of our Hon'ble vice chancellor prof. (Dr.) Radhey shyam ji sharma sir, Post graduate department of shalyatantra is organising a National seminar cum workshop. I am sure that this event will be a great opportunity to interact with erudite scholars of Ayurveda and to benefit from knowledge and eperience. Live audio-vedio presentation by international authorities of this field will also give a intensive demostration of Recent advances in kshar karma.

I sincerely convey my gratitude to Hon'ble vice chancellor sir for permission of this event. At the same time on behalf of organizing committee I am heartly thankful to all the officers of University administration, Resource persons, Teachers, friends, Well wishers, Participants, Delegates, PG scholars and non teaching staff, Hospital staff for their valuable support and dedicated participation for the successful event.

In last, I take this opportunity to convey my special thanks to "DABAR INDIA LTD" as a solo partner of this National event.
USE OF APAMARGKSHARAIN CONSTITUTION OF SCLEROSANT - A NOVEL INCLUSION UNDER KSHARA KARMA

Dr. Ashish pareek
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Abstract

Hemorrhoids has been a disease which has no single uniformly accepted treatment. Patients suffering from hemorrhoids present differently in clinical practice and therefore many factors require considerations when treating this condition. Number of treatment are available presently for this disease with varying degree of success in different clinical scenario. Therefore different treatments are under clinical trial to found an ultimate answer for its management. Sclerotherapy is described for treating internal hemorrhoids specially grade I &II. The Sclerotherapy procedure employs a Sclerosant (kind of chemical) that scars the inflamed tissue, reducing the hemorrhoid’s blood-flow and its symptoms. Currently available conservative treatment mode for bleeding piles is not so effective. Patient of hemorrhoids has hesitation about surgery. So there should be a way between medicinal & surgical measures like sclerotherapy. With Sclerotherapy treatment, recovery time is shorter and the procedure threatens less risky side-effects; additionally, because the procedure can be done in O.P.D., it does not require a stay in the hospital. The phenol is very irritant in nature, and so painful. Sometimes it lead to sterile abscess in anal region. While Apamargkshar is an herbal product and less irritant in nature, it may be a great substitute of phenol in sclerotherapy.

Key words: Sclerotherapy, Sclerosant, Apamargkshar, Albright solution, hemorrhoids etc.

APPLICATION OF APAMARGA KSHARA IN CERVICAL EROSION - A CASE REPORT

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Abstract

Cervical erosion is a common condition seen in almost all women it affects the whole efficacy of woman which may lead up to infertility. Most commonly used treatment for cervical erosion is cauterization and cryosurgery which have their own side effects like secondary infertility, bleeding per vagina, stenosis etc. In Ayurveda, Ksharakarma (Pratisaraniya) have been described in the treatment of Vrana. Vrana which is situated on Griva of Garbhashaya is known
as "Garbhashaya Grivamukhagata Vrana". The present case report revealed Dushta-Vrana Shodhak, Shuddha-Vrana Ropaka, Tridosha-shamak effect of Apamarga Kshara Karma in a known case of cervical erosion. The trial drugs were procured from the local market. After this treatment remarkable improvement was notice in that patient.

**KEYWORDS:** Cervical erosion, Garbhashya Grivamukhagata Vrana, Cauterization, Ksharakarma

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**A COMPARATIVE CLINICAL STUDY ON PATALA PRATISARANEeya
KSHARA AND APAMARGA PRATISARANEeya KSHARA IN THE
MANAGEMENT OF ABHYANTAR ARSHAS**

**Dr. Kalpana Verma**

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**Abstract**

Arsha, Haemorrhoids are the condition characterized by the varicosity of the Haemorrhoidal veins, characterized by bleeding P/R, constipation, prolapse and discharge. It is manifested due to improper diet, prolonged standing and faulty habit of defecation. Ayurveda treats Arsha with 4 modalities of treatments i.e. Bhesha, Shastra, Kshara, Agni. Regarding Kshara, Pratisaraneeya kshara is also indicated in Arsha. Role of Apamarga Pratisaraneeya Kshara is proved. In this regard to determine an alternative to Apamarga and to study the effect and efficacy of other mentioned drugs in Su.Su.11/12, Patala is selected for the study named “A comparative clinical study on Patala Pratisaraneeya Kshara and Apamarga Pratisaraneeya Kshara in the management of Abhyantar Arshas.” 30 patients were selected from Opd/ Ipd of Shalya Tantra, N.I.A., Jaipur and Grouped into two, Group A treated with Apamarga Pratisaraneeya Kshara and Group B with Patala Pratisaraneeya Kshara. The study showed satisfactory results in 1st, 2nd and 3rd degree haemorrhoids with minimal post Kshara Karma pain as compared to Apamarga Pratisaraneeya kshara. No adverse effects were recorded during the follow up period.

**(Keywords- Arsha, Patala Pratisaraneeya Kshara, Abhyantar Arsha, Kshara Karma)**
EFFECT OF PRATISARANEEYA KSHARA KARMA IN THE MANAGEMENT OF RECTAL PROLAPSE-A CASE STUDY

*Dr. Naresh Dhaked  **Dr. B. Swapna  ***Dr. P. Hemantha Kumar

* M. S. (Ay.) Scholar  **Assistant Professor  ***Professor & Head
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Abstract

Rectal prolapse is of two varieties—mucosal (Partial) and full thickness (Complete). When only mucosa and sub mucosa of the rectal wall comes out through the anus and length of such prolapsed segment is less than 3.75 cm, then it is defined as partial rectal prolapse. This Study was conducted to develop a cost effective, conducive para-surgical procedure in the management of rectal prolapse. Study was conducted on a male patient aged 32 yrs, diagnosed as Partial rectal prolapse. Teekshna Apamarga Pratisarneeya Kshara was applied circumferentially on rectal mucosa by using a slit proctoscope and applicator, after reducing the prolapse. Kshara was kept for 2 minutes till the colour changed to Pakwa Jambuphala Varna, then the area was washed with Nimbu Swarasa. Matravasti with Yashtimadhu Ghrita twice daily for 7 days from first post procedure day followed by with Changeri Ghrita twice daily for 15 days was given. Patient had relief from symptoms of rectal prolapse during follow up period, So it can be concluded that Kshara karma in rectal prolapse is a conducive, day care procedure and cost effective. So it can be recommended as an emerging alternative to surgery.

Keywords: Rectal prolapse, Pratisarneeya Kshara, Kshara Karma.

AN INTRODUCTION OF KSHAR KARMA AS PER SUSRUTA

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Abstract

Kshara-karma is one of the important para-surgical procedures in Ayurveda and literally it can be understood as chemical cauterization performed by Kshara. Kshara derived from the combination of different kinds of drugs, so it acts precisely by its qualities like excision, incision,
and scarification (Chedana, Bhedhana and Lekhana) to remove the vitiated tissue. It is considered to be best among all the Shastra and Anushashtras (major & minor sharp instruments). It is of two types as Pratisaraniya Kshara (for external application) and Paniya Kshara (for internal application). There are indications of Kshara in Kushatha, kitibh, Dadru, Gulma, Arsh, Visha, Krimi etc. and contraindications in general body odema, Haemoptysis, old man, pregnant lady etc. On few body parts where kshara application is not beneficial in vital spots, veins, arteries, umbilicus, tendon or ligamnets etc. Local application of Kshara shows its effect as Samayak Dagdha, Heena Dagdha and Atti-

A burn wound by Kshara should be treated according to the nature of the disease and the deranged bodily humor specifically involved in the case. Kshara should be used in precisned manner by wise surgeon, it cures the disease, and otherwise it proves like poison, fire, sharp instrument and also trouble the patient.

**Key words**- Kshara, Pratisarniya Kshara, Paniya kshara.

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**EFFECT OF AYURVEDIC DRUGS AND KSHARA APPLICATION IN CHARAMKEELA W.S.R TO ANAL CONDYLOMA ACCUMINATUM – A CASE STUDY**

**Parmar gaurav**¹ Parmar meena²

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² Medical Officer, department of Prasuti tantra and Stri roga, Chaudhary Brahm Prakash Ayurved Charak Sansthan Khera Dabur, New Delhi

**Abstract**

Kshar sutra is one of the biggest innovation in the field of Ayurveda. Kshar sutra therapy is the best treatment ever described for various ano-rectal conditions. Beside this, role of kshar in ano-rectal and extra ano-rectal disorders like haemorrhoids, fistula-in- ano, sinuses, benign growth etc. are also remarkable and equally effective as described in Sushruta Samhita. Kshar karma is said to be superior to any other surgical and parasurgical measures due to its properties like chedana, bhedana, lekhana and patana karma instead of its soumya nature. Kshar is versatile and easily approachable to difficult sites. A male patient of 38 years attended the OPD of shalya tantra in Chaudhary Brahm Prakash Ayurveda Charak Sansthan khera dabar New Delhi with the complaint of multiple, hard growths around anal region without any pain, bleeding and discharges. On examination, the growths were found warty in nature and up to mucocutaneous
junction of anal canal. Sample taken and sent for biopsy, which revealed that the case was of condyloma accuminatum. After other required investigations done and confirming diagnosis, the patient was satisfactorily treated with ayurvedic drugs and kshar application in this particular case. Thus, parasurgical approach with kshara karma is better option to treat such conditions instead of going for troublesome surgery. But to establish this fact, further study of longer duration and on large sample is required.

**Keywords:** kshar, chedana, bhedna, lekhana, patana, soumya, condyloma accuminatum

**WHY IMPORTANCE OF KSHARA-SUTRA FISTULA IN ANO**

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*Associate Professor & HOD**Lecturer

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**Abstract**

Throughout the surgical history fistula in ano has been a troublesome pathology to both patient and physician. The prevalence of non specific and fistulae has been estimated to be 8.6 to 10/100,000 of the population per year. with a male to female ratio of 1.8:1. Anal fistula has been described virtually form beginning of medical history. Hippocrates in about 430 B.C. suggested that the disease was caused by "contusions and tubercle occasioned by rowing or riding on horseback. He was the first person to advocate the use of a seton in treatment.

The early drainage was advised and fistulotomy described even before matter is fully formed medicated setons were used much earlier by Sushruta.

Fistula in ano is considered as one of the commonest cause for a persistent seropurulent discharge, irritating the skin in the neighbourhood and causes discomfort.

This study deals with aetiology; especially in relation to previously burst opened perennial abscess or surgical drainage. The different modes of treatment and their efficacy will be deals and detail such as kshar-sutra. This is necessary to know the better treatment of choice.

Kshar therapy is the commonest and best procedure under taken probably to get rid of the infective pathology. The procedure complication is very less and the newer-modalities of treatment yet to be implemented.
ADVANCED & SHORTCUT TECHNIQUE TO CURE HORSESHOE FISTULA

*Dr. Uday Pratap Singh (M.D.) AMO, Jhadoli, Sirohi (Raj.)

**Dr. Traun Pramanik (M.D.) AMO, Chittorgarh (Raj.)

Abstract

Bhagandara (Fistula) is a common problem in anorectal disorders. Sometimes there are more than one branch of Fistula. Such a complex condition is called Horseshoe Fistula. In this condition there is two or more openings both side of the anus. The both paths of fistula may open around or deep to Ano-Rectal Junction at 6 o'clock position. It has been given the name because it is similar to the horseshoe. In allopathy, this condition is treated by fistulectomy, which have disadvantage of recurrence and there is a fear of an external sphincter's impairment. It is successfully treated by Ksharsutra ligation in Ayurveda. But having two pathways, this surgery is made this complicated and long duration to healing. The surgical method presented in this study is a more advanced and shortcut technique. By this, such a complex condition of the Horseshoe Fistula can be treated in a very short time. In this method, a deep incision is placed at 6 o'clock in which both the branches of the Fistula are opened. From which the pus of both track continue to drains. This deep incision is connected to where the inner track is open. Ksharsutra is tied here loosely. Outer openings of Fistula wash with Panchvalkalkwath by a syringe. Put a Ksharsutra in both tracks of the Fistula for one day, thus reducing the dead tissue in the track and becomes a ShuddhaVrana. The Ksharsutra put in place at 6 o'clock is changed every week. Surprisingly, the Fistula recovers very quickly and there is no possibility of recurrence. The aim of this presentation is to get this technique to more and more physicians and to give quick relief to the patients who have suffered from this complex disease.

Key Words: Bhagandara, fistula, horse-shoe fistula, Kṣharsutra, Panchvalkalkwath
“KSHARSUTRA” LIGATION WITH PARTIAL FISTULECTOMY A GOLD STANDARD TREATMENT FOR COMPLEX HIGH ANAL FISTULA IN ANO - A CASE STUDY

* Dr P. S. Desai **Dr Harshit Shah ***Dr Shilpa MP ****Dr Pragnesh Patel

*PG Scholar Shalya Tantra **Associate Professor *** HOD **** Reader
Shalya Tantra Department, Government Akhandanand Ayurved College

Abstract
Fistula in ano especially complex high anal fistula in ano is a challenge for modern surgeons also because of its high recurrence rate and injury to anal sphincter during surgeries by modern methods. Ayurveda have a great treatment modality named “ksharsutra” which cures fistula with minimal rate of recurrence and without any injury to anal sphincter. That’s why ksharsutra now a days got great role as a sphincter saving procedure. In this study a recurrent complex high anal fistula is treated with partial fistulectomy with ksharsutra ligation without any injury and without any fecal incontinence.

Key words: - high anal fistula, ksharsutra ligation, partial fistulectomy, recurrent fistula, anal sphincter saving procedure

ANORECTAL INFECTION:ABSCESS–FISTULA MANAGEMENT(RECENT TRENDS)

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Abstract
Anorectal abscess and fistula are among the most common diseases encountered in adults. Abscess and fistula should be considered the acute and chronic phase of the same anorectal infection. Abscesses are thought to begin as an infection in the anal glands spreading into adjacent spaces and resulting in fistulas in nearly 40% of cases. The treatment of an anorectal abscess is early, adequate, dependent drainage. The treatment of a fistula, although surgical in all cases, is more complex due to the possibility of fecal incontinence as a result of sphincterotomy. Primary fistulotomy and cutting setons have the same incidence of fecal incontinence depending on the complexity of the fistula. So even though the aim of a surgical procedure is to cure a fistula, conservative management short of major sphincterotomy is warranted to preserve fecal incontinence.
However, trading radical surgery for conservative (nonsphincter cutting) procedures such as a draining seton, fibrin sealant, anal fistula plug, endorectal advancement flap, dermal island flap, anoplasty, and LIFT (ligation of intersphincteric fistula tract) procedure all result in more recurrence/persistence requiring repeated operations in many cases. A surgeon dealing with fistulas on a regular basis must tailor various operations to the needs of the patient depending on the complexity of the fistula encountered.

KEYWORDS: Fistula, abscess, anorectal infection, sphincterotomy, fecal incontinence

CLINICAL EVALUATION OF DIFFERENT TYPES OF KSHAR-SUTRA IN MANAGEMENT OF BHAGANDARA

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Abstract

Fistula in ano is one of the most common ano rectal diseases in which the chronic granulating track runs from the anal canal or rectum to the perianal skin or perineum and is associated with considerable discomfort and morbidity to the patient. Various modalities of treatment such as – open surgery in the form of fistulectomy or fistulotomy, Chemical destruction of the track by corrosive, Application of different kind of Ksharsutra, Application of Fibrin glue or fistula plug are advocated for management of Fistula in ano.

Surgical ‘lay open’ technique, has the problems of extensive surgery in and around the anal canal, prolonged hospitalization, high rate of recurrence and anal incontinence. Application of different kind of Ksharsutra (a medicated thread coated with Ayurvedic medicines) in Fistula in ano are mentioned in our Samhitas practiced frequently.

Application and follow up of Ksharsutra are very easy, require lesser hospital stay, lesser pain, lesser chances of recurrence and complications, and most importantly cost of this therapy is minimal.
PRATISARNIYA KSHARA KARMA IN THE MANAGEMENT OF RECTAL PROLAPSE - A CASE STUDY

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Abstract

Rectal prolapse is of two varieties–mucosal (Partial) and full thickness (Complete)\(^1\). In mucosal prolapse the mucous membrane and sub mucosa of the rectum protrude outside the anus for approximately 1–4 cm. When the prolapsed mucosa is palpated between the finger and thumb, it is evident that it is composed of no more than a double layer of mucous membrane. In Full thickness prolapse the protrusion consists of all layers of the rectal wall and is usually associated with a weak pelvic floor. The prolapse is thought to commence as an intussusception of the rectum, which descends to protrude outside the anus. The process starts with the anterior wall of the rectum, where the supporting tissues are weakest, especially in women. It is more than 4 cm and commonly as much as 10–15 cm in length. On palpation between the finger and thumb, the prolapse feels much thicker than a mucosal prolapse, and obviously consists of a double thickness of the entire wall of the rectum. Kshara karma is the parasurgical procedure described in Ayurvedic classics. Kshara is of two types- Pratisarmeeya(Local application) and Paneeya (Internal use)\(^2\).

Incidence: Women aged 50 and above are six times as likely as men to present with rectal prolapse. The peak age of incidence is 7\(^{th}\) decade in women\(^3\).

Case Report: A female hindu patient aged 48 yrs. came to NIA Shalya Tantra OPD with complaints of something comes out during defecation for 15-20 yrs and passing stool without control. There was no H/O bleeding per anum. Patient was not a k/c/o DM, HTN. Patient was thoroughly examined and vitals were taken. Local examination was performed which revealed complete rectal prolapse, around 5- 6 cm in length. Patient was admitted in female Shalya Tantra ward.

B.P- 110/70 mmHg
P.R- 82/Min
Temp-Afebrile
**Investigations:** Routine investigations viz. Hb gm % TLC, DLC, ESR, RBS, HIV, HBsAg, RFT, ECG CXR-PA View, Urine- R/M were done. All investigation were WNL.

**Treatment Plan:** Kshara karma\(^4\) treatment was planned.

**Procedure:** Tetanus toxoid prophylaxis was given and written informed consent was taken before Kshara karma. The procedure was performed under local anaesthesia. Apamarg\(^5\) Pratirsneeya kshara application was done on the complete prolapse of rectum circumferentially using a slit proctoscope and applicator, after reducing the prolapse. Kshara was applied in single siting twice on the same area. Kshara was applied for 2 min (100 Matrakala) till colour of rectal mucosa changed to pakwajambuphala, then washed with distilled water followed by nimbu swarasa after each application of kshara\(^6\).

![Fig. 1 Before Treatment](image1)
![Fig. 2 During Treatment](image2)
![Fig. 3 Kshara Application](image3)

The process was repeated 4 times to cover whole circumference of the rectal mucosa. Matravasti with Yashtimadhu ghrita\(^7\) 20 ml was given twice daily for 7 days followed by Matravasti with Changeri ghrita\(^8\) 20 ml twice daily for 15 days. Patient was advised pathya-apthya ahara-vihar and regular follow up on discharge. Oral medications, Triphala guggulu\(^9\) 2 B.D, Isabgula husk 3 tsf H.S with luke warm water was given for 30 days.

**Follow Up:** Regular follow up was done weekly for 2 months. On follow up patient was satisfied with the treatment. There was no complaints of prolapse, incontinence and stenosis. There was no pain during & after defaecation. There was only blackish, blood mixed mucous discharge per anum and mild burning sensation which were cured after continuous use of Matravasti.

**Result:** Significant improvement was observed in the symptoms of rectal prolapse. No rectal prolapse was complained during follow up periods. Patient was able to control the stool. On straining, there was no prolapse of rectum. No any side effect or complication was complained during treatment and follow up periods.
Discussion & Conclusion: Despite a successful operation to treat rectal prolapse and careful management with the regulations of bowel habit, a small proportion of patients will have persistence of symptoms\textsuperscript{10}. As surgery is an ultimate treatment in rectal prolapse with its own limitations, where Kshara karma can be recommended as an emerging alternative to surgery with minimal post procedure complications. Kshara karma is a conducive, day care procedure and is very cost effective, which can be performed under local anesthesia with minimal and trivial post-procedure complications which are negligible.

The probable mode of action of Pratisarneeya Kshara is, as it creates a chemical burn on prolapsed rectal mucosal folds which causes cicatrization (in wound healing process) and may strengthen the anorectal ring.

Study on large sample size is needed to establish the effect of kshara karma in rectal prolapse.

References:

CLINICAL IMPLICATIONS OF KSHAR AND KSHAR KARMA IN VARIOUS SURGICAL CONDITIONS

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Abstract

Introduction: Kshar is a special ayurvedic herbal preparation for external as well as internal medicinal purposes. It is highly useful drug in terms of surgical interventions. Kshar sutra is a well known application in number of ano-rectal conditions. Researches have explored its significance in chronic problems like fistula-in-ano etc. Kshar is corrosive in nature despite its saumya guna. It debrides unhealthy tissues in a very gentle manner.

Methodology: In Vrihadtrayi as well as in laghutrayi, kshar has been exclusively depicted. Search was made in different texts of ayurveda.

Major issues and challenges: Kshar karma is the external application of kshar, which should be done under the supervision of experts. Otherwise, it may cause various complications. Kshar has different potencies on which the desired action takes place. When kshar is applied locally in diseased condition, it may harm the healthy tissues also. So, proper care must be taken while it is used.

Conclusion: Kshar has gained its popular role in ano-rectal diseases. However, in ayurveda, its scope is not limited to a particular field. Kshar karma has been described in so many conditions, which are still considered as incurable or recurrent in present time.

The details others indications has been extensively described in the presentation.

Key Words: Kshar karma, pratisarniya kshar, chronic surgical conditions.

ROLE OF KSHARKARMA IN VARIOUS FEMALE DISOREDRS

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Ksharkarma is used as therapeutic process for some of the gynaecological problems. Ksharkarma is used in cervical erosion, chronic cervicitis, nabothian follicles on the cervix, cervical intraepithelial neoplasia (CIN). Cervical erosion is a burning problem of women in today’s era. It affects the whole reproductive as well as general health of a woman. Cervicitis is inflammation
of the uterine cervix. Symptoms of cervicitis are vaginal discharge bleeding, itching, lower back pain and pain during intercourse. A nabothism cyst (or nabothism follicle) is a mucus-filled cyst on the surface of the cervix. They are most often caused when stratified squamous epithelium of the ectocervix (toward the vagina) grows over the simple columnar epithelium of the endocervix (toward the uterus).

**Cervical intraepithelial neoplasia** (CIN), also known as cervical dysplasia and cervical interstitial neoplasia, is the potentially premalignant transformation and abnormal growth (dysplasia) of squamous cells on the surface of the cervix. The treatment is aimed as effective, safe and cheap therapy is required to cure this destruction of epithelium through Ksharkarma. The benefit of Ksharkarma over Shashastra karma is that after Ksharkarma recurrence of disease does not occur.

**Key word:** Ksharkarma, Various female disorders

**EFFICACY OF STHANIK CHIKITSA IN THE MANAGEMENT OF GARBHASHAYA STHIT ARBUD (UTERINE FIBROID) W.S.R. TO KSHAR KARMA**

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**Abstract**

Incidences of uterine fibroid are commonly seen in child bearing age of women. Inability to follow proper care pertaining to health because of change in life style is one of the positive factors for pathogenesis of uterine fibroid. It becomes more critical to follow certain regulations and care. The ideal dietary regimes can’t be followed during menstrual period, post natal period and after abortion. This affects women’s reproduction system resulting in uterine fibroid. According to Ayurveda Uterine Fibroid is considered as Garbhashayasthit Arbud and due to an imbalance of Dosha. This disorder involving Kapha, Meda, Mamsa, Ambuvasotas etc. is due to Kapha, Meda blocking Vata and Pitta hence movement is obstructed and transforming process suppress. Ayurveda suggests it as apan-gat disorder that is involving vatadosha because gynecological disorder are mainly due to vata dosha. In Ayurveda Acharya Sushrut mentioned Arbuda having some resemblance with symptoms of Fibroid in Nidansthan 11 Adhyay. To overcome this problem ayurveda suggests Snehan, Swedan, Matra basti, Uttar basti Kshar
Kalpna etc. Kshar helps to break down this pathogenesis with its properties hence proved effective to reduce the size of uterine fibroid.

**Keywords**: Garbhashayasthit Arbud, Meda, Mamsa, Ambuvasotas, Matra bast.

**APPLICATION OF KSHAR (CAUSTIC) IN ARIKILAKA – A PEDIATRIC DISORDER**

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**Abstract**
Ancient sage Sushruta who is the father of Indian Surgery describe various surgical and parasurgical procedure to treat numerous disorders. Kshar application is among one of parasurgical procedure which has unique identity not to treat the disease but also to eradication the root cause of disease. Eminent scientist Sushruta describes a whole chapter on this procedure in his textbook of Ancient Surgery. Lots of qualities have been discussed by sage in their textbook. Excision, incision and scrapping properties make Kshar superior among parasurgical procedures. Kshar ameliorates all three vitiated humors due to its preparation from many medicinal plants. Kshar is used in anorectal disorders as solitary application or Kshar coated thread as ksharsutra in external form while in many disorders it is used internally. It has been mentioned for numerous diseases like granthi, arsha, bhagndar, arbuda, charmakila, tilkaka, antra vridhi, nadi vrana along with its use in emergency. However, its use in pediatric disorders is very limited. Arikilaka is one of the pediatric diseases described by Acharya Kasyapa in under Dwivarniya adhyaya in chikitasa sthan. Arikilaka is caused by vitiation of meda and vayu that reach in skin of child and create lesions like kakrandu in intial stage, later on become draksha in shape. However, other Ayurvedic textbook described this disorder as Charmakilaka. Acharya Kasyapa first time described Ksharkarama during the management of this disease.

In the paper lots of description is given on suitable time for Kshar karma along with indication and contraindication, do’s and don’ts before and after application.

All details regarding topic should be presented in full paper at the time of presentation.
APPLICATION OF PRATISARANEYYA TEEKSHANA KSHARA IN AFTER FISTULECTOMY IN FISTULA-IN-ANO

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Abstract

Kshara is a caustic, alkaline in nature obtained from the ashes of medicinal plants. It is a milder procedure compared to surgery and thermal cautery. It is the superior most among the sharp and subsidiary instruments because of performing excision, incision and scraping.

Scope -

1. Paneeya Kshara – Mild concentrate Kshara is used internally in worms, indigestion, urinary calculus, skin diseases, obesity etc.
2. Pratisaraneeya Kshara – Highly concentrate Kshara is used in internal haemorrhoids, after fistulectomy, rectal prolapse, after excision of pilonidal sinus, after incision and drainage of anorectal abscess, infected wounds etc

Application of Pratisaraneeya Teekshana Kshara in after fistulectomy in Fistula-in-ano -

In small low anal fistulas, first excise the fistula tract followed by application of Pratisaraneeya Teekshana Kshara and wait for 2 minutes, later neutralize with lemon juice and pack with Yastimadhu taila or ghrita.

Application of Pratisaraneeya Teekshana Kshara in Pilonidal Sinus

The application of Pratisaraneeya Kshara helped after excision of Pilonidal Sinus by scraping of pits in the surrounding tissue of the sinus, avoids the formation of unhealthy granulation tissue and helps in healing of the wound from the base.

Conclusions -

- No bleeding
- Minimum hospitalization – one day care
- No scope for recurrence
- No surgical complications like incontinence, stenosis and stricture.
MODE OF ACTION OF KSHAR APPLICATION

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Abstract

Among all text written in Ayurveda Sushruta Samhita is one of them which basically treated surgical disorder. Ancient sage Sushruta is called as father of surgery who describe various surgical and parasurgical procedures. Out of these parasurgical procedures Kshara therapy is very unique parasurgical procedure which is widely used by virtue of Chedan, Bhedana and lekhana.

It not only ameliorates disease symptom but also destroy their root cause. Acharya write whole separate chapter on this procedures and elaborates its merit- demerits, preparation, types, indication, contraindication and do’s & don’t during its application. However Pathophysiology is described by Sushruta in their textbook very well but today perspective to revalidate it principle on modern parameters. Here author make an attempt to discuss and highlight its physiological aspect on different body tissue and related system.

All details regarding topic should be presented in full paper at the time of presentation.

KSHARSUTRA – MOST EFFECTIVE TREATMENT IN HAEMORRHOIDS.

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Abstract

Haemorrhoids are commonest disease that affect the mankind. Recurrence of haemorrhoids is common also. Many treatment modalities available for haemorrhoids. Ksharsutra has been
described in all the ancient books of Ayurveda in treatment of anorectal disease. It is a great treatment modality which cures haemorrhoids with minimal recurrence rate, minimal pain, minimal bleeding. The rate of recurrence is very minimal by ksharsutra treatment. Comfortable for patient, less pain and less bleeding are primary advantages of kshar sutra. 

Keywords: Ksharsutra, Haemorrhoids, anorectal disorders.

MANAGEMENT OF PERIANAL CYST BY KSHARKARMA

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Abstract

A Perianal cyst is defined as an abnormal sac with a membranous lining, containing gas, fluid or semisolid material in perianal region. Commonly perianal cyst treatment ranges from enucleation of the cyst to curettage to resection, which has its own drawback like recurrence, heavy bleeding, delayed healing etc. In Ayurveda cyst is correlated mainly with granthi. Sushrut-Samhitahas described Pratisarniyakshar application in big and hard granthi. Ksharkarma by virtue of its tridoshsaman property provides chedana, bhedana, lekhan, shodhan and ropana guna which helps in complete removal of cyst and prevent recurrence, heavy bleeding and promote early healing of surgical wound. This study aim is to describe Ksharkarma therapy as an alternative and supportive treatment for the removal of perianal cyst.

Keywords: - Perianal cyst, Granthi, Pratisarniya, Ksharkarma, Tridoshsaman.

MANAGEMENT OF RECTAL POLYP BY KSHARKARMA

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1,2PG Scholar 3H.O.D 4,5Assi. Professor, Deptt of Shalya Tantra, Dr. S. R. Rajasthan Ayurved University, Jodhpur (Raj)

Abstract

Rectal Polyp is a tissue growth that arise from the wall of the rectum and protrude into it. It may be either benign or malignant. It occurs in 7-50% of people and in two-thirds of people over age 60. Today many surgical procedures like lasertherapy, sclerotherapy, cryosurgery, polypectomy have been innovated for the management of polyp which have their own drawbacks like recurrence, heavy bleeding, delayed healing, big cost etc. In Ayurveda polyp is correlated
mainly with Arsha.Sushrut-Samhita has described Pratisarneeyaksharapplication in arshavyadhi. Ksharkarma by virtue of itstridoshsaman property provide chedana, bhedana, lekhan, shodhan and ropanaguna which helps in complete removal of polyp and prevent recurrence, heavy bleeding and promote early healing of surgical wound. This study aims to describe Ksharkarma therapy as an alternative and supportive treatment for the removal of rectal polyp.

**Keywords**: Rectal polyp, Arsha, PratisarneeyaKsharkarma,Tridoshsaman.

**ROLE OF YAVA KSHARA IN THE TREATMENT OF ARSHA**

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**Abstract**

Kshara chikitsa has been in practice since 500 BC. There are 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. Sushruta has basically mentioned four types of treatments, i.e., bhashaja, ksharakarma, agnikarma and Shastrakarma for Arsha and he has given more emphasis on ksharakarma modality. As per the available treatment modalities of Arsha, the Kshara karma modality is the best one, taking into the consideration its convenience, easy adoptability, cost-effectiveness and curative results. Under this parasurgical procedure, various forms of external kshara application are used in treating the Arsha. These are Ksharasutra Ligation (KSL), ksharapatan, etc. It is a surgical procedure, while ksharapatan vidhi is local application and seems to be effective with an easy procedure. Several studies of ksharapatan had been conducted; so the time has come to specify the study of ksharapatan, e.g., according to degree of pile mass and different symptoms and signs. In this present study, Yava kshara, one among the best qualitative ksharas, was locally applied directly on the different sizes, shapes and degrees of Arsha, to find out its effectiveness with or without any untoward effect. Yava kshara was prepared as per the standard method described in Ayurvedic texts. Yava Kshara has properties of mainly chhedan, bhedhan and lekhan, and by virtue of these properties, Yavakshara produced shrinking effect on pile masses. Gudadaha also subsided. It also decrease duration of treatment without recurrence.
ROLE OF KSHARKARMA IN MANAGEMENT OF ARSHA VYADHI
*Dr. Poonam Rathore ** Dr. Rajesh Gupta
*PG Scholar** Associate Professor, Deptt of Shalya Tantra, Dr. S. R. Rajasthan Ayurved University, Jodhpur (Raj)

Abstract
The Shalya Tantra a prime branch and is rich in many aspects of modern surgical concepts. Ayurvedic classics have described various treatment modalities like medical, parasurgical and surgical in arshas. Now a day para-surgical procedures like Ksharkarma, Ksharasutra, Agnikarma, Raktamokashana, are more popular than other treatment modalities of Ashas. Acharya Sushruta has described for curative measures in the treatment of Arsh:

- Bheshaja
- Ksharakarma
- Agnikarma
- Shastrakarma

Kharkarma is more effective than the other modalities of treatment, because the can be administered both externally and internally.

Key Words: - Ksharakarma, Arsha, Agnikarma, Raktamokashana, Bheshaja

REVIEW OF SOURCE PLANT OF KSHAR FOR PRATISARNIYA KSHAR KALPNA
W.S.R TO IT’S VRANSHODHAN AND VRAN ROPAN PROPERTIES
Dr. Ayush kumargarg¹, Dr. Chandan singh², Dr. Manoj Adhlakha³
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Abstract
The vast field of traditional system of medical science is gaining more importance and popularity across the globe because of its amazing therapeutic values. The Ayurvedic treatment is entirely based on herbs, which have certain medicinal value or property to heal a number of health related problems and diseases. Kshara is considered superior to all the shastra karma (surgical measures) and anu-shastra karma (para-surgical measures) because Ksharas or alkalis perform the work of incision, puncture, and scarification so as to relieve the derangements of Tridosha.
Several drugs of plant origin are described in the Ayurveda for their wound healing properties under the term Vranaropak and Vranshodhan. Some Ayurvedic medicinal plants, namely Manjistha (Rubia cordifolia), yastimadhu (Glycyrrhiza glabra), Haridra (Curcuma longa), Daruharidra (Berberis aristata), Shigru (Moringa oleifera), Kutaja, Palasha, Gunja, Aaragwadha, Putika, Arka Snuhi, Chitraka, Apamarga, Kadali, Paatala, Naktamaala etc. were found to be very effective as Wound healing herbs. These herbs induce healing and regeneration of the lost tissues. This review is an attempt to highlight some important medicinal herbs having wound cleaning and wound healing properties which could be beneficial in therapeutic practice.

**Keywords**: Vranaropak, Vranshodhan, wound healing, anu-shastra, majishtha,

**MANAGEMENT OF ANORECTAL DISORDER W.S.R. TO HERBO-MINERAL PREPARATION**

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Āyurveda is an age old science of health which emphasize on the health than to cure disease. So, nowadays people are coming back to the nature from synthetics, hence, the Āyurveda will be the future medicinal science of the world, not only the India.

In the era of fast food, there is change or irregularity in diet and diet timings and also sedentary life style. In addition to change in diet and life style, one is always under tremendous mental stress. All these causes disturb in digestive system which results into many diseases amongst them ano-rectal disorder constitute an important group. Rasaushadhis are appreciated for their smaller dosages, quicker effectiveness, long durability etc. Thus the Rasausadhi preparations play an important and major role in curing the ailing human beings. Many rasaushadhis are used to treat ano-rectal diseases like kasisadi tail, ghrita, arshkuthar rasa, abhayadi modak etc.

this article is an attempt to highlight the importance and mode of action of Rasaushadhis in ano-rectal disease like piles, fistula, fissure in ano etc.

**Key words**: piles, fistula, rasaushadhi kasisadi taila, arshkuthar rasa
PHARMACOTHERAPEUTIC STUDY OF PRATISARNIYA KSHARA

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Abstract

As per the available treatment modalities of Arsha and Nadivrna, the Kshara karma modality is the best one, taking into the consideration its convenience, easy adoptability, cost-effectiveness and curative results. Under this parasurgical procedure, various forms of external kshara application are used in treating the Arsha. These are Ksharasutra Ligation (KSL), ksharapatan, etc. KSL is a surgical procedure, while ksharapatan vidhi is local application and seems to be effective with an easy procedure. Pratisaraniya Kshara this term consists of two words in it, 'Pratisarana' and Kshara. The term Kshara is already been defined. Pratisarana is an Upakrama, Garshana. It is also used to denote, healing or dressing the edges of a wound or an instrument used for anointing a wound. The term Pratisarana consists of two words in it. 'Prati' meaning every or opposite, 'Sarana' meaning to spread or to stretch. In this context Pratisarana is used for local application. In this present study, the plants used for the preparation of Pratiksharneeya kshara are Apamarga, Chitrakamula and Shukti. The phytochemical study of Apamarga, Chitrakamula was done and preparation of Pratiksharneeya kshara is undertaken.

Keywords: Pratiksharneeya kshara, Apamarga, Chitrakamula and Shukti.

PHARMACOTHERAPEUTIC STUDY OF PRATISARNIYA KSHARA

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Abstract

As per the available treatment modalities of Arsha and Nadivrna, the Kshara karma modality is the best one, taking into the consideration its convenience, easy adoptability, cost-effectiveness and curative results. Under this parasurgical procedure, various forms of external kshara application are used in treating the Arsha. These are Ksharasutra Ligation (KSL), ksharapatan, etc. KSL is a surgical procedure, while ksharapatan vidhi is local application and seems to be effective with an easy procedure. Pratisaraniya Kshara this term consists of two words in it,
'Pratisarana' and Kshara. The term Kshara is already been defined. Pratisarana is an Upakrama, Garshana. It is also used to denote, healing or dressing the edges of a wound or an instrument used for anointing a wound. The term Pratisarana consists of two words in it. 'Prati' meaning every or opposite, 'Sarana' meaning to spread or to stretch. In this context Pratisarana is used for local application. In this present study, the plants used for the preparation of Pratiksharneeya kshara are Apamarga, Chitrakamula and Shukti. The phytochemical study of Apamarga, Chitrakamula was done and preparation of Pratiksharneeya kshara is undertaken.

**Keywords:** Pratiksharneeya kshara, Apamarga, Chitrakamula and Shukti.

**KSHAR KARMA - AN APPORACH TOWARD ANORECTAL DISORDERS**

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**Abstract**

Ayurveda is a comprehensive system of holistic health care enhancing the quality of life and the prevention of ill health. In the present scenario, Susruta Samhita one of the most important branch of Ayurveda which shows their immense potential in the modern surgical technology of today. Poor hygiene, improper food consumption, prolonged standing, faulty habits of defecation and westernized life style enhance the prevalent rate of several gastrointestinal & anorectal disorders. Anorectal disorders which are emerging out with fastest rate and involving persons of all age group is a subject of great worrying. As far as modern modalities are concerned the conservative treatment of anorectal disorders consists of use of laxatives and high residual diet as well as several surgical and non-surgical techniques with less effectiveness move the populations towards Kshar Karma. In Susruta Samhita the whole treatment is divided under four categories of treatment i.e.Bhesaj Chikitsa (palliative treatment), Kshar karma(potential cauterizing agent), Agnikarma (direct cauterization agent therapy) & Shastra Karma (operation by sharp instruments). In Su.Su.11/3, Among Shastra and Anushastras, Kshar is said to be best. It performs many actions including Chedan (incising), Bhedana (excision) and helps to maintain the equilibrium of Doshas. Its benefits are appreciable because they can also be applied on the most difficult and inaccessible places of body. The
contents used in the formation of Paniya and partisarniya Kshar have high bactericidal action with healing properties. Kshara Sutra is the way of drug delivery, cutting & simultaneously healing in “fistula-in-ano”, pilonidal sinus etc. which start its action immediately after ligation in track. Kshar with their properties invades the cells of lesion and tissue destruction occurs or upto the removal of pile mass. The oozing blood is ceased by sclerosing effect and coagulating property of Kshar. Kshar Karma taking less time, easily performed without any complications, recurrence rate is very lesser and the patient can perform their daily routine work from next day after surgery which denotes its easy approach and benefits in present era.

**Key Words:** Chedan, Bhedana, Kshara, Paniya & partisarniya.

**Role of Apamarg Kshar in treatment of Fistula in ano**

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**Abstract**

Ayurveda is science of life. Today, world is looking towards a therapy that gives good results and have less or no side effects. Ayurveda is one of them as it treats the disease with less side effects and maintain the health of the patient. Now a days, due to sedentary life style and apathy sewana (bad food habits), there are increased chances of disease related to Gastro Intestinal tract, that further causes ano rectal disease like – anal fissure, fistula in ano and piles etc. fistula in ano is a dreadful disease of ano-rectal canal. In ayurveda this resembles with bhagandar roga. There is no such successful treatment to cure this disease because recurrence rate is very high after fistulectomy but in Ayurveda, Kshar Sutra therapy is highly successful to cure this disease. Acharya chakradutt has described kshar sutra formation method in “arsha chikitsaparakaranam”. Acharya sushrutm have mentioned about few herbal medicines to make kshar in sutra sthan ch.11 “Ksharkarma vidhi”. Apamarg (Achyranthes aspera) is one of them. Kshar sutra made of apamarg is used for treatment of bhagandar (fistula in ano) as described by acharya bhav mishra in his book bhav prakash. In this review article an effort has been made to explore the properties and uses of kshar made by apamarg.

**Keywords:** Bhagandara, Apamarg, Kshar karma, Ano-rectal disease
THERAPEUTIC ASPECT OF KSHAR KARM IN ANCIENT AND MODERN ERA
W.S.R. TO ANO-RECTAL DISORDER

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Abstract

Aacharya Sushruta who is worshipped as the father of surgery has described various surgical procedures along with some para-surgical measures. Ksharkarma is one amongst these parasurgical procedures. ksharkarma has been explained as one among the anushastras. Kshara is a caustic, alkaline in nature obtained from the ashes of medicinal plants. It is a milder procedure compared to surgery and thermal cautery. Kshara Karma is useful as the substitute of surgical instruments, because they can be used safely on the patients who are afraid of surgery. Ksharakaarma is a type of chemical cauterization, has been given special place in surgery by Sushruta and kshar is considered superior than Shastras and Anushastras as it perform Chedan(excision), Bhedan(incision), Lekhan(scraping), pecifies tridosh and used in specific activities and it can conveniently used in places where the use of instrument may not be possible or convenient. ksharkarma is indicated in many critical diseases like Kusht, Kitibh, Dadru, Nadi, Dust varn, Gulm, Udarrog, Ashmari, Aabhyantra vidridhi, etc. and in many Ano-rectal disorders like Arsha, Bhagandara, Parikartika etc.. In modern time also it is used and it is termed as chemical cauterization. The final attribute of ksharkarma can be considered on its tremendous prophylactic potential to do away certain diseases and also has developed as a precursor to chemical cauterization of modern era. This paper deals with details of various aspects of ksharkarma and its use in present context.

Keywords: Ksharkarm, para-surgical measures, chemical cauterization, Ano-rectal disorders
KSHAR KARM W.S.R.TO HAEMORRHOIDS

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Ayurveda depends largely upon the medicinal plants for the therapy. Among the four Vedas - Rig-Veda, Yajurveda, Samaveda, and Atharvaveda - the Atharvaveda is considered to be one from which Ayurveda is derived and several medicinal plants are mentioned that can be used as a drugs. Kshara is the herbal extracts of plants, According to Sushruta, in Kshara Paka Vidhi Adhyaya has mentioned 23 drugs plants as: Mushkka, kutaj, Palash, Ashwakarna, Paribhadrak, Bhibitaka, Aragvadha, Tilwaka, Arka, Snuhi, Apamarga, Patla, Naktamal, Vrusha, Kadali, Chitraka, Putika, Asphota, Ashwamarak, Saptachanda, Agnimantha, Gunja, Koshataki from which Kshara can be prepared. Kshara can be a multiple combination of many herbs or may be from single herb. Kshara is useful in internal medicines in different formulation. i.e., Kshara Gutika (tablet), Vati, Ksharavleha, Kshara-Ghrita. Kshara is also useful in external application directly as Ksharapichu (gause-piece), Kshara Sutra, Ksharavarti. This alkaline preparation has many therapeutic usages and many surgical procedures. Ksharakarma is useful as the substitute of surgical instruments, because they can be used safely on the patients who are afraid of surgery. It has been proved to be effective in treating many disorders like Dushta Vrana (wounds), Bhagandara (Fistula-in-ano), Arsha (haemorrhoids), Charmakeela, Ashmari (Stone), Gulma Udara (ascites), Kushtha (leprosy), Rohini etc. Ksharakarma has been considered as a wealth and a strong weapon in Ayurvedic Pharmacopeia. Ksharakarma is a type of chemical cauterization which is performed by Kshara (caustic alkali substance) and said to be one of the important para- surgical procedures in Ayurveda. This Kshara is classified in to various types among those Teekshanakshara is used for Arshas (haemorrhoids) and in other ano-rectal disorders and also its practice is well described by Acharya Sushruta. However in present surgical practice due to lack of understanding and practical exposure in the preparation of Teekshana Kshara and its application in the haemorrhoids is not being practiced commonly. In view of that a standard
method is developed on the basis of principles explained by Acharya Sushruta. Its preparation requires ash of Apamarga (Achyranthes aspera), Shukti (Ostrea edulis) and paste of Chitraka (Plumbago zylanica). These are taken in fixed proportions. After specific steps semisolid Teekshanakshara is prepared and preserved in tight lid bottle. This Kshara is to be applied over the haemorrhoids in lithotomic position under suitable anesthesia to the patient. Later the Kshara applied site is washed with lemon juice and post operative maintenance is followed in a standard method. After some time the haemorrhoid site will get sloughed out and leads to fibrosis of mucous membrane which further avoids the recurrence of disease. This is minimal invasive procedure and better than presently available conventional methods and successfully practiced in many of the haemorrhoids patients.

**Keyword:** Arsha, Pratisaraniyakshara, Ksharakarma, Haemorrhoids

**EAT TO BEAT HEMORRHOIDS (PILES)**

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**Abstract**

PREVENTION&ERADICATION OF HEMORRHOIDS (PILES) ARE WHERE DIET AND LIFESTYLE CHANGES COME IN.

Hemorrhoids (also known as piles) are swollen and inflamed varicose veins in the anus and rectum. Affecting an estimated 70-80% of people throughout the world, hemorrhoids are one of the most common ailments. They are typically caused by straining with bowel movements, the increased pressure on the veins during pregnancy or childbirth, or a lack of physical activity. Hemorrhoids are usually not dangerous, but they can cause itching, discomfort, and bleeding. In case of a severe hemorrhoid, a surgery can be used to remove it. However, this is likely to bring only temporary relief as hemorrhoids have a very high rate of recurrence. Regular exercise and certain dietary factors are likely to be the most effective methods of preventing (and treating) hemorrhoids. To learn all about dietary habits and foods that may be beneficial for people with recurrent hemorrhoids.

Our present day lifestyle is mechanical and diet is extremely low on vegetables and high on grains, protein & bad quality of fat. The diet lacks in essential nutrients making us overeat and
causing the disturbed bowel movements and constipation. Make vegetable dishes from vegetable, not from the other substances. Today we are besieged with Paneer ki sabji, Gatte ki sabji, Mangodi ki sabji etc.

Ensure half of your plate or more than half of your plate is filled with vegetables like French bean, onion, tomato, cucumber, cabbage, bottle guard and entire ground family or leafy greens which is rich in fibre.

A calm mind is the key to a successful life, YOU ARE WHAT YOU EAT. Food can stress you or calm you. Stress can disturb your bowel movements leading to constipation. Fresh, local seasonal & unprocessed food If organic can combat stress.

Key words: Prevention, Hemorrhoids, Vegetables, Fibre diet, Calm mind.

Full paper may be presented at the time of event.

ROLE OF PANEeya KSHAR IN MANAGEMENT OF ARSHA (HAEMORRHHOIDS)

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Abstract

Ayurveda has been used to describe 8 organs of medicine in medical scripture in which surgery (shalya shastra) is said to be best by Achrya Sushrut. In surgical scripture, there are mainly four methods for treating the disease that are – Shastra karma, Kshar karma, Agni karma and Bhaishaj karma. In above four, Kshar karma is said to be best among shastra and anushastra. Due to modern lifestyle and undisciplined food habits, there are being a lot of disease origins related with our Gastro intestinal tract. Arsha vyadhi (haemorrhoids) is one of them. As Arsha affect the life in negative form, so acharya Sushrut has described this disease in “Asht Mahagada”. He described Medicine (Bhaishaj), Surgery (Shastra), Alkali (Kshar) and Cauterization (Agni karma) for treatment of Arsha. In arsha roga, Kshar karma can be done in 2 forms – Paneeya (to be taken by mouth) and Pratisarneeya (to be used externally). Paneeya kshar can cure the disease as it increase the agni bala of patient and maintain the digestive equilibrium. Thus Agni samyata (digestive equilibrium) can cure the arsha completely. In this review article an effort has been made to explore the effects and uses of Paneeya Kshar in Arsha roga.

Keywords: Arsha, Paneeya kshar, kshar karma, shastra karma.
IMPORTANCE OF KSHARKARMA IN AYURVEDA

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Abstract

Ksharkarma has been considered as a wealth and a strong weapon in Ayurvedic pharmacopeia. It is resemble as a chemical cauterization. Kshar is the phytochemical extract of plant and it is a caustic and alkaline in nature. Ksharkarma is a smoother procedure compared to surgery and thermal cautery. Ksharkarma is useful as internal medicines in different formulation like Paneeyakshar and as external application directly like Pratisarneeyakshar. Ksharkarma has been proved to be effective in treating many disorder specially in anorectal disorder like Arsha (Hemorrhoids), Parikartika(fissure in ano), Bhagandar(Fistula in ano) etc. Ksahrkarma is the superior most among the sharp and subsidiary instruments because of it perform the work of Chedan(excision), Bhedan(incision) and Lekhan(scraping) etc. In this review article an effort has been made to explore the importance of Ksharkarma in ayurveda.

Keywords: kshar karma, Pratisarneeyakshar, Paneeyakshar, Arsha, Chemical cauterization,

STANDARD OPERATIVE PROCEDURE (SOP) FOR PLANT KSHARA PREPARATION.

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Abstract

Kshara is the water soluble alkaline substances of plant ash, collected after the burning whole plant to ash. The ash collected is processed to kshara particles in different steps like collection of herb, its sun drying, burning to ash, water addition & evaporation of fluid collected after filtration. Every step needs to be performed in appropriate manner for best quality kshara yield. SOP is a document of step by step information for task execution. The manufacturer must follow
the standard operative procedures (SOP) in the kshara preparation for its best quality & maximum yield every time.

**Keywords** – kshara, SOP, Alkaline-substances.

**Clinical Effect of Kshara Karma in the Management of Nadivrana with Special Reference to Pilonidal Sinus (PNS)**

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**Abstract**

Sushruta mentioned the application of Kshara in the management of Nadivrana. Nadivrana is nothing but a tract due to not being treated the Vranashopha as per Ayurveda. The Nadivrana can be correlated with the sinus tract at any part of the body tissue. Pilonidal sinus is one kind of blind tract and that can be correlated with Nadivrana. Nadivrana is said to be Kricchrasadhya (difficult to treat) and in present era the pilonidal sinus is also complicated one and difficult to treat due to its recurrence nature. In this case study a 45-year-old male patient come to Shalya opd with the complaints of pain, swelling and pus discharge from natal cleft since 2 years. He was operated previously before 1 year for PNS but after 5-6-month patient again complaint of pain and pus discharge from previous operated site. In this study patient was treated as total
excision of sinus tract followed by application of the Apamarga Kshara locally. The outcomes were very encouraging in this patient; minimum post-operative pain, improve wound healing period, minimum hospital stay and minimum chances of recurrence. Hence this study is concluded that excision of the tract followed by Kshara Karma in pilonidal sinus is one of the potential treatment modality to avoid recurrence.

Keywords: Nadivrana; Kshara; Pilonidal Sinus.

ADVANCEMENT IN KSHARA SUTRA
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Abstract

Kshar sutra is corrosive or caustic thread which was first mentioned by Achrya Sushrura in the treatment of nadivrana(sinuses), bhagandra (fistula in ano), arbuda (beninetumor) etc. Its method of preparation was first given by Achrya Chakrapani Dutta.

Kshar is considered superior to all surgical and para surgical because they perform the work of incision, puncture, and scarification etc. Kshara has the following qualities - shodhan, ropana, dahana, pachana, thridoshaghna etc. Materials used for preparation of kshara sutra are snuhiksheer, apamargakshara, haridra powder, 20 no. barbour thread. Although the standard Apamargaksharasutra is used successfully in the management of fistula in ano, but the problem in the preparation are worth noting. These problems have put necessity of further modification in this thread. One of the essential components of this thread is snuhi latex. This latex creates many problem during preparation of thread such as it coagulates if not used early. Collection of snuhi latex becomes more difficult in summer so preparation is possible only in limited season. Another disadvantage is that there is a severe pain felt by the patient during the application of thread. In few cases, the intensity is so severe that the patient discontinues the therapy. To overcome these problems several research has been carried out for the drug having better action and acceptability than that of snuhi latex and apamargakshar. These drugs should be having binding properties on thread, easy availability in bulk, less irritant, having vranashodhaka and vranaropaka properties, having antiseptic and anti-inflammatory activities. To overcome the above problem, now a day’s different type of kshar sutra are coming in use such as Udumbaraksharsutra, Guggulu base kshara sutra, Yavakshara coated sutra etc
Key wards – Udumbaraksharsutra, Guggulu base kshara sutra, Yavakshara coated sutra etc.

KSHARA KARMA IN PARIKARTIKAW.S.R. FISSURE IN ANO

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Abstract

There are many diseases which are not curable with modern medicine, Drug are not so much effective to treat the disease, some allergic condition, Bhagandra, Nadivrina, Parikartika, Arsha, Dushtavarina, Arbuda, Charmakilak, Tilkalak etc. These are such type diseases where medicine as well performing surgery also difficult and has a lot of complication like infection, disfigurement, difficult to approach etc. Ayurveda has answer to all these problem by only one word that is kshara karma. The external application of kshara are used in various diseases, it can bring about better result as compare surgical operation without any complication. Parikartika (anal fissure) is a very common anal rectal disease which causing a lot of suffering to the patient. Anal fissure are notorious as they are associated with excruciating pain while passing stool. Pain may persist for few minutes to few hours and then gradually subsides. At this time some bleeding may also be noticed.

As per Ayurveda, this painful condition can be effectively treated by kshara karma without any surgery. In this para-surgical procedure, some medicines which is alkaline in nature are applied in anal canal which leads to healing of the underlying wound (fissure).

KEY WORD : Kshara karma, Parikartika, anal fissure.

IMPORTANCE OF KSHARA KARMA IN ANO-RECTAL DISORDERS

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Abstract

Kshara is a caustic, alkaline in nature obtained from the ashes of medicinal plants, it is the superior most among the sharp and subsidiary instruments because of performing excision, incision, and scraping. In the field of surgery the commonest problem faced by patient is ano-rectal disease like piles, fissure, fistula. Ayurved has a very effective and easy treatment for ano-
rectal disorders without any complications. Ayurved texts explains about Arsha, Bhagandara, Parikartika etc. The causes are like sitting in same position for long time, lot of travelling, constipation, heavy and spicy food etc. Many Acharyas like Charka, Sushruta have explain the treatment ano-rectal disorders, such as Bhesaj, Kshara karma, Agnikarma and shastra karma according to chronicity and presentation of the disease. Among these bhesahajchikitsa and kshara karmas show wonderful result in management of ano-rectal disorders.

**Key words**- Arsha, Bhagandar, Kshara,

**KSHAR KARMA ON THE BASIS OF HERBS- A BRIEF REVIEW**

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**Abstract**

Kshar is product of various plants. It is formed by burning the whole plants and ash is purified, result in formation of Kshar Powder. Kshar is a caustic, alkaline in nature. It is a milder procedure compared to surgery and thermal cautery. It is versatile, because even such places that are difficult in approach by ordinary measures can be treated by Kshar Karma. Kshar Karma is useful as the substitute of surgical instruments, because they can be used safely on the patients who are afraid of surgery. Hence there was no chance of bleeding during kshar application. The chance of infection is least due to the sustained action of the anti-microbial property of kshar. Many set of herbs from which kshar or alkali can be extracted and later used for medicinal purposes. Some source plants for kshar preparation are Apamarga, Chitraka, Palasha etc.

**Keywords**: Kshar, Plants, Alkaline, Thermal cautery, Anti-microbial.

**EFFECT OF KSHARA-KARMA IN GUDA-PARIKARTIKA (ACUTE FISSURE IN ANO)**

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**Abstract**
The commonest ailments in ano rectal region are Arsha (piles), Bhangadar (fistula in ano), Parikartika (Fissure in ano), Gudakandu (pruritus ani) and Gudavidradhi (abscess), etc. As per classics Parikartika is a vyapad (complication) due to Basti and Virechankarma and due to constipation. It is mostly situated at the midline posterior of anus and very painful condition. As per massive and random study of the Indian proctology Society the prevalence rate of anal fissure may be more than 20% of ano rectal disorders, but it varies region to region from 15-30%. To treat Parikartika conservative & surgical interventions are available but those are having disadvantages and recurrence. In order to explore some new intervention the study had been carried out to achieve satisfactory & radical cure by Ksharakarma. Kshara has different properties as krimighna, vishaghna, chhedan, Bhedan, Lekhan, shodhan, stambhan, ropan, etc. and it has also capability of allying doshas - Vata, Pitta & Kapha. In this paper mriduKshara of Apamarga was used in the forms of Lepa and Tail in acute condition of anal fissure. The follow up period was for 3 months. It was concluded that in acute condition of the Parikartika Kshara was very effective.

Keywords: Fissure in ano, Parikartiaka, Kshara, Lepa, Tail.

CLASSIFICATION OF KSHARA AND IT'S INDICATION

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Abstract

In Ayurveda text kshara is classified on various bases. In shusrut samhita Kshara is classified on the basis of application that is *pratisarniya and **paniya kshara. On the basis of potentiality Pratisarniya kshara is classified into three types *mridu(mild), **madhyam(moderate), ***tikshin(stronge). This classification of kshara is based on strength or concentration of kshara which is applicable for external use and paniya kshara an applicable for internal use.

Indication of Pratisarniya kshar=Bhagandra, arash, arbud, nadi, dusht varna, charmkil etc.

Indication of paniya kshar=Gulm, ashmari, ajirna, aruchi, udar rog etc.

Some other classification of kshara are given in different texts

On the basis of origin =
Ayurveda, the science of life, mostly depends upon the medicinal plants for the remedy. People used to live with the plants, carefully observed them and identified them by organoleptic evaluation, prepared the medicines and the suffering mankind was relieved by administering these genuine drugs. Ksharas derivative of herbo-mineral content in the form of solutions, paste & powder. All of which have the basic quality of being alkaline in nature. The prepared drug substance is called Kshara, because it causes Ksharana to Maamsa and other Dhatus. In Ayurvedic classics Bhagandaras considered as one of the Astamahagada which is very difficult to cure. Bhagandaras commonest disease occurs in ano-rectal region. Ksharasutra therapy is especially indicated in Bhagandara. This may be acting as chemical cautery which burns out the fibrous track and then fresh healthy granulation tissue develop and wound heals with minimum recurrence. Burning Pain, infection, recurrence, local irritation of skin, delayed cutting, incontinence, hemorrhage, strictureformation, are the commonly faced complications of ksharsutra therapy in fistula in ano. Hot sitzbath, local application of jatyadi tail or ghrita, mild laxative, nutritious diet, and counseling are some general measures for the management of complications of ksharsutra therapy in fistula in ano.

Keyword – ksharsutratherapy, incontinence, hotsitz bath, fistula in ano.

EFFECT OF KSHARA-SUTRA IN SENTINEL TAG (CHRONIC FISSURE -IN -ANO)
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Abstract

Ayurveda, the science of life, mostly depends upon the medicinal plants for the remedy. People used to live with the plants, carefully observed them and identified them by organoleptic evaluation, prepared the medicines and the suffering mankind was relieved by administering these genuine drugs. Ksharas derivative of herbo-mineral content in the form of solutions, paste & powder. All of which have the basic quality of being alkaline in nature. The prepared drug substance is called Kshara, because it causes Ksharana to Maamsa and other Dhatus. In Ayurvedic classics Bhagandaras considered as one of the Astamahagada which is very difficult to cure. Bhagandaras commonest disease occurs in ano-rectal region. Ksharasutra therapy is especially indicated in Bhagandara. This may be acting as chemical cautery which burns out the fibrous track and then fresh healthy granulation tissue develop and wound heals with minimum recurrence. Burning Pain, infection, recurrence, local irritation of skin, delayed cutting, incontinence, hemorrhage, strictureformation, are the commonly faced complications of ksharsutra therapy in fistula in ano. Hot sitzbath, local application of jatyadi tail or ghrita, mild laxative, nutritious diet, and counseling are some general measures for the management of complications of ksharsutra therapy in fistula in ano.

Key words- paniya, pritisarniya, vanspatij, pranij, khanij

REVIEW OF KSHARSUTRA COMPLICATION IN FISTULA IN ANO WITH THEIR MANAGEMENT

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Abstract

Fissure means a crack. It is a common disease of anus and painfully condition. To treat Parikartika conservative & surgical interventions are available but those are having disadvantages and recurrence. Kshara-sutra treatment is definite improvement over the surgical procedure since it is free from most complications. In chronic fissure in ano very oftently we seen a tag of skin known as sentinel tag. Secondly we see the fibrous tissue at the base of fissure. So ligation of sentinel tag with kshara-sutra remove the fissure tag and Kshara penetrates into fibrous tissue and resolve the fibrous tissue and help to healing in chronic fissure in ano.

KEY WORDS-kshara-sutra, fissure in ano, sentinel tag, fibrous tissue.

MODE OF ACTION OF KSHARA SUTRA

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Abstract

In our Ayurveda culture we have the name of Acharaya Sushuruta, who gave us many surgical and para surgical procedure that’s why he is called by Father Of Surgery. In all those procedure Kshara Karma has significant role, due to its curetting properties in para surgical methods. According to Acharaya Sushuruta Kshara is a substance which destroys the vitiated tissue and make them fall off. In Shastra and Anushastra the Kshara is prime because it can do Chedna(excision), Bhedna(incision) and Lekhna(scraping) karma as well as. Kshara is obtained from the ashes of several medicinal plants like Apamarga, Yava, Tilnal, Kamalnal etc. according to modern aspect Kshara is caustic and its nature is alkaline.

Here is many preparation of kshara like Kshara Parpati, Kshara Gutika etc. Kshara Sutra is one of them preparations. Kshara Sutra is medicated thread . Acharaya Sushuruta describe its use in Nadi vrana. Kshara Sutra is different from other para surgical procedure due its Mode Of Action on tissue like pressure effect, medicinal properties, antibacterial properties and it heals the wound effectively and leaves a minimal scar.

All details regarding topic should be presented in full paper at the time of presentation.

Key points- medicinal properties, pressure effect, wound healing, antibacterial properties
APPLICATION OF KSHARA SUTRA IN THE MANAGEMENT OF NADI Varna W.S.R. PILONIDAL SINUS

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Abstract

In Ayurvedic surgical arena father of surgery Acharaya Sushurta who gave us many surgical and para surgical procedure. Kshar karma is one of the effective parasurgical procedure. Kshara is derived from combination of various herbs. Here is many prepration of kshara like Kshara parpati, Kshara Gutika etc. Kshara Sutra is one of them preprations. Kshara Sutra is medicated thread indicated in nadi varna by Acharaya Sushurta. Pilonidal sinus is a small hole which located at tail bone. It causes severe pain and often become infected. it is mainly seen in males and mostly affects hairy men. Pilonidal sinus is a anorectal disease which can be correlated with nadivarna. Kshara sutra have good role in the management of pilonidal sinus. It cuts the track of sinus and heals the wound at same time. So that’s why it is very helpful in management of sinus, with leaving a minimal scar on skin. It is not only minimise complications but it can also minimise recurrence of pilonidal sinus.

All details regarding topic should be presented in full paper at time of presentation.

Keywords :- Kshara sutra , Nadiverna , pilonidal sinus

PHARMACODYNAMICS EFFECT OF PRATISARNIYA KSHAR

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Abstract
Kshar is a medicine prepared by the single or composition of various medicinal plants for external as well as internal use to achieve specific therapeutic actions. It is one the most potent and result oriented formulation for the radical removal of various surgical diseases under the category of para-surgical procedures or alternative choice for Surgical process. Photochemical and biological studies are fundamental for scientific evaluation and assessment. To get exact and appropriate knowledge of mode of action is the only way to search the truth of any medicine, for the same purpose to know the cytological changes in the way of macroscopic and microscopic due to kshar application is the base of present study has been taken on the line of modern pharmacology. The radical approach of therapeutic application of kshar is repeatedly advocated by all the KSHARPANEES of our system, These narration and therapeutic effects have been re-examination in the way of intracellular changes as well as changes in the cellular respiration will be presented in full paper on the line of research methodology. Kshar on principles of Pharmacodynamics and pharmacokinetics of Contemporary Science to prove the worth of procedure in more scientific way so that lost trust in procedure is regained both by clinicians and academicians, thus proving at par knowledge of use of kshar as part of treatment since Samhita Kaala in this modern era.

**Key Words:** Kshar, pratisarniya kshar, surgical disease

**Effect of MadhyamaApamargaPratisaraneeyaKshara in the Management of ArdraArsha (Internal Haemorrhoids) - A Pilot Study**

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**Abstract**

**Purpose:** In Ayurveda, Acharya Sushruta explained four modalities of treatment for Arsha i.e. Bheshaja, Kshara, Agni and Shastra Karma. Kshara karma is one of the important methods which can be practiced safely. Ayurveda is well known for the treatment of Arsha with PratisaraneeyaKshara karma, for yielding negligible rate of recurrence, cost effective, less pain, no bleeding, no infection, no anal incontinence and requiring minimal hospitalization during treatment. No earlier study had been conducted to evaluate the efficacy of
MadhyamaPratisarneeyaKshara for the treatment of haemorrhoids so it’s a need to validate that which type of Kshara is best for the treatment of haemorrhoids.

**Methods:** Total 90 subjects was randomly selected for the study, irrespective of sex, religion etc. The procedure was done under Local Anesthesia. Kshara was applied directly over the haemorrhoidal mass. After applying Kshara on internal haemorrhoids wait for 2-3 min. or until they acquire JambuphalaSadrushavarna.

**Results:**

**Effect on Bleeding per anus:** ApamargaPratisarneeyaMadhyamaKshara provided extremely significant (p<0.0001) results in bleeding per anus with percentage of relief by 54.43 % after one Day of the treatment. On 1st week follow up it showed extremely significant (p<0.0001) results with percentage of relief by 96.67 %. On 2nd week it showed extremely significant (p<0.0001) results with percentage of relief by 97.77 % and on last follow up 3rd week it showed extremely significant relief of 98.9 %.

**Effect on size of pile mass:** ApamargaPratisarneeyaMadhyamaKshara provided extremely significant (p<0.0001) results in size of pile mass with percentage of relief by 60.23% after 1 week of treatment, in 2nd week it showed extremely significant (p<0.0001) results with percentage relief by 78.39 %. In 3rd week it showed extremely significant (p<0.0001) results with percentage relief of 81.61 %.

**Conclusion:** ApamargaPratisarneeyaMadhyamaKshara is very effective in the management of ArdraArshas (Internal Haemorrhoids) due to negligible rate of recurrence, cost effective, less pain, no bleeding, no infection, no anal incontinence and requiring minimal hospitalization during treatment.

**Keywords:** Kshara, Arsha, Internal Haemorrhoids, ApamargaKshara

### RECENT ADVANCEMENTS IN KSHAR KARMA WSR TO ANO RECTAL DISORDERS

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**Abstract**

There are many diseases which are not curable with modern medicine or drugs are not so much effective to treat the disease such as skin diseases, some allergic condition, Bhagandra (Fistula in ano), Nadi Vrina (Sinuses), Arbuda (Cancer), Arsha (Piles), Dusta Vrina (chronic or non healing ulcers), CharmaKil (wart), Tilkalaka (Melanomas), External abscess, Disease of Mouth, Ranula,
Some tumor of mouth cavity. These are notorious diseases where medicine as well performing surgery also difficult and has a lot of complication like - infection, disfigurement, difficult to approach etc. the Disease portion should be remove or kill but it is observed that many time drug fails to do its work. Here Ayurveda has answer entire the problem by only one word that Kshara. Surgery is always feared by even those who advocate it. Many time patients are not fit to undergo on surgical operation. Under such condition the alternative measure for advancing the result of surgery is always welcome. During pre anesthetic age such alternative procedure was one of the main armamentarium for surgery and it was used in the place of surgery under certain condition among such Para surgical measure kshar occupied a prominent place as armamentarium tool of surgical physician in the ancient era. The external application of Kshara are used in various disease further it can bring about the same result as a surgical operation without its pain agony, mortifying tissue by less degree may give rise to less effusion of blood and less agony then operation. In this paper we will describe the advancement in ksharkarma in present era.

**Key Words:-** bhagandra, arsa, charmakil, tilkalaka, kshara karma etc.

**KSHAR SUTRA THERAPY IN THE MANAGEMENT OF NADI VARNA**

**W.S.R PILONIDAL SINUS –A CASE STUDY**

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**Abstract**

A pilonidal sinus is a small hole or tunnel in the skin occurs in the cleft at the top of buttocks. It normally needs a surgical treatment for eradication of foreign body or septic focus which range from cutting of tract to complex rotation of flap. Acharaya sushurta described Kshar sutra therapy(medicated caustic thread), a minimal invasive ayurvedic parasurgical procedure and, Now a time tested technique in the management of nadi varna and ano-rectal disoders. Nadi vadi can be compared with pilonidal sinus described in sushurta samhita. So this therapy is tried in pilonidal sinus, and is described in this case report. Kshar sutra treatment not only minimizes complications and recurrence but also enables the patient to resume work quickly.

**Key word**-Nadi varna, pilonidal sinus, kshara sutra.
IMPORATANCE OF APAMARGA KSHAR IN KSHAR KARMA OF ANORECTAL DISORDERS

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Abstract

In the present era, plant derived products are gaining importance as medicinal products, nutraceutical and cosmetics. Herbal medicine are widely used in health-care in both developed and developing countries. According to an estimate of the world health organization, about 80 % of the world population still uses herbs and other traditional medicines for the primary health care needs. Apamarga kshar is an alkaline ayurvedic medicine, in powder form. It is prepared from an herb called apamarga- prickly chaff- flower- achyranthus aspera. The medicine is in use since the time of sushruta, that is since thousands of year.

KEY WORDS – Achyranthus Aspera, Apamarga, Properties of Apamarga Kshara and advantage of Kshar Karma.

ROLE OF APAMARGAKSHAR IN THE MANAGEMENT OF ANORECTAL DISORDERS

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Abstract

Kshara is a caustic alkaline in nature obtain from the ashes of medicinal plants. It is a milder procedure compared to surgery and thermal cautery. It is the superior most among the sharp and subsidiary instruments because of performing excision, incision and scraping. It is versatile because even such places that are difficult in approach by ordinary measures can be treated by kshar karma. Kshar karma is useful as the substitute of surgical instruments because they can be useful in the patient who are afraid of surgery.

Key words- Piles, Fistula In Ano, Pilonidal Sinus, Properties , Advantages of Apamarag Kshar.
KSHAR KARMA IN GYNAECOLOGY AND OBSTETRICS: AN AVENUE OF CONTINGENCIES
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²Associate Professor, Deptt of Stri Roga and Prasuti Tantra, All India Institute of Ayurveda, New Delhi

Abstract
Kshar Karma is one of the best para-surgical procedures described in Ayurveda. Acharya Sushruta described it in detail in Sutra Sthana declaring it best among the surgical and para-surgical instruments due to its chhedya (excisive), bhedya (incisive), lekhya (scraping) and other medicinal properties. Owing to these, it is thus, widely used in wound healing, fistulae, haemorrhoids and anorectal diseases, to name a few. However, Kshar Karma has a wide range of diseases, forms and variety in which it can be used in different modalities. It is time to extend the horizons of Kshar Karma in other avenues as well. It is tridoshaghna and thus can also be used orally in various diseases.

In Gynaecology and Obstetrics, Kshar Karma has been with limited use. There are, however, a few researches of Kshar application on cervical erosion available. This paper therefore, explores the scope and rationale of Kshar Karma in Gynaecology and Obstetrics including cervical erosion and pre-cancerous conditions. It can provide with a cost-efficient and time saving mode of treatment with least adverse effects.

Key words: Kshar Karma, Gynaecology and Obstetrics, cervical erosion

KSHAR KARMA THERAPY IN ANORECTAL DISORDER – AN AYURVEDIC APPROACH
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Abstract
Ayurveda has immense potential to solve many diseases of the medical world. Among them Piles (Arsha) are enlarged, bulging blood vessels in and about the anus and lower rectum. It is manifested due to multifold factors viz. disturbed life style or daily routines, improper or
irregular diet intake, prolonged standing or sitting, faulty habits of defecation etc. Hemorrhoids are usually found in three main locations: left lateral, right anterior and right posterior portions. They are mainly classified as either internal or external pile masses. Arsha (Piles) is an extremely common problem in all ano-rectal disorders. Arsha is clinically an engorged condition of haemorrhoidal venous plexus characterized by inflamed or prolapsed pile mass, bleeding per rectum. The term haemorrhoids usually resulted by straining during defecation, chronic constipation or diarrhoea, pregnancy etc. Main aetiological factor Mithyaahar-vihar and sedentary life style. In modern medical science many techniques like sclerotherapy, cryosurgery, Rubber band ligation, Infrared photo coagulation, Laser therapy, stapled haemorrhoidectomy, Open haemorrhoidectomy etc. are in practice where in the result was found to be in less satisfactory. But in Ayurveda fourfold management of Arsha has been indicated viz. Bhashajkarma, Kshar Karma, Agnikarma and Shastra Karma according to chronicity and presentation of the disease. Among these, Bhashaj Chikitsa and Kshar Karmas show wonderful results in management of Arsha. Here an attempt has been made to review the disease along with its management.

**Key Words** – Arsha, haemorrhoids, Mithyaahar-vihar, Bhashaj Chikitsa, Kshar Karmas.

**KSHAR- A BOON BY ACHARYA SUSHRUTA IN PARASURGICAL PROCEDURES**

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**Abstract**

Word’s oldest and successful healing system of medicine is Ayurveda which is not only treat the disease but also maintain health of human being. Thus, it serves humanity with its reliable principles. Whole Ayurveda is distributed into eight branches viz: Shalya Tanta, Shalakya Tantra, Kayachiktasa, Bhootavidya, Kaumrbhritya, Agad Tantra, Rasayan and Vajikarana. Shalya tantra is the first classified branch of healing system in which Acharya Sushruta the father of Indian surgery describe numerous surgical procedures to treat disorders which are not ameliorated with medicine. In his textbook Acharya Sushruta describe some parasurgical
procedures like Kshar karma, Agni Karma and Jaloka Karma. Kshar Karma is one of the superior procedures due its properties like Chedana, Bhedana and Ksarana, A complete chapter was written on this element and its uses by Achraya Susruta. Its critical uses not only treat disease but also destroy root cause of disease which proves its greatness. In the present paper, author makes an attempt to evaluate the pathophysiology and mode of action of Ksharkarma and its importance in day to day practice.

All details regarding topic should be presented in full paper at the time of presentation.

ROLE OF KSHAR KARMA IN ANO-RECTAL DISORDERS
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Abstract
Ano-rectal complaints are usually benign in origin. Most of the patients suffering with these disorders do not seek medical advice at an early stage due to embarrassment. It results in advancement of the disease and significant disturbance in the quality of life. Among the available treatment modalities of ano-rectal disorders, Kṣhar karma appears to be the best in terms of relief and nonrecurrence. Common disorders of ano-rectal area treated with Kṣhar karma are Arṣah (hemorrhoids), Bhagandara (fistula-in-ano), and Parikartikā (fissure-in-ano). These disorders occur in peri-anal and perineal region, the seat of sadyaḥprāṇaharamarma(vital area) and require proper examination and proficient management. Kshar karma provides Effective wound healing and pus drainage Chemical curettage of the tract– Kshara invades the cells of lesion till the engorged tissue destruction occurs by the ksharanaguna or corrosive property of the kshar karma. Snuhī latex is proteolytic in nature. It dissolves the tissues at the base of the lesion. Turmeric provides bactericidal action along with its unparalleled healing property. Comprehensive action of herbs of kshar karma does not contradict or antagonize each other’s properties. In fact they act as comprehensive package and support each other’s actions so provide desirable effects and In case of fistula in ano (bhagandara), It also acts as a seton to allow the proper drainage of pus and debridement of unhealthy tissue, thus providing a cleaner base for wound healing with minimal scarring and without complications.
ROLE OF ARKA KSHAR IN MANAGEMENT OF ANAL FISSURE

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Abstract

Ayurveda is an ancient science. It plays a great role in treating ano rectal disease. Ano rectal disease includes many diseases, in which anal fissure is also a disorder that resembles with gudaparikartika. Gudaparikartika is mainly caused by straining and passing large, hard stools (vibandha) and as a complication of panchkarma procedures. An anal fissure is a small, oval shaped tear in skin that lines the opening of the anus. Fissure typically causes severe pain and bleeding with improper bowel movements. It presents with streaks of blood on stool and burning or itching in an anal region. Kshar is useful in treating gudaparikartika (Anal fissure) as mentioned in Sushruta Samhita by Acharya Sushrut. There are two types of kshar told by acharya Sushrut – paneeya and pratisarneeya. In gudaparikartika, kshar can be used externally on the site of anal fissure. Arka (Calotropis procera) is a plant that can be used as kshar in treatment of anal fissure.

In this review article, we will discuss about properties and effects of arka to be used as kshar.

Keywords: Arsha, Paneeyakshar, kshar karma, shastra karma.

IMPORTANCE OF KSHAR-KARMA IN PRESENT SCENARIO WSR TO ANO RECTAL DISORDERS

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Ayurveda deals with physical mental spiritual as well as social wellbeing of an individual and society, thus covering all field of human life among the various diseases. Ayurveda has grouped eight of them that severely affect the health of entire population these are AnoRectoldisease(Arsha, Bhagandar), Vatvadhi, Prameha, Kusth, Asmari, Mudhagarbh, UdarRog and Psychosomatic disorders, it’s quite difficult to cure by nature. Astang Ayurveda is
like that of ocean of knowledge consisting of many concept in concise form. The Shalya Tantra, which deals with the different surgical procedures instruments, various type of wounds and their management with the help of Bheshajya, Yantra- Sastra Kshar Karm, Agni Karma, Jaulaka. Acharya SUSRUTA called the father of surgery. After 5000 Year of development in various aspect of surgery all the surgeries can be explained with the help of Asthavidha Shastra Karma, among Kshar Karma very helpful in Present Scenario WSR to AnoRectol Disorders. On the world the ray of hope is moving towards Ayurveda for its excellency in combatting the disease. Inspite of the fact that the Kshar Sutra the excellent Ayurveda remedy has earned an eminency as the first choice of treatment for ANORECTOL disorders. The further research on Kshar Karma is a demand of time. No doubt standard Kshar Karma is a best weapon against the AnoRectol Disorders.

**AAHAR-VIHAR IN PREVENTION AND MANAGEMENT OF ANO-RECTAL DISORDERS.**

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In 21 century life style diseases is a most common problem in society. The diseases can be Anorectal disorders, obesity, Osteo-arthritis, Diabetes, Impotency and Infertility etc. At this condition, a burden on the shoulder of ayurveda to facilitate, the country with its deep seated knowledge with a good support of scientific data. Ano rectal disorders are usually neglected by patient. Apathya Aahar plays an important role in the vitiation of dosha and proper following ahar-vihar helps to prevention and management of Anorectal disorders.

**Keywords:** Ahar-Vihar, Agni, Anorectal disorders

**ROLE OF PRATISARNEEYA KSHAR IN MANAGEMENT OF CARMAKILA**

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**Abstract**

Kshar karma is a procedure that involves the most important surgical, para-surgical, and critical-care procedures like incision, excision, scraping, and hemostatic locally (pratisaraneeya) and
generally (panneya). Pratisaraneeya kshara is prepared with herbo-mineral medicines having an average pH of 13, possessing penetrating, corrosive, scraping, and healing properties, and are evidently indicated for external application in charmakīla. Ayurveda mentions about charmakila briefly. The manifestation is brought about by the provoked vyāna vāyu taking along the kapha dosha producing firm and nail-like growths externally which are known as charmakila arsha. Epidermal nevi are hamartomas that are characterized by hyperplasia of epidermis and adnexal structures. These nevi may be classified into a number of distinct variants, which are based on clinical morphology, extent of involvement, and the predominant epidermal structure in the lesion. A 22-year-old girl approached us with complaints of blackish-colored hard growth, increasing in size over the right post-auricular region since 5 years. It can provide with a cost-efficient and time saving mode of treatment with least adverse effects.

**Keyword:** Ksharakarma, charmakila, Epidermal nevi.

**A CLINICAL EVALUATION OF GUGGULU (COMMIPHORA WIGHTII) COATED KSHARA SUTRA AND SHALA (SHOREA ROBUSTA) COATED KSHARA SUTRA IN THE MANAGEMENT OF BHAGANDARA W.S.R. TO FISTULA IN ANO**

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**Abstract**

Standarad Apamarga Kshara Sutra and Snuhi Kshara Sutra is used successfully in the management of Bhangdara by researcher. Snuhi Kshara Sutra preparation faces some problems like Snuhi latex is collected in a very little amount after the incision of stem, and also requires fresh latex in every coating, not only this it is also rare to get in all parts of India. It coagulates also if not used early and become useless. Collection is more difficult in summer so preparation is possible only in limited seasons. Sometimes it is painful, irritant and allergic to the patient.

There are some limitations in the use of guggulu resin coated Kshara Sutra, as Guggulu is found in some special zone and is extracted in a very little quantity. Also Guggulu has a large share in medicinal preparation. So in future the lack of Guggulu will be definitely faced.
Considering the above mentioned problem, we have decided to plan for modified Shala resin coated Kshara Sutra having better action, acceptability and more availability. An annual yield of 4-5 Kg resin per tree is obtained. For this above cited study three types of Kshara sutras were prepared. So at the end of this study final conclusion can be drawn that Shala resin coated Kshara sutra is more competent and effective than Guggulu coated or Snuhi coated Kshara sutra in the management of Bhagandara (Fistula in ano.

Key words: Fistula, Madhukadi, verbal analogue scale, U.C.T

AYURVEDIC DRUGS USED IN THE PREPARATION OF KSHARA-SUTRA IN ANO RECTAL DISORDERS W.S.R. PILES, FISTULA

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* Asst. prof. P.G.Deptt. of Dravya-Guna
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Abstract

It is quite common for a patient to seek treatment of Piles and Fistula disease through surgical intervention because this is only alternative known to the modern medical practitioners and to the public in general. The operative treatment of anal diseases is often far from simple and calls for caution and boldness based on wide experience of the disease in its various patterns and confident appreciation of anal anatomy. The surgeries of anal diseases have an unenviable reputation for subsequent recurrences fecal soiling, imperfect control of flatus, chronic wound healing, more hospitalization etc.

Man always strives for the best that is why the advancements and research has become a continuous process. Today, not only medical fraternity but common man also wants to verify the ancient claims which are time tested since centuries, on present day available scientific parameters.

Kshara and Kshara-sutra definitely plays a key role in the development of Shalya Tantra branch. Kshara Sutra is a unique and an established procedure for difficult surgical diseases.
It has through revolution in the Indian system of surgery. Kshara Sutra ligation therapy in the management of Anorectal disorders has been proved boon for the humanity. It effectively substitutes the modern surgical procedure as it has: Less economical, Pt. is ambulatory, Less discomfort ,No damage of sphincter and soft tissues ,No need of long duration hospitalization.

Other complications of the operation that mentioned priority has never been reported in K.S. therapy.

The content of standard Kshar sutra :Snuhi ksheer (Euphorbia nerifolia) ,Apamarg kshara (Achyranthus aspera) , Haridra (Curcuma longa)

**Keywords:** snuhi, adhobhaghar, shyamadi etc.

**ROLE OF THE SNUHI KSHEER IN THE PREPARATION OF KSHARSUTRA**

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*Associate professor  **Assistant professor*

Department of Rasa Shasra & Bhaishjya Kalpana, Dr. S.R. Rajasthan Ayurevda University, Jodhpur

**Abstract**

Ano-rectal disorders are progressively increasing in society. Kshar sutra therapy is the best for such types of diseases. It is used to eradicate piles, fistula, fissure etc. since many years. Ksharsutra is the convenient and comfortable, cheap and less painful techniques. Different opinions are found regarding method of preparation of ksharsutra but preparation with snuhi ksheer, haridra and apamarg kshar is the most popular method. This article will help to understand the role of snuhi ksheer in the preparation of ksharsutra as a ksharkarma rather than act only as a binding agent. New researchers told that snuhi ksheer have an adhesive property so it is work only as a binder. But our Rasashastriya treatise clearly mentioned its kshariya property (Rasatarangini 24/520).

Full paper will proved very scientifically manner that snuhi ksheer act not only as a binding agent but also plays important role in ksharkarma.
TREATMENT OF ANO-RECTAL DISEASES BY USE OF KSHAR SUTRA

DR. Ekta Sharma¹ Dr. Pramod Kumar Mishra² Dr. Anamika Soni³ Dr. Brahmanand Sharma⁴

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Abstract

Ayurveda is ancient system of life and also the oldest surviving medical system in the world. Ayurveda deals with disease to result in good manner by giving less side effects and maintain the health of person. Ayurveda has a very effective and easy treatment for ano-rectal disorders without any complications. In ayurveda texts, Acharyas have explained the kshar sutra treatment for ano-rectal disorders. The formation method of kshar-sutra is described by Acharya Chakradutta.. Kshar-sutra is a thread prepared with combination of haridra and snuhi ksheer. Snuhi (Euphorbia officinale) is a dravya that is used for formation of Kshar sutra. Acharya Sushrut has described about Kshar in sutra sthan. Kshar plays a great role in management of ano-rectal disease due to its tridosh-shamak, Dahan, Pachan, Daran, Katu, Ushna, Teeksha, Shodhaan and Ropana properties. In this review article, an effort has been made to explore the properties and effects of snuhi ksheer made kshar sutra to be used in treatment of ano-rectal diseases.

Keywords: ano-rectal, kshar sutra, snuhi, ayurveda.

ADVANCEMENT OF KSHARA SOOTRA AS IN APPLICATION OF BEGIGN GROWTHS.

¹Dr. Sachin Mittal ²Dr. Rajesh Kumar Gupta ³Dr. Ankita Goyal ⁴Dr. Rajiv soni

¹,⁴P.G Scholar ²Associate professor ³P.G Scholar

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P.G. Dept of Dravya Guna, NIA, Jaipur.

Abstract

Benign neoplasm is a new growth having fibrous capsule, limited potential for growth and regular shape and cells are well differentiated. It does not invade surrounding tissue or metastasize to distant site. Some of the neoplasm are adenoma, fibroma, haemangioma and lipoma. Benign growths are most common occurring swelling the body. They are often
asymptomatic, but causes panic to patient as they think of it as fatal cancerous growth. This mental impression for the benign growth as cancer, compels them to visit the surgeon. Some other go for cosmetic reasons. In modern surgery, these benign growths are treated by means of simple excision. Here, these benign growths are dealt using minimum invasive parasurgical Kshara sootra technique. This technique not only cures the problem but also its chances of reoccurrences.

**Keywords:** Benign Growths, Kshara sootra, Parasurgical.

ADVANCEMENT OF KSHARA SOOTRA AS PREPARATION OF KSHARA SOOTRA WITH THE USE OF DIFFERENT TYPES OF HERBAL DRUGS.

1 Dr. Ankita goyal  
2 Dr. Sudipt kumar rath  
3 Dr. Sachin mittal

1. P.G Scholar, Dept of Dravya guna, NIA, Jaipur  
2. Assistant professor, Dravya guna, NIA, Jaipur.  
3. P.G Scholar, P.G. Department of Shalya tantra, DSSRRAU, Jodhpur

**Abstract**

Acharya chakrapani and bhavprakash has described mainly rajni choorna and snuhiksheera coated kshara sutra for arsha and bhangandara. But according to time different types of kshara sutra which are coated with different types of herbal medicines are prepared for reducing the complications of kshara sutra application for gud rogas. This paper mainly focuses on preparation method of kshara sutra with the use of different types of herbal drugs as advancement of kshara sootra according to time.

**Keywords:** Gud Rogas, Arsha, Bhagandara, Ksharasootra

ROLE OF PRATISARNIYA KSHARA IN ANAL FISTULA

Dr. Brahmanand Sharma  
Assistant Professor, P.G. Dept. of Kayachikitsa, Dr. S.R. RAU, Jodhpur

**Abstract**

Ayurveda mentioned various Anorectal disorders named as ‘bhagandar’ (fistula in ano), ‘arsha’ (piles), ‘parikartika’ (anal fissure), ‘gudabhransha’ (rectal prolapse) and ‘gudavidridhi’ (Anorectal abscess). The first aim of Ayurveda is to secure the health of healthy individual and the second aim is to cure the diseases.
The anal fistula is a track with an external opening in the skin of perianal region and internal opening in the modified skin or mucosa of anal canal or rectum. In today’s practice too, the incidence of this disease is very frequent. Anal fistula resembles with the description of Bhagandara as described in Ayurveda. In the case of low anal fistula, without involvement of any anal sphincters the fistulotomy along with application of Pratisaraniya Kshara having benefits like Chedana, Bhedana, Lekhana, Sodhana and Ropana properties with early hemostasis, total eradication of infection by chemical debridement of fistulous tract so that reduces the chance of recurrence and enhances the wound healing and also decrease the duration of treatment as well as recurrence. It offers effective, ambulatory and safe alternative procedure. In the present paper we have tried to study the Pratisaraneeya Kshara after fistulotomy with decrease duration of treatment without recurrence.

**Keyword:** Bhagandara, Kshara karma

**CLINICAL IMPORTANCE OF PUDENDAL NERVE IN ANO RECTAL SURGERY**

*Prof. Mahendra Sharma** Dr. Shyoram Sharma
*Professor & HOD** Assistant Professor

Department of Sharira Rachna, Dr. S.R.Rajasthan Ayurved University, Jodhpur

**Abstract**

Anorectal disorders result in many visits to healthcare specialists. These disorders include benign conditions such as hemorrhoids, fissure, fistula in ano to more serious conditions such as malignancy; thus, it is important for the clinician to be familiar with these disorders as well as know how to conduct an appropriate history and physical examination. **The pudendal nerve is a sensory, autonomic, and motor nerve that carries signals to and from the genitals, anal area, and urethra.** There are slight differences in the nerve branches for each person but typically there are three branches of the nerve on each side of the body; a rectal branch, a perineal branch and a clitoral/penile branch. is derived from the pudendal nerve, which is composed of the anterior primary divisions of the second, third, and fourth sacral nerves. The pudendal nerve comes down from sacral nerve roots 2,3, and 4, runs underneath the piriformis muscle, goes between the (SS)sacrospinous and (ST)sacrotuberous ligaments at the ischial spine, travels through alcock's canal between the obturator internus and levator ani muscles, and divides into 3 branches. The pudendal nerve’s 3 branches include the following:
1. Dorsal nerve of clitoris, which innervates the clitoris
2. Perineal branch, which innervates the muscles of the perineum, the skin of the labia majora and labia minora, and the vestibule
3. Inferior hemorrhoidal nerve, which innervates the external anal sphincter and

A pudendal nerve block targets the pudendal nerve trunk as it enters the lesser sciatic foramen, about 1 cm inferior and medial to the attachment of the sacrospinous ligament to the ischial spine. Here, the nerve is medial to the internal pudendal vessels. This nerve is accessed by 2 approaches, transvaginal and transcutaneous (or perineal). The former approach is more reliable and is used most often, except when an engaged head makes vaginal palpation more difficult. The anatomical basis for both approaches is to block the nerve proximal to its terminal branches.

**Key words**- Pudendal nerve, perineum, rectal triangle, pudendal canal, greater sciatic foramen

**A REVIEW OF ANOTRECTAL DISORDER**

*Dr. L.N Sharma** Dr. Rajendra Purvia

*Associate Professor** Assistant Professor

P.G. Department of Dravyaguna, Dr. S.R. Rajasthan Ayurved University, Jodhpur

**Abstract**

Ano-rectal disorders are progressively increasing in the society. Few important causes out of a number of them are sedentary life style, irregular and in appropriate diet, prolonged sitting and psychological disturbances like anxiety and depression etc. Ano-rectal problems coupled with psychological manifestations, all are the causes inter-related to each other, these above mentioned causes result in dearrengment of jatharagani (power of digestion) which leads to constipation and other associated symptoms. It has been mentioned in ancient classics, that the dearrengment of jatharagani leads to all koshthagata rogas hence, ano-rectal disorders also. A constipated bowel is the devil’s workshop. The fecolith so formed due to constipation, while passing through anus produces trauma to anal valve and it results in the genesis of anal fissure. crypto- glandular infection leads to ano-rectal abscess and fistula. Constipation increases in the back pressure in to haemorrhoidal veins to produces piles. By referring to the above examples, it could be said unanimously that constipation is the sole cause of for most of these disorders. the fast- food culture has again worsen the condition as these foods are devoide of fibre. Onces,
these disorders get root in any person, the vicious circle of events is started because on condition may give rise to another one.

Key-Words- Ano-rectal disorders, life-style, jatharagani, Constipation, fissure, fistula, piles

**HISTORICAL BACKGROUND OF KSHARA SOOTRA AND DESCRIPTION OF STAGE WISE DEVELOPMENT OF KSHARA SOOTRA ACCORDING TO TIME**

1 Dr. Vijaypal Tyagi 2 Dr. Sachin Mittal
1 Lecturer, Dept of Rasshastra and Bhaisajya Kalpana
2 P.G Scholar, P.G Dept of Shalya Tantra
Dr. S.R. Rajasthan Ayurved University, Jodhpur

**Abstract**

Kshara sootra karma is a well known and ore acclaimed medicated surgical ligature used to manage the various surgical disorders especially in disease occurring in ano-rectal region. Kshara sootra karma is a minimal invasive parasurgical measure capable of performing excision or chedan; by virtue of its mechanical pressure and phytochemical cauterization. Kshara sootra. It is worthy to mention that application of kshara sootra has been well documented in Brihatrayee. This paper focuses on the historical background and stage wise development of kshara sootra regarding its preparation, its use and its standardization of kshara sootra

**Keywords:** Kshara sootra, Brihatrayee, Standardization.
4. धूपन 10. घृत प्रयोग
5. प्रकाशन 11. तक प्रयोग
6. लेपन 12. वरिष्ठ प्रयोग

रक्ताश्रय में वमन ।
यद्योक्त च चर्के हि —
“ पिल्ला श्वेताधिकं गतच शोधनेन उपपादयेत् ”
यहा शोधन से ताम्रय वमन एवं विरेचन दोषो मे से है ।
“ कफे वान्यदशांश : “[योगोध्] ”
कफ दोष के शोधन का सर्वाधिक उपयोग वमन होने से यहा वमन करना शुरू स्थापित है ।

➤ रक्ताश्रय में विरेचन —
“ पिल्ले यु विरेचनम् ”
आराम बागभट ने वतारण में भी विरेचन को उपयुक्त बताया है�
दोष पिसालक कोष मे आ जाय तब वतारण एवं पितारण के रोगी को विरेचन योग प्रयोग करना चाहिए ।

➤ रक्ताश्रय में परिशेषक किया :-
[1.] उष्ण परिशेषक — स्नेहन कराने के उपरान्त क्षाय द्रव्य यथा —पचन वलकल , गुलती , धातुकृपुष गूलर छाल अरुणछाल वहेला यथासा के क्षाय की धारा अर्थ के अरुलो पर छोड़नी चाहिए ।

[2.] शीत परिशेषक — जिस रक्ताश्रय के रोगी का रक्त अधिक निकल गया है उनमे चीनी , गोधूट मिलाकर मूल्यमित्र युद्ध निम्न प्रदेश के चारों तरफ मालिक करने के बाद शीतल जल कर परिशेषक करना चाहिए । कई बार वर्ष के ठुकरे को पोटले मे ले कर परिशेषक से लाम होता है ।

➤ उष्ण अवगाहन —गुलती , खस कृष काश रक्त चवन के क्षाध मे अवगाहन करावे ।
➤ शीतल अवगाहन — उा का रस , गुलती , बेत का शीतल क्षाय अथवा गौदुध द्वारा अवगाहन करावे ।
➤ रक्ताश्रय में अनुवादन वरिष्ठ प्रयोग —वातानुवंशी अर्थ की विकिर्दाम मे
“ कोणैनावट प्रत्ये गुरुमन्दरानवासवायम् श्रीवम् ”
कृष समे चूत मंड से शीत शीत अनुवादन वरिष्ठ देवे ।
यदि रक्त की प्रवृत्ति अधिक होता तो रक्त के रोगमार्क क्षाय शीत द्रव्यो से सिद्ध स्नेह की अनुवादन वरिष्ठ देवे ।

रक्ताश्रय में पिल्ला वरिष्ठ प्रयोग —पिल्ला विषय मे समय के पूरे , लट का प्रशोह या शुद्ध गूलर का दूसरा।यथासा को दो पल की मात्रा मे लेकर तीन प्रक्ष प्रत्ये एवं प्रक्ष गौदुध मे पकाने पर दृष्ट शेष रहे तो छान कर इसमे रक्तरोही द्रव्य गोरस तथा मंडल , साल चड्डा , तीन कमल , इन्द्रायं कमल केंद्र , प्रत्युंगु इनका कमल छूत मधू और चीनी मिलाकर इस प्रकार तैयार किया जाता है यि ना अधिक गाढ़ा ना अधिक पतला हो यह प्रयोग अर्थ के साथ प्रभाविका गुरुमन्दरानवायम् रक्ताश्रय आदि को नष्ट करती है ।
AYUR KAUSHALAM

TWO DAYS NATIONAL SEMINAR/WORKSHOP ON
Recent advancements in Kshar karma WSR to Ano Rectal Disorders

Dated 15-16 December 2017

Tentative Programme

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| **10.00-11.00am** | Inauguration Session- Welcome Ceremony  
- Welcome Speech By Organizing secretary  
- Introduction  
- Aims & Objective  
- Key note By Prof. Sanjeev Sharma- Patron  
- Blessing Words By Honble Vice chancellor- Chief Patron  
- Vote of Thanks -By Principal Sir UCA | Institutional Seminar Hall |
| **11.00-11.30am** | **Tea break** | |
| **11.30-12.30pm** | Joint session -1st  
Lead speakers-1 Prof. S. S Sharma(Jaipur)  
2 Dr. D.K Dwivedi(Bareilly) | Institutional Seminar Hall |
| **12.30-1.30pm** | Session one-A) Dhanwantari Hall  
B) Sushruta Hall | University College of Ayurveda |
| **1.30-2.30pm** | **Lunch** | Badminton court |
| **2.30-3.30pm** | Joint session -2nd  
Lead speakers-1 Dr. K.V.S Rao(Chhattisgarh)  
2 Prof. Mahesh Dixit(Udaipur) | Institute Seminar Hall |
| **3.30-3.45pm** | **Tea break** | |
| **3.45-5.00 pm** | Session Two-A) Dhawantari Hall  
B) Sushruta Hall(1st floor) | University College of Ayurveda |
| **7.00 pm** | **Dinner** | Badminton court |
**Day 2nd / 16-12-2017 / Saturday**

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<td>Breakfast</td>
<td>Badminton court</td>
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<tr>
<td>9-10.00 am</td>
<td>Joint session-3rd</td>
<td>Institute Seminar Hall</td>
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<td>Dr. Ramashanker (State Coordinator Kshar Sutra)</td>
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<td>Dr. Vineet Jain (Bhilwara)</td>
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<td>10-11.00 am</td>
<td>Session Three A) Dhanwantari Hall</td>
<td>Uni. College of Ayurveda</td>
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<td>B) Sushruta Hall (1st floor)</td>
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<td>11.00-11.15 am</td>
<td>Tea</td>
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<td>11.15-2.30 pm</td>
<td>Audio-Video/live operative procedures</td>
<td>Hospital Reception Hall</td>
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<td>2.30-3.00 pm</td>
<td>Lunch</td>
<td>Badminton court</td>
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<tr>
<td>3.00-4.00 pm</td>
<td>Valedictory programme</td>
<td>Institutional Seminar Hall</td>
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