

Cha. Chi. 11. Kshataksheena Chikitsitam

Cha. Chi. 11. Kṣataksṣiṇa Chikitsitam — Management of Kṣata-kṣiṇa (Emaciation due to Chest Trauma)

Learning Objectives

By the end of this chapter you will be able to:

- Explain **hetu (etiology)**, **samprāpti (pathogenesis)**, **pūrvarūpa (premonitory signs)**, **lakṣaṇa (features)** and **sādhyāsādhyatā (prognosis)** of Kṣataksṣiṇa.
- Reproduce the **Chikitsā Sūtra** with correct indications for ghṛita, kṣīra, māmṣa-rasa and stambhana/brimhaṇa measures.
- Write **standard formulations** (Lakṣādi Yoga, Elādi Guṭikā, Amṛtaprāśa Ghṛita, Sarpi-Guḍa, Nagabala Rasāyana, etc.) with ingredients, dose, anupāna and indications.

1) Kṣataksṣiṇa: Hetu, Samprāpti, Pūrvarūpa, Lakṣaṇa, Sādhyāsādhyatā

1.1 Hetu (Etiology)

Kṣataksṣiṇa arises after **vyāyāma-atiyoga (over-exertion)** or **vakṣas (chest) injury** and practices that violently strain the **ūrasa (thorax)** and **prāṇa-vāta**. Charaka exemplifies the precipitating acts:

धनुषाऽऽयस्यतोऽत्यर्थं भारमुद्धहतो गुरुम् ।
पततो विषमोच्चेभ्यो बलिभिः सह युध्यतः ॥४॥

अधीयानस्य वाऽत्युच्चैर्दूरं वा व्रजतो द्रुतम् ।
महानदी वा तरतो हयैर्वा सह धावतः ॥६॥
विक्षते वक्षसि व्याधिर्बलवान् समुदीर्यते ।
स्त्रीषु चातिप्रसक्तस्य रूक्षाल्पप्रमिताशिनः ॥८॥

Key hetus (clustered):

Group	Examples (from ślokas)	Doṣa/Dhātu impact (Ayurvedic reasoning)
Over-strain/impact	Hard bow-drawing, lifting heavy loads, falls/jumps, wrestling stronger opponents, restraining running animals	Vāta prakopa , chest micro-tears, rakta-srāva
Excess mobility/exertion	Fast long walking, running with horses, swimming major rivers	Vāta aggravation, prāṇa-vāta udbhramśa
Lifestyle	Ativyavāya (excess sex), rūkṣa-alpāhāra	Śukra-kṣaya , Ojas-kṣaya , tissue depletion

1.2 Samprāpti (Pathogenesis)

Violent strain/trauma causes **vakṣaḥ-kṣata** (chest injury). **Vāta** gets aggravated and disperses **rakta** and **śleṣma**, leading to **kāsa (cough)**, **śoṇita-chardi (hemoptysis)** and progressive **dhātu-kṣaya**:

उरो विरुज्यते तस्य भिद्यतेऽथ विभज्यते ।
प्रपीड्येते ततः पार्श्वे शुष्यत्यङ्गं प्रवेपते ॥९॥



Progressively, **vīrya, bala, varṇa, ruci, agni** decline and **jvara, vyathā, mano-dainyam, viḍ-bheda** appear:

क्रमाद्वीर्यं बलं वर्णो रुचिरग्निश्च हीयते ।
ज्वरो व्यथा मनोदैर्न्यं विड्भेदोऽग्निवधादपि ॥१०॥

Śleṣma becomes **duṣṭa** and **sarakta** in cough:

दुष्टः श्यावः सुदुर्गन्धः पीतो विग्रथितो बहुः ।
कासमानस्य च श्लेष्मा सरक्तः सम्प्रवर्तते ॥११॥

1.3 Pūrvarūpa (Premonitory signs)

Charaka states **avyakta-lakṣaṇa** due to quick progression:

स क्षतः क्षीयतेऽत्यर्थं तथा शुक्रौजसोः क्षयात् ।
अव्यक्तं लक्षणं तस्य पूर्वरूपमिति स्मृतम् ॥१२॥

Clinical reading: you typically meet the patient **after** frank features have appeared.

1.4 Lakṣaṇa (Cardinal features)

- **Uroruja (chest pain), kāsa, śoṇita-chardi** prominent in **kṣata**; **saraktamūtratva** and **pārśva-prṣṭha-kaṭi-graha** when **kṣiṇa** predominates:

उरोरुक्शोणितच्छर्दिः कासो वैशेषिकः क्षते ।
क्षीणे सरक्तमूत्रत्वं पार्श्वपृष्ठकटिग्रहः ॥१३॥

- Fever, emaciation, tremors, foul/yellow viscid sputum streaked with blood (śl. 10-11).

1.5 Sādhyāsādhyatā (Prognosis)

Clear classical criteria:

अल्पलिङ्गस्य दीप्ताग्नेः साध्यो बलवतो नवः ।
परिसंवत्सरो याप्यः सर्वलिङ्गं तु वर्जयेत् ॥१४॥

- **Sādhyā**: mild signs, **dīptāgni**, good **bala, nava (recent)** onset.
- **Yāpya**: **>1 year** chronicity.
- **Asādhyā**: **sarva-liṅga** present together (advanced systemic depletion).

2) Kṣatakṣiṇa Chikitsā Sūtra (Therapeutic Principles)

2.1 Line of management (essentials)

1. **Bṛmhaṇa-Rasāyana**: restore dhātus (madhura-rasa, **kṣīra, ghṛita, māṃsa-rasa** of jāṅgala).
2. **Rakta-stambhana & sandhāniya** (hemostatic & wound-healing) when **śoṇita-chardi**.
3. **Vāta-śamana** with **snehapāna** (ghṛita/kṣīra), **muhur-muhuḥ pāna** (small, frequent sips) to protect **prāṇa-vāta**.
4. **Agnidipana**—only **mṛdu, anukta** approaches; avoid rukṣa, tīkṣṇa.



5. **Pathya:** bed rest, **vyāyāma-nivṛtti**, avoid **ativyavāya**, **rūkṣa-ālpāhāra**; prefer **payah (milk)**, **yava preparations**, **drākṣā**, **bala-pippalī** combinations in indicated stages (see below).

Clinical pointer: In active bleeding and kṣaya, **tikta-uṣṇa-tikṣṇa** measures and **langhana** are contraindicated; **sneha-pāna + kṣīra** is protective.

2.2 Immediate measures for fresh chest injury / active phase

- **Lakṣā + kṣīra + madhu** (immediate):

उरो मत्वा क्षतं लाक्षां पयसा मधुसंयुताम् ।
सद्य एव पिबेज्जीर्णे पयसाऽद्यात् सशर्करम् ॥१५॥

- **Lakṣā with surā** (selected, low pitta-agni; under supervision): śl. 16 hints special indications.
- **Sandhānārtha pāna** (healing milk decoction): **Ikṣvālikā**, **Bīsa-granthī**, **Padma-keśara**, **Candana** boiled in milk + honey:

इक्ष्वालिकाविसग्रन्थिपद्मकेशरचन्दनैः ।
शृतं पयो मधुयुतं सन्धानार्थं पिबेत् क्षती ॥१८॥

- **Jvara-dāha stage:** **Yava-cūrṇa** cooked in milk, finished with ghṛita; or **Sitā + Kṣaudra + Saktu** with milk:

यवानां चूर्णमादाय क्षीरसिद्धं घृतप्लुतम् ।
ज्वरे दाहे सितार्क्षीद्रसक्तून् वा पयसा पिबेत् ॥१९॥

- **Kāsa + Pārśva-asthi-śūla** linctus (Madhūka, Drākṣā, Tvak-kṣīrī, Pippalī, Balā with ghṛita-madhū):

मधूकमधुकद्राक्षात्वक्क्षीरीपिप्पलीबलाः ।
कासी पाशवास्थिशूला च लिह्यात्सघृतमाक्षिकाः ॥२०॥

2.3 Lakṣādi Yoga (Kṣata-kṣiṇa-hara)

A **comprehensive Lakṣā-based bṛṃhaṇa** combining **Lakṣā + ghṛita + jivaniya-gaṇa + sitā + tvak-kṣīrī**, cooked in **kṣīra**:

लाक्षां सर्पिर्मधुच्छिष्टं जीवनीयगणं सिताम् ।
त्वक्क्षीरीं समितां क्षीरे पक्त्वा दीप्तानलः पिबेत् ॥१७॥

- **Indications:** Post-traumatic cough, chest pain, tissue depletion; enhances **sandhāna**, **ojas**.
- **Dose (exam-friendly):** As **pāka-yoga**—10–20 ml **muhur-muhuḥ** with warm milk; as **avaleha**—6–10 g BD with milk; titrate to **agnibala**.

2.4 Elādi Guṭikā (pill)

Composition (powders): **Elā**, **Patra**, **Tvak** ($\frac{1}{2}$ akṣa each), **Pippalī** ($\frac{1}{2}$ pala), **Sitā**, **Madhūka**, **Kharjūra**, **Mṛdvikā** (1 pala each); mix with **madhu**, roll **akṣa-mātra** pills:

एलापत्रत्वचोऽर्धाक्षाः पिप्पल्यर्धपलं तथा ।



सितामधुकखर्जूरमृद्वीकाश्च पलोन्मिताः ॥२१॥
सञ्चूर्ण्य मधुना युक्ता गुटिकाः सम्प्रकल्पयेत् ।
अक्षमात्रां ततश्चैकां भक्षयेन्ना दिने दिने ॥२२॥

- **Indications:** **Kāsa with chest/bone pain**, post-injury debility.
- **Dose:** 1 pill daily (traditional **akṣa-mātra** ≈ 10-12 g); modern practice: **1-2 g** chewed/licked with **ghṛita-madhu** as **anupāna**; watch **kaphāvaraṇa**.

2.5 Amṛtaprāśa Ghṛita (Charaka's classic bṛmhaṇa-rasāyana)

Charaka eulogises this as “**amṛta**” for humans; to be taken with **kṣīra** and **māṃsa-rasa**:

अमृतप्राशमित्येतन्नराणाममृतं घृतम् ।
सुधामृतरसं प्राश्यं क्षीरमांसरसाशिना ॥४१॥

Actions/benefits (abridged from verses):

- **Bṛmhaṇa** of **naṣṭa-śukra**, **kṣata-kṣīṇa**, **durbala**, **vyādhi-karṣita**, **kṛśa**, **varṇa/svara-hīna**:

नष्टशुक्रक्षतक्षीणदुर्बलव्याधिकर्शितान् ।
स्त्रीप्रसक्तान् कृशान् वर्णस्वरहीनांश्च बृंहयेत् ॥४२॥

- **Kāsā-hikkā-jvara-śvāsa-dāha-tṛṣṇā-āmapitta-vami-mūrcchā** relief; supports **hṛd-yoni-mūtrāmaya**, improves fertility:

कासहिक्काज्वरश्वासदाहतृष्णास्रपित्तनुत् ।
पुत्रदं वमिमूर्च्छाहृद्योनिमूत्रामयापहम् ॥४३॥

Formulary note: Full recipe spans verses around 36-45; ensure **jīvaniya dravyas** and proper **ghṛita-pāka** stages. For exam, the above **identity & indications** are must-write.

2.6 Śvadamṣṭrādi Ghṛita (supportive bṛmhaṇa)

Decoction of **Śvadamṣṭrā**, **Uśīra**, **Mañjiṣṭhā**, **Balā**, **Kāśmārya**, **Darbha-mūla**, **Pṛthakparṇī**, **Palāśa**, **Ṛṣabhaka**, **Sthirā**, cooked with milk and ghṛita (see 11/44-45):

श्वदंष्ट्रोशीरमञ्जिष्ठाबलाकाशमर्यकतृणम्... ॥४४-४५॥

- **Use:** In lingering **kāsa-śvāsa**, **pārsva-śūla** with **kṣaya**; **bṛmhaṇa** + **rakta-prasādana**.

2.7 Sarpi-Guḍa Prayoga (tritiya Sarpiguḍa)

Within the same chapter a **Sarpiguḍa yoga** is advised later (traditionally indexed near **Cha. Chi. 11/65**). It combines **ghṛita** with **guḍa** in measured ratio to nourish, stabilize bleeding and support **sandhāna**, particularly in **kṣaya-dominant** cases (modern teachers emphasize Sarpi over taila in Kṣata-kṣīṇa due to **śītala**, **mṛdu**, **sandhāniya** qualities of ghṛita).

Practical dose: 10-15 g **Sarpi-Guḍa** with warm milk **BD**, adjust to **agnibala**.

2.8 Nagabala Rasāyana (adjuvant)

Nāgabala (Sida veronicaefolia / Sida cordifolia group)—kṣīra-pāka or kvātha-siddha-kṣīra is time-honoured for **Vāta-kṣaya, sandhāna, kāsa-kṣīna** states. Combine with **ghṛita** for **br̥mhaṇa-rasāyana** effect. (Literature on **Balā** lists Kṣatakṣīna indications alongside Amṛtaprāśa references.)

3) Pathya–Apathya & Regimen

3.1 Pathya (what to do)

- **Rest, voice rest**, gentle breathing, avoidance of **vyāyāma/śrama** and **ativyavāya**.
- **Peya-Vilepī-Māṃsa-rasa** (jāṅgala), **kṣīra-preparations, ghṛita** in **muhur-muhuh** sips early.
- **Anupāna**: warm milk/warm **kṣīra-jala**; in fever, **yava-kṣīra** or **sitā-kṣaudra-saktu** with milk.

3.2 Apathya (what to avoid)

- **Rūkṣa, kaṭu, tikṣṇa, amlikaraṇa, rukṣa-upavāsa**, exposure to **vāta-sevā** (wind/dust), loud speech, long walks.

4) Formulary Summary (Exam Table)

Yoga	Ingredients (key)	Dose & Anupāna	Indications
Lakṣādi Yoga (11/17)	Lakṣā, Ghṛita, Jīvanīya-gaṇa, Sitā, Tvak-kṣīrī; cooked in kṣīra	10–20 ml pāka or 6–10 g avaleha BD , with warm milk	Kṣata-kṣīna with cough, chest pain; sandhāna, ojas ↑
Elādi Guṭikā (11/21–22)	Elā, Patra, Tvak, Pippalī, Sitā, Madhūka, Kharjūra, Mṛdvikā; bound with madhu	1 pill daily (trad. akṣa-mātra ≈ 10–12 g); chew/lick with ghṛita-madhu	Kāsa with pārśva/asthi-śūla; kṣaya after chest injury
Amṛtaprāśa Ghṛita (11/41–43)	Classical ghṛita with jīvanīya-dravyas (see text)	10–15 ml OD/BD with kṣīra ; take with māṃsa-rasa in convalescence	Kṣatakṣīna, naṣṭa-śukra, post-illness cachexia; kāsa-hikkā-jvara-śvāsa relief
Śvadamṣṭrādi Ghṛita (11/44–45)	Śvadamṣṭrā, Uśīra, Mañjiṣṭhā, Balā, Kāśmarya... cooked with milk & ghṛita	10–15 ml BD with warm milk	Persistent cough, chest pain with kṣaya; rakta-prasādana
Sarpi-Guḍa (~11/65)	Ghṛita + Guḍa (classical proportions)	10–15 g BD with milk	Kṣaya-pradhāna Kṣatakṣīna; stambhana-br̥mhaṇa support
Madhūkādi Avaleha (11/20)	Madhūka, Drākṣā, Tvak-kṣīrī, Pippalī, Balā + Ghṛita-Madhu	6–10 g TID post-meals	Kāsa with pārśva/asthi-śūla

5) Differential Outlook (Ayurveda framing)

- **Kṣatakṣīna vs Rājayakṣmā**: both show **kṣaya**, cough and debility; **Kṣatakṣīna** is **post-traumatic chest injury-led** with **hemoptysis prominent early** and distinct exertional hetus; **Rājayakṣmā** has broader nidāna (kṣaya triads) with systemic wasting.
- **Kṣaṭa vs Kṣīna predominance**: Kṣaṭa → **uro-rujā, śoṇita-chardi**; Kṣīna → **saraktamūtra, prṣṭha-kaṭigraha** (śl. 13).

6) Short Clinical Flow (for viva)

1. **If fresh injury + hemoptysis: Lakṣā-kṣīra-madhu** immediately; then **milk + sitā** diet (11/15).
2. **Fever/burning: Yava-kṣīra-ghṛita** or **sitā-kṣaudra-saktu** with milk (11/19).
3. **Cough + chest/bone pain: Madhūkādi avaleha** (11/20); **Elādi Guṭikā** (11/21-22).
4. **Convalescence/rasāyana: Amṛtaprāśa Ghṛita** with **kṣīra + māṃsa-rasa** (11/41-43).
5. **Chronic kṣaya with cough: Śvadamṣṭrādi Ghṛita**; consider **Sarpi-Guḍa** support.

7) Remember & Write (Exam mnemonics)

- “**Lakṣā** heals the **kṣata**; **Ghṛita** guards **prāṇa**” — start with **Lakṣā-kṣīra-madhu**.
- “**Muhur-muhuh** for **prāṇa-vāta**” — frequent small sips of **kṣīra/ghṛita-siddha pāna**.
- **Prognosis triad: Mild signs + Dīptāgni + Nava** → **Sādhya** (11/14).
- **Elādi Guṭikā: ELA-Pa-Tva + Pippalī** with **four madhuras** (Sitā, Madhūka, Kharjūra, Mṛdvikā).

Self-Check Questions (with answers at end)

A) Long Answer Questions (LAQ)

1. **Discuss Kṣataḥṣiṇa in Charaka:** hetu, samprāpti, pūrvarūpa, lakṣaṇa and sādhyāsādhyatā. Illustrate with relevant śloka and explain the therapeutic rationale.
2. **Write the Chikitsā Sūtra of Kṣataḥṣiṇa** with indications and preparation details of **Lakṣādi Yoga, Elādi Guṭikā and Amṛtaprāśa Ghṛita**; add pathya-apathya.

B) Short Answer Questions (SAQ) — write 4-5 points each

1. Enumerate **hetus** of Kṣataḥṣiṇa (quote any two ślokas).
2. **Pūrvarūpa** of Kṣataḥṣiṇa—why is it termed **avyakta**?
3. Differentiate **kṣata-pradhāna** vs **kṣiṇa-pradhāna** lakṣaṇas.
4. **Sādhyāsādhyatā** criteria of Kṣataḥṣiṇa (11/14).
5. Composition, dose and indications of **Elādi Guṭikā**.
6. Brief note on **Amṛtaprāśa Ghṛita**—identity and clinical utilities.

C) MCQs (single best answer)

1. “**Avyakta lakṣaṇa** as pūrvarūpa” in Kṣataḥṣiṇa is stated in:
a) Cha.Chi. 8/12 b) **Cha.Chi. 11/12** c) Cha.Chi. 11/10 d) Cha.Chi. 11/14
2. Immediate measure for fresh chest injury per Charaka:
a) Langhana with kaṭu-tikta
b) **Lakṣā with milk and honey**
c) Vamana
d) Strong virecana
3. Elādi Guṭikā includes all **except**:
a) Elā b) Patra c) Tvak d) **Haritakī**
4. Amṛtaprāśa Ghṛita is to be taken along with:
a) Takra b) Kaśāya c) **Kṣīra and Māṃsa-rasa** d) Jala
5. Prognosis: **Sādhya** when:
a) All signs present together
b) Chronic >1 year
c) **Mild signs + dīptāgni + bala + nava**
d) Associated with severe atisāra



Answer Key / Model Points

LAQ 1 (outline)

- **Hetu:** Over-strain, falls, restraints of strong animals, long fast walking/running/swimming, ativyavāya, rūkṣa-alpāhāra (cite 11/4, 6, 8).
- **Samprāpti:** Vakṣaḥ-kṣata → Vāta-prakopa → rakta/śleṣma derangement → **kāsa, śoṇita-chardi, jvara, bala-hāni** (11/9–11).
- **Pūrvarūpa:** **Avyakta** (11/12).
- **Lakṣaṇa:** Uro-rujā, śoṇita-chardi, **saraktamūtratva**, pārsva-prṣṭha-kaṭi-graha (11/13).
- **Prognosis:** 11/14 triad.

LAQ 2 (outline)

- **Chikitsā Sūtra:** Bṛmhaṇa-rasāyana; rakta-stambhana; snehapāna with **kṣīra/ghṛita; muhur-muhuḥ pāna;** pathya (rest, milk, māṃsa-rasa).
- **Lakṣādi Yoga (11/17)**—ingredients, sandhānīya; **Elādi Guṭikā (11/21–22)**—pill making and daily dose; **Amṛtaprāśa Ghṛita (11/41–43)**—identity and indications; **Śvadamṣṭrādi Ghṛita (11/44–45); Sarpi-Guḍa** support.

SAQ keys (bullet highlights)

1. Enumerate hetus (any 5 from the table); quote either **11/4** or **11/6** or **11/8**.
2. **Avyakta pūrvarūpa** because rapid progression with **śukra-ojas-kṣaya** (11/12).
3. **Kṣata-pradhāna:** uro-rujā + śoṇita-chardi; **Kṣīna-pradhāna:** saraktamūtratva + prṣṭha-kaṭi-graha (11/13).
4. Sādhyāsādhyatā—**11/14** criteria.
5. **Elādi Guṭikā**—composition & 1 pill daily with ghṛita-madhu; for **kāsa + pārsva-śūla** (11/21–22).
6. **Amṛtaprāśa Ghṛita**—“amṛta for humans,” taken with **kṣīra & māṃsa-rasa**; indications list (11/41–43).

MCQ answers

1. b 2) b 3) d 4) c 5) c

Quick Revision (5 lines)

- **Cause:** violent chest strain/trauma + rūkṣa-alpāhāra + ativyavāya.
- **Pathogenesis:** vakṣaḥ-kṣata → Vāta-prakopa → cough, hemoptysis, kṣaya, jvara (11/9–11).
- **Pūrvarūpa:** **Avyakta** (11/12).
- **Prognosis:** mild + dīptāgni + bala + nava = sādhyā (11/14).
- **Therapy:** **Lakṣā-kṣīra-madhu** acute; **Madhūkādi, Elādi Guṭikā;** convalescent **Amṛtaprāśa Ghṛita;** consider **Śvadamṣṭrādi Ghṛita/Sarpi-Guḍa** support.

Note on Sanskrit sources: Quotations are from **Caraka Saṃhitā, Cikitsāsthāna 11 (Kṣata-kṣīna Chikitsitam)** with verse numbers as cited above. For Amṛtaprāśa Ghṛita and Śvadamṣṭrādi Ghṛita, see **11/41–45;** for Sarpi-Guḍa supportive reference within the chapter, later traditional indexing places it near **11/65**.