



ISSN 2456-3110

Vol 9 · Issue 12

December 2024

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Treating an Acute case of *Koshtashrita Kamala* (Viral Hepatitis) with Classical *Virechana* – A Case Report

Chandrika V¹, VenkataKrishna KV²

¹Final Year Post Graduate Scholar, Department of Swasthavritta and Yoga, Government Ayurveda Medical College and Hospital, Mysuru, Karnataka, India.

²Professor and HOD, Department of Swasthavritta and Yoga, Government Ayurveda Medical College and Hospital, Mysuru, Karnataka, India.

ABSTRACT

Kamala is a *Raktapradoshaja*^[1] *Vyadhi* involving *Rakta* and *Pitta*. When a *Pandurogi* follows *Pittavriddhikara Ahara*^[2] and *Vihara*, the vitiated *Pitta* along with *Rakta* hampers the functioning of *Prakruta Pitta*, leading to *Peeta Twak*, *Mutra*, and *Netra*, associated with other *Lakshanas* like *Aruchi*, *Dourbalya*, *Avipaka*, *Balakshaya*, *Tandra*, *Bhekavarnata* and *Indriyadourbalya*. It is classified into 2 types *Koshtashrita* (*Bahu Pittakamala*) and *Shakashrita*^[3] (*Alpa Pittakamala*) *Kamala* based on the *Lakshanas*. Considering the *Avastha* of *Pitta*, *Virechana*^[4] is said to be the treatment of choice to eliminate the vitiated *Doshas*. Viral hepatitis^[5] is generally a self-limiting disease but when it turns chronic leads to complications. Often acute hepatitis is characterized with anorexia, fatigue, hyperbilirubinemia, nausea, and vomiting. Here is a case of 30-year-old women with complaints of reduced appetite, abdominal bloating, yellowish discoloration of sclera and urine since 4 days, with a history of fever and elevated bilirubin levels along with other components of the liver function test. She was initially treated with *Shamanoushadhi* followed by *Udwartana*, *Snehapana* and classical *Virechana*, for a period of 15days, followed by which the liver function tests were repeated. It showed marked changes in the Liver panel. Also, in addition to this it showed changes in certain blood parameters like lipid profile and HbA_{1c}. *Snehapana* followed by *Virechana* aids in elimination of the aggravated *Pitta Dosh* in *Kamala*, which can be interpreted using the investigation reports. Also, the action of *Virechana* on other blood parameters can be understood in the present study.

Key words: Ayurveda, Jaundice, *Virechana*, Viral hepatitis

INTRODUCTION

Kamala is one among the *Raktapradoshaja Vikaras*, it is either presided by *Pandu Roga* or can also occur as an independent disease. Excessive intake of *Amla*, *Lavana*, *Kshara*, *Ushna*, *Teekshna Ahara*^[6] and following *Viharas* like *Divaswapna*, *Vyayama* improperly, causes *Pittavridhi* in the *Sharira*, this vitiated *Pitta*, due to its similarities with *Rakta* in *Gun*

and *Ashraya Ashrayi Bhava*, vitiates the *Rakta Dhatu*, which in turn reaches the *Mamsa Dhatu* and produces *Dagdhatva* in it, further it also hampers the *Utpatti Sthana* of *Rakta* which is *Yakrit* and leads to *Kamala*. It manifests either as *Koshtashrita Kamala* where the *Doshas* are present in *Mahasrotas* and show symptoms of *Agnisada*, *Aruchi*, *Haridra Netra*, *Twak*, *Mutra*, *Nakha* and *Anana*, *Rakta Peetashakrut*, *Mutra*, *Bhekavarnata* and *Hatendriya*. Or as *Shakashrita Kamala*, where in along with the above symptoms *Tilapishtanibha Varcha*, *Hikka*, *Shwasa*, *Jwara*, *Atopa* are also seen. Treatment protocol of *Kamala* states, “*Samshodhyo Mrudubhistiktaihi Kaamalitu Virechane*”^[7], *Virechana* as the line of treatment for elimination of the vitiated *Pitta*. Hence, in the present study *Snehapana* was given with *Panchagavya Ghrita* which is also indicated in *Pandu* and *Kamala*, followed by *Virechana* with *Katuki Kashaya* and *Gandharvahastadi Eranda Taila*.

Hepatitis^[8] refers to the inflammation of hepatocytes which is either of infectious (viral, bacterial, fungal,

Address for correspondence:

Dr. Chandrika V

Final Year Post Graduate Scholar, Department of Swasthavritta and Yoga, Government Ayurveda Medical College and Hospital, Mysuru, Karnataka, India.

E-mail: drchandrikav2021@gmail.com

Submission Date: 13/11/2024 Accepted Date: 24/12/2024

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.9.12.37

parasitic) origin or non-infectious (alcohol, drugs, metabolic diseases, autoimmune diseases) origin. It may be acute or chronic in nature. Acute illness is generally self-limiting but if it becomes chronic, it may lead to liver cirrhosis or liver failure. Hepatitis A, E are due to contamination of food and water, whereas B, C and D spread with contact of body fluids. As viral hepatitis is self-limiting, its treatment includes rehydration and antiviral therapies. Hepatitis generally shows changes in the LFT, with elevated bilirubin levels, SGOT, SGPT and Alkaline phosphatase levels. This case study also documents the changes observed in the blood parameters on following the treatment protocol.

CASE REPORT

Personal data:

Age: 30years

Gender: Female

Ethnicity: Indian

Occupation: Software engineer

Chief complaints:

A 30years old female with complaints of reduced appetite, abdominal bloating, yellowish discoloration of urine and sclera since 4 days. With a history of fever and chills prior to this.

History of present illness:

The patient was asymptomatic 4 days ago, later she had an episode of fever associated with chills, which subsided on intake of antipyretic medications. Since then, she has been having symptoms of reduced appetite, abdominal bloating. Later she started to notice yellowish discoloration of urine and sclera. For the same she consulted a physician and found mild relief, but later she started to notice itching in B/L upper and lower limbs which aggravated in the night hours. She again revisited the physician and found relief. For addressing the issue completely, she then approached GAMC.

History of past illness:

N/K/C/O DM or HTN

Medication history:

She is not on any regular medications.

Family history:

Mother is K/C/O Viral Hepatitis B.

Personal history:

Presently her appetite is reduced, Bowel is normal in consistency, yellowish in color, Micturition is dark yellowish, Sleep is disturbed, No history of addiction.

Vitals:

Temperature - 98.6°F; BP - 130/80mm Hg; Pulse - 78bpm; Respiratory rate - 14cycles per minute.

Detailed history before treatment:

Agni:

Patient had reduced appetite for 4 days, preceded by fever episode. Her hunger was low, and appetite was also reduced.

Anthropometric measurements:

Height - 171cms

Weight - 91kgs

Mid-arm circumference - 32.5cms (Rt), 33.5cms (Lft)

Mid-thigh circumference - 50cms (Rt), 52cms (Lft)

Waist circumference - 105cms

Waist-Hip ratio - 0.96

Dashavidha Pareeksha

Prakruti: Kapha Pittaja

Vikruti: Rasa, Rakta

Saara: Madhyama

Samhanana: Madhyama

Satva: Pravara

Satmya: Pravara

Pramana: Ht: 171cms Wt: 91kgs

Aharashakti: Abhyavaharana and Jarana: Avara

Vyayamashakti: Pravara

Vaya: Madhyama

Laboratory investigations:

Patient was advised to undergo certain investigations including LFT, Lipid Profile, HbA_{1C}, CBC, FBS and PPBS.

Intervention:

The patient was initially treated with *Shamanoushadhi* consisting of *Katuki Kashaya* 50ml HS and *Syp. Livotrim* for 2 days, followed by which *Krishnajeeraka Taila* 50ml was also added along with *Katuki Kashaya* for 3 days.

Post this patient got admitted in Hitech Panchakarma Hospital and was given *Udwartana* with *Triphala Churna + Sarshapa Churna + Kulattha Churna* and *Koshta Shodhana* with 50ml each of *Katuki Churna* and *Gandharvahastadi Eranda Taila* HS for 3 days. *Snehapana* was planned with *Panchagavya Ghrita* and *Gandharvahastadi Eranda Taila* for 7 days. *Vishrama Kala* of 3days was given with *Sarvanga Abhyanga* with *Ksheerabala Taila* followed by *Bashpa Sweda*. *Virechana* was given with 50ml *Katuki Kashaya* and 50ml *Gandharvahastadi Eranda Taila*. She had 18 *Vegas* and was then advised *Samsarjana Krama* for 5days.

Table 1: Gives a detailed description of the Chikitsa given.

Date	Lakshanas	Treatment	Kshuda	Mala	Mutra	Jihva
29/09/23	Aruchi, Glani, Peeta Netra and Mutra	Katuki Kashaya 50ml HS Gangadhara Yoga 1 BD Syp. Livotrim 15ml BD	Reduced	1 episode of well formed stool	2-3 Vegas Yellowish	-
01/10/23	Previous symptoms reduced but she developed urticarial rashes	Along with the above, 50ml <i>Krishnajeeraka Taila</i> was added HS	Reduced	Well formed stools	3- 4 Vegas Yellowish	-

	over B/L forearms.					
10/10/23	Mild yellowish discoloration of sclera, itching all over the body, more on B/L upper and lower limbs associated with blackish discoloration.	<i>Sarvanga Udwartana</i> with <i>Triphala + Sarshapa + Kulattha Churna</i> 50ml <i>Katuki Kashaya</i> with 10ml <i>GH Eranda Taila</i> HS	Reduced	1 episode of well-formed stool	3-4 <i>Vegas</i> straw colored	<i>Lipta</i>
11/10/23	Blackish discoloration persisted. No fresh complaints	<i>Udwartana</i> - Day 2 <i>Katuki Kashaya</i> HS	Reduced	2 <i>Vegas</i> Semi liquid consistency	3-4 <i>Vegas</i> straw colored	<i>Lipta</i>
12/10/23	No fresh complaints Blackish discoloration persisted.	<i>Udwartana</i> - Day 3 <i>Katuki Kashaya</i> HS	Improved	3 <i>Vegas</i> Semi liquid consistency	3-4 <i>Vegas</i> Straw colored	<i>Alpa Lipta</i>

Date	Lakshanas	Treatment Snehapana	Udgar	Kshuti	Appetite	Vega
		<i>PG Ghrita + GH Eranda Taila</i>	<i>Shuddhi</i>	<i>Pravriti</i>		
13/10/23	Complained of mild abdominal discomfort	30ml	10ml	12:20pm	12:30pm	Good 4

14/10/23	Loose watery stools	60ml	20ml	12:15pm	12:30pm	Good	7
15/10/23	Loose watery stools	110ml	10ml	12:20pm	12:30pm	Good	2
16/10/23	Mild dryness of skin and itching Abdominal discomfort reduced	150ml	10ml	2:15pm	2:30pm	Good	1
17/10/23	Generalized weakness	170ml	10ml	4:10pm	4:45pm	Good	2
18/10/23	Malaise reduced	190ml	20ml	4:15pm	4:30pm	Good	3
19/10/23	No fresh complaints	230ml	20ml	1:50pm	2:30pm	Good	3

Date	Lakshanas	Treatment	Kshud	Mala	Mutra	Jihva
20/10/23	Abdominal discomfort reduced	Sarvanga Abhyanga with Ksheerabala Taila Bashpa Sweda D1	Good	1 episode of semisolid stool	4-5 Vegas Straw colored	Alipta
21/10/23	Abdominal discomfort reduced Itching mildly persists	Sarvanga Abhyanga D2	Good	2 episodes of semisolid stools	3-4 Vegas	Alipta

22/10/23	Itching reduced	Sarvanga Abhyanga D3	Good	2 episodes of semisolid stools	4-5 Vegas	Alipta
23/10/23	Abdominal discomfort present	Virechana with 50ml Katuki Kashaya + 50ml Gandharvaha stadi Eranda Tailam	-	Total 18 Vegas		

RESULTS

Post treatment patient found marked improvement in the appetite, itching in bilateral upper limbs (forearm) reduced and she also felt reduction in abdominal discomfort.

Anthropometry	Before Treatment	After Treatment
Weight	91kgs	84kgs
Mid-arm circumference	32.5cms (Rt), 33.5cms (Lft)	30cms (Rt), 31.5cms (Lft)
Mid-thigh circumference	50cms (Rt), 52cms (Lft)	48cms (Rt), 50.5cms (Lft)
Waist circumference	105cms	99cms
Hip circumference	109cms	104cms
Waist-Hip ratio	0.96	0.95

Blood parameter	Before Treatment (28/09/2023)	After Treatment (29/10/2023)
LPT Total cholesterol	223mg/dl	150.0mg/dl
Triglycerides	413mg/dl	90.0mg/dl
LDL	95.8mg/dl	86.0mg/dl
HDL	44.6mg/dl	36.0mg/dl

LFT		
Total bilirubin	6.4mg/dl	0.9mg/dl
Direct bilirubin	3.1mg/dl	0.2mg/dl
Indirect bilirubin	3.30mg/dl	0.7mg/dl
SGOT	201U/L	51.2U/L
SGPT	444U/L	56.2U/L
ALP	344U/L	190.0 IU/L
FBS	115mg/dl	96mg/dl
PPBS	162mg/dl	127.2mg/dl
HbA_{1c}	8.8%	5.9%

DISCUSSION

Kamala involves both *Pitta* and *Rakta* in its manifestation, in this case there was involvement of both *Pitta*, *Kapha* and *Rakta* in the *Samprapti*, hence *Virechana Karma* was opted as the treatment protocol.

Virechana Karma helps to eliminate the vitiated *Pitta* and *Kapha Dosh* from the *Shareera*. As the *Poorvakarma* for *Virechana*, *Snehapana* was planned with *Panchagavya Ghrita*.

Panchagavya Ghrita^[9] has *Go Shakrit*, *Go Ksheera*, *Go Ghrita*, *Go Mutra* and *Go Ghrita* in its preparation. It is indicated in *Apasmara*, *Jwara*, *Unmada* and *Kamala*. *Go Ghrita*^[10] has *Madhura Rasa*, *Sheeta Virya*, *Snigdha Guna*, and *Vatapittahara Karma*, *Go Mutra*^[11] has *Katu*, *Tikta*, *Kashaya Rasa*, *Ushna Virya*, *Laghu Guna*, *Katu Vipaka*, *Agni Deepana*, *Pitta Kara*, *Vatakaphahara Karma*, *Go Dadhi* has *Madhura*, *Amla Rasa*, *Ushna Virya*, *Snigdha*, *Guru Guna*, *Amla Vipaka*, *Vatagna*, *Kaphakara*, *Brumhana*, *Graahi*, *Shukrala Karma*, *Go Ksheera*^[12] has *Sheeta*, *Snigdha Guna*, *Madhura Arsa*, *Sheeta Virya*, *Madhura Vipaka*, *Brumhana*, *Hrudya*, *Medhya*, *Chakshushya*, *Rasayana* and *Ojovardhaka Karmas*. *Go Shakrit*^[13] has *Kshara Guna*. This *Ghrita* acts as *Pitta* and *Kaphahara*, it was here used for *Snehapana*, due to presence of *Gomutra* and *Goshakrit* in it which have *Tikshna*, *Ushna*, *Kshara Gunas* it acts as *Vyavayi* and helps to reach the minute *Srotas* and does *Vilayana* of the *Mala* in the *Dhatus*, and easily brings it to the *Koshta*.

Ksheerabala Taila^[14] was used for *Abhyanga* during the *Vishrama Kala*, it contains *Bala Kalka*, *Kashaya* and *Go Ksheera* prepared into *Paka* in *Tila Taila*, it further helps in *Vilayana* of the *Doshas*.

Patient was also advised to take *Amla Bhojana* during *Vishrama Kala*. It included addition of juice of half lemon in every meal for 3 days. *Nimbuka*^[15] is said to be *Teekshna*, *Amla*, *Pittakaraka*. With these *Gunas* it helps to cause *Utklesha* of *Pitta* which helps in easy elimination of the *Doshas* during *Virechana*.

Katuki Churna^[16] which has *Tikta Rasa*, *Katu Vipaka*, *Ruksha*, *Laghu Guna*, *Sheeta Virya*, *Kaphapittahara Karma*, was selected as the *Virechana Dravya* due to its *Bhedana* and *Rechana* action.

Along with this *Gandharvahastadi Eranda Taila*^[17] was also used for *Virechana*, it has *Gandharvahasta Moola*, *Yava*, *Nagara*, *Jala*, *Ksheera*, *Eranda Taila* and *Shunti*. It helps in *Ama Pachana* and acts as *Vatahara* by its *Ushna*, *Snigdha*, *Guru Guna* and has *Anulomana* properties. It also acts as *Malashodaka* and has *Sookshma Srotogamana Karma*.

Virechana Karma acts on the *Pitta Dosh* primarily, but in this case the *Aushadha* selection was made in such a way that it acted on *Kapha Samsrushta Pitta Dosh*.

Post *Virechana* it was also observed that there were significant changes in the blood parameters like Lipid profile, HbA_{1c} and Liver function test indicating the action of *Shodana Karma* on the *Dhatus*.

CONCLUSION

Virechana Karma has a key role in eliminating the *Pitta Samsrushta Doshas*. It eliminates the *Prakupita Pitta* which is accumulated in the body and manifests *Kamala*. *Snehapana* helps to reach the *Dhatus* and does *Vilayana* of the *Doshas* that are accumulate in each of them, it also carries all the *Doshas* to the *Koshta* for the evacuation of the same.

REFERENCES

1. Agnivesa, Charaka Samhita, Ayurveda Dipika Commentary of Chakrapanidatta, edited by; Vaidya Jadavaji Trikamji Acharya, Chaukhambha publications, Varanasi, reprint-2014, page no 179

2. Agnivesa, Charaka Samhita, Ayurveda Dipika Commentary of Chakrapanidatta, edited by; Vaidya Jadavaji Trikamji Acharya, Chaukhambha publications, Varanasi, reprint-2014, page no 528
3. Agnivesa, Charaka Samhita, Ayurveda Dipika Commentary of Chakrapanidatta, edited by; Vaidya Jadavaji Trikamji Acharya, Chaukhambha publications, Varanasi, reprint-2014, page no 529
4. Agnivesa, Charaka Samhita, Ayurveda Dipika Commentary of Chakrapanidatta, edited by; Vaidya Jadavaji Trikamji Acharya, Chaukhambha publications, Varanasi, reprint-2014, page no 125
5. <https://www.niddk.nih.gov/health-information/liver-disease/viral-hepatitis/what-is-viral-hepatitis>
6. Agnivesa, Charaka Samhita, Ayurveda Dipika Commentary of Chakrapanidatta, edited by; Vaidya Jadavaji Trikamji Acharya, Chaukhambha publications, Varanasi, reprint-2014, page no 536
7. Agnivesa, Charaka Samhita, Ayurveda Dipika Commentary of Chakrapanidatta, edited by; Vaidya Jadavaji Trikamji Acharya, Chaukhambha publications, Varanasi, reprint-2014, page no 529
8. <https://www.who.int/health-topics/hepatitis#:~:text=Hepatitis%20is%20an%20inflammation%20of,%2C%20C%2C%20D%20and%20E.>
9. Vagbhata, Ashtanga Hrudayam, Sarvangasundara Commentary of Arunadatta and Ayurvedarasayana of Hemadri, edited by; Pt. Hari Sadasiva Sastri Paradakara, Chaukhamba Orientalia Prakashan, Varanasi, reprint-2022.
10. <https://www.easyayurveda.com/2009/08/12/ayurvedic-description-of-ghee-ghritam/>
11. <https://www.easyayurveda.com/2011/05/10/cow-urine-therapy-benefits-indication-and-contraindications/>
12. <https://www.easyayurveda.com/2011/06/23/cow-milk-benefits-according-to-ayurveda/>
13. https://www.researchgate.net/publication/362215158_Sariga_JDRAS_Gomaya_swarasa
14. <https://www.ayurmedinfo.com/2019/01/28/ksheerabala-thailam-kshirabala-oil/>
15. <https://www.easyayurveda.com/2012/11/14/health-benefits-of-lemon-ayurveda-details/>
16. <https://www.easyayurveda.com/2014/07/17/kutki-picrorhiza-kurroa-benefits-dose-side-effects-research/>
17. <https://www.ayurmedinfo.com/2012/06/03/gandharvahaasthadi-thailam-benefits-how-to-use-ingredients-side-effects>

How to cite this article: Chandrika V, VenkataKrishna KV. Treating an Acute case of Koshtashrita Kamala (Viral Hepatitis) with Classical Virechana – A Case Report. J Ayurveda Integr Med Sci 2024;12:276-281. <http://dx.doi.org/10.21760/jaims.9.12.37>

Source of Support: Nil, **Conflict of Interest:** None declared.
