

AYURVEDIC MANAGEMENT OF BAHUPITTA KAMALA WSR HEPATOCELLULAR JAUNDICE -A CASE REPORT

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ABSTRACT

In this era of industrialization and life threatening competition brings drastically changes in our life style. Most of time patient just come with “sick and tired”. Later it gets diagnosis as *kamala* (jaundice). The incidence of such disease is increasing day by day due to change in life style and eating habits. Jaundice is a condition in which yellowness of skin, sclera, mucous membranes, and excretions occurs due to hyperbilirubinemia and deposition of bile pigments. In *Ayurveda* jaundice is described as *Kamlaroga*. *Kamala* has been described in detail along with its aetiology, pathogenesis, symptoms, complications and management also. The description of Hepatocellular jaundice is similar to *Ayurvedic* description of *Kamala vyadhi*.

Here a case report of a 24 Years-male was having *Bahupittakamala* (jaundice) who was treated with some *Ayurvedic* herbs and *virechana* like *panchakarma* and get effectively result with *Ayurvedic* Management.

Keywords: Ayurved, *Bahupittakamala*, Hepatocellular jaundice

INTRODUCTION

Today's advanced technology and Modern culture has brought many mundane advantages, but on other hand has taken human being far away from the nature. *PittakarAhar* like spicy food Vada-Pav, missal-Pavetc, and alcohol consumption tendency is also increasing day by day.

In fast life style of competitive world lead irregular in their eating habits and sleep hours.

Eating outside is become fashion which increased risk of contaminated food and water. All these etiological factors leads to disorders that is hazardous to life. Amongst them “*BahupittaKamala*” is important disease.

Hepatocellular jaundice is a particular form of jaundice, in which skin, eyes, urine become yellowish, indicating excess bilirubin which is

a bile pigments in blood. Patients also complaints of Fatigue, Anorexia, Nausea.^[1]

Modern medical science has only symptomatic specific treatment for this disease. In all Ayurvedic texts treatment of kamala is given very well. “*kamalatuvirechaa*” is *chikitsa* sutra of the *kamala*^[2]. The Treatment of *Kamala* (Jaundice) must start with purgation. The basic theory is that *raktadushti* responsible for kamala and *Yakrutta* (liver) is *Mulstana* of *Rakta*. *Rakta* and *pitta* has *Ashrya-Ashriyisambhanda*. So, for that a daily purgative is recommended. The combinations of some herbs are also useful to treat the *kamala*. In few condition medication is not required, just rest and few supplement will be sufficient. In some condition medical treatment is not work, in such case surgical help may be required.

It's one attempt to management of *Bahupittakamala* with some Ayurvedic herbs and *virechana* like *panchakarma* and get effectively result with Ayurvedic Management.

A case report as follow:

A 24 year old male patient came to us with chief complaint of^[3]

- 1) Yellowish discoloration of skin.
- 2) Yellowish discoloration of urine
- 3) Anorexia
- 4) Nausea

Patient had above complaints since 7 days.

No H/o DM/ HTN, Asthma

History of personal illness:

The patient was normal 7 days back. Since then patient have been suffering from Yellowish discoloration of skin, Yellowish discoloration of urine, Anorexia, Nausea. For Ayurvedic Treatment he came to our hospital – Seth Sakharam Nemchand Jain Ayurvedic Rugnalaya in Kaychikitsa department OPD. For better management we admitted patient in IPD.

Personal History:

O/E:

Nadi (pulse) = 76/min.

Mala (stool) = *Vibandha*

Mutra (urine) = *Pitavarniya*.

Jeeva (tounge) = *Eshathasaam*.

Agni = *Kshudhamandya*.

Shabda (speech) = Normal.

Sparsha (skin) = *Pitavarniya*.

Druka (eyes) = *Netrapitata*

Akruti = *Madhyama*.

Bala = *Madhyama*.

Raktadaaba (B.P) = 110/80 mm/Hg.

Material and Method:

Method -

- Center of Study :
S.S.N.J. Ayurvedic Rugnaayan, Solapur.
- Simple random single case study.

Table 1: Material with Daily treatment & prognosis:

SR.NO	DRAVYA	DOSE	DURATION	ANUPANA
1.	<i>Daruharidra</i>	2gm	1 pack(6 gm) + 2 cup (100 ml) water = ½ cup (12 ml) <i>Kawathnirmiti</i>	
2.	<i>Nimba</i>	2gm		
3.	<i>Patol</i>	2gm		
4	<i>Haritaki</i>	2gm		

5	Kutaki	2gm	– given twice in days	
6.	Punarnava	2gm		
7.	Arogyavardhnivati	500 mg	Twice in day	With above kwath
8.	Suwarnasutashekahara	125 mg	4 time	Normal water
9.	Trivrutaaavaleha	5 gm	Hs	Warm water.
10.	Virechnachoorna	2 gm	Hs	Warm water

This chart shows prepared medicine ingredient with its dose,duration and *anupana*.

DISCUSSION

Hetu of kamala as ^[4]

1) Ahar :

- Kshara-amala-lawana-ushanaahar.
- Virudhaana.
- Masha, tila tail

2) Vihar :

- Suppression of natural urga (*chhardive-gadharan*).

- *Divaswap*.

3) *ManasikaNidan*- Kama, Chinta, bhaya, and *krodha* causes *vatavrudhi*.

SANPRAPTI GHATAK. ^[5]

Dosh:Pittadosha

Dushya: Rasa. Rakta, Mansa.

Adhishtana:Rakta, Mansa

Vyaktistan:Twaka.

Table 2: Prepared medicine ingredient

DRAVYA	MODE OF ACTION
<i>Daruharidra</i> ^[6]	<i>Kandughana, pittahara, Yakruttojaka, dipana.</i>
<i>Nimba</i> ^[7]	<i>Kandughana, pittahara, Ruchya, dipana.</i>
<i>Patol</i> ^[8]	<i>Pittasarak, depana, rechana, krumighna, yakruttojaka.</i>
<i>Haritaki</i> ^[9]	<i>Pittaghna, Pittavirechaka, Anulomni, rasyani, jwaragnha, dipana, kamalahar.</i>
<i>Kutaki</i> ^[10]	<i>Rechaka, depana, rkatashudhikara, malabhedanai.</i>
<i>Punarnava</i> ^[11]	<i>Pittghna, swedal, shotgna.</i>
<i>Suwarnasutashekahara</i>	<i>Pitta-vatashamak, Aampachak, enhance immunity due to gold.</i>
<i>Arogyavardhnivati</i> ^[12]	<i>Regulation of pitta secretion, Maintain healthy fluid level in body, Agniapana, pachana, grahanidoshansk</i>
<i>Trivritaaavaleha</i>	<i>Anuloman, pittaghna.</i>
<i>Virechnachoorna</i>	<i>It contains sonamukhi, balhirda, sunth and saidhva which useful in constipation problem. it has pachna and virechna duel action.</i>

This chart shows prepared medicine ingredient with its mode of action.

RESULT:

Table 3: Investigative result after follow up

TEST	14.1.2016	21.1.2016	28.1.2016
SR.BILLURUBIN (Total)	12.4	11.24	3.05
SR.BILLURUBIN (direct)	8.8	8.13	1.16
SR.BILLURUBIN (indirect)	3.60	3.11	2.70
SGPT	643	-	572

This chart shows investigative result after every follow up. The patient had started improving during hospital stay & at end of 14 days, all symptoms nearly get disappear.

CONCLUSION

On the basis of above description it can be concluded that our ancient *Acharyashad* complete knowledge about the complete pathophysiology, types of *kamala* and the line of treatment of *kamala* (Jaundice). They were much about concerned towards the health of patient due to which there is description of a lot of medicines of jaundice according to the nature and nurture of patient.

In *bahupitta Kamala* mainly *pitta dosha* is vitiated. *Acharya Charaka* has described *Mruduvirechanchikitsa* for *Bahupitta Kamala*.^[13]

Virechan has the quality to eliminate the vitiated *dosha*. *Nishottar* is the best *sukhvirechak*.^[14]

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