



## Case Study

### AYURVEDIC APPROACH FOR THE MANAGEMENT OF KAMALA W.S.R. TO HEPATOCELLULAR JAUNDICE – A CASE STUDY

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#### ABSTRACT

Most of the people have become used to spicy fast food day by day. This has taken human being far away from the nature. Nowadays alcohol consumption is also increasing day by day. Ayurvedic texts has mentioned hepatocellular jaundice as *Kamala*. Ancient *Acharyas* has also mentioned “*kamali tu virechanama*” as *Chikitsa Sutra* for *Kamala*. Patient was treated with an integrated approach of Ayurvedic treatment including *Virechana Karma* (purgation) and *Shaman Chikitsa*. Due to frequently intake of *Pittakara Aahara* (spicy and hot food), it leads to vitiation of *Pitta Dosh* and *Virechana* (purgation) is the first line of treatment for *Pittadushti*. Due to *Ushna, Laghu, Rruksha Guna*, and having *Tikta -Katu Rasa* of *Patola, Amrita, Kutaki* (ingredients of internal medication) enhances digestive capacity by hepato-protective action and *Pittasaraka guna*. Ayurvedic line of management i.e., *Virechana* therapy and *Shamana Chikitsa* are successful in *Kamala* by removing toxic waste from the body, and by correction of *Agni* (digestive fire). In our ancient classics, single drug along with compound drug have been mentioned in *Kamala*. These drugs have *Kamalahara* properties. These Ayurvedic formulations relieve the symptom of *Daurbalya* (weakness), *Kshudha mandya* (Appetite loss), *Pitamuhrata* (yellow discolouration of urine), *Hrullasa* (nausea) and *Udarshoola*. Also these drugs reduce bile in blood circulation and normalize the other blood parameter. Here a case report of a 50 years male was having *Kamala* (hepatocellular jaundice) who was treated with some Ayurvedic herbs and *Virechana* like *Panchakarma* and get effectively result with Ayurvedic management.

**KEYWORDS:** *Agni*, Hepatocellular jaundice, *Kamala*, *Pitta dushti*, *Shaman chikitsa*, *Virechana*.

#### INTRODUCTION

In today's era, industrialization brings a lot of changes in our lifestyle and especially in our food eating habits. Most of the people have become used to spicy fast food day by day. This has taken human being far away from the nature. Nowadays alcohol consumption is also increasing day by day.

Most of the times, people complain of weak and tired, later it gets diagnosed as *Kamala* (jaundice). Hepatocellular jaundice is a particular form of jaundice in which skin, eyes, urine become yellowish, indicating excess of bilirubin, which is a bile pigment in blood.<sup>[1]</sup> Patient also complain of fatigue, anorexia and nausea.

Modern science has only symptomatic treatment for hepatocellular jaundice. An Ayurvedic text has mentioned hepatocellular jaundice as *Kamala*. Ancient *Acharyas* has also mentioned “*kamali tu virechanama*” as *Chikitsa Sutra*.<sup>[2]</sup> *Kamala* is considered as *Raktapradoshaja vyadhi* in Ayurvedic classics. It is a disease of *Raktavaha srotas*. *Yakrut* (liver) and *Pleeha* (spleen) are the *Moola* of

*Raktavaha srotas* and *Virechana* is the first line of treatment for *Raktavaha srotas vyadhi*.<sup>[3]</sup>

Its one attempt to the management of *Kamala* with some Ayurvedic herbs and *Panchakarma* procedures, which give effective result.

#### **Hetu of Kamala**

##### (1) *Aahara*

- *Kshara-amlalavana-ushna aahara*
- *Masha, Tila tail*
- *Virudhha Aahara*

##### (2) *Vihara*

- *Diwaswapna* (sleep in day time)
- *Chhardi Vegadharana*

##### (3) *Manasika nidana*

*Chinta, Bhaya, Kama, Krodha*

#### **Samprapti Ghatak**

*Dosha- Pitta*

*Dushya- Rasa, Rakta, Mamsa*

*Adhishtana - Rakta, Mamsa*

*Srotas - Rasavaha, Raktavaha, Amavaha* <sup>[4]</sup>

**Case Presentation**

A 51 year male came with following chief complaints:

1. *Udarshoola* (abdominal pain)
2. *Khudha mandya* (appetite loss)
3. *Hrullas* (nausea)
4. *Chhardi* (frequent vomiting)
5. *Mutra pitata* (yellow discolouration of urine)
6. *Vitasanga* (severe constipation) [4]

**History of Present illness**

Patient was asymptomatic before 10 days. Gradually he developed abdominal pain, nausea, vomiting, severe constipation, loss of appetite and yellow discolouration of urine. Patient has not taken any medication yet. He came to our hospital (Govt. Ayurvedic College and Hospital, Burhanpur) for better management.

**Past History**

No H/O DM, Asthama, HTN.

Personal history

No H/O alcoholism

**On Examination**

Nadi /Pulse - 68/min

*Mala* (stool)- *Malavshambha* (constipation)

*Mutra* (urine)- *Peetavarniya*

*Jihva* (tongue) - *Samata*

*Kshudh* (appetite)- *Mandya*

*Shabda* (speech) - *Prakrut* (normal)

*Sparsha* (skin) - *Prakrut* (normal)

*Druk* (eyes) - *Pitta varniya*

*Akruti* - *Madhyam*

*Bala* - *Madhyam*

*Raktadab* (B.P.)- 110/70mmHg

**Treatment Plan**

- Patient was managed on OPD basis.
- *Virechana karma*
- Internal *Ayurvedic* medication
- Observation of investigation report.

**1) Virechana Karma**

Due to frequently intake of *Pittakara aahara* (spicy and hot food), it leads to vitiation of *Pitta dosha* and *Virechana* (purgation) is the first line of treatment for *Pittadushti*.<sup>[5]</sup> Patient has given *Abhyadi Modak* 3tablets 1HS 250 mg each followed by 1 tablet 250 mg for 4 days. But patient complain of abdominal pain even after *Virechana*. As *Virechana* was given without *Snehapana*, it results in vitiation of *Vata dosha* which causes pain. Then *Eranda tail* 15 ml with milk for 3 days was given to the patient. As a result, abdominal pain along with other symptoms was relieved.

**2) Internal medication**

- a) *Patolakaturohinyadi Kashaya* 10ml thrice a day
- b) *Tapyadi lauha* 2BD
- c) *Punarnava ashtaka kwatha* 20ml BD
- d) *Syp.Amylcure DS 2tsf TDS*
- e) *Amapachanadi vati* 2 BD
- f) *Aarogyavardhini Vati* 2BD

**Mode of Action of Drugs**

S.No.	Name of drug	Properties	Mode of Action
1	<i>Aarogyavardhini vati</i>	<i>Yakrut Shodhana</i>	<i>Malashudhhikara</i> (purgative), <i>Kshudhavardhaka</i> (appetizer)
2	<i>Patolakaturohinyadi Kashya</i>	<i>Pittahara, Kaphahara</i>	<i>Malabhedhi, Rechaka, Deepana</i>
3	<i>Punarnava ashtaka kwath</i>	<i>Tridosahara</i>	<i>Pittasaraka, Deepana</i>
4	<i>Tapyadi lauh</i>	<i>Tridosahara</i>	<i>Deepana, Raktavardhaka</i>
5	<i>Amapachanadi vati</i>	<i>Vata anulomaka,</i> <i>Kaphashamaka</i>	<i>Pachana, Deepana</i>

**Result:** Showing investigations of before and after treatment.

	Before treatment	After treatment
Haemoglobin	12.6gm/dl	13.8gm/dl
Total Bilirubin	11.9 mg/dl	1.54mg/dl
Direct Bilirubin	8.62 mg/dl	1.12 mg/dl
Indirect Bilirubin	3.32mg/dl	0.42mg/dl
SGPT	202units/l	54units/l

**DISCUSSION**

In Ayurveda, ancient *Acharyas* have mentioned *Agnimandya* and *Pitta dosha* as the main etiological factors for *Kamala*. The etiological factors which have been mentioned above like *Katu, Amla, Lavana Aahara* vitiates the *Jatharagni*, this hypo functioning of *Jatharagni* leads to *Kamala*. The hypo functioning of *Agni* produces *Ama/ Amavisha* which corresponds with *Rakta* and may produce *Kamala*. *Kamala* is a *Pitta* and *Rakta pradoshaj vyadhi* in which *Pitta dosha* is vitiated and it can be normalized by the *Madhura, Tikta* and *Kashaya Rasa*.

In our ancient classics, single drug along with compound drug have been mentioned in *Kamala*. These drugs have *Kamalahara* properties. These Ayurvedic formulations relieve the symptom of *Daurbalya* (weakness), *Kshudha mandya* (Appetite loss), *Pitamutrata* (yellow discoloration of urine), *Hrullasa* (nausea) and *Udarshoola*. Also these drugs reduce bile in blood circulation and normalize the other blood parameters.

Patient was treated with an integrated approach of Ayurvedic treatment. As mentioned by ancient *Acharyas*, *Virechana Karma* and *Shamana chikitsa* including above said medications gave good result in the management of *Kamala*.<sup>[6]</sup> *Aarogyavardhini Vati* contains *Kutki* as main ingredient having *Tikta Rasa* and *Kapha pittahara doshakarma*. It helps in pacifying *Pitta dosha*. *Patola katurohinyadi kashaya* having *Patola* of *Pittasarak*, *Rechana*, *Deepana Guna*.<sup>[7]</sup> Also it contains *Amrita* having *Tikta rasa*, *Pittasarak* and *Raktaprasadan* effect.<sup>[8]</sup> *Amrita* has hepatoprotective action. Due to *Ushna*, *Laghu*, *Ruksha Guna*, and *Aampachanadi vati* enhances digestive capacity.<sup>[9]</sup> *Virechana* procedure removes toxins from the body and promotes immune system and after *Virechana* internal medications works better and provide additional relief and eradicate the disease.

## CONCLUSION

From the above discussion, we have concluded that Ayurvedic line of management i.e. *Virechana* therapy and *Shamana Chikitsa* is successful in the management of *Kamala*. By removing toxic waste from the body, and by correction of *Agni* (digestive fire). According to ancient text, in *Kamala*, there is a vitiation of *Pitta dosha*. *Acharya Charak* has mentioned *Mridu Virechana Chikitsa* for *Kamala*. Hence, *Virechana* is considered best for pacifying *Pitta dosha*.<sup>[10]</sup>

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