ABSTRACT

Health is defined as the state of physical, mental, social and spiritual well being of an individual not merely absence of the disease or infirmity. In today’s fast pacing world people are so busy with their work and profession spending less time to care of their body health which is most important in all. At present whole world is at risk of various metabolic, life style and non communicable disease which are increased due to gain in life expectancy of an individual in few decades. Ayurveda being a preventive life science is rich source of fundamental principal which proved beneficial for the humanity to attain a highest level of health. Among them one concept explained is the kshara i.e. alkaline. Acharya Sushruta has been explained about the different types of kshara and preparations and their usage in various disorders and used both externally and internally. In kshara he explained Ksharodaka – i.e. Paneeya kshara the alkaline water which drinkable by an individual in various disorders more in gastrointestinal disorders such as indigestion, anorexia, various benign and malignant pathologies such as strictures, various kind of colitis and irritable bowel syndrome. At present alkaline water is proved to efficacious in various pathologies and to keep the disease away from the body and evidenced based and documented in various clinical studies. Hence this sincere effort made to explore the age old concepts keeping modern parameter and evidence to prove efficacy and usefulness for the betterment of society.

KEY WORDS: Ayurveda, Health, prevention, kshara, ksharodaka, Sushruta.
INTRODUCTION
Acharya Sushruta a father of surgery explained about the kshara. He explained 2 types of kshara i.e. prateesharneeya – application and paaneeya – drinkable.
The prateesharneeya kshara use for the disease such piles, warts, fistula and keloid.
Paneeya kshara explained for internal pathologies such as indigestion, malignancy, and obstruction and various gastrointestinal pathologies⁴.

WHAT IS ALKALINITY
• The concept of the acidity or alkalinity of your body - or of water - is based on the pH scale.
• PH is simply a measure of the concentration of hydrogen ions. In fact, the acronym “pH” is short for “potential of hydrogen.” The higher a liquid’s pH, the fewer free hydrogen ions it has; the lower its pH, the more free hydrogen ions it has. One pH unit reflects a tenfold change in ion concentration - for example, there are ten times as many hydrogen ions available at a pH of 7 than at a pH of 8.

- The pH scale goes from 0 to 14, and a pH of 7 is neutral.
- Anything with a pH below 7 is considered acidic, with battery acid being the most extreme example, around 1.
- Anything with a pH above 7 is alkaline (or basic), with lye at the top of the scale, around 13.
Guidelines for the PH of Your Drinking Water

- So, what are the recommendations for optimal drinking water pH?
- The WHO has published a nearly-600 page document called “Guidelines for Drinking-water Quality.” In this voluminous tome, you would expect to find everything you’d ever want to know about your drinking water, right? Well, everything EXCEPT a pH recommendation - there are no health-based guidelines for pH!
- They state that pH usually has “no direct impact on consumers,” yet they also write pH is one of the “most important operational water quality parameters.”
- They do recommend your water pH be in the range of 6.5 to 8.0.
  “…A healthy and clean colon is one of the most important precursors to good health and that the great majority of body ailments and diseases originate in an acidic and dirty colon. Water is essential for your health. Drinking “good water;” especially hard water which has much calcium and magnesium keeps your body at an optimal alkaline PH.”

Dr. Shinya, Author on the Enzyme Factor

Benefits of the alkaline water

Because alkaline water has a higher pH level than does plain tap water, proponents say that it can
- Neutralize acid in your bloodstream,
- Boost your metabolism and
- Help your body absorb nutrients more effectively.
- Some even say that alkaline water can help prevent disease and slow the aging process.
- Some studies suggest that alkaline water may help slow bone loss, but further investigation is needed to determine if this influences overall bone mineral density and if the benefit is maintained over the long term.

Alkalinity Research II: Humans

There has been a great deal of debate about battling cancer by making your body alkaline. This has become a focus of interest as cancer rates have skyrocketed (along with many other chronic, debilitating diseases), while our bodies have become more acidic from our processed-food diets. The scientific research about the benefits of alkalinity is by no means conclusive. PH appears to have a major influence on cell mitochondria:
• Normal cells die under extremely alkaline conditions. A study published in the *Journal of Biological Chemistry* found that alkalosis (rising cellular pH) causes alkaline-induced cell death as a result of altering mitochondrial function.

• Another study out of Cornell University states that antioxidants have not proven to be effective against many neurodegenerative diseases, and they state it may be a result of how the mitochondria operate within the cell in certain pH conditions.

**Balance Is Key**

As is true with many things, in the end it’s a matter of balance. Water that is too acidic or too alkaline can be detrimental to human health and lead to nutritional disequilibrium. This was demonstrated in a Swedish well water study, which found both pH extremes to be problematic. Your body simply was not designed to drink highly alkaline water all the time. So I believe it’s best to be VERY careful when it comes to something as foundational as the water you drink on a daily basis. If you get it wrong, you could really cause yourself some major damage. It makes sense that you are designed to drink water that occurs naturally, which excludes alkaline water with pH levels of 8 and above.

**Ksharodaka/ Paneeya Kshara explained in the classics** - Acharya Sushruta given a complete description of preparation of kshara in the sootra sthana in kshara paka vidhi adhyaya – once kshara is prepared can be mixed with the water and superannuated water after testifying its ph can be taken by the person in the disorders in which in indicated.

**Precautions** - Before starting the Ksharodaka treatment one should assess the patient properly with meticulous history and wise examination

- Proper assessment of ph before administration should be around 8.0-9.0
- Should not be given in long run.
- Intermittent administration.
- Special precautions in newly married and patient who are planning for conception.

**Quantity** – 6 to 8 glass of water every day.

**CONCLUSION**

Ayurveda being a life science which has helped to get rid of various disorders and minimize the morbidity load in the society by keeping its fundamentals in mind and using age old, time tested and evidenced based medicine.
Kshrodaka also a unique concept has been explained by Acharyas in various pathologies to keep the body healthy and disease free. The usefulness and effectiveness of the ksharodaka can be understood with the basis of present research on alkaline water.

Thus to make it more popularize and evidence based further scope for the study and extensive research before adopting it as main line of treatment in the said disorders.

REFERENCES
2. Charaka samhita, Sootra Sthana, first chapter, Chaukhamba prakashana.
5. Sushruta Samhita, Sootra Sthana, Chaukhamba prakashana.