



Ayurvedic management of Kamala with reference to Viral Hepatitis

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Inflammation of the liver (Hepatitis) can be traced to many different causes, including viral infections, alcohol, fat accumulation in the liver, an incorrectly functioning immune system, exposure to chemicals and other toxins, and certain drugs. Most of those Asian countries that consider Hepatitis is an urgent public health issue, and have a national strategy in place. Awareness of all those concerned is essential for effective control measures as therapies are expensive with moderate efficacy and side-effects. As a result, in recent years there has been great interest in scientific field to evaluate the efficacy of Ayurveda formulations and single herbal remedies on Hepatitis. Kamala is one of the important, common clinical entities in Ayurveda, whose description appears to be most comprehensive and incorporates the disorders of Hepato-Biliary System of Modern Medicine. Numbers of clinical and experimental studies have been conducted to prove the scientific basis of the use of Ayurveda therapeutic for management of Hepatitis at primary care level. This study work had been carried out to found Ayurvedic Herbo-Mineral formulations which already proved their effect on Hepatitis (Kamala) through hepato-protective activity.

Keywords: Kamala, Viral Hepatitis, Jaundice

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Introduction

Viral Hepatitis is becoming a public health issue in India, where 1% of the population has the condition. They are quiet carriers in large numbers. Hepatitis is an inflammation of the liver Parenchyma caused by a viral infection and non-infectious causes like toxicity, alcohol intake, drugs and several metabolic disorders. Viral hepatitis is caused by a number of viruses some of which have already been characterized and named as hepatitis viruses A, B, C, D, E and G, respectively.[1-3]

In addition, there are patients who are not accounted by these viral infections but show all clinical symptoms suggestive of viral hepatitis. Such cases are assumed to be caused by a group of viruses classified as non-A-G hepatitis viruses. Nearly 15% patients of viral hepatitis belong to this group. These viruses need to be characterized for their molecular structure and types of disease caused. Viral hepatitis is a serious problem in India too with a high proportion of liver ailments caused by hepatitis viruses.[4-6] Based on various studies, all types of known and unknown viruses causing hepatitis have been reported in Indian populations. [7]

In *Ayurveda*, hepatitis or jaundice is acknowledged as *Kamala roga*, caused due to impairment of *Pitta Dosh* and *Rakta Dhatu*. The condition occurs due to *Kostha Gata Pitta*, *Pitta-Rakta Dusti*, and *Yakrit Asrita Pitta Dusti*. In this condition, aggravated *Pitta Dosh* further vitiates *Rakta* and *Mamsa* and produces *Kamala*. It has two variations, namely *Kosthasrita Kamala/Bahu Pitta Kamala* and *Sakhasrita Kamala*. The chronic form of *Kamala* leads to *Kumbha Kamala*, *Halimaka*, *Panaki Roga*. The diagnosis of *Kamala* consisting of an evaluation of the types of *Kamala* through examination of skin, mucous membrane, and stool color.

Assessment of *Agni*, *Bala*, *Dosha Vriddhi*, *Dhatus* involvement is required to decide the therapeutic measures. In *Kosthasrita Kamala*, *Tikta Rasa* (drugs with bitter taste) *Prayoga* and *Virechana* are recommended. However, in *Sakhasrita Kamala*, *Kaphahara* treatment is required at initial stages to bring the *Pitta Dosh* from *Sakha* (skin and periphery) to *Kostha* (alimentary canal).[8] Few studies have also proved the efficacy of Ayurvedic medicines in hepatobiliary disorders.[9,10]

Details of Patient

Chief complaints:

An 8 years old male child came with complaints of Fever, yellowish discoloration of eyes, pain abdomen, decreased appetite, generalized debility & dark yellowish discoloration of urine since one week.

History of present illness:

Patient was said to be asymptomatic one week back, later gradually developed fever which was intermittent in nature, for that initially was treated with local doctors, later gradually developed yellowish discoloration of the eyes, urine, generalized debility and pain abdomen hence came to my clinic for further evaluation and management.

Table 1: Showing general physical examination results (Date: 26/06/2023)

Blood pressure	110/70 mm/Hg
Pulse rate	94beats /min
Respiratory rate	18cycles/ min
CVS	S1S2 +, No added sounds.
CNS	NAD.
Per Abdomen	Hepatomegaly +,Tenderness over right hypochondriac region +
General condition	Moderate
Pallor	Absent
Icterus	Present
Cyanosis	Absent
Clubbing	Absent
Lymph nodes	Not palpable
Edema	Absent

Table 2: Showing the Samprapti Ghataka of Kamala (elements of Patho-physiology)[11]

Doshas	Pitta Prakopa (aggravation) resulting into vitiation of Samana & Vyana Vayu, which in turn it vitiates the Pachaka, Alochaka, Bhrajaka Pitta, and Keldaka Kapha.
Dhatus	Rasa,Rakta,Mamsa,Medha
Malas	Mutra (urine) and Purisha (stool).
Agni	Jhatharagni (digestive juices) and Dhatvagni (tissue metabolism)
Srotas	Rasavaha (plasma carrying channels), Rakthavaha (vascular channels) and Annavaha (food carrying channels)
Sroto Dusti Lakshanas	Sangha (obstruction) and Vimargagamana (abnormal/ deviated pathway)
Udbhavasthana	Amashaya (esophagus and stomach), Koshta (thoracic and abdominal cavity) and Mahasrotas (alimentary canal)
Sancharasthana	Koshta
Vyakhasthana	Twak (skin), Nakha (nail bed), Netra (sclera of eyes), Mukha (face), Koshta and Shakha (extremities).
Svabhava	Cirakari (chronic)
Type	Koshtashrita (based in thoracic and abdominal cavity) and Shakhashrita (based in deeper tissue).

Table 3: Showing the Ashtavidha Pariksha (Eight types of examination) (Date: 26/06/2023)

1.	Nadi	94b/min
2.	Mutra	Vikruta Varna (Yellowish)
3.	Mala	Vikruta Varna
4.	Jihwa	coated
5.	Shabdha	Normal
6.	Sparsha	Ushna
7.	Drik	Peeta
8.	Akruti	Madhyama

27/06/2023 -USG Abdomen and Pelvis

Impression - Mild Hepatomegaly, GB wall edema- Infective etiology

Chikitsa (Treatment)

Table 4: Shamana Chikitsa

SN	Medicine	Dose	Duration
1.	Arogyavardhini Rasa	½ tab bid	2 month
2.	Syp. Kalamegha strong	7.5ml bid	2 month
3.	Chitrakadi Vati	1tab bid	2 months
4.	Syp. Liv52	5ml bid	2 months
5.	Syp. Amrutarista	5ml Tid	7 Days

Pathya Ahara advised

Patient was advised to take her meal at proper timing. Dinner is advised to take early. Intake of fruits, green vegetables and salad should be increased. She was also advised *Takra*. Fatty items and spicy foods are prohibited.

Apathya Ahara advised

Patient was asked to avoid sleeping during daytime, not to consume the items prepared by refined flour (*Maida*), also avoid fast food etc.

Result

Table 5: Liver Function Test

	Before Treatment	After Treatment
Date	26/06/2023	07/09/2023
Bilirubin, Total	8.2 mg/dl	0.5 mg/dl
Bilirubin, Conjugated	3.5 mg/dl	0.2 mg/dl
Bilirubin, Unconjugated	4.7 mg/dl	0.3 mg/dl
SGOT	550.1 IU/L	21.9 IU/L
SGPT	606.7 IU/L	19.0 IU/L
Alkaline phosphate	319.6 IU/L	315.4 IU/L
Total proteins	5.8 gms/dl	6.7 gms/dl
Albumin	3.1 gms/dl	3.4 gms/dl
Globulins	2.7 gms/dl	3.3 gms/dl
A/G Ratio	1.1	1.0

Table 6: Showing the routine urine examination report (Date: 26-06-2023)

Contents	Present/absent
1. Appearance	Clear
2. Albumin	present
3. Bile salt	Absent
4. Bile pigment	Absent
5. Pus cell	Occasional
6. Colour	Pale yellow
7. Reaction	7.0
8. Specific gravity	1.010
9. Glucose	Nil
10. Protein	Nil
11. Ketone bodies	Absent
12. Epithelial cells	2-3/hpf

Before Treatment

BIO-CHEMISTRY REPORTS

TESTS	RESULTS	REFERENCE RANGE
Urea	22.0 mg/dl	13 - 45 mg/dl
Creatinine	0.7 mg/dl	0.7 - 1.4 mg/dl
Uric Acid	3.5 mg/dl	3.4 - 7.0 mg/dl
LIVER PROFILE		
Bilirubin, Total	8.2 mg/dl ↑	0.1 - 1.2 mg/dl
Bilirubin, Conjugated	3.5 mg/dl ↑	0.0 - 0.3 mg/dl
Bilirubin, Unconjugated	4.7 mg/dl ↑	0.1 - 0.9 mg/dl
S.G.O.T	550.1 IU/L ↑	5.0 - 34.0 IU/L
S.G.P.T	606.7 IU/L ↑	0.0 - 40.0 IU/L
Alkaline phosphatase	319.6 IU/L	50 - 126 IU/L
Total Proteins	5.8 gms/dl	6 - 8.5 gms/dl
Albumin	3.1 gms/dl	3.2 - 5.0 gms/dl
Globulins	2.7 gms/dl	2.8 - 3.6 gms/dl
A/G Ratio	1.1	Upto 1.5

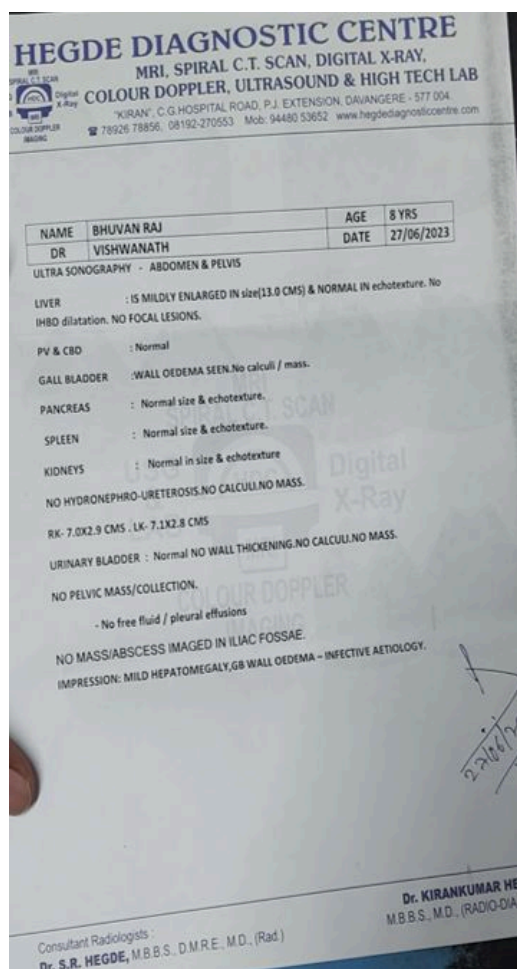
Reviewed by: Dr. M.M. Doddappa M.B.B.S., MD, Dip Consultant Pathologist KMC Reg. No: 14625
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After Treatment

BIO-CHEMISTRY REPORTS

TESTS	RESULTS	REFERENCE RANGE
LIVER PROFILE		
Bilirubin, Total	0.5 mg/dl	0.1 - 1.2 mg/dl
Bilirubin, Conjugated	0.2 mg/dl	0.0 - 0.3 mg/dl
Bilirubin, Unconjugated	0.3 mg/dl	0.1 - 0.9 mg/dl
S.G.O.T	21.9 IU/L	5.0 - 34.0 IU/L
S.G.P.T	19.0 IU/L	0.0 - 40.0 IU/L
Alkaline phosphatase	315.4 IU/L	50 - 126 IU/L
Total Proteins	6.7 gms/dl	6 - 8.5 gms/dl
Albumin	3.4 gms/dl	3.2 - 5.0 gms/dl
Globulins	3.3 gms/dl	2.8 - 3.6 gms/dl
A/G Ratio	1.0	Upto 1.5

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Discussion

Kamala is one of the important, common clinical entities in Ayurveda, whose description appears to be most comprehensive and incorporates the disorders of Hepato-Biliary System of Modern Medicine. The hepatobiliary system is the seat of *Pitta Dosh*a and numbers of *Pitta* dominant diseases are known to be occur other than *Kamala*. *Kamala* as a somatic disease has been described according to unique principles of Ayurveda such as different anatomical components and physiological components are identified in relation to *Kamala*. Ayurveda body parts are enumerated and described according to *Srotas*, *Koshta*, *Koshtanga*, *Shaka*, *Kala*, *Ashaya* and *Roga Marga*, *Marma*, *Yakrit*, *Pleeha* etc. and physiological components: *Sharirika Dosh*a, *Manasika Dosh*a, *Dhatu*, *Agni*, *Ama*, and *Mala* etc. are important factors related to *Kamala Roga*. According to the *Roga Rogi Pariksha* of Ayurveda its aetiopathogenesis and its management are vividly discussed by the great *Acharyas* in the *Pandu* and *Kamala Roga Chikitsa Adhikarana*.

Different types of *Kamala* have been mentioned in most of the Vedic and Ayurvedic classics such as *Koshtasrita Kamala*, *Shakashrita Kamala*, *Kumbha Kamala*, *Halimaka*, *Lagharaka*, *Apanaki* and *Alasakya*.^[12-16] Most of all Ayurvedic classics have given explanation about disease *Kamala* is a *Pittaja Nanatmaja Vyadhi*, resultant due to untreated or Chronic *Pandu Roga* or after other *Rogas* too. And further they expressed that the *Kamala* might manifest in normal person also by the excessive intake of *Pitta Vardhaka Ahara* and *Vihara*.^[12-14]

Furthermore *Kamala* can be correlated with Hepatitis in the company of the possible modern entities of Hepato-Biliary system diseases. Effective management of the patient with mild to severe form of *Kamala* requires a multi-dimensional approach. Accurate diagnosis is essential for the application of appropriate forms of therapy.

Probable mode of action

Yakrut and *Pleeha* are *Moolashtana* of *Raktavaha Srotas*. According to modern science *Yakrut* or liver has two main functions. Producing *YakrutPitta* (Bile) necessary for digestion of food. Another function is related to *Rakta Dhatu*. According to Ayurveda, *Dushti* of *Raktavaha Srotas* causes *Dushti* of the *Moolashtana*, and any deformity in *Moolashtana*, affects the whole *Srotas*. *Arogyavardhini* improves the functions of *Yakrut*. This *Vati* is *Deepani* and *Pachani*. Also, it increases appetite (*Kshudha*). The *Deepana*, *Pachana* and *Kshutpravartana* functions happen due to normalizing the *YakrutSrava*.^[17] The function of filtering toxins from blood and purifying blood improves by *Arogyavardhini*.

Pleeha Vriddhi occurs due to *Vriddhi* of *Dhatu* such as *Rasa, Rakta*.^[18] Just as quantitative increase in *Rasa Dhatu* causes increase in *Rakta Dhatu*. As *Pleeha* is *Moolashtana* of *Raktavaha Srotas*, abnormal increase in *Rakta Dhatu* leads to *Pleeha Vriddhi*. *Arogyavardhini* helps to purify this *Dushita Rakta*. It works on *Dhatwagni*, thus helps to produce *Dhatu*s in proper quantity. It proves useful in treatment of *Pleeha Vriddhi* by expelling out the ill formed *Apakwa Dhatu* which is *Malaswaroopa*. *Pandu* and *Kamala*, both *Vikara* are caused due to *Dushti* of *Rasa* and *Rakta Dhatu*. *Arogyavardhini* improves the functions of *Ranjaka Pitta*. It is helpful to increase the count of R.B.C. present in *Rakta Dhatu*.

Due to increase in *Bala* of *Rasadhatwagni* and *Raktadhatwagni*, both these *Dhatu* start getting properly nourished. *Dhatushaithilya* which develops in *Pandu*, is reduced by *Arogyavardhini*. Being *Malashodhaka* it is helpful to reduce *Shotha* associated with *Pandu*. *Arogyavardhini* is more useful in *Margavarodhjanya Kamala*. By virtue of *Lekhana* property, it removes any obstruction in natural pathways of *Yakrut*, *PrakupitaPitta* and propels its flow in its normal pathway. This leads to relief from symptoms such as whitish coloured stools, *Agnimandya*, *Chhardi* etc. *Pitta shamaka* medicines should be used after the stools obtain normal colour.

Chitrakadi Vati is a potent digestive stimulant. It is a traditional remedy for treating indigestion, constipation, flatulence and stomach pain. The active ingredient *Chitraka* prevents *Mandagni* i.e., lack of stomach fire, and in turn, alleviates the symptoms that happen due to it. *Kalmegh* might be beneficial in the management of liver problems. It has antioxidant, anti-inflammatory and hepatoprotective properties. It prevents the damage of liver cells caused by the free radicals. It might also be effective against chronic hepatitis B viral infection.

Syrup Liv52-It is commonly used for the diagnosis or treatment of Jaundice, Improves appetite, digestion, liver damage, and viral hepatitis. It has some side effects such as dizziness, allergic reaction, rectal bleeding and weight gain.

Amritarishta is highly valuable in low grade fever or chronic fever, where a person may experience fatigue, loss of stamina, body pains and restlessness. This wonder syrup helps to mitigate the symptoms and eliminates the toxins, which is responsible for inflammation and fever. It helps to build a robust immune system and beats off infection causing pathogens. While it lessens the duration of fever and speeds up the recovery process. Additionally as fever settles it aids in restoring stamina, strength and improves appetite.

Conclusion

Koshtashakarita Kamala (alcoholic hepatitis) is managed significantly by *Shamana* therapy and *PathyaApathya* management. Oral Ayurvedic drug like *Arogyavardhini Vati*, *Chitrakadi Vati*,

Patolakaturohinyadi Kashaya, *Kumaryasava*, *Nimba + Amruta + Bhummyamalaki + Bringaraja Swarasa* were effective in relieving the signs and symptoms of *Kamala* without any harmful effect in short duration of treatment in this case.

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