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Role of Ayurveda medicines in the management of Viral Hepatitis w.s.r. to *Koshtha Shakhashrita Kamala*

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ABSTRACT

Infectious disorders are seen abundantly in India population. Viral hepatitis is occurring commonly in areas where there is poor hygiene. Viral hepatitis is one such disorder where inflammation of liver is seen due to viral infection. Due to food or water contamination, this disease spreads in the population. In *Ayurveda*, *Koshtha Shakhashrita* or *Bahupitta Kamala* is explained in the classics which has similarity with signs and symptoms of viral hepatitis. Yellowish discolouration of urine, skin and conjunctiva, *Agnimandya*, *Aruchi*, *Dourbalya*, *Daha* (Burning sensation in the body), *Avipaka* (Indigestion), *Angasada* (Body ache) and *Hatendriya* are the clinical features of *Kosha Shakhashrita Kamala*. Viral hepatitis presents with subtypes – A, B, C and non A, non B, etc. Ayurveda medicines have better role in the management of *Kamala Roga*. Use of *Virechana*, *Rasayana*, *Mootrala*, hepatoprotection, hepatic stimulants, choalagauges, antivirals, anti-infective drugs and nutritive drugs play important role in the management of viral hepatitis. Use of *Pathapathya* is crucial in this disease. The present paper highlights about the role of Ayurveda medicines in the management of Viral hepatitis vis a vis *Koshtha Shakhashrita Kamala, Roga*.

Key words: *Viral hepatitis, Koshtha Shakhashrita Kamala, Anti-viral, hepato protectives.*

INTRODUCTION

Kamala Roga is classified as two types – 1) *Kashthashakshashrita Kamala* 2) *Shakhashrita Kamala* or *Ruddha Pathakamala Roga* (Obstructive jaundice). Viral hepatitis is usually caused by mistake of contaminated food and water. According to *Ayurveda*, *Kamala Roga* is caused due to excessive intake of *Pitta Karaka Ahara* and *Visharas*. The aggravated *Pitta*

vitiates *Rakta* and results in jaundice. Viral hepatitis usually presents with clinical features like loss of appetite, lethargy, weakness, itching, body ache, yellowish discolouration of urine, skin and conjunctiva, abdominal pain and in severe cases, altered consciousness like stupor, delirium, precoma, coma and even death. Strict *Pathyapathya* is necessary while treatment viral hepatitis patients.

Single drugs useful in viral hepatitis.^[1,2]

1. *Katuki – Picrurhiza kurroa*
2. *Guduchi – Tinospora cordifolia*
3. *Narikela jala – Cocos nucifera*
4. *Dronapushpi – Leucas aspera*
5. *Kakamachi*
6. *Bhunimba – Andrographis paniculate*
7. *Kiratatikta – Swertia chirayita*
8. *Moolaka – Radish*

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9. *Alabu* – Water gourd
10. *Haritaki* – *Terminalia chebula*
11. *Vishitaki* – *Terminalia bellerica*
12. *Amalaki* – *Embllica officinalis*
13. *Punarnava* – *Boerhavia diffusa*
14. *Patola* – *Trichosanthus dioca*
15. *Ikshu* – *Sachurum indicum*

Formulation used in Viral hepatitis^[3,4]

1. *Phalatrikadi Kashaya*
2. *Katuki Kashaya*
3. *Triphala Kashaya*
4. *Guduchi Kashaya*
5. *Punarnava Kashaya*
6. *Arogyardhini Vati*
7. *Godanti Bhasma*
8. *Yakridari Loha*
9. *Yakrit Plihari Loha*
10. *Lohasava*
11. *Kumari Asava*
12. *Rohitakarishtha*
13. *Pravala Panchamrita Rasa*
14. *Mukta Panchamrita Rasa*
15. *Pravala Pishti*
16. *Mukta Pishti*
17. *Pravala Moola Bhasma*
18. *Mukta Bhasma*
19. *Kamadugha Rasa* with *Mouktika*
20. *Drona Pushpi Swarasa*
21. *Ikshu Swarasa*

Actions of the drugs used in Viral hepatitis

1. Hepatoprotectives
2. Hepatic stimulants

3. *Dipana*^[5]
4. *Pachana*
5. *Virechana*
6. *Malavatanulomana*
7. *Mootrala*
8. *Rasayana*
9. *Tikta* and *Madhura Rasayukta* drugs^[6]
10. *Sheeta Virya Yukta*
11. Anti viral
12. Anti infective
13. Anti bacterial
14. Bactericidal^[7,8]
15. Anti inflammatory
16. *Shothahara*
17. *Sramsana*

Pathyas^[9,10]

1. *Shashika Shali Anna*
2. *Laghu Supachya Achara*
3. *Yavagu*
4. *Laja Manda*
5. *Tikta Mandhura Ahara*
6. *Poshaka Ahara*
7. *Gokshira*
8. Adequate rest

Apathyas^[11,12]

1. Excessive exercise
2. *Snigdha* (Fatty) *Acharya* like oil, ghee etc
3. Fried and curried food items
4. Excessive *Katu*, *Amla* and *Lavana Rasayukta Ahara*

DISCUSSION

Ayurveda medicines have a positive role in the management of viral hepatitis, Ayurveda management includes *Nindana Parivarjana* (Avoidance of causative

factors), *Vyadhi Pratyanyika Aushadha Prayoga*, practice of *Pathapathya*, sometimes *Pachakarma*. In *Ayurveda*, medicines having *Virechana*, hepatoprotective, hepatic stimulant, choalagaunge, *Rasayana*, *Pitta Saraka*, antiviral, anti-infective, antibacterial, bactericidal, immunomodulator, *Pittahara*, *Malavatanulomana*, *Tikta Madhura Rasayukta* drugs are used in this disease.^[13,14] Usually within one month, these cases get cured completely. But, hepatitis B usually becomes chronic and persists for longer time. Sometimes it leads to chronic active hepatitis or fulminant stage. Some cases of hepatitis B turn into cirrhosis of the liver or hepatic failure. Diet plays important role in the management of Viral hepatitis. *Pittahara Ahara* and *Vihara* is usually advised. Tender coconut water, barley water and sugar cane juice are *Pathyas* in this disease. *Moolaka* (Radish) and *Alabu* (water gourd) are also proved to be wholesome in the disease.^[15,16] Usually viral hepatitis have a better prognosis.

CONCLUSION

Viral hepatitis can be better treated by Ayurveda treatment. Usually one month, there will be complete alleviation of signs and symptoms. However, for treatment, 3 months *Pathyas* has to be followed. Sometimes due to strict *Pathapathya Palana*, there will be significant weight loss in some patients. Hepatitis B patients often develop chronic active hepatitis, fulminant hepatitis and cirrhosis of the liver and hepatorenal failure and even death.

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