

A conceptual review study of ksharatrik according to Rasatarangini

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Abstract- Ayurveda is a branch of science which deals with maintaining health and treating diseased condition of the body. Most of diseases are treated by only palliative treatment depending upon its condition. Some requires other treatment like surgical excision. But it becomes very painful and difficult in inaccessible areas. In this case, Kshara plays an important role. Clinical application of it reduces bleeding and chances of reoccurrence of the disease are very rare. It is derived from plant, animal as well as mineral origin. Its potency can be changed by combining various ksharas. Although it is hot, it is cool in touch. It has cutting and corroding property. Rasatarangini is a book related to Rasashastra in modern period. So present study is an attempt to review three ksharas described in ksharatrik vigyana trayadosha taranag adhyaya.

Keywords: Ayurveda, Rasashastra, Kshara, cutting.

❖ Introduction:

Ayurveda is one of the most ancient system of life, health and cure. This system of knowledge flourished through over 5000 years and has had an unbroken tradition of practice down the ages update. This is based on its own unique & original concepts and fundamental principles. The basic and applied knowledge of Ayurveda has survived to the present times through its various branches like Kaychikitsa, Shalya tantra, Shalakyta tantra, Dravya Guna, Bhaishajya Kalpana, Rasashastra, Rachana Sharir and Kriya Sharir etc. The branch Rasashastra and Bhaishajyakalpana deals with the preparation of medicine by using kashtaoushadhi (herbal), Rasoushadhi (Mineral) and Kashta Rasaushadhi (Herbomineral). Ksharas have more importance in the Rasashastra. They do a major role in processing of rasadravyas.

The alkaline material derived from different plants is called as ksharas. They mainly come under category of Anushastra due to their property cutting and breaking. They are named as Kshara due to their corrosive nature. It is a substance with high pH and helpful in neutralizing acids. It can be used in internal and external use. It is best remedial choice if we are willing to avoid surgery and it is indicated in samhita. It is mentioned in Charak samhita, Sushrut Samhita, Ashtang Sangraha, Ashtang Hrudya, harita samhita and Sharangdhar samhita. Also it has description in Rasashastra granthas like, Rasatarangini, Rasarnav and Rasaratna samuchchay. Rasatarangini is an authoritative text on Rasashastra and contains all the details of various procedures involved in drug preparation. It is considered to be the last classical text pertaining to rasashastra in modern period. Its thirteenth chapter have description of three important ksharas, namely Yavakshara, Sajjikshara and Tankana.

❖ Aim

To study in detail Ksharatrik from Rasatarangini.

❖ Objective:

1. To take various references related to Ksharas in Rasatarangini..

❖ Material and Methods:

Literature review is done through rasatarangini, various research papers available in Journals and online data available.

❖ Review of Literature:

Rasatarangini was written by Pranacharya Sadanand Sharma. Colophon given at the end of last chapter clearly indicates that author of this text as Sadananda Sharma. Thirteenth chapter in Rasatarangini, having name Ksharatrik Vigyaniya Trayadosha Taranga, has detail description of preparation, dosage and indications of yavakshara, sajjikshara and Tankana. It is as follows –

1. Svarjika Kshara

- **Name –**
Hindi – Sajjikshara
Sanskrita – Svarjika kshara

- **Synonyms:¹**
 - Svarjik
 - Svarjika
 - Svarji
 - Svarja
 - Svarjee
 - Suvarchika
 - Svarjaka
 - Svarjikakshara
 - Sarji
 - Sarjee
 - Sarjika
 - Suvarchaka
 - Suvarchi
 - Suvarcho
 - Suvarchika
 - Sukhorjika
 - Kapot
 - Sukhavarcha
 - Sukharjika
 - Ruchaka
 - Svarjika Kshara
 - Svarjikakshara
 - Sauvarchala
 - Suvarchi.

- **Preparation Method:²**

Ushtra Priya panchanga is dried in sunray and it is burnt in light heat. The white colour ash obtained from burning is collected collectively. It is now dissolved in eight times of water and left for overnight. Then it is filtered for seven times and it lefts undissolved material. Remaining liquid is evaporated over fire carefully. Then we get white coloured kshara at the bottom of vessel at end.

- **Properties:³**

It is Tikshana, katu, Ushna, PachanaVatakopa nashaka, Shwasanashaka, kasanashaka, Agnideepana, Gulma, Adhmana, varna, Udar roga and Krimi roga nashaka.

- **Dose:⁴**

3 ratti to 12 ratti according to bala and Kshaya.

2. **Yavakshara**

- **Name –**
Hindi – Jaukshara
Sanskrit – Yavakshara

- **Synonyms:⁵**

- Yavakshara
- Yavapaptya
- Yavaja
- Yavakshukaja
- Yavya

- Yavagraja
- Yavahaya
- Yvanalaja
- Yavashukoo
- Yavashuka
- Shukjo
- Yavashukja
- Yavaya
- Pakya

▪ **Method of Preparation:**⁶

Yavapanchanga is burnt and ash is collected carefully. Eight times water to the quantity of ash is taken and ash is dissolved into it. Now it is filtered through cloth for seven times and undissolved material is separated and left out. The filtered water is evaporated over fire. After it gets dried completely, Pandu coloured Yavakshara is obtained at the bottom of vessel.

▪ **Properties:**⁷

Laghu, snigdha, Deepana, Pachana, Sar

▪ **Dose:**⁸

3 ratti to 10 ratti according to bala and Kshaya.

▪ **Therapeutic use:**⁹

Pliha roga, kapha vata roga, shoola, Anaha, Udar roga, Adhmana, Mutrakrichchha, Kantha roga, Amlapitta, Aupasargika roga janya prameha, Vrishanashotha, Sweda pravartaka, Mutrala.

3. Tankana

▪ **Name –**

Hindi – Suhaga

Sanskrita – Tankana

English – Borax

▪ **Introduction:**

It is a mineral and also known as Tincal. It is found deposited in volcanic emanations, hot springs and dried up shallow basins or saline lakes. It is faecal with halites, sulphates and carbonates etc.

▪ **Synonyms**¹⁰

- Tankana
- Tanka
- Tanga
- Tangana
- Dravaka
- Tankankshara
- Rangakshara
- Ranga
- Rangada
- Loha shodhana
- Svarna shodhana
- Saubhagya
- Sitakshara
- Shweta kshara
- Tangaka
- Kshararaja

- **Minerological identification:**

Nature : Crystalline lumps
 Colour : white
 Streak : White
 Cleavage : Poor
 Fracture : Conchoidal
 Lustre : Vitreous
 Tenacity : Brittle
 Hardness : 2 to 2.5
 Specific gravity : 1.65 to 1.7
 Transparency : Translucent
 Taste : Sweetish alkaline

- **Types:**

1. Tankana : White coloured
2. Neela kantha tankana : Neelabha

- **Shodhana:**¹¹

Five pala of powdered Tankana is taken into small pan and heating is done by means of chullika when its water proportion is evaporated and it becomes supusphita (means bulged and light weight). It is Shuddhi lakshana.

- **Properties:**

Rasa : Katu
 Virya – Ushna
 Vipaka – katu
 Guna – Ruksha, Ushna, Tikta, sara

- **Karma :**¹²

Hridya, balya, Saraka, kaphanihsraka, Deepana, Stripushpajanana, Mudhagarbha, Pravartaka

- **Therapeutic Use:**¹³

Kasahara, shwasahara, Varna, adhmana, Vata roga.

- ❖ **Discussion and Conclusion:**

Ksharas are most widely used dravyas in present era. It has similar property to Agni, but having different features. It does incision and corrosion. There are various types of Ksharas described in Rasatarangini. But there is elaboration of three main ksharas in Ksharatrik adhyaya, containing Yavakshara, Sajjikshara and Tankana. They have important therapeutic uses also.

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