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Ayurvedic Management of *Kamala* (Jaundice) – A Single Case Study

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ABSTRACT

Kamala is Raktapradoshaja vikara in which there is excessive aggravation of Pitta dosha that burns Rakta and Mamsa dhatu which in turn leads to the manifestation of disease Kamala. It has great resemblance with Jaundice. Liver disease produces a wide range of clinical manifestations. Jaundice is the main manifestation of acute liver disease, usually in association with systemic features of acute illness. Jaundice refers to the yellow appearance of the skin, sclerae and mucous membranes resulting from an increased bilirubin concentration in the body fluids. In our classics we get detailed treatment modalities for the disease Kamala through Shodhana, Shamana and Nidana parivarjana. Here a case of Kamala has been discussed along with its effective management.

KEYWORDS

Jaundice, Kamala, Pitta dosha



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INTRODUCTION

The disease Kamala is produced in a Pandu rogi who indulges himself in the pitta prakopaka nidanas like consumption amla ahara, madya, apathy ahara etc. just after recovering from the disease. This excessively aggravated Pitta burns the Rakta and manifest Kamala¹. It may occur with or even without Pandu roga. It is classified into two types viz. Sakhashraya Kamala and Koshtashraya Kamala². Sakashraya Kamala may manifest without Panduroga, if a person consumes Pitta aggravating nidanas. But in this type of Kamala mild aggravation of Pitta will be there. So the sour and pungent medicines are prescribed for the treatment of Sakashraya Kamala patients to bring the dosha from Shakha to the koshta. However, Koshtashraya kamala manifest due to Bahu Pitta. Shodhana, Shamana and Nidana parivarjana plays important role in treating Kamala. The patients suffering from Kamala should be treated with Virechana chikitsa using mridu and tikta dravyas³. On the basis of the type of dosha aggravated to cause this disease, specific medicines are to be advised to the patient. Jaundice, also known as icterus, is a condition which presents with yellowish discolouration of the skin and sclera of the eyes due to high bilirubin levels⁴. It is commonly associated

with itchiness. The feces may be pale and the urine dark. Causes of jaundice vary from non-serious to potentially fatal. High bilirubin is divided into two types i.e. unconjugated and conjugated. Conjugated bilirubin can be confirmed by finding bilirubin in urine. High unconjugated bilirubin may be due to excess red blood cell breakdown, large bruises and genetic conditions such as Gilbert's syndrome, not eating for a prolonged period of time, new born jaundice or thyroid problems. High conjugated bilirubin may be due to liver diseases such as Cirrhosis or Hepatitis, infections, medications or blockage of the bile duct. Treatment of Jaundice is typically determined by the underlying cause. If a bile duct blockage is present, surgery is typically required. Otherwise management is medical.

CASE REPORT

A 42 years male patient approached the outpatient department of S.D.M. Ayurveda Hospital, Udupi with the c/o-nausea, sour belching and dark coloured urine associated with abdominal discomfort, loose stools since past one week and raised in body temperature since past one day.

History of present illness

A 42 year male patient healthy before past one week, gradually developed nausea, sour belching and dark coloured urine. He also



c/o abdominal discomfort and increased frequency of bowel. One day before there was insidious onset of fever. For above said complaints he approached the OPD of S.D.M. Ayurveda Hospital, Udupi.

Previous history:

H/O- Jaundice when he was 12 years old.

No H/o- Diabetes mellitus and Hypertension.

EXAMINATION

General examination:

Built: Moderate

Blood pressure: 140/90 mm of Hg

Pulse rate: 74/min

Respiratory rate: 18/min

Pallor: Absent

Icterus: ++

Cyanosis: Absent

Clubbing: Absent

Koilonychia: Absent

Lymphadenopathy: Absent

Edema: Absent

Systemic Examination:

Respiratory system: NAD

Cardio vascular system: NAD

Central nervous system: NAD

Per abdomen: Soft, tenderness (+)

INVESTIGATIONS

Blood investigation reports on the first visit is depicted in the table no 1.

ON 05-09-2019

Table 1 Blood investigation reports on the first visit

TEST	RESULT
HAEMOGRAM	

Haemoglobin	12.9 gm%
Total count of WBC	9800 cells/cumm
Differential count of WBC	
Neutrophils	59%
Lymphocytes	35%
Eosinophils	05%
Monocytes	01%
Basophils	00%
ESR	16 mm/ 1 hour
Platelet count	1.1 lakhs/cumm
RBC count	3.7 millions/cumm
Random blood sugar	116 mg/dl
RENAL FUNCTION TEST	
Blood urea	20 mg/dl
Serum creatinine	1.1 mg/dl
Serum uric acid	5.5 mg/dl
LIVER FUNCTION TEST	
Total bilirubin	7.2 mg/dl
Direct bilirubin	3.8 mg/dl
Indirect bilirubin	3.4 mg/dl
SGOT	193 U/L
SGPT	109 U/L
Alkaline phosphatase	158 U/L
Total protein	7.0 g/dl
Albumin	3.6 g/dl
Globulin	3.4 g/dl
A/G ratio	1.0
HBsAg	NEGATIVE

ABDOMINO-PELVIC USG:

Impression:-Mild hepatomegaly.

-Echogenic sludge in Gall bladder.

DIAGNOSIS

Kamala /Jaundice

Diagnosis was made based on the clinical manifestation, examination and investigation result.

INTERVENTION

Shamana line of treatment was adopted in this patient.

On 1st Visit: 05-09-2019

1. Icterus syrup 3tsp-3tsp-3tsp
2. Nirocil 1-1-1
3. Arogyavardhini Rasa 2-2-2

On 2nd Visit: 16-09-2019



1. Chirabilwadi Kashaya 5tsp-5tsp-5tsp
2. Raja pravartini Vati 2-0-2
3. Tablet Haritaki 2-2-2

On 3rd Visit: 23-09-2019

1. Chirabilwadi Kashaya 5tsp-5tsp-5tsp
2. Raja pravartini Vati 2-0-2
3. Tablet Haritaki 2-2-2

On 4th Visit: 03-10-2019

1. Chirabilwadi Kashaya 5tsp-5tsp-5tsp
2. Raja pravartini Vati 2-0-2
3. Tablet Haritaki 2-2-2

On 5th Visit: 07-10-2019

1. Chirabilwadi Kashaya 5tsp-5tsp-5tsp
2. Raja pravartini Vati 2-0-2
3. Tablet Haritaki 2-2-2

RESULTS

Good improvement was seen in patient's general condition. Nausea, sour belching was absent and urine colour became normal.

LIVER FUNCTION TEST

Improvement in the liver function test reports on consecutive visits is depicted in the table no 2.

Table 2 Improvement in Liver function test after the treatment

DATE	16-09-2019	23-09-2019	14-10-2019
Total bilirubin	7.4 mg/dl	3.3 mg/dl	1.0 mg/dl
Direct bilirubin	3.7 mg/dl	1.4 mg/dl	0.3 mg/dl
Indirect bilirubin	3.7 mg/dl	1.9 mg/dl	0.7 mg/dl
SGOT	205 U/L	131 U/L	48 U/L
SGPT	84 U/L	123 U/L	32 U/L
Alkaline phosphatase	105 U/L	103 U/L	89 U/L
Total protein	7.2 g/dl	6.9 g/dl	6.3 g/dl
Albumin	3.6 g/dl	2.6 g/dl	3.5 g/dl
Globulin	3.6 g/dl	4.3 g/dl	2.8 g/dl
A/G ratio	1.0	0.6	1.2

DISCUSSION

Kamala is considered as advanced stage of Panduroga. The main dushya is Rakta, and both are Pitta predominant diseases. At the same time Kamala may be produced with or without Pandu roga. Virechana is considered as best line of management in case of disease Kamala. Patient should be treated with Mridu and tikta Virechaka dravya. Patient suffering from Kamala should be administered with the drugs which pacify Pitta and drugs which do not

interfere with Pandu roga should be used. In this patient Shamana line of management is adopted. Details of the medicines used is as follows,

Ictrus syrup: It contains Eranda taila and Bhumyamalaki as its ingredients. Eranda taila is best Virechaka dravya and Bhumyamalaki improves the liver health and is the best drug of choice in liver diseases. Combined effect helps to cure the disease Kamala.



Nirocil: It contains Bhumyamalaki as its ingredient. It helps in improving health of the Liver⁵.

Arogyavardhini rasa: It contains Shuddha Parada, Shuddha Gandhaka, Loha bhasma, Abhraka bhasma, Tamra bhasma, Haritaki, Vibhitaki, Amalaki, Shilajatu, Guggulu, Eranda, Katuki as its ingredients. This contains drugs which are proved to be Rechaka, Raktashodhaka and Rasayana.

Chirabilwadi kashaya: It contains Chirabilwa, Punarnava, Chitraka, Haritaki, Pippali, Saindhava, Shunti. This helps in Amapachana, Agnivardhana and Raktashodhana⁶.

Raja pravartini vati: It contains Kumari, Shuddha Kasisa, Shuddha Tankana, Hingu. Haritaki tablet: Haritaki is the ingredient. It is best Anulomana dravya⁷.

Agnimandya and vitiation of Pitta dosha are the responsible factors for Kamala. Kamala is Pitta and Rakta pradoshaja Vyadhi. Above said Shamanaushadhis helps in relieving symptoms of Kamala by its actions like Anulomana, Rakta shodhana, Pittahara, Amapachana. Though here patient is treated only with Shamana medication, it acts as Shodhana dravya in terms of mridu Rechana. Haritaki, Eranda are considered as the best Virechana dravya. It helps in producing Mridu Virechana. These drugs will correct the Agni mandya and does Amapachana,

provides Rasayana effect, improves the health of the liver.

CONCLUSION

Here Kamala was managed very effectively. There was reduction of symptoms in a short span of time and bilirubin levels became normal. Thus these Ayurvedic medications proved to be very effective in the management of Kamala without producing further complications.



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