

REVIEW ON PANEYYA KSHARA IN SHLEEPADA

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ABSTRACT

Shleepada is Kapha Pradhana Tridoshaja Vyadhi, which manifests mainly by the vitiation of *Kapha*. It leads to abnormal enlargement of different body parts. *Dusta Jala* (stagnant water) is considered to be one of the main cause of *Shleepada* which manifests with the symptoms painful swelling starting from groin and extending to the feet. There are various types of treatments described in Ayurveda for *Shleepada* such as *Dahana Karma*, *Siravyedha*, external application of *Lepa*, internal medications and *Paniya Kshara*. The present article is on review of the concept of *Paneeya Kshara* in *Shleepada* as in *Samhitas*.

KEYWORDS: *Dusta Jala, Kapha Dosha, Shleepada, Paneeya Kshara.***INTRODUCTION**

Shleepada is a disease condition mentioned in all most all *Samhitas*. It is described as an abnormal swelling developing from the groin and gradually involving the legs. It may occur in different body parts like the legs, hands, ears, lips, nose, eyes.^[1] This condition can be correlated to lymphadema. Lymphatic filariasis constitutes second leading cause of permanent disability in stigmatization among all lymphadenoma.^[2] In Ayurveda there is mentioning of different treatment protocol for *Shleepada*. *Paneeya Kshara* is one such modality as mentioned by *Acharya Sushruta*. As *Kshara* is having *Tridoshahara* property.

Nirukti: The term *Shleepada* has been derived from two separate words – “*Shlish*” and “*Pada*”. “*Shlish*” refers to elephant. “*Pada*” refers to the foot. Which means morbid enlargement of the leg, swollen leg.^[3]

Definition: *Vata, Pitta, Kapha* getting aggravated move downwards become localized in the groin, thighs, foreleg and calves, gradually reach the feet in course of time and give rise to swelling this pathological condition possessing the appearance of leg resembling a leg of elephant is called *Shleepada*.^[4]

Nidana: *Shleepada* occurs especially in those places which have more stagnant water and are cold in all the seasons of the year.^[5] The stagnant water can be consider as *Dushtajala*. It possesses *Kapha Pittakara-Guna*.^[6] The *Samhitas* mention consumption of water from sources like the *Mahendra, Himavat, Pariyatra, Vindhya* and *Sahya* causes the disease *Shleepada*.^[7,8]

Samprapti: Stagnant water and cold climate is considered as *Nidana* for *Shleepada* and it is mainly responsible for vitiation of *Kapha Dosha*. Even though *Shleepada* is *Tridoshaja Vyadhi*, *Kapha* is predominant among all three kinds of *Shleepada* as *Gurutva* and *Mahat* are not possible without the involvement of *Kapha*.^[9] *Kapha* is *Ashrayee* to *Rasa Dhatu*. So *Kapha Dushti* in turn vitiates *Rasa, Rakta and Mamsa Dhatu* So, initially, pathogenesis happens because of *Kapha* then along with *Pitta* and later with the *Vata Dosha*.

Lakshana: In classics the *Poorva Roopas* are not mentioned for the disease *Shleepada*. *Shleepada* is classified into 3 types as *Vataja, Pittaja* and *Kaphaja*. *Vataja Shleepada* presents with the characteristic features like *Rooksha* (dry), *Krushnam* (hyperpigmentation), *Sphutitam* (fissures of the skin), *Animittarujam* (intermittent pain). In *Pittaja Shleepada* patients exhibit the signs and symptoms like the *Peeta Sankasham* (yellow discolouration), *Daha* (burning sensation) and *Jwara* (fever). *Kaphaja Shleepada* presents with features like *Shweta* (white or pale colored swelling), *Mandavedana* (slightly painful), *Snigdha* (glossy), *Bharika* (heavy), *Sthira* (hard) *Mahaagrathika* (nodular), *Kantakairupaachitam* (papilloma/verrucous).^[10]

As lymphatic filariasis prevalence is more in India and the causative factor for this disease is *Wucheria bancrofti*, As it transmit through the vector mosquito [cules, *Aedis*, *Anopheles*] whose habitat is stagnant water. This can be correlated to the *Nidana* of *Shleepada* i.e *Dusta Jala*. The pathology of lymphatic filariasis being recurrent lymphangitis that causes obliteration of lymph vessels causing dermal lymphatic backflow which leads retrograde obliteration of lymphatics. This leads edema causing recurrent cellulitis where there is

accumulation of protein, growth factors etc. This in turn activates collagen and keratinocytes. Then there is formation of protein rich lymphadenomatous tissue and there is sub dermal fibrosis. This leads to dermal thickening and proliferation, fissures, ulcers ultimately leading to stout leg this condition is called as elephantiasis. This pathology goes hand in hand with the *Samprapthi of Shleepada*.^[11]

Sadyasadhyata: signs of incurability - swelling which has features like an

1. *Valmika*(anthill)
2. *Mahat* (big in size)
3. *Kantakachitha*(studded with thorny projection)
4. *Bahu Sasrava* (excessive discharge)
5. *Bahu Kandu* (excessive itching).
6. *Saankura* (very much elevated)
7. When the disease is produced in person who is of *Kaphaja Prakrithi* and indulging in more of *Kaphaja Aahara* and *Vihara*
8. Swelling of more than one year.^[12]

Treatment: There are several types of treatment modalities mentioned in different *Samhithas* that includes *Shodhana*, *Siravyadha*, *Shamana* by internal medication and *Lepa* applications. *Paneeya Kshara* is one such modality mentioned by *Acharya Sushrutha*.

Kshara is the substance which removes the debris of skin and flesh (*Dusta Tvagmamsadi*), and detoxify the vitiated *Dosha*, *Dhatu*, *Mala* because of its *Ksharana* property .mainly it is classified into 2 varieties based on mode of application .these are *Paneeya Kshara* and *Pratiaraneeya Kshara*.

In the chapter of *Shleepada Chikitsa* in *Sushrutha Samhitha* there is mentioning of 2 types of *Paneeya Kshara*.^[13]

1. Table No.1^[14,15]

Drug	Botanical name	Rasa	Guna	Virya	Vipaka	Kama
Kaakadani	<i>Capparis sepiara</i>	Katu,tikta	Laghu,ruksha	Ushna	katu	Kaphavatashamaka shothagna
Kakajangha	<i>Peristrophe bicalyculala</i>	Tikta,kashaya	Picchila,sara	Sita	katu	Kapha hara,pittahara
Brihathi	<i>Solanum indicum</i>	Katu,tikta	Laghu,ruksha	Ushna	Katu	Kaphavatashamaka shothagna
Kantakari	<i>Solanum xanthocarpum</i>	Katu,tikta	Laghu,ruksha	Ushna	Katu	Kaphavatashamaka sothagna,krimigna
Kadamba puspi	<i>Anthocephalus indicus</i>	Katu,thikta, kashaya	Laghu,ruksha	sheeta	katu	vedhanastapana
Mandari	<i>Calotropis gigantean</i>	Katu,tikta	Laghu,ruksha, thikshna	Ushna	Katu	Kaphavatha shamaka
Lamba	<i>Lagenaria vulgaris</i>	Tikta,katu	Laghu,ruksha	sheeta	katu	Kaphapitta shamaka
Sukanasa	<i>Oroxylum indicum</i>	Tikta,kashaya	Laghu,ruksha	Sheetha	Katu	Tridhoshashamaka shothahara,vrana ropana, kaphagna

These drugs should be taken in equal quantity and dried, and then they are burnt to get an ash. This ash is collected and dissolved in 6 parts of *Gomootra*. The mixture is kept for one overnight. Then this should be filtered for 21 times. That filtrate is added with juice of *Kakodumbarika*(*Ficus hispida*), decoction of *Madana Pala*(*Randia spinosa*), and fresh juice of *Shukanasa*(*Oroxylum indicum*) this should be heated till it attains a semisolid form. This *Kshara* will cure *Shleepada*, *Galaganda*, *Grahani Dosha*, *Apachi* and all *Visha* conditions. Dose of *Kshara* is 1 *Shana Matra*.(3gm)

2. Tabel^[14,15]

Drug	Botanical name	Rasa	Guna	Virya	Vipaka	Karma
Danti	<i>Baliospermum montanum</i>	Katu	Thikshna, laghu, sara	Ushna	Katu	Kaphavata shamaka krimigna, shothgna
Dravanti	<i>Jatropha glandulifera</i>	Katu	Laghu,snigdha,tikta	Ushna	Katu	Kapha hara
Trivrut	<i>Operculina turpethum</i>	Madhura,katu ,tikta kashaya	Rukshna,thikshna, Laghu	Ushna	Katu	Kaphapittahara shothagna
Neeli	<i>Indigofera tinctoria</i>	Tikta	Laghu,ruksha	Ushna	Katu	Kaphavata shamaka, shothagna
Sapthala	<i>Euphorbia dracunculoides</i>	Tikta,kashaya	Laghu,ruksha, thikshna	Sheetha	Katu	Kapha hara
Shankini	<i>Euphorbia pilosa</i>	Tikta	Thikshna,ruksha	Ushna	Katu	Kapha hara

These drugs should be taken in equal quantity and dried and burnt to ash. This Ash is added with 6parts of *Goomootra*. the mixture is kept for one over night and filtered for 21 times. This filtrate is added with decoction of *Triphala* and cooked until it attains a semisolid form which is the *Paneeya Kshara*.

DISCUSSION

Shleepada is one of the *Kapha Pradhana Tridhoshaja* condition. The qualities of *Kapha* includes *Guru*, *Snigdha*, *Sheetha* and *Picchila*.by these qualities vitiated *Kapha* in turn vitiate the *Rasadi Dhatus* and cause *Gurutha* and *Mahat Shopha*. So the treatment protocol one should give more importance to *Kapha Dosha*. As the *Kshara* having the *Agni* and *Vayu Mahabutha* predominance. Here in these two formulations the drugs mentioned are having *Laghu*, *Ruksha*, *Thikshna Gunas*, *Ushna Virya* and *Katu Vipaka*. By these drugs when *Kshara* is prepared it will do the *Paachana*, *Vilayana Shodhana* of vitiated *Dhoshas*. *Kshara* (alkali) having *Guna* like *Chedhana*, *Bedhana*, *Lekhana* and *Tridhoshagna* so It is very much useful in *Krimi*, *Amadhosha Kapha Pradhana Vikaras* and *Medajanya Vikaras*.

As *Shleepada* is kind of disease in which *Srotho Avarodha* by *Kapha* and vitiation of *Kapha* is the main cause, the *Paneeya Kshara* having *Ushna Theekshna* property help to *Vilayana* of *Dhoshas* there by *Srotho Avrodha* also will get clear. Thus the *Paneeya Kshara* is help full in *Shleepada*.

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