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Management of *Kamala* (Jaundice) with Ayurveda Treatment - A Case Study

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ABSTRACT

Jaundice is a yellowish pigmentation of the skin, sclera, mucous membrane and intestinal fluid due to high bilirubin levels. In Ayurveda, Jaundice and their treatment are very well described under the heading of *Kamala Vyadhi*. Jaundice can develop in all age of peoples. Clinically sign of jaundice occur when the serum bilirubin level exceeds 2.5 to 3 mg/dl. Level of bilirubin in blood are normally below 1.0 mg/dl. Most of the people have become used to spicy food, fast food, alcohol consumption day by day. This has taken human being far away from nature. Ayurvedic text has mentioned hepatocellular jaundice as *Kamala*. *Kamala* due to frequently intake of *Pittakara Aahara* (Spicy and fast food). Its leads to vitiation of *Pitta Dosh*. *Kamala* is such a disease where in the *Rakta Dhatu* is vitiated primarily by *Pitta Dosh*. *Kam* means different type of desire of body and mind desire especially regarding the diet and physical activity of body are minimised in *Kamala*. In *Kamala* disease there is loss of desire to do anything. This paper discusses a patient in the OPD of Kayachikitsa department in Dhanwantari Ayurveda Hospital, Ujjain. His chief complaint is yellow discolouration of skin, Icterus, yellow discolouration of urine (*Pittamootrata*), Anorexia, since 7 days. Here is a case report of 12 years old child was having *Kamala* who was treated with some Ayurvedic internal medicine and mild purgative, after 15 days we got effective result by Ayurvedic management.

Key words: *Kamala, Jaundice, Ayurvedic management, Case Study*

INTRODUCTION

Jaundice refers to the yellow appearance the skin, sclera and mucous membrane resulting from an increased formation or decreased hepatic clearance of bilirubin. Yellowing of the skin can also occur in carotenoderma with use of quinacrine and with excessive exposure to phenols.^[1] High bilirubin is

divided into two types: unconjugated (indirect), conjugated (direct). conjugated bilirubin can be confirmed by finding bilirubin in the urine.^[2]

Presence scenario industrialization brings a lot of change in our lifestyle and especially in our food habit spicy and fast-food day by day also there is increased prevalence of hepatitis due to increased population living in congested area, poor sanitation, polluted water, and consumption of unhygienic food. Most of time patient just come with "sick & tired" later it got diagnosed as *Kamala* (Jaundice). According to *Acharya Charak* as *Pittaja Nanatmaja Vyadhi*^[3] and *Raktapradoshaja Vyadhi*^[4] and *Acharya Charak* also described *Kamala* as advance stage of *Pandu Roga*. When *Pandu Rogi* who cured from *Pandu* continue to take *Pitta Vardhak Aahar* then this cause excessive aggravation of *Pitta Dosh* this further leads to *Kamala*.^[5] The sign and symptoms of *Kamala* according to *Acharya Charak* is *Haridra Netra, Haridra Twak Nakhanana* (eyes, skin, nails and face become yellow),

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Bhekvarno (develop complexion like frog), *Hatendriya* (his sense get impaired), *Daah*, *Avipak*, *Dourbalya* etc. *Acharya Charak* has mentioned “*Kaamli Tu Virechanam*” as *Chikitsa Sutra*.^[6] The basic concept behind that the *Rakta* and *Pitta Dushti* are responsible for *Kamala* and timely interval *Virechan* and *Shamana Chikitsa* help to get rid of vitiated *Rakta* and *Pitta*.

History of present illness

A 12 years old child patient OPD No. 23296 visited in OPD of Kayachikitsa Department of Dhanwantari Ayurveda Hospital, Ujjain during the month of July 2022. Patient belong to middle socio-economic community. The patient has already been diagnosed with Jaundice and admitted in allopathy hospital from 18/7/22 to 21/7/22 after no improvement he visited Ayurveda hospital on 21/7/22 for better management. He has blood investigation report which was already done on same day (21/7/22) total bilirubin = 16.53, direct bilirubin = 11.04 and indirect bilirubin = 5.49.

History of past illness - *Jeerna Pratishyaya* (Chronic Rhinitis)

Chief complaints

1. Yellowish discoloration of urine
2. Icterus
3. Yellowish discolouration of skin
4. Anorexia
5. Nausea
6. Generalized weakness

Systemic examination

CNS - well oriented to person place and time

Respiratory system - no added sound present, no obvious deformity

Digestive system - loss of appetite

Urogenital system - yellowish discoloration of urine

Astha Vidha Pariksha

1. *Nadi* (Pulse) = 76/min
2. *Mala* (Stool) = *Vibandh* (Constipation)

3. *Mutra* (Urine) = *Pitavarniya*
4. *Jihwa* (Tongue) = *Ishat Pita*
5. *Shabda* (Speech) = *Prakrut* (Normal)
6. *Sparsh* (Skin) = *Pitavarniya*
7. *Druka* (Eyes) = *Netrapitata*
8. *Akriti* (Shape) = *Prakrit*

Treatment plan

1. Patient was managed on OPD basis
2. Mild purgative medicine
3. Internal Ayurveda medicine

Treatment given for 15 days

1. *Virechana Karma* (Mild purgative)

Due to frequently intake of *Pittakara Ahara* (spicy and hot food), it leads to vitiation of *Pitta Dosha* and *Virechana* (purgation) is the first line of treatment for *Pittadushti*. Patient was given *Erand Tail* 15ml with milk for at every 7th day.

2. Internal medication

A. Tab. Nirocil 1x2

Tab. Livomyn 1x2

Cap. Bactica 1x2

Syp. Jaundex 10ml x3

B. *Avipattikar Churna* 30gm

Panchkol Churna 30gm 3gmx2

Balchaturbhadra Churna 30gm

C. *Lakshmvilas Ras* 5gm

Kravyad Ras 5gm

Rohitak Lohh 5gm 500mgx2

Jwarankush Ras 400mg

RESULT

The result was appreciable in both the clinical and laboratory criteria. Statistically relief in yellowish colour of eyes and urine, loss of appetite, weakness and reduction in serum bilirubin level.

Serum Bilirubin	Before Treatment	After Treatment
Total	16.53	4.24
Direct	11.04	3.14
Indirect	5.49	0.83

DISCUSSION

During the treatment patient was kept only on oral medication for a period of 15 days. Thus, after the 15 days of treatment patient had got significant improvement of all symptoms. Now patient is gradually improving and there is no recurrence of symptoms after the 3 months of follow-up.

Tab. Nirocil - it contains *Tamalaki, Guduchi, Erand* and *Yashad Bhasma*, so its acts as *Yakrituttejaka*, immunomodulator, *Jwaraghana* and *Rechaka*.

Tab. Livomyn - it contains *Kalmegha, Bhoomiamlaki, Punarnava* and *Kutki*, so it promotes normal liver function, normalizes inflation of liver, strengthens liver and stimulates appetite.

Tab. Bactica - it contains *Neem, Amla, Shudh Guggal, Manjishtha* and *Shankh bhasma* etc. so its acts as liver protectant, *Rasayana*, improve liver function, *Rakta Shodhaka* and *Pittasaraka*.

Syrup Jaundex - it contains *Rohitaka, Daruharidra, Haritaki, Yavakshar, Navsacara* etc. *Kutki, Rohitak* and *Haritaki* possess hepatoprotective property and reduce increased bilirubin. *Guduchi* is an excellent immunity-boosting herb and helps in the detoxification and rejuvenation of the liver.

Avipattikar Churna - it contains *Trikatu, Triphala, Nishotha* etc. so it regulates of *Pitta* secretion, *Agni Deepana, Mala-Mutra Vibhandhanasak*.

Panchkola Churna - it contains *Pippali, Pippalimoola, Chavya, Chitraka, Shunthi*, so its acts as *Pachana, Deepana* and *Kaphavatahara*.

Balachaturbhadr Churna - it contains *Nagarmotha, Pipali, Ativisha, Karkatshringi*, so its acts as *Jwaraghana, Kaphahara* and *Aampachana*.

Kravyad Ras - it contains *Parada, Gandhak, Marich* and *Tankana* etc. so it eliminates toxins from the body and improves digestion and absorption.

Rohitaka Loha - it contains *Rohitak, Triphla, Trikatu, Chitrak, Loha Bhasma* etc. so its act as *Yaktituttejaka, Shothahara, Vednastahapana* and *Rasayana*.

Jwarankush Ras - it contains *Parada, Ghandhaka, Vatsanabha, Shunthi* and *Tankana, Hartala*. so, its act as *Jwarghna, Swdjanana, Aampachana* and *Shothahara*.

CONCLUSION

From the above description it appears that the drug exerts an effect in breaking the pathogenesis of *Kamala*. They act as *Raktashodhaka, Tridoshaghna, Jwaraghna, Depana, Pachana, Anulomana* and act as a *Rasayana* so improve *Dhatu* formation. These drugs reduce bile in blood circulation and normalize the other blood parameters. In short *Virechana Karma* and *Shamana Chikitsa* including above said medication gave good result in management of *Kamala*. *Virechana* procedure remove toxin from the body and promote immune system and after *Virechana* internal medication work better and provide additional relief and eradicate the disease.

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