CLINICAL SIGNIFICANCE OF KSHARA SUTRA THERAPY IN VARIOUS DISEASES: A REVIEW ON CASE STUDY

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ABSTRACT
Shalya Chikitsa is one of the most important branches of ayurveda ancient text of ayurveda mentioned utilization of surgical process for the management of many diseases which are difficult to treat by non-surgical therapy. kshara sutra is the para-surgical process generally employed for various disease related to the surgical process involving lesion, wound and hemorrhage. kshara sutra offers beneficial effect in many disorders such as; bhagandara, arsha and kadara. This article summarizes therapeutic advantages of kshara sutra in various disorders.

KEYWORDS: Shalya Chikitsa, Kshara Sutra, Shastra Karma, Parasurgery.

INTRODUCTION
Sushruta Samhita mentioned various treatment modalities in different category such as; bhashaj chikitsa (palliative treatment), kshara karma (potential cauterization agent therapy), agnikarma (direct cauterization agent therapy) and shastra karma (operation by sharp instrument). Ayurveda described kshara karma as part of parasurgery which acts as potential cauterization application therapy.

The kshara sutra categorized under the kshara karma therapy which possesses significant therapeutic application in disorders related to the surgical procedure. Kshar Sutra is thread coated with medicated material like apamarg (kshar) (ash of achyranthus ascer), snahu (euphorbia neriifolia) latex and haridra (curcuma longa) powder; which helps in debridement and lysis of tissues also possess antifungal, anti bacterial and anti inflammatory potential.

Kshara Sutra also destroys the residual glands in the epithelium; these all properties of Kshar Sutra establish its therapeutic potential as a part of parasurgery.

Advantages of Kshar Sutra
➢ It minimizes chances of complication
➢ Reduces probability of recurrence
➢ Patient resumes work and normal activities very soon
➢ Acceptable in terms of cost of treatment
➢ Minimal invasion

Suggested mechanism of action of Kshara Karma
➢ Vranashotha pachana: reduce the size of lesion
➢ Vilayana: offers ushna, tikshna properties; thus can melt kapha vata vibandha
➢ Dharana: bursting of wounds
➢ Vrana shodhana and ropana: wounds healing
➢ Vrana kleda soshana: reduce itching and burning sensation
➢ Sthambana: reduces bleeding

there are many disorders which seeks utilization of kshara karma therapy such as; shalyaj nadi vran, bhagandara, arsha and kadara characterized specifically by the presence of wound, lesions, unwanted painful hair follicle, skin edema and superficial tissue growth.

There are two types of kshara; paneeya kshara for internal use another one is prathisaraneeya kshara for external use. The prathisaraneeya kshara is further divided into three types; Mrida (mild), madhya (moderate) and tikshna (strong). Paneeya kshara is used for the treatment of diseases such as; abdominal lump, indigestion, calculus etc. while prathisaraneeya kshara is used for tumors, fistula in ano, piles and for skin diseases etc.[1-4]
KSHARA SUTRA IN BHAGANDARA (FISTULA-ANO)⁵

Bhagandara is common ano-rectal disorder. It causes much discomfort in routine life along with severe pain and patient feel very inconvenient to perform daily routine activities. Utilization of kshara sutra offers significant relief in disease condition and it has now become preferred choice of treatment for such disorder. Study proved efficacy of kadali kshara sutra in bhagandara since it possess relief in pain and burning sensation also offers less unit cutting time. Study observed severity of pain, edema, and healing time and results were found to be satisfactory. The unit cutting time analyzed on various parameters like age, sex, parkriti, type of bhagandara etc. Kadali of kadali kshara offers properties like; madhura rasa, guru and snigdha guna, sheeta veerya, madhura vipaka and pitta-vatahara which overall reduces pain and burning sensation in patient of bhagandara. Study suggested that the kadali kshara sutra therapy offers beneficial effects in bhagandara in following ways.

- Kadali Kshara Sutra offers continuous drainage of fistulous track resulted fast healing.
- The medicaments dissolve the fistulous tissue of the track and Kadali stimulate granulation of healthy tissue.
- It helps to maintains aseptic condition.
- Kadali Kshara Sutra reduces pain and burning sensation.

KSHARA SUTRA LIGATION IN ARSHA (HEMORRHOIDS)⁶

Arsha (hemorrhoids) is disease involve bleeding per rectum, constipation, pain, prolapse and discharge. It occurs due to the disturbance in tridosha; mainly vata. Vitiated dosha in guda vali, pradhana dhamani and mansadhara kala and vitiates twak, mansa, meda and rakta, resulted annavaha sroto dushti. Study proved efficacy of Kshara sutra ligation in arsha in terms of reduction in postoperative bleeding and post-operative anal stenosis. Study confirm Kshara sutra ligation arsha reduces duration of treatment, it allow patient for his/her daily routine work from the next-day after the surgery. While utilizing this procedure the requirement of anti-inflammatory drugs decreases. It also possesses quickly and smooth wound healing. Procedure is also much cost effective since one sitting is sufficient using local anesthesia. There is no adverse effect during the post-operative period such as; incontinence and bowel irregularities, etc.22

KSHAR SUTRA IN PILONIDAL SINUS⁷

A Pilonidal sinus involves a sinus track which contains hair, occurs generally under the skin. It may be occurs due to the hormonal imbalance, friction and infection. The pilonidal sinus commonly treated using surgery. Study proved that Kshar Sutra procedure was offered significant relief in pilonidal sinus. The Kshar Sutra therapy for pilonidal sinus must consider prevalence of other disease condition like; tuberculosis, HIV and diabetes mellitus etc. before starting treatment procedure. The procedural protocol utilizes excision of external openings using local anesthesia and the removal of embedded hair follicles that after kshar sutra tied-up covering the entire underlying track for healing. After dressing the patient may be discharged on the day after the procedure. Study advocate dressing alternatively and change of kshar sutra as required getting maximal beneficial effect. Study attributes the beneficial effect of kshar sutra in pilonidal sinus due to the medicated thread (seton) coated with herbal drugs which helps in debridement and lysis of tissues, exerts antifungal, anti bacterial and anti inflammatory activity. Kshara Sutra also destroys the residual glands in the epithelium which decreases chances of recurrent. Study established Kshar Sutra as a potential therapy in the management of pilonidal sinus since it minimizes rates of complication and recurrence, offers acceptability in terms of cost and comfort.

KSHAR KARMA IN CHARMAKEELA (WART) & IN KADARA (CORN)⁸

Wart (Charmakeela) is a common viral infection affects mainly skin and adjacent mucous membranes. This disease occurs mainly due to the vitiation of vata along with kapha over the skin resulted development of hard nail like structures called charmakeela while ayurveda mentioned Kadara (corn) as Kshudra rogas and commonly appears in the center of the paw as a whitish, circular area which is extremely painful when palpateted. It also occurs on the sides or the tips of the paw pad and between the toes and causes severe pain. Ayurveda described utilization of kshara karma under kshudra roga adhikaras for the treatment of charmakeela and kadara. Study also proved efficacy of kshara karma in the management of charmakeela and kadara considering its effect on two subjective symptoms (pain & burning sensation) and two objective signs (regression of lesion & discharge). The study reveals that most of the patients realize reduction in pain, burning sensation, discharge and complete regression of lesion. Some patients

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**Figure 1: Types of Kshara**
observed scar which is lesser in size as compared to initial size and thus acceptable. Pratisaraneeya Apamarga kshara showed greater improvement in corns and warts when compared to pratisaraneeya Palasha kshara. Pratisaraneeya Apamarga kshara found to possess significant improvement in charmakeela and kadara as compared to pratisaraneeya palasha kshara.

REFERENCES