

Clinical Indications of Surakshara Kasisa: An Experiential and Scientific View

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ABSTRACT

Rasaushadhis are commonly used by Ayurveda practitioners all over India. Kharaliya rasayanas, Bhasmas, pishtis, parpatis, pottalis and ksharas are some groups of formulations used in Rasashastra. Sura kshara kasisa is a formulation which is prepared by Bhavana and Puta (Application of Heat). It consists of 3 drugs viz - soorya kshara, Shuddha kasisa, and Jambira swarasa. It is having the actions like Lavana kashaya rasa, ushna virya, mootralla, Karshana, shothahara and Rakta vriddhikara actions. It can be given in the management of Pandu roga, sarvanga shotha. Pada shotha, Jalodara and conditions associated with edema and anaemia with suitable adjuants. It gives good outcome in varied disorders. It can be stored for prolonged period as it is a Rasashasthriya and Herbomineral drug.

The presented paper highlights about the clinical indications of Sura Kshara Karisa in an experiential and scientific view.

Keywords: *Sura Kshara Kasisa; Haematonic; Diuretic; Mootrala.*

Aim and objective

To study the clinical indications of Sura kashara Kasisa in an experiential and scientific view.

Methods

The subject matter is compiled from sangraha granthas, Rasa shastras Treatises, research monographs, journals, internet and from personal experiences also.

INTRODUCTION

Sura Kshara Kasisa is prepared by giving Puta (heat). The ingredients are SuraKshara, (Pottassium nitrate), Kasisa (Ferrous Sulphate) and Jambira Swarasa (Lime Juice). It is given in Shothapradhana rogas, certain cardiac, renal and hepatobiliary disorders with good outcome. It acts as diuretic, haematemic and Rasayana.

Ingredients

1. Sura Kshara (Pottassium Nitrate)
2. Shuddha Kasisa (Ferrous Sulphate)
3. Jambira Swarasa – lime juice – sufficient quantity

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Surakshara

Katu rasayukta, Ushnavirya, sara

Indications – Kapha vata, Hridroga, Pandu roga, Grahani roga, Pliha roga, Yakrit Vikara, Aruchi, galagraha, Kaphaja kasa, Arsha, Udara, Amashoola, Ashmari, mootrekrichchra, Vibandha, Gulma, and Visha dosha.1.

Kasisa – Amla, tikta, kashaya rasayukta, Ushna virya, vata shleshmahara, kesha ranjaka, Netrya, Kandughna, vishaghna, Mootrakrichra, Ashmari, and shwitra nashaka. It is indicated in Kshaya, Vrina, Pandu nashaka, Jwaraghna, Rakta sanjanana, Raja pravartaka, Balya, Pliha roga nashaka, and sankochakara on external application.2.

Jambira swarasa – Guru, Tikshna guna, Amlarasa, Amla vipaka, Ushna virya, Rochana, Vata kapha shamaka, Pitta vardhaka, Dipana, Pachana, Anulomana, Pitta saraka.

Krimighna Hridya, Kapha Nissaraka, Indicated in Aruchi, Agnimandya, Ajirna, shotha, chardi, Trishna, vibandha, Yakrit Vikara, Krimi.3.

Gunas

1. Mootrala 4.
2. Rasayana
3. Haematenic
4. Shothahara
5. Udaranashaka
6. Shula hara
7. Raktavardhaka
8. Diuretic
9. Mootra virechaniya
10. Panduhara
11. Karshana

Indications 5.

- 1) Shotha
- 2) Udara roga
- 3) Ascitis
- 4) General Anasarca
- 5) Bilateral Pedal edema
- 6) Hyoproteinaemia
- 7) Cirrhosis of the liver
- 8) Nephrotic syndrome
- 9) Mal absorption syndrome
- 10) Pulmonary edema
- 11) Congestion cardiac failure
- 12) Left ventricular failure
- 13) Iron deficiency anaemia
- 14) Biventricular failure
- 15) Pandu roga

Preparation

Soak both the salts with sufficient quantities of lime juice for a day (The quantity of lime juice should be just sufficient to submerge the salts). Then grind with the addition of lime juice and make small cakes. Dry the cakes and then calcine using 300 dung cakes. If the materials is not satisfactorily calcined, repeat calcination until the product is upto the standard.

Amayika Prayoga 6.

- 1) Shotha – It is given with Punarnavasava.
- 2) Udara roga – It is given with Punarnava mandora and Punarnavasava and high protein diet.
- 3) Ascitis – It is given with Arogya vardhini, Punarnava mandora, salt and water restriction and high protein diet.
- 4) General anasarca – It is given with Punarnava mandora and gokshuru bija choorna.
- 5) Bilateral Pedal edema – It is given with gokshura bija choorna.
- 6) Hypoproteinaemia – It is given with high protein diet.
- 7) Cirrhosis of the liver – It is given with Arogya vardhini vati, Punarnavadi mandora and high protein diet.
- 8) Nephrotic syndrome – It is given with Varunadi Kashaya, Chandra Prabha vati, high protein diet and salt and water restriction.
- 9) Malabsorption syndrome – In these patients hypoproteinaemia and pedal edema will be present. In these patients, Sura Kshara Kasisa is given with Dipana and pachana drugs.
- 10) Pulmonary edema – It is given with Haritaki tablets and punarnavadi mandoora and sitopaladi and talisadi choorna.
- 11) Congestion cardiac failure – It is given with Haritaki tablets, Punarnavadi Mandoora and Talisadi choorna and Arjunarishta.
- 12) Left ventricular failure – It is given with Arjunarishta, Sitopaladi choorna and Haritaki tablets.
- 13) Iron deficiency anaemia – It can be given with Navayasa lauha.
- 14) Biventricular failure – Bed rest and salt and water restriction and advised. Sura Kshara Kasisa is given with Haritaki tablet, Gokshura bija choorna and Talisadi choorna.

DISCUSSION

Sura Kshara Kasisa is a diuretic and haematenic formulation used by Ayurveda physicians. Actually it is having distaste and not liked by children, when it is given with disease specific adjuvants, it shows good outcomes. It cannot be prescribed in CKD patients as it contains potassium salts. It may precipitate hyperkalemia in CKD patients. In disorders associated with edema and salt water retention in the body, it acts as diuretic, and reduces edema in the body. As it contains kasisa, it is efficient in patients having iron deficiency, anaemia. 7,8. It is raktavardhakara in action, it can be used as rasayana. As it is rasashasthniya drug, it shows rapid results.

CONCLUSION

1. Sura Kshara Kasisa is a herbomineral formulation, usually given in the treatment of disease associated with edema and anaemia.
2. When it is given with disease specific and adjuvants, it shows desired effect in the management of various disorders.
3. There are least adverse drug reactions seen after the administration of this formulation. However dosage and Aushadha Kala (Time of administration) and Anupana should be ideal while administration..

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