

**PANEEYA KSHARA IN MUTRASHMARI (UROLITHIASIS): A  
REVIEW ARTICLE**

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**ABSTRACT**

Because *Kshar as* or alkalis undertake the work of incision, puncture, and scarification in order to cure the derangements of *Tridosha*, *Kshara* is regarded as superior to all *shastra karma* (surgical procedures) and *anu-shastra karma* (para-surgical measures). One of the most prevalent diseases of the *Mutravaha Srotas* is *Mutrashmari* (urolithiasis), which is brought on by an imbalance between the components in the urinary system that promote and hinder the formation of stones. As *Mutrashmari* is *kapha pradhana tridoshaja vyadhi*, *Acharya Sushruta* indicates *Paneeeya Kshara* in the same. As a result, it has been speculated that taking *Kalyana Kshara* by mouth, as mentioned by *Ashtanga Hridaya*, may help treat *Mutrashmari*. Hence,

a description of *Paneeeya Kshara's* urolithiasis is given in this article.

**KEYWORDS:** *Kshara, Paneeeya Kshara, Ashmari.*

**INTRODUCTION**

*Susrutha* discussed the *Ashmari* illnesses in the *Ashta maha gada* of *Ayurveda*. This demonstrates how challenging it is to treat this disease medically or surgically. The calculi are formed by the precipitation of various urological salt deposits, according to modern science. About 3% of the population has this illness urinary calculi, with 1% being highly exploitable and causing excruciating pain and consequences. Kidney stones are treated with

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food, treatments, and medical expulsion therapy, but management in present modern science is the hardest approach because it can only temporarily fix the problem and not prevent or prevent recurrence.<sup>[1]</sup> In terms of nutritional management, adequate hydration intake and dietary modifications are crucial in preventing kidney stones. Many studies have shown that increasing the water intake and urine volume to at least 2 L/day can help in 40-50% of prevention of the recurrence of stone disease.<sup>[2]</sup> The American Urology Association Nephrolithiasis Clinical Guidelines state that shock wave lithotripsy is used to break up large stones, and medical expulsion therapies are used to help ureteric calculi pass on their own. The effectiveness of these treatments depends on the degree of renal function decline and the severity of the obstruction. For stones smaller than 10 mm, antispasmodics like calcium channel blockers and alpha blockers are used to relax the smooth muscle of the ureters. Studies have shown that this shortens the time it takes for the stones to pass by five to seven days.<sup>[4]</sup> Moreover, clinical outcomes have not improved or decreased with the co-administration of oral corticosteroids.<sup>[5]</sup> Most commonly used surgical procedures for stone removal are minimally invasive techniques such as shock wave lithotripsy (SWL), ureteroscopy (URS), and percutaneous nephrolithotomy (PNL). Laparoscopic, robot-assisted, and open surgeries are the other less commonly performed procedures.<sup>[6]</sup>

### ***Apamarga-Yavakshara***

*Apamarga-YavaKshara* is the combination of drug described in *Rasatarangini* for the management of *Mutrashmari*. *Apamarga* is *Kapha-Vatashamaka*, *Deepaka* and *Pachaka*. The *Apamarga Kshara* prepared from *Panchanga* reveals a good diuretic, litholytic and nephroprotective activity. *Yava* is considered as *Mutrala*, *Dipakapachaka* which is having *Kaphapittahara* properties and *Yavakshara* has a good diuretic property.

### ***Kokilaksha kshara***

*Madhura* and *Tikta rasa* cause *Pittashamaka* and *Amla rasa* causes *Vatashamana* thereby, reduces *daha* and *vedana* respectively. *Pichchila*, *Sheeta* and *Snigdha guna* cause *Vranaropana* and *Khara guna* of *Vayu* which is responsible for cumulative consolidation is countered by *Pichchila* and *Snigdha guna*. *Madhura vipaka* is responsible for *Vata-pitta shamana* thereby, it reduces specially *vedana* and *daha*.

### ***Mulaka Kshara***

*Katu* and *Tikta rasa* will act as *Kaphahara*, which is the *upadana karana* for *Ashmari*. *Ushna virya* will help for *srotovivarana* thus, act as *mutrala* and also help to counter *sheeta guna* (responsible for pain) thereby reduces *vedana* also.

### ***Patla Kshara***

In *Ayurveda* classics, there are references about several *Paneeya Kshara*. Among them *Patala Paneeya Kshara* is an important one. In *Ayurveda*, *mutrarogas* are included in 3 headings; *mutrakrichra*, *asmari* and *mutraghata*. In the treatment of these there are references about the usage of *patala Paneeya Kshara*. *Kledavahana* is the principle function of *mutra* in *sareera*.<sup>[7]</sup> There is intimate relation of *mutra* and *kleda*. So in pathogenesis of *mutra rogas*, *kleda* finds a potential role. Therefore a formulation which can correct this will be beneficial to use. Hence *Kshara* finds its importance.

*Patala* is one among the *Ksharagana* mentioned by *Acarya Susruta* and is also included in *sophahara mahakashaya* mentioned by *Acharya Charaka*.<sup>[8]</sup> *Patala* is one among in *dasamoola*. Also included in *aragwadhadi gana* by *Acharya Vagbhata*. *Patala* was identified as *Stereospermum suaveolens* *Ayurveda Pharmacopeia* of India. It belongs to the family *Bignoniaceae*. In *Ayurvedic Pharmacopoeia* of India, the properties and action of drug *patala* is described as, *Rasa: Tikta, Katu, Kashaya, Madhura, Virya: Ushna, Guna: Guru, visada, Vipaka: Katu Karma: tridoshahara, hrdaya, dipana, trshaghna, raktadoshahara, vishaghna, rasayana, adhobhagadoshahara*.<sup>[9]</sup>

### **Quality of Kshara**

- *Tridoshaghna* - pacifies or destroys all the morbid (vitiating) doshas (because of being made up of various herbs).
- *Soumyata* - pleasant or mild nature (owing to their white colour).
- *Dahana* - burns, corrodes (owing to its burning nature).
- *Pachana* - brings about maturity, ripens the wounds (owing to its digestive capability).
- *Darana* - bursts or breaks open the wounds (owing to the agneya or fiery nature of the herbs used in the composition).
- *Katuka* - pungent (owing to its pungent taste).
- *Ushna* - hot (owing to its heat producing nature).
- *Teekshna* - intense (because of its irritant nature).

- Vilayana - liquifies (because of its liquefaction property).
- Shodhana - cleanses (owing to its cleansing property).
- Ropana - heals, improves granulation (owing to its healing property).
- Shoshana - dries (owing to its nature of absorption).
- Stambhana - arrests, stops (owing to its arresting or stoping nature).
- Lekhana - scraps (owing to its scraping nature).
- Krimighna - kills microbes and germs (owing to its antimicrobial action).
- Shukraghna - causes sterility when used in excess.
- Na ati teekshna - not too strong.
- Na -ati mrudu - not too mild.
- Shlakshna – smooth.
- Pichchila (slimy) - Sheeghraga spreads quickly.
- Sita - white in colour.
- Shikhari - remaining like a mountain peak at the site of application.
- Sukha nirvapyā - easily removable.
- Na- vishyandi - doesn't produce much exudation or moistness
- Na atiruk - doesn't cause much pain.

*Kshaara* or alkali by the virtue of its 10 above mentioned properties; will render all the functions of shastra (sharp surgical instruments) and Agni (fire, cauterization).

***Paaneeya Kshara***: (alkalis which can be consumed through mouth) - This type of *Kshara* is used in treating the conditions like:

- *Arsha* - haemorrhoids
- *Agnisada* - dyspepsia, indigestion
- *Ashma* - urinary stones (urinary calculus)
- *Gulma* - abdominal tumours
- *Udara* enlargement of abdomen, abdominal disorders, ascites etc.
- *Garavisha* - chronic poisoning etc.

***Pratisarana Kshara***: (alkalis externally applied) - This type of *Kshara* is used in the treatment of:

- *Mashaka* - moles, warts etc.
- Shwitra – leukoderma.

- *Bahya arsha* - external piles.
- *Kushta* - skin diseases.
- *Supti* - anaesthetic patches.
- *Bhagandara* - fistula-in-ano.
- *Arbuda* - tumours, cancers etc.
- *Granthi* - tumour, fibroids etc.
- *Dushta nadi vrana* - foul sinus ulcers etc.

The *Kshara* used in *Kshara sutra* is *Pratisarana* type of *Kshara* because it is applied externally on ano-rectal diseases.

## MATERIAL AND METHODS

Different research Paper, *Sushrut Samhita*, *Charak samhita*, *Ashtang Hridaya*.

## DISCUSSION

*Kshara* is a special *Ayurvedic* therapeutic formulation that is taken orally, through *Kshara karma*, as well as through *Kshara sutra*. *Kshara* comes in two varieties: *Paneeya Kshara*, which is administered orally, and *Pratisarana Kshara*, which is applied locally. This is made from a plant extract and belongs to the *Shalya Tantra* school of *Ayurveda*. *Kshara* is thought to be superior to other oral medications mentioned in this research since it has the ability to treat vitiated Tridoshas and cure sickness. *Kshara* has very wide range of properties and actions such as *Shodhana*, *Ropana*, *Shoshana*, *Pachana*, *Dahana*, *Darana*, *Vilayana*, *Stambhana*, *Lekhana*, *Krimi*, *Aam*, *Kushth*, *Vishghna* because of its *Shukla*, *Soumya*, *Ushna*, *Teekshna Gunas*. Due to its unique properties, it performs the functions like *Chedana*, *Bhedhana*, *Lekhana*, *Ropana* etc. it also digests the *Ama*. *Kshara* is a substance by which the diseased part of the body are treated and cured. These *Ksharas* are made up of the concentrated salts and alkalies obtained mainly from herbs. *Kshara karma* is the important para-surgical procedure. It is indicated in the diseases that could not be treated with *Shastra karma* by *Acharya Sushruta*. Though *Kshara* is characterized by all gunas mentioned in the classics, if it is not used wisely, it might lead to harmful effects.<sup>[10]</sup> Multiple treatment modalities and therapies have been explained in *Ayurvedic* science to treat the disease *Mutrashmari* or the Urolithiasis. *Ushna Tikсна Dravyapana* is recommended by *Acharya Charaka* for usage in *Kaphaj Mutraashmari*.<sup>[11]</sup> *Acharya Sushruta*, the *Ayurvedic* surgeon who is credited with inventing both ancient and modern surgery, has designated a special place for *Kshara* and suggests using oral medications like *Kshara Kalpana* (medicated alkali

preparation), *Ghrita* (medicated *ghee*), and *Taila* (medicated oil), which has the properties of *Chhedana* (cutting/breaking), *Bhedana* (splitting), *Lekhana* (scarification)<sup>[12]</sup> After urinary tract infection and BPH, Nephrolithiasis is considered as the third commonest disorder of the urinary tract and in *Ayurveda* this can be correlated to *Mutrashmari*. *Acharya Sushruta* explains in detail about the *Mutrashmari*, its 4 types with symptoms and management in his *Samhitha* and advises to treat the disease with taking precautions, as it is one among the *Astamahagadas*.<sup>[13]</sup> *Paneeya Kshara*, a type of *Kshara*, also called as internal alkali preparation has been indicated in the treatment of *Mootrashmari* by *Ayurveda Acharyas* due to its properties like *Chhedana* (excision), *Bhedana*(incision), *Lekhana* (scraping), *Krimighna* (anti-helminthic), *Shodhana* (cleaning), *Ropana* (healing), *Vilayana* and *Pachana* (digestive) etc. These properties play a very effective role in the removal of *Mootrashmari*.

## CONCLUSION

*Kshara kalpana* is one of important dosage form to cure various diseases. It is helpful to cure illness and has been proved effective till now. It is very potent and concentrated dosage form having unique method of preparation. Renal calculi or the urolithiasis is a painful condition that affects the quality of life of the patients suffering from it. In *Ayurvedic* science this condition is correlated to *Mutrashmari* and has been explained in detail by *Acharya Sushruta*. This study focuses on the different types of *PaneeyaKshara* or the medications that are prepared with the alkaline substances

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