

KHETRIKARANA- A PURIFICATORY THERAPY**Pooja Gawade^{1*} and Onkar Hanashi²**

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ABSTRACT

Rasashastra development was seen in the medieval period. Where main purpose of this science was attainment of moksha, for *dehavada* and *lohavada*. Before administering of any of the *rasayanaushadhis* and *siddhaushadhis* body has to undergo purificatory procedures which is known as *kshetrikarana* in rasashastra. So that the action of *rasaushadhis* is *kshipram arogyadaya* (rapid), *Arucher* (good palatability), with *alpa matra* (less therapeutic dose). So some of the acharyas of rasa shastra has given importance to *kshetrikarana* before consuming any of the *rasayanaushadhis*.

KEYWORDS: *Khetrikarana, Prakriya, rasayanaushadha sevana.*

INTRODUCTION

The *rasaushadhis* have miraculous action on body with special properties like rapid action, good palatability, low therapeutic dose, *rasayana* etc. which helps in curing as well as preventing various diseases.

For administrating such *ausadhis* body has to be made fit by *shodhana* process and then it is consumed for the purpose of curing disease is called as *khetrikarana*. The procedures includes *pachana, snehana, swedana, vamana, virechana* and *krumipatana*.

Kshetra means *bhumi*. It is compared to a land where prior to sowing of seeds the land is made ready by ploughing, irrigation etc for good quality yield same way our body is made ready by the *shodhana* process for sowing of seed of *ausad* for proper metabolism and to yield efficacious result.

After which a proper diet is followed and then administration of *rasayanaushadhi* is done for the purpose of rejuvenation and curing disease.

Need of *kshetrikarana*

Though the quality of seed is good but the land is not of good quality i.e. if it contains stones, sand, polluted materials, alkaline, saline etc then the harvested seed will not give a desired quality result, likewise if our body consists of *avarodha* due to *ama dosha*, *amaliyata*, *kshariyata* etc then there will not be proper *kramana* of *rasa* (pharmacokinetics) throughout the body intern it will aggravate the *dosha* and acts as *vishavata* and hence it will be of desired quality in the body, due to this *khetrikarana* has to be done as an pre procedure to any primary treatment.

METHODS

It includes following procedures^[1]

- *Pachana*.
- *Snehana*.
- *Swedana*.
- *Vamana*.
- *Virechana*.
- *Krumipatana*.

Pachana

It is done for the purpose to improve digestive fire and for digestion of the *doshas*.

Here during day time *laghu ahar* is taken like *mudga yusha*, *shali dhanya* and *ghee* etc.

Kwatha is prepared with drugs like *kanthakari*, *dhanyaka* and *shunthi* each 1-1 *pala* with 8 times of water and reducing it to 1/8th and filtered and taken for 3 nights followed by *triphala kwatha* for 3 days. This causes *pachana* of *doshas*.^[2]

Snehana

Laghu ahar is taken in day time with *mamsarasa*, *mudga yusha*, *shali* with *ghee* etc.

There are various opinions of *snehana*

- 1) 1 *nishka* (3gms) *saindhava* + 4 *nishka* (12gms) of *ghrita*

Kala - Night time

Duration – 7 days

With *abhyanga* with *bhringamalaki taila*.

2) *Saindhava siddha ghrita*

Kala – Early morning

Duration – 3 days

Followed by *ketaki mula kashaya*.

3) *Saindhava siddha ghrita*

Kala – Early morning

Duration – 3 days.

Swedana

Bhaspa sweda, pinda sweda, agni sweda karma is done.

Swedana can be given by cloth fomentation, *tapa sweda*, warm closed room.

Decoction is prepared from *masha, tila, yava, matsya, amalaki, balamula, rasna, aguru, guggulu, ativisha, kanthakari, musta, tejapatra, haridra, takra, godugdha, jala* and *kanji* is used.

Duration – 7 days for 2 hours.

Vamana

According to some Acharyas have told *vamana* is performed after *virechana*.

Various *kalpas* are given by acharyas for *vamana* are as follows;

1. *Nimba kwatha + suta bhasma + vacha churna.*
2. *Madanaphala and patha kwatha + pippali, indrayava, yasti, lavana.*
3. *Vacha churna (3-6 gms) + Nimba twaka kwatha.*
4. *Vacha churna (3-6 gms) or Madhanaphala churna (4-6 gms) + Saindhava 3gms + Nimbhatwaka kwatha. Kala – Morning time Taken akanthapana and vega till pithantha lakshana.*

Virechana

Various *kalpas* have been told by the acharyas

1. *Ichhabhedi rasa, narachrasa, jaloudara rasa* etc such similar combination are indicated.
Dose- 2 *gunja*, Anupana – *shita jala*.
2. *Katurohini kashaya*
3. *Kutki churna* 6 gms with *ushnodaka*.
4. *Trivruta chruna + Aragvadhaphala majja* 50ml. In case of *sukumara, kshina, krusha* etc who are contraindicated for panchakarma for such patients only *rechana* if indicated with *kutki churna*.

Kala – morning time.

Krumipatana

This is highlighted only in rasashastra under panchakarma, where some Acharya have considered *krumipatana* instead of *pachana*.

The *yogas* are as follows;

1. *Palashbija churna + vidangabija churna + indrayava churna* 5 gms + *guda* 10gms and made into *modaka* form and used.
2. *Vacha churna + vidanga churna + palasha churna + indrayava churna* each 3-3 gms + 12 gms *guda* and made into *modaka* form *Kala* – early morning Duration – 3 days Anupana – *ushnodaka*.

Sansarjana karma

After *shodhana* the diet should be *shali, jangama mamsa, mugdha, godhuma, mastu, sukhambu snana, yava* with *ghrita*, hot water should be consumed, also mention of *devdaru prayoga* like *devdarvyadi taila* etc has been told.^[3]

Prayoga after kshetrikarana

Shrungarabhraka, laxmivilas rasa, abhraka satva any of the *kalpa* is taken for 1 month.
Arotha and *khota bandha parada* can be taken.

In case of *sukumar* after *rechana parada bhasma* is given.

CONCLUSION

To convert the body to ideal *kshetra* for the optimum action of the *rasaushadhis* the purificatory procedure has to be performed, Which is neglected mostly. The rapid action of

rasaushadhi will be seen when the channels of body are cleared from *doshas* so that the *kramana* of *rasa* is easy and the effect of *rasayana* and disease curing factors is at its best, which will result in good and efficacious *Rasachikitsa*.

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