

## Usage of Ashta Kshēra in Shodhana Karma and medical preparations based on Carakasamhitā

Abeysooriya SR<sup>1</sup>, Nuwansiri LSB<sup>2</sup>, Pathirana KPMP<sup>1</sup>

<sup>1</sup>Department of Dravyaguna, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Yakkala.

<sup>2</sup>Department of Cikitsa, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Yakkala.

### Abstract

Eight types of Kshēra mentioned in Carakasamhitā are called Ashta Kshēra. Milk of sheep, she-goat, cow, she-buffalo, she-camel, she-elephant, mare and women have been included under Ashta Kshēra. Their properties include madhura rasa, snighdha and shīta guna, vrunchana, prīnana, jēvanīya, Ojaskara, medhya, balya, manaskara and raktapittahara. Amlapitta, Gulma, Udara, Atīsāra, Vidvibhandha, Arsa and Krimi are common indications in Pāchana Vyūha. Pāndu, Shōtha, Dāha, Raktapitta in Raktasanvahana Vyūha and Ksīna, Kshata, Jwara, Rājayākshama, Unmāda, Apasmara, Kāsa, Shōsa, Yonīdosa, Shukradosa, Mutraroga, Vātaroga, and Vātapittavikāra include other indications. Data were collected according to medical preparations and shodhana karma of Ashtakshēra which are mentioned in Caraka Samhitā and analyzed with proper variations. Ashtakshēra (Ak) is used in Kashāya (kshērakashāya), Grita, Thaila, Rasāyana and Avaleha in different percentages. Ak contains 54.22% of grita, 21.68% of kashāya, 16.87% of thaila and 3.61% of rasāyana and avaleha. 97.78% of grita(s) contain cows' milk (CM) and 2.22% of them contain goat's milk (GM). CM contains 66.67% of Avaleha(s) and 33.33% of them contain GM. 100% of Kashāya(s), Thaila(s) and Rasāyana Preparations contain CM. Vamana, Virechana, Vasti and Nasya are the shodhana procedures which use Ak. Ak contains 56.67% of vasti(s), 16.67% of virechana(s), 13.33% of Nasya(s) and 3.33% of Vamana(s). CM is used in 85% of vasti(s) and GM is in 15% of them. 100% of nasya(s) virechana(s) and vamana(s) contain CM. In conclusion, cows' milk is the ordinary type of kshēra used in shodhana karma and medical preparations. Other types of milk are used individually for several types of diseases. But they are not recommended for shodhana karma and medical preparations except CM and GM. Vasti and gritha are the predominant shodhana karma and medical preparation which uses Ashta Kshēra.

**Keywords:** Ashta Kshēra, Charaka Samhitā

**Corresponding E-mail:** srabeysooriya@gmail.com