



## Ksharkarmaas A Management of Charmakeela(Warts) – A Review

Dr. Naveen Singh<sup>1\*</sup> , Dr. Devyani Dasar<sup>2</sup>, Dr. PavithraJaivarshaa Gv<sup>3</sup>, Dr. Akshay Kumar<sup>4</sup> and Dr. Abhishek<sup>5</sup>

<sup>1,3,4,5</sup>PG Scholar, Department of Shalyatantra, Mahatma Gandhi Ayurved College Hospital and Research Centre, Salod (H), DattaMeghe

Institute of Medical Sciences, Wardha 442001

<sup>2</sup>Associate Professor, Department of Shalyatantra, Mahatma Gandhi Ayurved College Hospital and Research Centre. Salod (H) Wardha, DattaMeghe Institute of Medical Sciences, Wardha 442001

**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 Sushruta mentions *Charmakeela* as a *kshudraroga*. The pathogenesis of this disease is caused by vitiation of *yanavata* 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, *Charmakeelacan* be compared to Warts. Warts, also known as *verrucae*, are a common skin condition caused by the Human Papillomavirus (HPV). *Sushruta* mentioned *Charmakeela* while describing the indication of *KsharKar* main *SushruthaSamhitha*. *Kshara* is composed of several drugs in their most concentrated and subtle forms; it has *kshanana* and *shodana* properties and uses *tikshnaguna*, 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*

---

**\*Corresponding Author**

Dr. Naveen Singh , PG Scholar, Department of Shalyatantra, Mahatma Gandhi Ayurved College Hospital and Research Centre, Salod (H), DattaMeghe Institute of Medical Sciences, Wardha 442001

Received On 7 January, 2023

Revised On 19 April, 2023

Accepted On 3 May, 2023

Published On 1 November, 2023

---

**Funding** This research did not receive any specific grant from any funding agencies in the public, commercial or not for profit sectors.

**Citation** Dr. Naveen Singh, Dr. Devyani Dasar, Dr. PavithraJaivarshaa Gv, Dr. Akshay Kumar and Dr. Abhishek , Ksharkarmaas A Management of *Charmakeela*(Warts) – A Review.(2023).Int. J. Life Sci. Pharma Res.13(6), L110-L113  
<http://dx.doi.org/10.22376/ijlpr.2023.13.6.L110-L113>



## I. INTRODUCTION

Sushrutha mentions *Charmakeela* as a *Kshudraroga*, an often-seen clinical phenomenon in general practise<sup>1</sup>. 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 *Charmakeela*. *Kshara* has *Kshanana* and *Ksharana* characteristics (selective destroying of the abnormal tissue)<sup>2</sup>. *Kshara* is also a fast thinker. *Bhedana* (incision), *Chedana* (excision), *Lekhana karma* (scraping), and one of the *Anushastras* are among its roles<sup>3,4</sup>. 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<sup>5</sup>, one of which is *Kadali*, from which *Ksharacan* be prepared<sup>6</sup>, which is easily available and inexpensive. Also, using *Kshara* is a one-of-a-kind procedure that is simple to implement and takes little time. Sushrutha mentioned *Charmakeela* while describing the indication of *Pratisaraniya Kshara* in *Sushrutha Samhitha*. *Kshara* comprises various medications in their purest and most delicate forms; it has *khana* and *shodan* characteristics, as well as using *andti kshnaguna*, which help in the external desquamation of warts. Because of their cleansing and antiseptic properties, *Kshara* aids in the *Ropana* (healing process). In current science, *charmakeela* 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), epidermodysplasiaverruciformis, and plantar cysts<sup>7</sup>. As a result, patients must remove the *Charmakeela* 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 *asksharkarma* 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**



**Fig 2: Wart at perianal region.**

### I.I. 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 *Paneeyaa Kshara* is in charge of internal treatment.

**Table 1 :Properties (Guna) of Kshara<sup>8</sup>**

1)Rasa	Katu( Pradhan Rasa)
2) Virya	Ushna
3) Varna	Shukla
4) Guna	Saumya, Teekshna, Agneya
5) Doshaghna	Tridosaghna
6) Karma	Dahana, Pachana, Darana, Vilayana, Shodhana

**Table 2 : Qualities of Kshara**

Sr. No.	Good Qualities <sup>9</sup>	Bad Qualities <sup>10</sup>
1.	Na-atitikshna	Atimridu
2.	Na-atimrudu	Atishweta
3.	Na-atishukla	Atiushnatva
4.	Slakshnatva	Atitikshnatva
5.	Picchila	Atipicchila
6.	Avishyanda	Ativisarpita
7.	Sheeghrakaaritva	Atisandrata
8	Shiva	Apakvata
9.		Hinadrayyata

## 1.2. KsharDosha

According to Sushruta and Vaghbhata<sup>11</sup>, Atimrudhu (too soft), Atishweta (too white), Atiushna (too hot), Atitikshan (too intense), AtiPichchila (too slimy), Atisarpita (too dense), Apakva (ineffectively made), Heendravyata (of inferior raw material).

## 1.3. Advantages of Kshar 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 Pichu**- This is used in vaginal granulation tissue and slough.
- Kshara Sutra** has a wide application in fistulas, internal piles, warts, and Pilonidal sinus.
- Ksharodak Injection**- Subcutaneous intralesional injection is one of the modalities of Pratisaraneeyaksharakarma.

**Table 3: Types of Kshar**

Based on administration <sup>12</sup>	1. Pratisaraneeya (External application) 2. Paneeyya (Oral administration)
Based on concentration <sup>12</sup>	1. Mrudu 2. Madhyam 3. Teekshna

## 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<sup>13</sup>.

### 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 Pratisaraniyakshara's preparation. He should fast that day and travel to the hills to hunt for middle-aged, pest-free plants. Panchangas plants should be harvested, dried, and cut into little pieces. They are then burned with limestone. Tilanalais used to keep the plant's scattered parts from burning. Once the limestone and BhasmaSharkara residue has cooled, the ash should be removed. After thoroughly mixing the recovered ash with six times its volume of water or cow's urine, it should be filtered twenty-one times with a piece of cloth in a large jar. The

filter(Ksharo-Daka) is maintained on Mandagni and regularly stirred until reduced to one-third of its original volume. Mridukshara here Prativapa combines eight Palas with Shankhanabhi or Shukti. Meanwhile, the warmth should be kept on, and the Prativapa should be combined. It should be checked to ensure it is neither too liquid nor too dry. MadhyamaKshara is the resulting response. The MadhyamaKshara should be boiled again in this thick solution, known as TeekshnaKshara, with various medicinal herbs such as Danti, Chitraka, Ativisha, and others.

### 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 kept on Mandagni and continuously stirred well until it remains 1/3rd. 3)

### 1.5.3. KsharsutraNirmanVidhi

Acharya Chakradatta has mentioned the Ksharsutranirmanavidhi in the Arshoadikara topic. Ksharsutra

is the medicated thread prepared by 21 SnushiKsheer, kshar, and Haridra coatings on 20 No. Barbours Surgical linen thread. Coatings are done in 3 Steps as follows, 1) Step 1 – Snuhikshir (11 Coatings) 2) Step 2 –Snuhikshir + Kshar (7 Coatings) 3) Step 3 –Snuhikshir + 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 topical, 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

## 6. REFERENCES

- Sharma P, Samhitha S, Sthana N. 1st ed. 2008;P-724 & 31:13/3. ChaukhambhaOrientalia, Varanasi.
- Sharma P, Samhitha S, Sthana S. reprint ed. 2004; P-113:11/4. ChaukhambhaVishvabharati, Oriental Publishers Distributors, Varanasi.
- Sushruta Sutra Sthana SP. 5th ed. 2008;P-724 & 45:11/3. ChaukhambhaOrientalia Varanasi.
- Sharma P, Samhitha S, Sthana S. reprint ed. 2004; P-105:8/15. ChaukhambhaVishvabharati, Oriental Publishers Distributors, Varanasi.
- Sharma P, Samhitha S, Sthana S 11. ChaukhambhaVishvabharati, Asian publishers distributors, Varanasi. Reprint ed. Vol. P-112; 2004.
- Sharma P, Samhitha S, Sthana S. reprint ed. 2004; P-116:11/11, ChaukhambhaVishvabharati, Oriental Publishers Distributors, Varanasi.
- Sehgal VN. Textbook of Clinical Dermatology 20. Jaypee Brothers Medical Publishers (P) Ltd. 5th ed. Vol. P-9; 2011.
- Sushruta A, SushrutaSamhita SAD, Samhita S, Purvardha. chaukhamba publication. Sutra Sthan. 2014;11/5, page no.46.
- Sushruta A, Samhita S, Dutta SA, SushrutSamhita P. chaukhamba publication. Sutra Sthan. 2014;11(18), page no.48.
- Sushruta A, SushrutaSamhita SAD, Samhita S, Purvardha. chaukhamba publication. Sutra Sthan. 2014;11(19), page no.48.
- Sushruta A, chap 11, Shloka 17. Sushruta Samhita. In: by; Prof. KR Shrikantha Murthy, ChoukambaOrientalia. reprint ed; 2012. p. 67.
- Sushruta A, Samhita S, Dutta SA, Samhita S, Purvardha. chaukhamba publication. Sutra Sthan. 2014;11(6), page no.46.
- Sushruta A, chap 11, shloka 11. Sushruta Samhita. In: by; Prof. KR Shrikantha Murthy, ChoukambaOrientalia. reprint ed; 2012. p. 65.
- SekharNamburi UR, Omprakash G, Babu G. A review on the management of warts in Ayurveda. Ayu. 2011 Jan;32(1):100-2. doi: 10.4103/0974-8520.85739, PMID 22131766.
- Vijay Shankar BV, Muralidhara Sharma CR, Manohar VR. A prospective study of prathisaraneeyapamarga share in comparison with prathisaraneeyaparashah share in patients with charmakeela (warts) and katara (corns). J Phytol. 2014;3(5):330-6.

be available. Primary care physicians must be familiar with the many cutaneous fungal infections and their differential diagnosis to ensure that appropriate therapy is selected<sup>14</sup>. As mentioned in our classical text, kshara acts by Vranashothapachanga- reduce the size of the lesion, Vilayana- having properties of ushna, tikshna, hence it can melt kaphavata bandha, Dharana- helps in bursting of wounds with large pus pockets, Vranashodhana and ropana- healing of wounds, Vrana lead Shoshana- reduce itching sensation and Sthambana- reduce bleeding<sup>15</sup>.

## 3. CONCLUSION

AcharyaSushruta has cited Kshara to cure several *Shalakya* maladies examples of its use in *ShalakyaTantra* include *Upajihwa*, *Adhijihwa*, *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 riches 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. PavithraJaivarshaa 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.