Ksharkarmaas A Management of Charmakeela(Warts) – A Review

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Abstract: Anything resembling a nail or bound to the skin is called charmakeela in Ayurveda. Charmakeela is a condition that has existed since ancient times and requires more attention for cosmetic reasons. Acharya Sushrutha mentions Charmakeela as a kshudraroga. The pathogenesis of this disease is caused by vitiation of vyanavata and kapha over the skin, resulting in the formation of a hard, hard nail-like structure known as Charmakeela. They exhibit different characteristics depending on the dominant dosha. Vata dominant Charmakila (Warts) are ruksha and ruja; Pitta dominant Charmakila (Warts) are Krishna varna; and Kapha dominant Charmakila (Warts) are kwacha varna, snigdha, and granthi. Sushruta Samhita, AstangaHridaya, MadhavNidana, Yogratnakara, and Bhavapraksha all mention Charmakeela. Based on the signs and symptoms described in the classics, Charmakeelas can be compared to Warts. Warts, also known as verrucae, are a common skin condition caused by the Human Papillomavirus (HPV). Sushrutha mentioned Charmakeela while describing the indication of Kshar Karma in SushruthaSamhitha. Kshara is composed of several drugs in their most concentrated and subtle forms; it has kshanana and shodana properties and uses tikshna guna, which aids in the external desquamation of warts. Because of their cleansing and antiseptic properties, Kshara aids in the Ropana (healing process). The aim is Ksharkarma as a management of Charmakeela(Warts) – A Review. Material collected from many Ayurvedic texts, such as the Samhita, online resources, journal papers, and books, are available. It can be concluded that Kshar Karma is an effective ayurvedic treatment for Charmakeela that has no side effects. Because it does not leave scars or cause recurrence, this non-invasive indigenous therapeutic technique is more effective in treating Charmakeela.

Keywords: Ayurveda, Acharya Sushrutha, Charmakeela, warts, Ksharkarma, Agnikarma

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1. INTRODUCTION

Sushrutha mentions Charnakeela as a Kshudraroga, an often-seen clinical phenomenon in general practise. It is a very old state that requires treatment primarily for cosmetic reasons and to avoid social stigma. Sushrutha mentions Pratisaraniyakshara as one of the therapeutic options for Charnakeela. Kshara has Kshanana and Ksharana characteristics (selective destroying of the abnormal tissue). Kshara is also a fast thinker. Bhedana (incision), Chedana (excision), Lekhana karma (scraping), and one of the Anushastras are among its roles. Compared to existing treatments, there is a need to identify a medicine less irritating, safe, and is cost-efficient in treating warts. In Ksharapakavidhi Adhyaya, Sushrutha mentions 23 medicines, one of which is Kadali, from which Kshara can be prepared, which is easily available and inexpensive. Also, using Ksharais a one-of-a-kind procedure that is simple to implement and takes little time. Sushrutha mentioned Charnakeela while describing the indication of Pratisaraniya Ksharain SushruthaSamhitha. Kshara comprises various medications in their purest and most delicate forms; it has khana and shodan characteristics, as well as using andādakshnaguna, which help in the external desquamation of warts. Because of their cleansing and antiseptic properties, Kshara aids in theRopana (healing process). In current science, Charnakeela is linked to warts (Verruca vulgaris). Warts are skin and mucosal growths produced by the human papillomavirus (HPV). Currently, there are over 100 different types of HPV. Common warts, genital warts, flat warts, and deep palmoplantar warts (Myrmecia) are the most common clinical indications of HPV infection; less common signs include localized epithelial hyperplasia (Heck disease), epidermodysplasia verruciformis, and plantar cysts. As a result, patients must remove the Charnakeela while avoiding damage at the site at the beginning, such as discoloration or scarring. Treatment methods range from traditional folk treatments to advanced contemporary procedures, but the most important reality is that there isn’t any solution. Because of the possibility of scarring and recurrence, surgical removal is not recommended; curettage and diathermy produce outcomes but are generally accompanied by discomfort and scarring. Kshara is an alkaline ash made from medicinal plants that are acidic. Some procedures, such as ksharkarma and ksharsutra, which can be translated as chemical cauterization, are carried out with the help of Kshara. It is the most effective sharp and secondary instrument for excision, incision, and scraping. Kshara Karma is versatile because it can treat places difficult to reach using conventional methods. In addition, Kshara Karma is useful as a surgical instrument substitute because it is safe for people terrified of surgery.

![Fig 1: Wart at the left side of the back](image)

![Fig 2: Wart at perianal region.](image)

1.1. Importance of Kshar karma

It has a spicy, hot, sharp, and digestive flavor. It has seared cauterizing, digesting, and splitting properties. In addition, it has cleaning, heating, absorbent, and scraping properties outside. Teekshna Apamarga Kshara has a pH of 13.5. There are two kinds: Pratisaaraneeya Kshara - External use and Paneeya Kshara is in charge of internal treatment.
Table 1: Properties (Guna) of Kshara

<table>
<thead>
<tr>
<th>No.</th>
<th>Rasa</th>
<th>Virya</th>
<th>Varna</th>
<th>Guna</th>
<th>Doshagha</th>
<th>Karma</th>
</tr>
</thead>
<tbody>
<tr>
<td>1)</td>
<td>Katu (Pradhan Rasa)</td>
<td>Ushna</td>
<td>Shukla</td>
<td>Saumya, Teekshna, Agneya</td>
<td>Tridoshagha</td>
<td>Dahana, Pachana, Darana, Vilayana, Shodhana</td>
</tr>
</tbody>
</table>

Table 2: Qualities of Kshara

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Good Qualities</th>
<th>Bad Qualities</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Na-atitikshna</td>
<td>Atimridu</td>
</tr>
<tr>
<td>2.</td>
<td>Na-atimrudu</td>
<td>Atishweta</td>
</tr>
<tr>
<td>3.</td>
<td>Na-atishukla</td>
<td>Atiushnatva</td>
</tr>
<tr>
<td>4.</td>
<td>Slakshnatva</td>
<td>Atitikshnatva</td>
</tr>
<tr>
<td>5.</td>
<td>Picchila</td>
<td>Atipicchila</td>
</tr>
<tr>
<td>6.</td>
<td>Avishyanda</td>
<td>Ativisarpita</td>
</tr>
<tr>
<td>7.</td>
<td>Sheeghrakaritva</td>
<td>Atisandrata</td>
</tr>
<tr>
<td>8.</td>
<td>Shiva</td>
<td>Apakvata</td>
</tr>
<tr>
<td>9.</td>
<td></td>
<td>Hinadrayyata</td>
</tr>
</tbody>
</table>

1.2. KsharDosha

According to Sushruta and Vaghbhat, Atimrudhu (too soft), Atishweta (too white), Atiushna (too hot), Atitikshna (too intense), Atipichila (too slimy), Ativisarpita (too dense), and Apakvata (ineffectively made), heendrayyata (of inferior raw material).

1.3. Advantages of Kshara Karma

Mild postoperative discomfort, no bleeding, short hospitalization, and no chance of recurrence. No development of a stricture (if the correct procedure is followed), Kshara Karma entails treating the entire pile mass in a single sitting.

1.4. Kshara in Various Forms

- **Kshara Varti** - This can be used for hollow pathological sites such as fistula, cavities, etc.
- **Kshara Tail** - It is very effective for its use against earache, Discharge from the ear, and Deafness.
- **Kshara Sutra** - This is used in vaginal granulation tissue and slough.
- **Kshara in Various Forms** - Subcutaneous intraleisonal injection is one of the modalities of Pratisaraneeyaksharakarma.

1.5. Preparation of Kshara

Because relying on market preparation is problematic, using Kshara begins with the preparation procedure. As a result, the surgeon must be familiar with the PratisaraniyaKshara preparation.

1.5.1. KsharNirmanVidhi

**Preparation of PratisaraneeyaKshara:** The maneuver of Acharya Sushruta is perfect for preparing PratisaraneeyaKshara. The physician who constructs the Kshara should take a clean bath early in the morning of an auspicious day during the SharadRitu (fall season). As a result, the surgeon must be conversant with the PratisaraniyaKshara preparation.

1.5.2. PaneeyaKshara

The collected ash should be well mixed with six times water. It was then filtered 21 times in a big vessel through a piece of cloth. The residual portion is thrown away, and the Ksharodaka should be boiled again in this thick solution, known as TeekshnaKshara, with various medicinal herbs such as Danti, Chitraka, and others.

1.5.3. KsharsutraNirmanVidhi

Acharya Chakradatta has mentioned the Ksharsutranirmanvidhi in the Arshoadikara topic. Ksharsutra...
is the medicated thread prepared by 21 SnushiKsheer, kshar, and Haridra coatings on 20 No. Barbour's Surgical linen thread. Coatings are done in 3 steps as follows, 1) Step 1 – Snuhikhir (11 Coatings) 2) Step 2 – Snuhikhir + Kshar (7 Coatings) 3) Step 3 – Snuhikhir + Haridra (3 Coatings). After every coating hot air is blown to dry the thread and UV lamp lighted for sterilization of thread. After completing 21 coatings in 21 days, cut the thread and store it in a glass tube.

1.6. **Kshara application method on Charmakeela**

1.6.1. **Purva Karma**

The patient should be assessed thoroughly. Inform the patient about the therapeutic technique. Investigations will be carried out if necessary. The patient was asked to lie down (Rose’s posture). Sterile water should be used to clean the area. Aseptic precautions should be observed.

1.6.2. **Pradhana Karma**

Then Kshara shall be administered to the site for 30 seconds.

1.6.3. **Paschat Karma**

Wait for 15 minutes. Check for bleeding over the Kshara applied region after Pradhana Karma. Pack with a piece of gauze.

2. **DISCUSSION**

Filiform or digitated warts resemble threads or fingers and are most commonly found on the face, particularly near the eyelids and lips. Treatments include salicylic acid, Podophyllum tropical, bleomycin and cidofovir injections, cauterization, and LASER ablation, albeit these procedures have unfavorable side effects and a high recurrence rate. As a result, Ksharkarma, an ayurvedic way of treating Charmakeela with minimal side effects and a low recurrence rate, should be available. Primary care physicians must be familiar with many cutaneous fungal infections and their differential diagnosis to ensure that appropriate therapy is selected. As mentioned in our classical text, kshara acts by Vranashotwapachanga reduce the size of the lesion, Vilaayana-having properties of ushna, tiksna, hence it can melt kaphavata bandha, Dharaana helps in bursting of wounds with large pus pockets, Vranashodhana and ropana-healing of wounds, Vrana lead Shoshana reduce itching sensation and Stambana-reduce bleeding.

3. **CONCLUSION**

Acharya Sushruts has cited Kshara to cure several Shalakya maladies examples of its use in ShalakaTantra include Upoijhya, Adhijhya, Upakusha, Dantavaidharbha, three forms of Rohini, Nasarsha, Karnarsha, and Pakshmakopa. The method is simple, safe, and effective, with little or no side effects. It is also non-hazardous and easily accepted by patients. Kshara can be used as an external medication in various Urdwajatrugata disorders with varying pH levels. Kshara is not recommended for youngsters, the elderly, or the sick. There is little disruption to the patient’s regular job. Kshara plays a significant function in medicine, surgery, and para-surgery. In Ayurvedic Pharmacopeia, Kshara Karma is regarded as a rich and powerful weapon. Our Acharyas’ para-surgical techniques are effective, simple to apply and help avoid recurrence.

4. **AUTHORS CONTRIBUTION STATEMENT**

Dr. DevyaniDasar guided me through the article, Dr. PavithraJaiwarsha GV helped collect data, and Dr. Akshay Kumar contributed to designing the manuscript and gave necessary inputs. Dr. Abhishek helped me in arranging paragraphs.

5. **CONFLICT OF INTEREST**

Conflict of interest declared none.