

**A case study on the *Ayurvedic* management of *Bahupitta Kamala*
w. s. r. to *Hepatocellular Jaundice***

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Abstract

This competitive world peoples are habitual of irregular eating and tremendous changes occur in day to day lifestyle. Irregular eating and habit of eating street foods increases the risk of intake of contaminated water and food. All these factors lead to risk of many more diseases. One of them which is most important and life threatening disease is “*Bahupitta Kamala*” (jaundice). Jaundice is a condition in which, yellow appearance of the skin, sclera and mucous membranes resulting from an increased *billirubin* concentration in the body fluids⁽¹⁾. *Ayurveda* described Jaundice as “*Kamala*

vyadhi.” *Pittakaraha*r like spicy Food *VadaPav*, missal and alcohol consumption tendency is also increasing day by day. The incidence of such disease is increasing Day by day. *Ayurvedic* texts *nidan panchak* with treatment of *Kamala* is given Very well.

“*Kamalatuvirechana*” is *chikitsa sutra* of the *Kamala* ⁽²⁾. The Treatment of *Kamala* (Jaundice) must start with *virechna* (purgation). The basic theory is that *raktadushti* responsible For *Kamala* and *Yakrutta* (liver) is *Mulstana* of Rakta. Rakta and Pitta has *Ashrya-Ashrayisambhanda* so that a daily *virechna* (purgation) is recommended⁽³⁾. The combination of some herbs is also

useful in *Kamala chikitsa*. It's one attempt to management of *bahupitta Kamala* with Some Ayurvedic herbs which give effective results.

Key words- *Bahupitta Kamala*, Jaundice, *Virechan*, Bilirubin

Introduction

Kamala can be correlated with Jaundice because of similarities in its causes, symptoms patho-physiology and manifesting sites. Acharya Charka explain *Bahupitta Kamala* (Hepatocellular jaundice) according to Acharya Charka main cause of *Bahupitta Kamala* is intake of *pittakar ahara vihar* unhygienic Food, contaminated food are also causes of *BahupittaKamala*. Vitiated Pitta dosha goes in to *rakta -mamsa* resulting in symptoms of *Bahupita Kamala.Hepatocellular* Jaundice is a particular form of Jaundice , in which Skin, eye, urine become yellowish. patients also complains of Fatigue , anorexia and nausea modern science has only symptomatic treatment For the disease. In all Ayurvedic texts nidan panchak with treatment of *Kamala* is given. “*Kamale tu virechan*”. The meaning of the sutra is “*Virechana*” is the only main treatment of *Kamala*. The basic principle behind this treatment is remove *pittadushti*. Pitta and Rakta has *Ashraya-ashrayi* relation, due to vitiation of pitta *rakta* get vitiated which causes *dushti* of

mulsthana of rakta dhatui.e. yakrut (Liver) and *pleeha* (spleen)to remove vitiated pitta daily *virechan* is advised. The symptoms of *Kamala* explained in our classical text are *Haridra-Netra*, (yellowish sclera) *Mutra* (yellow colour urine) *Twaka* (yellow skin), *Nakha* (nail) *Vaktra* (face) *shakrut (faeces)* Dah (burning), *Avipaka* (indigestion), trishna(thirst) *Bhekabh* (looks like frog) *Daourbalendriya* (generalized weakness) are similar to that of Jaundice. Ayurveda untreated *Panduroga* and excess *pittakar ahara-Vihara* are main causes of *Kamala* this *Viktit pitta* deranged the function of Agni. Hence Acharya advice treatment of *Kamala* is *Nidanparivarjan* (remove Causes), *Pittavirechan*.

Case study

A 36 year old male patient came to OPD with

Chief complaint

- *Pita varniya netra* (yellowish discoloration of sclera) since 8 days
- *Pita varniya mutra* (yellowish discoloration of urine)
- *Agnimandya* (loss of appetite)
- *Daurbalya* (weakness)
- *Hrullas* (Nausea)

History of present illness

Patient was alright before 8days since then patient suffering from *pita varniya*

netra, pita varniya mutra, agnimandya, daurbalya for ayurvedic treatment patient came LK hospital. patient admitted to IPD for Better management

Past history :

No h/o DM,HTN, THYROID

Personal history :

No h/o any addiction

Samanya parikshan :

- Nadi : 76/min (sarpagati)
- Mal : pit varniya
- Mutra : Pit varniya
- Jivha : Samata
- Agni : Mandya

- Shabda: Spashata
- Sparsha :Anushanshit
- Akruti : Krusha
- Bal : Madhyam
- Bp :110/70 mmHg

S/E

- CVS- S1 S2 normal
- CNS – conscious & Oriented
- RS- AEBE clear
- Liver – mild tenderness Right Hypochondrium
- Spleen – mild tenderness at Left Hypochondrium

Treatment :

Drug	Dose	Aushadh Sevan kal	Anupan
Arogyavardhini vati	250 mg	Vyanodane	Koshnajal
Sutshekar ras	250 mg	Vyanodane	Koshnajal
Avipattikar churna	1gm	Vyanodane	Koshnajal
Kutaki churna	1gm	vyanidane	Koshnajal
Panchasakar churna	3gm	Nishikal	Koshnajal
Kamalahar kwatha	30 ml	Vyanodane	Koshnajal
Syrup levo G	2tsp	Vyanodane	Koshnajal
Syrup vitacid	2tsp	Vyanodane	Koshnajal
Tab liversin	250 mg	Vyanodane	Koshnajal

Investigation

16/06/23

- Total bilirubin -13.8mg%
- Direct -10.8mg/dl
- Indirect -2.7 mg/dl
- SGPT-125.7 u/l
- Urine examination –

- Bile salt-present
- Bile pigment – present

17/06/23

- Hb-13.4 gm%
- WBC -7500 /cmm
- Platelet -3.47lakh/cumm
- MCV - 79.7 fl

- MCH – 27.7pg
- Sickling – negative
- Sr creatinine -0.98
- Sr alkaline phosphatase -134
- CRP – 45.83 IU/ml
- Widal – o-1:40
 - H-1:40
- HIV - negative
- HBSAG – negative
- Denge –(IgG,IgM,NS1 antigen – negative)

USG (17/06/23)

- Mild hepatomegaly with reduced *parenchymal* echogenicity
- Mild splenomegaly with normal *parenchymal* echogenicity

DISCUSSION

In today's era of industrialization and life-threatening competitions, the lifestyle of mankind has been hugely changed. In Ayurvedic Samhita, *Kamala*

is explained Under *Raktavaha Strotas Vyadhi*. Regular consumption of *Ushna-Tikshna Ahara* by *Pandurogi* causes vitiation of *Pitta Dosha*. Due to *Katu, Amla Lavan ahara* there is vitiation of *Pitta* which leads to hypofunction *Jatharagni* followed by the production of *Amavisha*, and the formation of the disease called *Kamala*. As it is *Pitta* and *Rakta Pradoshaj Vyadhi* it will be managed by *Madhura Tikta* and *Kashaya Rasa*. In Ayurveda, various formulations are described for the management of *Kamala* as a supportive medicine. In this case study formulations like *Arogyavardhini sutshekar ras, avipattikar* are used for the management of *Kamala*. All these *Ras Aoushadhi & Herbo - mineral* formulations contain the drugs having *Tikta Rasa, Dipana, Pahchana Rechan, Pitta kapha shamaka, Yakrututejaka and Rasayana* properties.

Drug	Mode of action
<i>Arogyavardhini vati</i>	<i>Regulation of pitta secretion, agnimandya, dipan, pachan, grahanidoshnashak, malshuddhikar</i>
<i>Sutshekar ras</i>	<i>Pittashamak, ushan tikshan, action on liver</i>
<i>Avipattikar churna</i>	<i>Pittaghna, agnipradipak, rechak</i>
<i>Kutaki Churna</i>	<i>Pittarechak, Bhedan, yakrututejak</i>
<i>Panchasakar churna</i>	<i>Agnidipak, virechak (sanaypatra, sunthi, sauf, sandhav, Shiva)</i>
<i>Kamalakar kwatha</i>	<i>Pittashamak, kamhalakar, yakrut uttejak</i>
Syrup Livo G	<i>Pittashamak, action on liver</i>
Syrup vitacid	<i>Pittashamak</i>
Tab liversin	<i>Pittashamak, yakrut uttejak</i>

Result

The Patient had started improving during hospital stay & at the end of 30 days all symptoms get disappear

Table showing changes in blood investigation after treatment

Date	Total bilirubin	Direct	Indirect	SGPT	SGOT
16/06/23	13.5 mg%	10.8 Mg/dl	2.7 Mg/dl	125.7 u/l	U/l
17/06/23	12.8	10.1	2.7	93	80
20/06/23	8.8	5.7	3.1	56	69
22/06/23	7.42	4.62	3.16	62	41
24/06/23	4.20	2.30	1.9	45	52
27/06/23	2.11	0.89	1.22	29	34
05/07/23	1.89	0.89	1.00	49	36
12/07/23	2.05	0.8	1.7	28	31

Symptomatic Assessment:

Symptoms	16/06/23	24/06/23	01/07/23	09/07/23	12/07/23
Netra pitata	+++	+++	++	++	+
Mutra pitata	+++	++	++	+	-
Agnimandya	++	++	+	-	-
Daurbalya	+++	+++	+++	++	+
Hrullas	++	+	+	-	-



16-06-2023



17-06-2023



20-06-2023



22-06-2023



24-06-2023



27-06-2023



05-07-2023



12-07-2023

Conclusion:

From the above case study, it can be concluded that effective treatment of *Kamala* is possible by Ayurveda. In patients with jaundice, there was a marked reduction of symptoms like yellowish discoloration of the icterus, yellowish discoloration of urine, Anorexia. No unwanted effect of medicine observed during treatment and during follow up period. treatment of

Kamala can be emphasized more effectively for the betterment of society.

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