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A Case Study of treating *Kamala* (jaundice) with Ayurvedic medicine

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ABSTRACT

Jaundice (*Kamala*) is a yellowish pigmentation of the skin, the conjunctival membranes over the sclera (whites of the eyes), and other mucous membranes caused by hyperbilirubinemia (increased levels of bilirubin in the blood). Today's lifestyle with unhygienic and poor dietary habits and alcoholic habits etc. which are responsible factors to promote hepatic damage which clinically reflects as *Kamala Roga*. The effect of Ayurvedic treatment was assessed in relation to improvement in over all clinical signs and symptoms and biochemical investigations on the basis of grading and scoring system.

Key words: *Kamala, Jaundice, Liver Disorders.*

INTRODUCTION

Ayurveda is the oldest system of medicine and philosophy of the life. The aim of this science is to protect the human being from various diseases which occur by not following the *Swasthavrittha*. In human beings *Rakta Dhatu* is given utmost importance as the diseases pertaining to *Rakta* is more in incidence. *Kamala* is such a disease where in the *Raktadhatu* is vitiated primarily by *Pitta Dasha*.^[1] If the patient suffering from Pandu indulges in *Pittala Ahara-vihara* (diet and regimens), the *Pitta* aggravates and burns the *Rakta* and *Mamsadhatu* to cause the disease *Kamala*. Mainly *Ranjak Pitta Vikruti* is mentioned in *Kamala* etiopathogenesis.^[2] Eyes, skin, nails and face of the patient become exceedingly yellow. Stool and

urine become red or yellow in colour. Patient develops complexion like that of frog (*Bhek Varna*). Senses gets impaired, patient gets emaciated and gets afflicted with burning sensation, indigestion, weakness and anorexia.^[3] Two types of *Kamala* are mentioned on the basis of pathogenesis and clinical presentations, *Kostashakashrita* and *Shakashrita Kamala*. *Kostashakasrita Kamala* is a common disorder seen in urban as well as rural areas with poor hygiene and sanitation. Individual who indulge in *Nidana Sevana* as indicated under *Kostashakasrita Kamala* become victims of the diseases. Ayurvedic literatures have wealth of resource information regarding the treatment of *Kamala* and preventing its complications. By considering all these factors the study is aimed at understanding the disease; bearing in mind, the etiological factors, its *Samprati*, role of different present day investigations in evaluating the disease *Kamala*.

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OBJECTIVES OF THE STUDY

1. To study concept of *Kamala* (Jaundice)
2. Detail study of Ayurvedic management of *Kamala*.

MATERIALS AND METHODS

Setting: Government Ayurvedic college and hospital, Nagpur

CASE REPORT

A 52 year old male patient came to OPD Gov. Ayurvedic College & Hospital, Nagpur, on dated 20 June 2018 with chief complaint of,

1. *Pita Varniyatwaka* (Yellowish discoloration of skin)
2. *Pitta Varniya Mutra* (Yellowish discoloration of urine)
3. *Daurbailya* (weakness)
4. *Hrullhasa* (Nausea)
5. *Bharhani* (loss of weight)

Patient had above complaints since 7 days.

History of present illness

The patient was normal before 7 days ago. Since then patient had been suffering from *Pita Varniyatwaka* (Yellowish discoloration of skin), *Pitta Varniya Mutra* (Yellowish discoloration of urine), *Daurbailya* (weakness), *Hrullasa* (Nausea) and *Bharhani* (loss of weight) for Ayurvedic Treatment he came to OPD of Gov. Ayurvedic Collage & Hospital, Nagpur, in Kaychikitsa department on dated 20 June 2018. For further treatment we admitted patient on 25 June 2018 in Kayachikitsa dept. for better management.

Past history

1. H/O HTN since 2 years on medicines - T. Amlodipine 5mg OD
2. H/O DM since 2 years on medicines - T. Glyciphage 500mg OD

Clinical findings - Physical examination

Table 1: Ayurvedic and modern Physical examination

Ayurvedic
<i>Nadi</i> (pulse) - 90/min
<i>Mala</i> (stool) - <i>Asamyakpravrutti</i>
<i>Mutra</i> (urine) - <i>Pitavarniya</i> .
<i>Jihwa</i> (tounge) - <i>Saam</i> .
<i>Agni</i> - <i>Kshudhamandya</i> .

<i>Shabda</i> (speech) - <i>Spashta</i> (Normal).
<i>Sparsha</i> (skin) - <i>Samshitoshna</i> .
<i>Druka</i> (eyes) - <i>Netrapitata</i>
<i>Prakriti</i> - <i>Vata kapha</i>
<i>Sara, Sahanan, Satva, Satmya</i> - <i>Madhyam</i> .
<i>Vyamshakti, Aharshakti</i> - <i>Alpa</i>

Modern
CVS - S1, S2 normal, Murmur and cyanosis absent. Brachial and carotid artery pulsation bilaterally equal.
<i>Raktachaapa</i> (B.P) - 110/80 mm/Hg
Pulse - 90/min regular
RS - shape and size of chest normal
RR - 21/min, Chest clear, air entry bilaterally equal, No crepitations.
CNS - Pt. is well oriented, Pupillary function normal, all joint reflexes normal, sensory reflexes normal.

Per abdomen

- Inspection : Shape of abdomen - normal
- Palpation : Liver - palpable (tenderness absent), spleen, kidney - non-palpable.
- Percussion : Tympanic sound
- Auscultation : bowel sound normal

Investigation: Sonography - Gradell fatty changes in liver with heterogenous parenchymal echogenicity and oedematous partially distended gall bladder.

Treatment schedule

Table 2: Treatment schedule.

Date	Medicine	Dose	Aushadhi kala	Anupan
20-6-18 to 28-6-18	<i>Anandabhairav Rasa</i>	250mg two times.	<i>Apane</i>	<i>Koshna Jala</i>

20-6-18 to 28-6-18	<i>Arogyavardhini Vati</i>	250mg two times.	<i>Vyanodane</i>	<i>Koshna Jala</i>
20-6-18 to 28-6-18	<i>Lavangadi Vati</i>	250 mg two times.	<i>Vyanodane</i>	<i>Koshna Jala</i>
20-6-18 to 13-7-18	<i>Kutaki Churna</i>	5g two times.	<i>Vyanodane</i>	<i>Koshna Jala</i>
20-6-18 to 13-7-18	<i>Bhubnimbadi Kadha</i>	20ml two times.	<i>Vyanodane</i>	<i>Koshna Jala</i>
20-6-18 to 13-7-18	<i>Fibofresh powder</i>	3g two times.	<i>Vyanodane</i>	<i>Koshna Jala</i>
29-6-18 to 13-7-18	<i>Sutshekhar Sariva Churna</i> <i>Gokshura Churna</i> <i>Musta Churna</i>	250mg 3g 3g 3g Three times	<i>Apane</i>	<i>Krishna Manuka Jalpan</i>
1-7-18 to 13-7-18	<i>Narikel Mashi</i>	2g two times.	<i>Apane</i>	<i>Go Ghrita</i>

Pathya-Apathya

Pathya is one which is compatible to the body and which is not harmful to the body. In *Chikitsasthana*, *Acharya Charaka* given another definition for *Pathya* which is a *Priyam* (suitable) to *Manasa* and *Shareera* is called *Pathya*.^[4]

Diet schedule

Morning : breakfast- milk, eggs, poha

Lunch : 2-3 chapati, Sabji, green vegetables, cow ghee, Dal-Rice, Pulav.

Apathya : oily - spicy food, fermented and bakery food, nov-veg, curd, day sleep, more hot and cold food stuff..

RESULTS

Table 3: Liver function test and kidney function test

Date	20-06-18	29-06-18	3-07-18	12-07-18
SGOT	330 IU/L	416.3 IU/L	136.9 U/L	44.09 U/L
SGPT	Technically high	Technical ly high	282.9 U/L	78.82 U/L
Bilirubin T.	5.66 mg/dl	7.01 mg/dl	3.36 mg/dl	1.88 mg/dl
Bilirubin D.	2.5 mg/dl	3.15 mg/dl	1.55 mg/dl	0.96 mg/dl
Blood urea	18.4 mg/dl	16.1 mg/dl	-	-
S. Creatinine	1.04 mg/dl	0.5 mg/dl	-	-
Uric acid	6.0 mg/dl	4.9 mg/dl	-	-
Cholesterol	161 mg/dl	150 mg/dl	-	-
Triglyceride	220 mg/dl	310 mg/dl	-	-
HDL	23.4 mg/dl	-	-	-

Table 4: Hemogram tests

Date	20-06-18	26-06-18	3-07-18
1. Blood Sugar F.	122 mg/dl	107 mg/dl	131 mg/dl
2. HB	14.4 g%	14.6 g%	12.9 g %

3. TLC	7400/ cumm	7600/cumm	6800/cumm
4. DLC	N-64, L-34, E+M-2%	N-65, L-30, E+M- 5%	N-62, L-34, E+M-4%
5. ESR	-	-	36

Table 5: Assessment criterion for Kamala (Hepatocellular jaundice)

SN	Symptoms	Normal	Mild	Moderate	Severe
1.	<i>Pita Varniyatwaka</i> (Yellowish discoloration of skin)	0	1	2	3
2.	<i>Pitta Varniya Mutra</i> (Yellowish discoloration of urine)	0	1	2	3
3.	<i>Daurbailya</i> (weakness)	0	1	2	3
4.	<i>Hrullhasa</i> (Nausea)	0	1	2	3
5.	<i>Anannabhilasha</i> (Anorexia)	0	1	2	3

Table 6: Observation of Results

SN	Symptoms	Before Treatment	After Treatment
1.	<i>Pita Varniyatwaka</i> (yellowish discoloration of skin)	3	0
2.	<i>Pitta Varniya Mutra</i> (yellowish discoloration of urine)	3	0
3.	<i>Daurbailya</i> (weakness)	2	1
4.	<i>Hrullhasa</i> (nausea)	3	0

5.	<i>Anannabhilasha</i> (anorexia)	2	0
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DISCUSSION

In Ayurveda it was clearly mentioned that *Agnimandya* and *Pitta Vikruti* are the main causative factor for the *Kamala Samprapti*. *Asatmya Ahara Sevana*, Ayurveda claims to a number of effective remedies infact most of the people suffering from the different varieties of *Kamala*, many of etiological factors are mentioned for the Jaundice, Some etiological factors are excessive intake of *Amla, Lavana, Katu* and *Madhura Rasa Pradhana Ahara Dravya, Rooksha, Guru, Sheeta Guna Ahara Padarthas* vitiates the *Jatharagni*, the hypofunctioning of *Jatharagni* leads to the *Kamala*.^[5] With the above mentioned *Nidana* person with vitiating *Pitta* and *Agni* is unbalancing the functions of liver where *Mala Roopa Pitta* is discharged. When hypo functioning of *Pitta (Agni)* consequently in turns produce *Ama* or *Amavisha*. This *Ama* corresponds with *Rakta* and may produce *Kamala*. The *Kamala* is one of the *Pitta* and *Rakta Pradoshaja Vyadhi* here *Pitta* is vitiating and help of *Tashaya, Tikta* and *Madura Rasa Pradhan Dravya* normalizes it. The management of *Kamala*, more single drug therapy and compound drug's explained in our classics. These drugs have *Kamalahara* properties. These drugs effectively reduce bile in blood circulations and normalised blood parameters, liver function and kidney functions test. Ayurvedic herbs and formulations relieves the symptom like *Pitta Varniyatwaka* (yellowish discoloration of skin), *Pitta Varniya Mutra* (yellowish discoloration of urine), *Daurbailya* (weakness), *Hrullhasa* (nausea), *Anannabhilasha* (Anorexia) and *Agnisada* (low digestive fire) without any complications.

Table 7: Mode of action of drugs

S N	Name of drug	properties	Mode of action
1.	<i>Arogyavardhini Vati</i> ^[6]	<i>Yakrut Shodaka,</i>	<i>Malashuddhikara</i> (Purgative), <i>Kshudhavardhaka</i> (Appetizer),

			<i>Jirnajvarahara</i> (Chronic fever), <i>Yakrutvikara</i> (useful in disorder of liver)
2.	<i>Anadabhairav Rasa</i> ^[7]	<i>Amadosahara</i>	<i>Jwarahara</i> , useful in diarrhoea with fever
3.	<i>Bhunimbadi Kadha</i> ^[8]	<i>Pitta Doshahara</i>	Appetizer, Anti-inflammatory, laxative, cholagogue, digestive, antibacterial, haemostatic and rejuvenative property.
4.	<i>Kutaki Churna</i> ^[9] <i>Picrorhizakurroo</i>	<i>Rasa : Katu, Tikta</i> <i>Virya : Ushna</i> <i>Vipaka : Katu</i>	<i>Rechaka, Deepana, Raktashudhikara, Malabhedana.</i>
5.	<i>Sutshekhar Rasa</i> ^[10]	<i>Pitta Shamaka</i>	<i>Pittashamaka</i> (Reduces <i>Pitta</i>), <i>Yakruduttejaka</i> (Liver tonic), <i>Dahashamaka</i> (reduces burning), <i>Pachaka</i> (Digestive), <i>Mandagni</i> (Impaired digestive fire).
6.	<i>Sariva</i> ^[11] <i>Hemidesmus indicus</i>	<i>Rasa - Madhura, Tikta</i> <i>Vipaka - Madhura,</i> <i>Virya - Sheeta.</i>	<i>Kushtahara</i> (useful in skin diseases), <i>Vishapaha</i> (antitoxic), <i>Angisada</i> (useful in low digestive strength)
7.	<i>Gokshur</i> ^[12] <i>Tribulus</i>	<i>Rasa - Madhura.</i>	<i>Brihana</i> (improve strength),

	<i>terrestris</i>	<i>Vipaka - Madhur, Virya - Sheeta.</i>	<i>Tridoshamana, Basti Shodhana</i> (cleans and detoxifies bladder)
8.	<i>Musta</i> ^[13] <i>Cyperus rotundus</i>	<i>Rasa - Tikta, Katu, Kashaya</i> <i>Vipaka - Katu,</i> <i>Virya - Sheeta.</i>	<i>Deepan, Pachana</i> (improve digestion), <i>Aruchihara</i> (useful in Anorexia), <i>Krumighna</i> (useful in warm infestation)
9.	<i>Narikel</i> ^[14] <i>Mashi - Cocos nucifera</i>	<i>Rasa - Madhura</i> <i>Vipaka - Madhur,</i> <i>Virya - Sheeta.</i>	<i>Pittahara, Deepana Pachana</i>
10	<i>Lavangadi Vati</i> ^[15]	<i>Vata Kaphaghna</i>	<i>Kasaswasahara</i> (useful in respiratory disorder)

CONCLUSION

Kamala (Hepatocellular jaundice) is successful managed by *Shamana* therapy and *Pathya Apathya* management. Oral Ayurvedic drug like *Arogyavardhini Vati, Anadabhairav Rasa, Sutashekhar Rasa, Lavangadi Vati, Bhunimbadi Kwatha, Kutaki Churna, Sariva Churna, Musta Churna, Kushta Churna, Gokshura Churna* and *Narikela Mashi* treatment drugs were effective in relieving the signs and symptoms of *Kamala* without any harmful effect.

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