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A clinical study on *Kamala Vyadhi* with Ayurvedic Management - A Case Study

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ABSTRACT

Jaundice is a condition in which a yellowish tinge appears on the skin, in mucous membrane and the sclera. Body fluids color also changes. Jaundice frequently indicates a problem with liver functioning. When the liver is not working properly, it can cause waste material called bilirubin build up in the body. Clinical signs of jaundice occur when the serum bilirubin level exceeds 2.5 to 3 mg/dl. In *Ayurveda* Jaundice described as *Kamala*. In *Kamala* disease there is loss of desire to do anything. *Kam* means different type of desires of the body and mind. Desires especially regarding the diet and physical activity of the body are minimised in *Kamala*. Patient was treated with an integrated approach of *Ayurveda* treatment including *Virechana Karma* (purgation) and *Shaman Chikitsa*. This paper discusses a patient seen in the IPD of *Kaychikitsa* department. His chief complaints are yellowish discoloration of skin, icterus, yellowish discoloration of urine, anorexia, abdominal pain since 10 days. This patient was effectively treated by the combination of *Kutaki Churna*, *Arogyavardhini Vati* and *Phaltrikadi Kwath*. These *Ayurveda* formulations relieve the symptom of *Daurbalya* (weakness), *Kshudha Mandya* (Appetite loss), *Pitamutrata* (yellow discoloration of urine), *Hrullasa* (nausea) and *Udarshoola*. Also, these drugs reduce bile in blood circulation and normalize the other blood parameter. Here, a case report of a 22 years male was having *Kamala* (hepatocellular jaundice) who was treated with some herbs and *Virechana* like *Panchakarma* and get effectively result with *Ayurveda* management.

Key words: *Ayurveda, Kamala, Virechan, Shaman Chikitsa, Kutaki Churn, Phaltrikadi Kwath, Arogyavardhini Vati*

INTRODUCTION

Jaundice is a yellowish discoloration of tissue resulting from the deposition of bilirubin. Jaundice, also known as icterus is a yellowish or greenish pigmentation of the skin and whites of the eyes due to high bilirubin levels.^[1] Jaundice is a clinical manifestation

of disorders of underlying bilirubin metabolism, hepatocellular dysfunction, or biliary obstruction. Tissue deposition of bilirubin occurs only in the presence of serum hyperbilirubinemia and is a sign of either liver disease or less often a haemolytic disorder. Jaundice can develop in people of all ages and is normally the result of an underlying condition. New-borns and older adults have the highest likelihood. Presence scenario, industrialization brings a lot of changes in our lifestyle and especially in our food eating habits. Most of the people have become used to spicy fast-food day by day. This change in lifestyle invites various diseases. Also, there is increased prevalence of hepatitis due to increased population living in congested area, poor sanitation consumption of unhygienic food and polluted water etc.

Most of the times, people complain of weakness and tiredness, these signs and symptoms resemble to *Kamala* disease(jaundice). It is caused by vitiation of

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Pitta with signs and symptoms like *Haridra Netra Twak Nakh*. Modern science has only symptomatic treatment for hepatocellular jaundice. An *Ayurveda* text has mentioned hepatocellular jaundice as *Kamala*. Other conditions that can cause yellowish skin but are not jaundice include carotenemia from eating large amounts of certain foods and medications like rifampicin.^[2] Allopathic system of medicine is basically designed to alleviate the symptoms. On the other hand, *Ayurveda* based upon mind, body, soul theory and make use of natural product with fewer side effects and is targeted to eliminate root cause by establishing balance in body physiology. It also recommends diet and life style modification for alleviating disease. In *Ayurveda* texts many formulations are described for treatment of *Kamala*.

Ancient Acharyas has also mentioned “*Kamali Tu Virechanana*” as *Chikitsa Sutra*.^[3] This case study show that *Ayurveda* herbs give effective result in jaundice.

CASE STUDY

A 22-year male came with following chief complaints:

1. *Udarshoola* (abdominal pain)
2. *Kshudhamandya* (appetite loss)
3. *Hrullas* (nausea)
4. *Chhardi* (frequent vomiting)
5. *Mutra Pitata* (yellow discolouration of urine)
6. *Vitasanga* (severe constipation)^[4]

History of Present illness

Patient was asymptomatic before 10 days. Gradually he developed abdominal pain, nausea, and vomiting, severe constipation, loss of appetite and yellow discolouration of urine. Patient has not taken any medication yet. He came to our hospital for management.

Past History

No H/O DM, Asthma, HTN.

No H/O alcoholism

H/O travelling 5 days ago

On Examination

- *Nadi /Pulse* - 68/min
- *Mala* (stool) - *Malavshambha* (constipation)
- *Mutra* (urine) - *Peetavarniya*
- *Jihva* (tongue) - *Samata*
- *Kshudha* (appetite) - *Mandya*
- *Shabda* (speech) - *Prakrut* (normal)
- *Sparsha* (skin) - *Prakrut* (normal)
- *Akruti* - *Madhyam*
- *Bala* - *Madhyam Raktadab*
- B.P. - 110/70mmHg
- *Druk* (eyes) - *Pita Varniya*

Treatment Plan

1. *Virechana Karma*
2. Internal *Ayurvedic* medication
3. Observation of investigation report

Virechana Karma

Due to frequently intake of *Pittakara Ahara* (spicy and hot food), it leads to vitiation of *Pitta Dosh* and *Virechana* (purgation) is the first line of treatment for *Pittadushti*.^[5] *Kutki* 500 mg twice in day with luke warm water. But patient complaining of abdominal pain even after *Virechana*. As *Virechana* was given without *Sneha Pana*, it results in vitiation of *Vata Dosh* which causes pain. Then *Eranda Tail* 20ml with luke warm water for 3 days was given to the patient. As a result, abdominal pain along with other symptoms was relieved.

Internal medication

- *Aarogyavardhini Vati* 2TDS
- *Phalatrikadi Kashaya* 20 ml twice in day with normal water.

Pathya Ahara and Vihar

Ahara

1. Carbohydrate rich diet - bread, rice, potato, yam, custard, sugarcane juice

2. Cereals - Old rice (*Oriza sativa*), Barley (*Hordeum vulgare*), *Godhuma* (wheat).
3. Pulses - *Adhaki* (red gram - *Cajanus cajan*), *Kulattha* (horse gram), *Mudga* (green gram)
4. Vegetables - leafy vegetables like lettuce and spinach.
5. Fruits - Orange, Watermelon, Apple, *Jambu* (*Syzigium cumini*), *Kapitha* (*Feronia limonia*), grapes, pears, carrot and beets. Avoid fried and fatty food

Vihara (Lifestyle Modification)

Aasanas (*Gomukhasana*, *Nokasana*, *Matsyendrasana*, *Dhanurasana*), *Kapalbhati*, *Pranayama*.

Mode of Action of Drugs

Table 1: Drugs, their properties and mode of Action

SN	Drugs	Properties	Mode of Action
1.	<i>Aarogyavardhini Vatī</i> ^[6]	<i>Yakrut Shodhana</i> Regulation of <i>Pitta</i> secretion, <i>Agnidipan</i> , <i>Pachana</i> , <i>Grahani</i> <i>Dosha Nashak</i>	<i>Malashudhhikara</i> (purgative), <i>Kshudhavardhaka</i> (appetizer)
2.	<i>Kutakī</i> ^[7]	<i>Rechak</i> , <i>Dipan</i>	<i>Raktashuddhikara</i> , <i>Malabhedini</i>
3.	<i>Phalatrikadi Kashaya</i> ^[8]	<i>Pittahara</i> , <i>Pitta Rachana</i> , <i>Yakrituttejaka</i> , <i>Dipana</i>	<i>Tridosahara</i> , <i>Rasayana</i> , <i>Kshayaghna</i>

RESULT AND DISCUSSION

Subjective Criteria

Table 2: Subjective Criteria and Gradation

	0	1	2	3
<i>Netra Pitata</i>	Absent	Mild	Can be seen in sunlight	Can be seen without sunlight
<i>Rakta Pitata</i> <i>Mutrata</i>	Bile, Salt Pigment absent	Bile salt, bile	Bile salt, bile Positive	Bile salt, Bile Pigment

		pigment, trace		strong positive
<i>Twak Pitata</i>	Absent	Mild	Can be seen in sunlight	Can be seen without sunlight

Table 3: Showing changes in Blood Investigation during Treatment

Test	3/10/2022	7/10/2022
Sr. Bilirubin (Total)	10.5	2.96
Sr. Bilirubin (direct)	5.0	1.44
Sr. Bilirubin (indirect)	5.5	1.52
SGOT	412	48.7
SGPT	295	47.0

During the treatment, patient was kept only on oral medication for a period of 1 month. Thus, after the one month of treatment, patient had got significant improvement in all symptoms. Now patient is gradually improving and there is no recurrence of symptoms after the 3 months of follow up. The results were appreciable in both the clinical and laboratory criteria. Statistically, relief in yellowish colour of eyes and urine, loss of appetite, weakness and in reduction in serum bilirubin levels. The trial drugs have been used in management of *Kamala* (Jaundice) in *Ayurveda* texts and *Nighantus*. Study has shown improvement in appetite and taste, *Yakrit Uttejaka* properties. Therefore, combination of both the drugs are more significant than individual. Once the *Doshik* homeostasis has been achieved, the signs and symptoms of *Kamala* are relieved automatically because the disease and its different manifestations are all produced by *Doshas*.

These drugs act as *Rasayana*, improve *Dhatu* formation, are *Tridoshaghna*, *Vatashamaka*, *Raktashodhaka*, *Pitta Sarana* and therefore relieve signs and symptoms of *Kamala*. The Drugs have proved effective in relieving cardinal features of *Kamala*.

In *Ayurveda*, Ancient *Acharyas* have mentioned *Agnimandya* and *Pitta Dosha* as the main etiological factors for *Kamala*. The hypo functioning of Agni

produces *Ama/ Amavisha* which corresponds with *Rakta* and may produce *Kamala*. *Kamala* is a *Pitta* and *Rakta Pradoshaj Vyadhi* in which *Pitta Dosh* is vitiated and it can be normalized by the *Madhura, Tikta* and *Kashaya Rasa*. In our Ancient classics, single drug along with compound drug have been mentioned in *Kamala*. These drugs have *Kamalahara* properties. These *Ayurvedic* formulations relieve the symptoms of *Daurbalya* (weakness), *Kshudhamandya* (Appetite loss), *Pitamutrata* (yellow discoloration of urine), *Hrullasa* (nausea) and *Udarshoola*. Also, these drugs reduce bile in blood circulation and normalize the other blood parameters.

As the drugs have established properties, it may be inferred that the drugs are safe and suitable in management of *Kamala*. Regarding mode of action we have rationally discussed above properties and action which might be responsible to bring changes in sign and symptoms of *Kamala*. This shows majority of action of the drug are due to *Guna Prabhava*. However, observing the outstanding changes in the condition of patients we have opinion that drug acts certainly by *Dravya Prabhava* also. Therefore, we may infer that the action of the Drug in improving the sign and symptoms of *Kamala* patients by *Dravya Guna Prabhava*.^[9]

On the basis of vivid description of all the herbal drugs are common for the treatment of Hepatocellular jaundice and other liver disorders. Since it is a purely herbal preparation hence very much safe and more effective than any other herbomineral preparation. In short these drugs have following properties i.e. *Pittahar, Pittarechak, Yakrid Uttejak, Deepan, Rechan, Pachak, Shothhara, Jwarahara, Kamala and Panduhara, Yakrit and Raktvikarhara, Tridoshar, Rasayan, Pittasarak, Anulomak, and Raktapittahara*.^[10] *Charaka* has mentioned in the 16th chapter of *Chikitsa Sthana* "*Kamalitu-Virechana*". According to the description of this chapter *Virechana* is the best method among the all treatments of *Kamala Roga* (*Kosthas Akhashrita* i.e., infective Hepatitis). General principle of treatment of this disease is *Shodhana* and *Sanshamana Chikitsa*.^[11] Liver (*Yakrit*) is the *Mula-Sthana* of *Rakta*. *Rakta-Pitta* has *Ashray* and *Ashraayi*

Sambhanda hence for elimination of vitiated *Pitta Dosh* *Virechan* is the best *Chikitsa*.^[12]

CONCLUSION

From the above discussion, we have concluded that *Ayurveda* line of management i.e., *Virechana* therapy and *Shamana Chikitsa* is successful in the management of *Kamala*. By removing toxic waste from the body and by correction of *Agni*, there was marked reduction of symptoms like yellowish discoloration of skin, icterus, yellowish discoloration of urine, anorexia. According to ancient text, in *Kamala*, there is a vitiation of *Pitta Dosh*. *Acharya Charak* has mentioned *Mridu Virechana Chikitsa* for *Kamala*. Hence, *Virechana* is considered best for pacifying *Pitta Dosh*.^[13] No unwanted effect of therapy was observed during treatment and during follow-up period. So, it can be concluded that these herbal medicines are very effective in management of *Kamala*. But to establish this effect further study of longer duration and larger sample is required. On the modern parameters we can say that the Herbal Hepato protective preparations have Chologogue and Cholertic action, Hepatocellular regeneration, Antiviral, Antioxidant, Enzymes and Metabolic correction, Digestive, Membrane stabilizing effect, Immuno modulating action, anti-inflammatory action and Antipyretic Action.^[14]

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