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## Ayurvedic Management of *Kamala* with special reference to Jaundice: A Case Study

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### ABSTRACT

In this era, individuals are more prone to “*Pradnyaparadha*” regarding eating habits and lifestyle. There are many factors that lead to risk of disorders like *Kamala* which is one of the important diseases of *Annavaha Srotasa* with predominance of *rasa dhatu and pitta dosha*. The symptoms of *Kamala* may be due to various infective or systemic disorders. One of them is viral hepatitis which is most common in tropical conditions like India due to unhygienic practice of food and water intake. Jaundice also known as Icterus, is a yellowish pigmentation of skin, sclera and mucous membranes due to hyper bilirubinemia and deposition of bile pigments.

In Ayurveda, Acharyas thoroughly described Kamla along with its cause, signs, symptoms, pathogenesis, complications and management too. Hepatocellular Jaundice can be correlated with Kamla Vyadhi. This case study is explained about effect of ayurvedic Chikitsa Siddhanta (Agnideeepana, Mridu Shodhana) in the management of Kamala.

### KEYWORDS

*Kamla, Agnideeepana, Jaundice*



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## INTRODUCTION

Jaundice is defined as a condition in which yellowish staining of skin, mucous membranes and sclera occur due to the deposition of yellow orange bile pigment i.e. bilirubin<sup>1</sup>. Pathologically Jaundice can be classified into three types as Pre-hepatic Jaundice, Hepatic Jaundice, and Post hepatic Jaundice<sup>2,3,4</sup>.

*Kamala* can be correlated with jaundice because of similarities in its causes, symptoms, pathophysiology and manifesting sites. *Charaka* explained two types of *kamala* i.e. *Bahupitta Kamala* (Jaundice) and *Ruddhpath kamala* (Obstructive Jaundice). Loss of interest in day to day activities mainly occurs in *Kamla*<sup>4</sup>. According to *Charaka*, main cause for *Kamla* is intake of *pittakar ahar vihara*. *Charaka* considered *Kamla* as an advanced

stage of *Pandu roga*. Unhygienic food, road side food, contaminated drinks; alcohol are also causes of *kamala*. All these factors causes vitiation of *pitta dosha* and this *vikruta pitta* goes into *rakta-mansa* resulting in symptoms of *kamala*<sup>5</sup>.

*Rasa, rakta* and *mansa* are vitiated by *vikruta pitta* in pathology of *kamala*. The symptoms of *kamala* explained in our classical text are *Haridra -Netra* (Yellowish sclera), *Mutra* (Urine), *Twak* (Skin), *Nakha* (nail bed), *Vaktra* (Face), *shakrut (faeces)*, *Dah* (Burning) *Avipaka* (Indigestion), *Trishna* ((Thirst), *Bhekabh* (Looks like yellow frog), *Durbalendriya* (Generalised weakness) etc are somewhat similar to that of Jaundice<sup>6</sup>. Table 1 showing the comparison of symptoms between *kamala* and Jaundice<sup>7</sup>.

**Table 1** The comparison of symptoms between *kamala* and Jaundice<sup>7</sup>

S.N.	Basic points	<i>Kamala</i>	Jaundice
1	Pathological	<i>Pitta, Rakta, Mansa</i>	Liver, yellowish discoloration of tissue resulting due to deposition of bilirubin
2	Sign	<i>Haridra netra-twaka-nakha-mukha, mutra</i>	Icterus, sublingual skin yellow discoloration, urine, stool
3	Symptoms	Heaviness of abdomen, Weakness, loss of digestion power, Anorexia, Fever	Fatigue, Abdominal pain, weight loss, vomiting fever, pale stool, urine
4	Treatment	Rest, <i>Mrudu shodhan</i> , easily digestible food, <i>yapana</i>	Rest, Iv fluids, Multivitamins, Appetizer, light fatless diet

Jaundice is a symptom but it may occur as complication in so many diseases like haemolytic disorders, malaria, liver cancer, typhoid fever etc (Table 2). Hepatitis and

obstructive jaundice are main causes of jaundice but in ayurveda untreated *panduroga* and *pittakar ahar vihara* are main causes of *Kamla*. Due to this,



**Table 2** Assessment of symptoms

Date	Symptoms during treatment of <i>Kamala</i>					
	Anorexia	Abdominal Pain	Flatulence abdomen	Irregular bowel	Nausea	Generalised Weakness
01/11/2017	+++	++	++	++	+	+++
02/11/2017	+++	++	++	++	+	+++
03/11/2017	++	+	+	+	-	++
04/11/2017	+	+	-	-	-	+
05/11/2017	-	+	-	-	-	+
06/11/2017	-	-	-	-	-	+
to 09/11/2017						

production of *vikrit-bahupitta* deranged the function of *Agni*. *Bahupitta* goes into the *rakta* and *mansa dhatu* by *vimargagamana*. Hence *Acharya* said management of *kamala* is *Nidanparivarjan*, *Agnideepana*, *Srotoshodhana* by *tikta dravya*. Due to deranged *agni* and *dushana* of *rakta*, *mansa dhatu*, *uttorottar dhatu poshan* gets hampered. This leads to extreme *daurbalya* of patient. To overcome this *daurbalya*, we have to use *Yapana Chikitsa*. Ayurveda system of medicine has lots of medicinal herbs to treat *kamala* without harming the body.

## AIMS AND OBJECTIVES

1. To prove the efficacy of Ayurvedic drugs in the management of Kamla.
2. To observe the combined effect of herbal medicine along with pathyapathy in the management of Kamla.

## MATERIALS AND METHODS

On dated 1/11/2017, patient came to the Khemdas Ayurved Hospital, *Kayachikitsa*

OPD with complaints of anorexia, abdominal pain, nausea, mild abdominal pain, flatulence, irregular bowel, feverish feeling since 10 days and was diagnosed as *Bahupitta Kamala*. Patient's improvement was assessed on the basis of symptoms and clinical findings.

## CASE PROFILE

A 50 years male patient came in *Kayachikitsa* OPD with above mentioned complaints since 10 days. He has no history of hypertension, diabetes mellitus, tuberculosis, jaundice and no any surgical history. Patient was vegetarian with irregular bowel habit. Patient was also complaining of burning micturition and interrupted sleep. At the time of admission patients vitals were normal with blood pressure 100/60 mm Hg, pulse-78/min, and temperature-98°F. On general examination he was found to have built-average, nutrition-normal, severe icterus, pallor-



absent, clubbing-absent, lymph node normal, oedema absent, weight-45 kg.

### TREATMENT SCHEDULE

From first day patient was treated by using various ayurvedic dosage forms viz., *Panchakola phanta*, *Arogyavardhini vati*, *Punarnavadi mandura*, *Avipattikar churna*, and *Kumariaasava*. All these drugs have *Deepana*, *Pachana*, *Krumihara*, *Mridu Shodhana*, *Yapana* and *Rasayana* action. Above mentioned dosage forms are helpful for breaking pathology of *kamala* on the basis of their different pharmacological action. Diet regimen was strictly followed by patient. Patient was on only *Krushara*, Sugar cane juice and lukewarm water. This entire treatment schedule is summarised in table no. 5.

### RESULTS

**Table 3** Status of patient at the time of admission

<i>Astavidh pariksha</i> (8 tools for examination of patients)	<i>Samprapti ghatak</i> (Pathological factors)	<i>Samanya Parikshan</i> General examination
	<i>Dosha: Tridosha</i>	BP 100/60 mmHg
<i>Naadi: 78/min, pitta- kaphaja</i>	<i>Dushya: Rasa, Rakta, Mamsa</i>	PR 78 beats/min
<i>Mutra: Mutradaha, Peet</i>	<i>Srotas: Anna, Rasa, Rakta, Mamsa, Mutra, Purisha</i>	RR 18/min
<i>Mala: Vibandha</i>	<i>Srotodushhti: Sanga, Vimarga Gamana</i>	Temperature- Normal
<i>Jihwa: Sama</i>	<i>Aam: Sama</i>	General condition Moderate
<i>Shabda: Prakrit</i>	<i>Agni: Mandagni</i>	Decubitus: Seating
<i>Sparsha: Samsheetoshna</i>	<i>Samutthan: Amashaya</i>	Pallor Absent
<i>Drik: Prakrut</i>	<i>Adhishthan: Twak, Netra, Nakha, mala, mutra</i>	Icterus +++
<i>Aakriti: Krush</i>		Cyanosis Absent

Total duration of study was 21 days. The patient had symptoms of jaundice such as loss of appetite, abdominal pain, nausea, dark coloured urine, generalised weakness, restlessness, constipation. Some of the liver function parameters were very high before treatment, which returned to normal within 3 weeks of treatment. The results were statistically highly significant. Regarding assessment of subjective parameters, symptoms like anorexia, constipation, nausea subsides within 1 week of treatment and remaining symptoms like abdominal pain disappeared within 2 weeks. All these results indicate that the patient had recovered from signs and symptoms within 2 weeks and the liver functions returned to normal within 3 weeks. Table no. 3 showing sign and symptoms of patient on admission.



Table no. 4 showing changes in pathological findings of patient with treatment.

## DISCUSSION

**Table 4** Pathological findings observed during treatment

Name	Finding values			
	01/11/2017	03/11/2017	07/11/2017	20/11/17
Hb gm%	11.9	10.8	10.6	11.3
TLC	16600	12000	10900	8.700
ESR	35	15	10	10
N	76	80	78	74
L	21	16	17	20
M	2	3	3	3
E	1	1	2	3
URM	Dark yellow	Pale yellow	Pale yellow	Pale Yellow clear
Bilirubin Total	7.5	7.1	1.6	0.7
SGOT	42	40	36	20
SGPT	50	-	70	49
Sr. ALP	93	-	88	80
Total protein	6.5	-	6.5	7.1
RBC	3.75	3.84	3.75	3.97
Platelet	465000	206000	465000	379000

like Malaria, Dengue fever, Leptospirosis, Haemolytic anaemia, Amoebic liver abscess, Viral and bacterial hepatitis etc<sup>8</sup>. Jaundice is described as the yellowish discolouration of the skin and sclera is caused by increased levels of bilirubin in the blood. Intensity of yellowness of the skin and sclera directly depends on level of bilirubin. Mild increase in bilirubin levels in the blood, causes yellowish discolouration of skin and sclera, then turns brown if bilirubin levels are becomes significantly high<sup>9</sup>. Ayurvedic treatment principle (*chikitsa siddhanta*) not only concentrates on the normalisation of laboratory parameters but also focuses on

Ayurveda *acharyas* mentioned *Kamala* as a disease but according to modern science, *Kamala* is considered as a symptom, where this condition is seen in different diseases

resolution of sign and symptoms and complete restoration of equilibrium of *doshas* and *dhatu*s. Ayurveda mainly targets the condition of *Dosha*, *Dushya*, *Vyadhi avastha* and *Bala* of patient. Nausea, loss of appetite, weakness etc. are symptoms of hepatobiliary organ disease. These symptoms are indicative of deranged Agni of the patient, resulting in excessive accumulation of *Vikruta Pitta* in the body, which is abnormally excreted through stool, urine which are nothing but the presenting symptoms of *Kamala*.

A male patient of 50 years age came to the Khemdas Ayurved Hospital with chief complaints of anorexia, abdominal pain,



flatulence, irregular bowel habit and nausea since 10 days. While considering all the signs and symptoms, examinations and investigations, the case was diagnosed as *Kosta-Shakhashrita / Bahupitta Kamala* (Jaundice/Hepatitis). Ayurveda is having treasury of herbal, herbo-mineral medicines which are very useful in gastro intestinal disorders. Patient was treated with *Panchakola phanta, Phaltrikadi kashaya,*

*Arogyavardhini vati, Punarnava Mandur, Avipattikar churna* along with *pathyapathya*. Detailed pharmacological action of all used drugs has been described in table no 6. Patient was feeling symptomatically better from day 3 and was feeling very well by day 6. The patient was discharged on 8<sup>th</sup> day with medication as mentioned in table 5.

**Table 5** Drugs formulations and diet used for treatment of *kamala*

Date	Name of formulation	Dose	Diet	Routine activities
01/11/2017 to 04/11/2017	1) <i>Panchakola phanta</i> 2) <i>Phaltrikadi kashay</i> 3) <i>Arogyavardhini vati</i> 4) <i>Punarnavadi Mandur</i> 5) <i>Avipattikara choorna</i>	<i>Muhurmuhu</i> 40mlx2 500mgx2 500mgx2 0-5gm B/F	<i>Krushara</i> Lukewarm water	Complete rest
05/11/2017 upto discharge	1) <i>Phaltrikadi kashay</i> 2) <i>Arogyavardhini vati</i> 3) <i>Punarnavadi Mandur</i> 4) <i>Kumariaasava</i>	40mlx2 500mgx2 500mgx2 15 ml x2	<i>Krushara</i> Lukewarm water	Complete rest

**Table 6** Pharmacological action of used drugs

Sl. No.	Name Of Medicine	Properties	Pharmacological Action
1	Panchakola Phant	Rasa-Katu, Laghu, Tikshna, - Ruksha, Ushna, Virya-Ushna, Katu	Ama digestion, clear the blocks created by ama in the cells and channels (strotasa).
2	Avipattikar churna	Rasa-Katu, Tikta, Madhur, Guna-Ushna, tikshna, Ruksha	Deepana, Pachana, Krumihar Mrudushodhana <sup>10</sup>
3	Arogyavardhini vati	Rasa-Tikta, Ushna Ruksha Guna-Tikshna.	Deepana, Pachana and Vikruta pittavirachana, Yakrutottejana <sup>11</sup> . raktasuddhikar (blood purifier)
4	Punarnava mandur	Rasa-Tikta, Katu Guna-Tikshna, Ushna,	Source of Iron, Used in anemia, splenomegaly, hemorrhoids, chronic fever, inflammatory conditions <sup>12</sup> .
5	Kumariaasava	Rasa-Tikta Guna- Sheeta, Ruksha, Tikshna	Stimulates the function of liver by deepana, pachana and sransana property, clears chronic constipated bowel, normalise the secretion of liver <sup>13</sup>



Total bilirubin level at the time of discharge was 1.6mg/dl, TLC-within normal range with other pathological findings within normal range. All these findings suggested good role of ayurvedic medicine in liver diseases. *Vagbhata* said that *roga sarveapi mandagnau*. Here we applied similar pharmacological drugs acting on liver disease. We used medicine having *deepana*, *pachana*, *yakritottejana*, *shodhana*, and *raktaprasadan* property. The case was managed as per the treatment principles explained in the context of *Bahupitta Kamala*. After one week of inpatient management and 15 days of follow-up, the patient got absolute relief from all the symptoms and the pathological values also became normal as shown in table 4.

*Krishara* is combined with an equal or half amount of *mug* lentil and cooked with salt, *zinger*, *asafoetida* and turmeric. *Krishara* is *pitta-kaphavardhaka*, *balya* (Strength provider and *vatashamaka*<sup>45</sup>. All these medicines used for treatment of *kamala* proves the statement “*Kamali tu virachane*”, due to *deepana*, *pachana* and *mrudu shodhana* properties of used drugs. It is well known that *virechana* removes pathologically increased vitiated *pitta*, improves *Agni* and stimulates the function of *yakrita*.

## CONCLUSION

Management of *Kamala* through Ayurvedic medicine, diet and regimen is very effective. All the signs and symptoms disappeared within 3 weeks of treatment and Serum bilirubin levels returned to normal within 3 weeks. These drugs did not produce any adverse effects indicating that all drugs are safe while treating *Kamla*.





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