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 discoloration of urine, skin and conjunctiva, Agnimandyya, Aruchi, Dourbalya, Daha (Burning sensation in the body), Avipaka (Indigestion), Angasada (Body ache) and Hatendriya are the clinical features of Koshtha 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, hepatiti c stimulants, choalagauges, anti-virals, 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 discoloration of urine, skin and conjunctiva, abdominal pain and in severe cases, altered consciousness like stupor, delerium, precoma, coma and even death. Strict Pathapathya is necessary while treatment viral hepatitis patients.

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

1. Katuki – Picrurrhiza 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
9. **Alabu** – Water gaurd
10. **Haritaki** – *Terminalia chebula*
11. **Vishitaki** – *Terminalia bellerica*
12. **Amalaki** – *Emblica officinalis*
13. **Punarnava** – *Boerhavia diffusa*
14. **Patola** – *Trichosanthis dioca*
15. **Ikshu** – *Sachurum indicum*

### Formulation used in Viral hepatitis

1. **Phalatrikadi Kashaya**
2. **Katuki Kashaya**
3. **Triphala Kashaya**
4. **Guduchi Kashaya**
5. **Punarnava Kashaya**
6. **Arogyaradhi Vati**
7. **Godanti Bhasma**
8. **Yakridari Loha**
9. **Yakrit Plihari Loha**
10. **Lohasava**
11. **Kumari Asava**
12. **Rohitakarishta**
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**

### Discussion

Ayurveda medicines have a positive role in the management of viral hepatitis, Ayurveda management includes *Nindana Parivarjana* (Avoidance of causative factors).
factors), Vyadhi Pratyanika Aushadha Prayoga, practice of Pathapathy, sometimes Pachakarma. In Ayurveda, medicines having Virechana, hepatoprotective, hepatic stimulant, choalagaunge, Rasayana, Pitta Saraka, antiviral, anti-infective, antibacterial, bactercidial, 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 gaourd) 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 Pathapathy 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.

**REFERENCES**