

A Review Article on Nimba Teekshna Kshar

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Abstract

Ayurveda promises a disease-free, happy, and long life. Among the eight branches of Ayurveda, each branch consists of enormous knowledge, from basic concepts to critical healthcare strategies. Shalya tantra, a prime branch in Astanga Ayurveda, is rich in many aspects of modern surgical concepts. This branch has immense potential to belt the solution of many challenging and unresolved complicated surgical ailments. Acharya Sushruta the pioneer in the field of surgery described four principles of therapeutic types in the management of Arsha, i.e., Bheshaja, Kshara karma, Agni Karma, and Shastra Karma. Ayurvedic approach especially Kshara Karma stands for better than modern therapeutic option in terms of safety, ease, low cost, devoid of post-operative complications, and can be done as an OPD procedure with minimal setup. Nimba Pratisaraneeya Kshara has been mentioned throughout the classical literature for Arsha, described as an Upakrama, and is the best substitute for surgical procedure. Nimba Pratisaraneeya teekshna Kshara has antibacterial, antiviral, and antifungal properties and is especially told by Acharya Sushruta. It can be successfully used in managing Ardra Arshas without any post-operative complications. Pratisaraneeya Kshara (kshar lepa) is an external application of Kshara whereas internal use of Kshara is known as Paniya Kshara. Acharya Dalhana, the commentator of Sushruta explained that the substance which produces Shodhana of bodily Dosha, Dhatu, Maladi because of its Ksharana action is called Kshara. It is known as Kshara (alkali) also because of its corrosive nature (Ksharana), Kshara has benefits like Chedana, Bhedana, Lekhana, Shodhana, and Ropana properties with early haemostasis and total eradication of infection, so that it reduces recurrence, helps for the wound healing and also the duration of treatment is less. Though many researchers have been carried on Nimba to date, this review is done to highlight the significance of the Kshara property in Nimba along with its therapeutic use.

Keywords: Arsha, Ksharkarma, Kshar Lepa , Agnikarma, Ayurveda, Sushruta.

INTRODUCTION

An important branch of the Shalya Tantra is rich in many aspects of contemporary surgical thinking. Acharya Sushruta has included Arshas under Asta Mahagadas^[1]. Arsha is a terrible illness that can strike anyone, at anytime, anyplace.

Arshas are characterized by Mrudu, Prasruta, Avagada, and Uchhiruta^[2]. At least 5% of the general population suffers from haemorrhoids and the incidence apparently increases with age. At least 50 to 60% of the people over the age of 50 have some degree of haemorrhoids^[3]. Bleeding is the cardinal sign of

internal haemorrhoids, in classic it is one of the main symptoms in 1st and 2nd degree haemorrhoids. The benefits of Kshara are highly regarded, as it can serve as an alternative to Shashtra Karma by performing Chedana, Bhedana, and Lekhana actions without surgical instruments so that Kshar Lepa includes in Anushashtra^[5]. Nimba Kshar Lepa, which possesses properties such as Sheeta veerya, Tikta, and Kashaya rasa, targets haemorrhoids by effectively cauterising the pile mass due to its Teekshna Kshara guna and coagulates protein in the haemorrhoidal plexus. The main aim of this study is the current therapeutic techniques, such as infrared photocoagulation, rubber band ligation, cryosurgery, and sclerotherapy, need expensive, specialised equipment's. These processes are straightforward, but they also have drawbacks of their own. In the Kshar Karma, Kshar lepa method is a best option in these circumstances, providing relief and reducing post-operative hospital stay and pain. The Nimba tree (Azadirachta Indica) belongs to the Meliaceae family, which is widely distributed in tropical and semitropical areas. Jwara, Kushta, Krimi, Prameha, Vrana, Kasa, Chhardi, Visha roga, **Arsha**, Gulma, Kandu, Netra roga, and others all mention it. The leaves and tiny branches are the parts taken from Nimba. In literature, Nimba has many synonyms, such as Arista, Pichumarda, Hinguniryasa, Tikta, Sutika, Niyamana, Puyari, Chardana, Sukapriya, Neta, Malaka, Paribhadra, Kakaphala, and Varatikta^[6].

Properties of Nimba^[7]

Rasa Panchakas

- Rasa- Tikta, Kashaya
- Guna- Laghu, Ruksha
- Virya- Sheetha
- Vipaka- Katu
- Doshaghna- Kapha-pittahara
- Karma- Deepana, Grahi, Krimighna, Netrya, Madhumehaghna. Indications Jwara, Prameha, Kasa, Chhardi, Arsha, Gulma, Kandu, Netra roga, Krimi, Kushta
- Part used- Root bark, stem bark, gum, fruit, flower, leaves, seeds, seed oil

Table 1: Therapeutic Uses of Nimba

Part	Uses
Root, bark, leaf, flower, and fruit together	Blood morbidity, biliary afflictions, itching, skin ulcer, burning sensation, leprosy
Seed oil	Leprosy, intestinal worms
Seed pulp	Leprosy, intestinal worms
Gum	Effective against skin diseases like ringworms, scabies, wounds, and ulcer
Twig	Relieves cough, asthma, piles, Phantam tumour, intestinal worm, diabetes
Fruit	Relieves piles, intestinal worms, urinary disorder, epistaxis, phlegm, eye problem, diabetes, wounds and leprosy
Flower	Bile suppression, elimination of intestinal worms and phlegm

Bark	Analgesic, alternative and curative of fever
Leaf	Leprosy, eye problems, epistaxis, intestinal worms, anorexia, skin ulcers, kshar preparation

Matra- Nakhotashedha (Sushruta)

Scientific Classification

Kingdom - Plantae

Order- Sapindales

Family – Maliaceae

Genus - Azadirachta

Species - Azadirachta Indica

Names in Other Languages^[8]

Hindi - Nim, Nimba

Kannada - Bevina mara, Kahibevu, Bevu

Tamil - Vembu, Veppi

Malayalam - Veppu, Aruveppu

English - Margosa tree, Neem tree, Indian Lilac

Classical Categorization

- Charaka^[9] – Kandughna, Tikta Skandha
- Sushruta^[10] – Aragvadhadi, Guduchyadi, Lakshadi
- Vagbhata^[11] – Aragvadhadi, Guduchyadi, Lakshadi

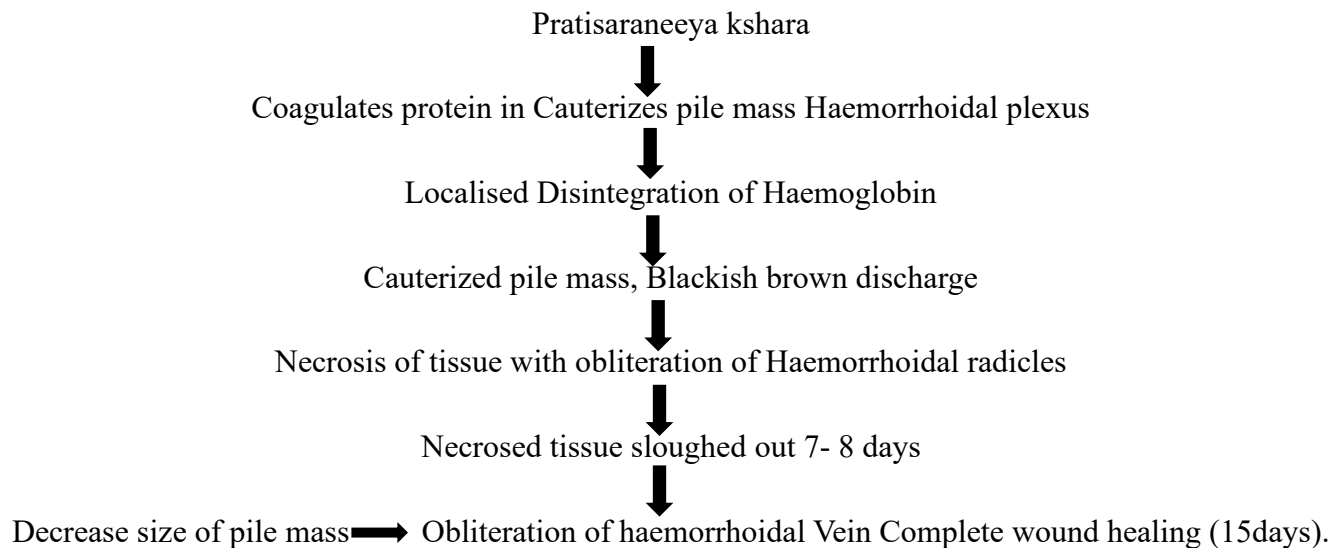
Chemical Composition: It contains Nimbandoil, Immobile, Nimocinol, Quercetin, Beta-sitosterol, and two additional tetracyclic triterpenoids zafaral.

Classical Method of Preparation of Pratisaraneeya Teekshna Kshara ^[12]

After reviewing all the classical texts, Sushrutas explanation seems to be ideal regarding the preparation of Pratisaraneeya Teekshna Kshara. Before prepares the Kshara we should have a clean bath early in the morning of Sharad Ritu in auspicious day. He fasts that day and goes up the forest and looks for Nimba plants which are middle aged and free from insects. The leaves of such plants are collected, dried up in drug drying chamber. Then these are burnt with limestone. While burning the dispersed parts of the plants are kept with the help of Tilanala. When the kept it for night ash cools down. Then weighing this ash i.e. 1237gm. Then it should be mixed well with six times of water then filtered twenty one times in a big vessel through a piece of Markin cloth. The residual portion is thrown away and the filtrate (Ksharodaka) should be kept on Mandagni and continuously stirred well until it turns reddish brown and attain Picchilata or get reduced to 1/3rd. If this is heated till get powder form is Mrudukshara. If not then, from the Ksharodaka eight Palas has to be taken and mixed with Shankhanabhi, Shukti, Bhasma Sharkara and Kata Sharkara, each in 1 Karsha (ratio as per shashtra mentioned), to make Prativapa. In the meantime, heating should continue Prativapa should be mixed. Care should be taken that it is not too liquid or too dried up. The solution thus obtained is known as Madhyama Kshara. Madhyama Kshara should be heated up again by adding some medicinal plants red hot churna such as Danti, Chitraka, Langali, Dhatura seeds, Karanj,

Navsacara, Vidlawar and Hingu in equal proportion 2gm each, with this semisolid solution is obtained which is known as Teekshna Neemb Kshara i.e. 700 ml.

Probable mode of action of Pratisaraneeya kshara



The Physical Characters of Well-Prepared Teekshna Kshara ^[13-14]

S.N.	Lakshana	Acharya Sushruta	Acharya Vagbhatta
1.	Na atiteekshna (not too strong)	+	+
2.	Na atimrudu (not too)	+	+
3.	Na atishukla (not too white)	+	+
4.	Shlakshna thin)	+	+
5.	Pichhila (slimy)	+	+
6.	Abhishyandi (unspreading)	+	+
7.	Sheeghrakarita (quick acting)	+	-
8.	Shiva	+	+
9.	Shikari	-	+
10.	Sukha nirvapy	-	+
11.	Alparaktatha	-	+

Discussion

Ayurvedic non-surgical treatment for haemorrhoids is called Kshara Karma (kshar Lepa), which is an application of Pratisaraneeya Teekshna Nimba Kshara. The Sushruta Samhita and Astanga Hrudaya both discuss the specifics of creating the herbal combination. According to the Sushruta Samhita, Kshara is superior to the Sastras and Anushastras.

The itching is controlled by the Kandughna property of Nimba, and the burning sensation gets reduced by the Sheeta Virya quality of Nimba.

Conclusion

As a medicine, Nimba is very important in Ayurveda. Its anti-inflammatory, anti-arthritis, anti-microbial, antifungal, antibacterial, antifertility, immunostimulant, and systemic effects help to maintain health and treat ailments. Arsha is viewed by Ayurveda as a local expression of the systemic disruption of Agni and Doshas. The treatment of Arsha is therefore covered in detail in nearly all Ayurvedic textbooks, primarily through the use of various methods, particularly paramedical procedures like Kshara karma. Nimba possesses attributes such as Katu rasa, Tikta, and Sheeta Veerya. Its Chedana, Bhedana, and Lekhana functions can be helpful in the treatment of Ardra arshas. Teekshna Nimba Pratisaraneeya Kshara is a safe, economical, highly effective haemostatic treatment for internal haemorrhoids that has a low recurrence rate. Among the Shastras and Anushastras, Kshara is Pradhanatama. Many studies have demonstrated that Arsha, which date back to ancient times, are highly effective at destroying hemorrhoidal bulk within 15 days of application. This study demonstrates that managing Ardra Arshas is aided by a combination of Kshara karma, Shamanoushadhis (conservative) and Pathya Ahara Vihara.

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