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## Ayurvedic Management of *Bahupitta Kamla* with special reference to Jaundice – A Case Study

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### ABSTRACT

In fast life style of competitive world people are leading irregular eating habits and changes in lifestyle. Eating fast food has become fashion which has increased risk of *Bahupittakamla*. *Kamla* can be compared with Jaundice. Jaundice is a condition in which yellowish discoloration of skin, sclera, mucous membranes, and excretions occur due to Hyperbilirubinemia and deposition of bile pigments. In *Ayurved Samhita* description of *Kamala* is given in detail along with its Causes, Pathogenesis, Symptoms, Complications and Management. The description of Hepatocellular jaundice is similar to Ayurvedic description of *Bahupitta Kamala*. Here a case report of a 39 Years male patient who was having *Bahupitta Kamala* (Jaundice) that was treated with *Ayurvedic* herbs which has given effective result.

### KEYWORDS

*Bahupitta Kamala, Hepatocellular Jaundice, Oral ayurvedic medicines*



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## INTRODUCTION

In this era of industrialization and life threatening competition many changes have occurred in our life style. These have lead to many diseases, kamala being one of them. Most of the time patients just come with “sickness and tiredness” along with yellowish discoloration of sclera, skin & urine. Later they get diagnosed as *kamala* (jaundice). The incidence of such disease is increasing day by day.

*Kamala* is known to Indians since ancient times. Vedic literature also states the grave nature of this disease presenting it with numerous synonyms. In this disease desire for the work is lost & there is Yellowish discoloration of eyes, urine & stool. Patient usually report darkening of urine before they notice icteric sclera.

In modern science *Kamla Vyadhi* can be correlated with Hyperbilirubinemia & Hepatocellular jaundice results from an inability of the liver to transport Bilirubin across the Hepatocyte into the bile, occurring as consequences of Parenchymal disease. The main sign of jaundice is yellowish discoloration of sclera of eyes and skin<sup>1</sup>. *Kamla* is explained as, one of the *Raktapradushaja* diseases. There is direct involvement of *Raktavaha srotas* in *Kamla*. *Rakta* and *Pitta* are *Ashrayashrayi bhava*; hence vitiation of *Pitta* leads to

vitiation of *Rakta*.

*Pitta* gets aggravated by Excessive intake of *Kshar*, Sore, Hot and mutually contradictory food, unwholesome food, sleeping during the day time, exercise as well as sexual intercourse when food is not properly digested, improper administration of *Panchakarma* therapies, suppression of natural urges & in a person with his mind afflicted with Worry, Fear, Anger, Grief. Such aggravation of *pitta* located in the cardiac region takes place, then this *pitta* being forcefully propelled by *Vata Dosha*, enters in the 10 vessels and circulates in the entire body.

Modern medical science has only symptomatic treatment for many diseases, *Kamala* is one of them. In all *Ayurved samhita Nidan Panchak* with the treatment of *Kamala* is given very well. “*Kamali tu virechane*” is chikitsa sutra of kamala<sup>2</sup>. The Treatment of *Kamala* (Jaundice) must start with *Virechana* (Purgation). The basic theory is that vitiation of *Rakta* is responsible for *Kamala and Yakruta* (liver) is seat of *Rakta*. *Rakta* and *Pitta* has *Ashrya Shrayisambandha* and *Virechan* leads to removal of been vitiated *Pitta* and purification of *Rakta* so that a daily *virechana* (purgation) is recommended. The combination of some herbs is also useful in the treatment of *kamala*. In some



conditions when medical treatment does not work, surgical interventions may require.

## CASE REPORT

A 39 year old male patient came to us with chief complaint of

- 1) *Peeta varniya Netra* (Yellowish discoloration of Eyes)
- 2) *Peeta varniya mutra* (Yellowish discoloration of urine)
- 3) *Agnimandya* (Anorexia)
- 4) *Hrullhas* (Nausea)
- 5). *Malavibandha* (Constipation).
- 6) *Daurbalya* (weakness)

Patient had above complaints since 8 day

### PAST HISTORY

- No history of any major illness such as Hypertension, Diabetes mellitus, Asthma.
- No any surgical history
- Addiction: Alcohol consumption and chewing tobacco since last 5 yrs.
- Frequently consumption of hot, oily and spicy food and night shift duty

### History of Personal Illness

The patient was alright 8 days ago when he developed yellowish discoloration of skin and urine, anorexia, constipation, nausea.

**Table 1** subjective criteria with Grading.

Sr. no	Symptoms	Normal(0)	Mild(1)	Moderate(2)	Severe(3)
1	Yellowish discoloration of Eyes.	0	1	2	3
2	Yellowish discoloration of Urine	0	1	2	3
3	Yellowish discoloration of Nails	0	1	2	3
4	Weakness ( <i>Daurbalya</i> )	0	1	2	3
5	Anorexia ( <i>Anna Abhilasha</i> )	0	1	2	3

He came to our hospital for Ayurvedic treatment– Dr. D. Y. Patil College of Ayurved and Research Centre in Kayachikitsa department OPD.

### Personal History

#### *On examination -*

*Nadi (pulse)* = *Pittaja* (76/min).

*Mutra (urine)* = *Pitavarniya* (Yellowish)

*Mala (stool)* = *Vibandha* (Constipation)

*Jivha (tongue)* = *Ishat sam* (Slightly coated)

*Shabda (voice)* = *Prakrut* (Normal).

*Sparsha (skin)* = *Ushna* (Hot).

*Druka (eyes)* = *Netrapitata* (Yellowish discoloration of sclera)

*Akruti (General appearance)* = *Madhyam* (Medium)

*Kshudha (appetite)* = *Kshudha Mandya*. (Decreased appetite)

*Nidra (sleep)* = *Nidradhikya* (Excessive sleep)

*Agni* = *Mand.* (Low)

*Bala* = *Madhyama.* (Medium)

*Raktchaap (Blood pressure)* = 110/80 mm/Hg

### Assessment criteria

#### Subjective criteria



## Objective criteria

Liver function test (LFT)

## MATERIALS AND METHODS

### a) Method –

- Center of study: Dr. D. Y. Patil college of Ayurved and research Centre Pimpri, pune.
- Simple Random Single Case Study.

### b) Material -

#### 1) *Phalatrikadi kadha*<sup>3</sup>

<i>Triphala,</i>	}	Each 3 grams
<i>Guduchi,</i>		
<i>Nimba,</i>		
<i>Vasa,</i>		
<i>Bhunimba,</i>		
<i>Kutki,</i>		
<i>Yashti.</i>		

#### Preparation of Decoction

Take each 3 gm *churna* + 3 cup water reduced to 1 cup = filter it

**Dose** - 40 ml twice a day

**Time** – morning and evening after food

#### 2. *Arogyavardhini vati*<sup>4</sup>

**Dose** – 250 mg

**Time** – morning and evening

**Anupaan** – lukewarm water

#### 3. *Sukhsarakchurna*

**Dose** – 5 grams

**Time** – At bed time

**Anupaan** – lukewarm water

## DISCUSSION

In *Ayurveda Samhita*, *Kamala* is described under *Raktavaha Strotasa Vyadhi* (Disease of circulatory system). It is caused due to frequent consumption of *Ushna* – *Tikshnaahar* (hot and spicy food) by patient of *Pandu* (anaemic patient) which causes vitiation of *Pitta Dosha* and all symptoms (Table1) are seen. All above aggravating factors along with prolonged consumption of alcohol were taken by patient.

**Table 2** Showing Samprapti Ghatak.

Dosha	Pitta dosha
Dushya	Rasa, Rakta, Mamsa dhatu
Srotas	Rasavaha, Raktavaha, Annavaha
Adhishtan	Rakta, Mamsa
Vyaktistan	Twak

In *ayurvedic* classics a number of drugs and their formulations have been mentioned for *Kamla*. *Phalatrikadi Kwath* is one of them which are successfully used from the ancient period. *Phalatrikadi Kwath* is one of the important formulations but the ingredients and indication of *Phalatrikadi Kwath* formulation are varied in different classics. In *CharakaSamhita*<sup>5</sup> and *Bhaishajyaratnavali*<sup>6</sup> it is prescribed for *Prameha*.

This formulation has been mentioned in the context of *Pandu* and *Kamla* in *Chakradatta*, *YogaRatnakar*<sup>7</sup>, *Vrinda Madhava*<sup>8</sup> and *Sharangadhara samhita*<sup>9</sup>. For the management of *kamala* (Jaundice) *Charaka* has said *Virechana* (Purgation therapy) procedure to remove excess *pitta* (Hyperbilirubinemia). General principle of



treatment of this disease is *Shodhana* and *Sanshamanachikitsa*. *Katu*, *Ushna*, *Tikta*, *Lavana* and *Amla* food help to bring the *Pitta* in the *Koshta* from *Shakha*. Ingredients of *Phalatrikadi Kwath* are *Pitta-Rechaka* (choloretic) and *Pittasarak* (cholagogue). *Yakrut uttejak*, *Dipana*, *Rechana*, *Kamla-hara*, *Panduhara*, *Kaphapitta Shamak*, *Tridosahara*, *Rasayana*. These properties are helpful in removing excessive *pitta* in the body.

*Arogyavardhini vati* mainly works on digestive system. Ayurveda believes a

proper digestion is a main component of health, if digestion becomes poor; it leads to various diseases in the body. Constipation is also root cause of many diseases it improves digestion and corrects metabolic activities in the body and cures constipation. *Arogyavardhini vati* contains *kutki* herb and long pepper, which increases appetite and reduces indigestion.

## RESULTS

**Table 3** Assessment - subjective criteria

Sr. no	Symptom	Before Treatment	On 10 <sup>th</sup> day	After Treatment
1	<i>Pita netra</i> (yellowish sclera)	3	2	1
2	<i>Pita nakha</i> (yellowish nail)	1	0	0
3	<i>Pita mutra</i> (yellowish urine)	3	2	0
4	<i>Daurbalya</i> (weakness)	2	1	0
5	<i>Annabhilasha</i> (Loss of Appetite)	2	0	0

**Table 4** Assessment – objective criteria

Test(LFT)	Before Treatment (31/12/2018)	After 10 days (11/1/2019)	After treatment (21/1/2019)
Sr. bilirubin (total)	1.8	2.1	0.9
Sr. bilirubin (direct)	1.0	1.2	0.2
Sr. bilirubin (indirect)	0.8	0.9	0.7
SGOT	59	40	36
SGPT	43	37	38
Sr. Alkaline phosphatase	101	94	90

## CONCLUSION

So, it is concluded that patient of *Kamala* (Hepatocellular jaundice) is successful managed by oral Ayurvedic drug like *Arogyavardhini Vati*, *sukhasarka churna*, and some above herbal medicine. This treatment is highly effective in *Kamala* without any harmful effect.



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