



AN AYURVEDIC APPROACH IN THE MANAGEMENT OF KAMALA W.S.R. TO JAUNDICE: A SINGLE CASE STUDY

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ABSTRACT

INTRODUCTION: Kamala is both raktapradoshaja vyadhi and pittaja nanatmaja. According to Charakacharya, kamala is a more advanced level of panduroga. While Vagbhatacharya described kamala as a distinct ailment, Sushrutacharya considered it a separate disease that might be caused by a further panduroga problem. In contemporary medicine, kamala is associated with jaundice. Vyadhi Acharyas have described Virechana Karma in Kamala. The limitations of modern science in treating Kamala Vyadhi (jaundice) are evident in the Ayurvedic literature, which elucidates the etiology and therapy of the condition and highlights the peculiarity of Ayurveda. The majority of individuals have grown accustomed to spicy fast food over time. Humanity has been separated from nature by this. The intake of alcohol is likewise rising daily in the modern day.

Hepatocellular jaundice is referred to in Ayurvedic writings as Kamala. "Kamali tu virechanama" has also been cited by ancient Acharyas as the Chikitsa Sutra for Kamala. **AIMS AND OBJECTIVES** To find out the effect of Ayurvedic medicine in the management of *Kamala* (Jaundice) managed with Shaman chikitsa. **MATERIAL AND METHODES** A 15yr. Old girl patient came with the complaint of Anorexia, Urine -Pale yellow, Abdominal pain after taking of food, Face yellow, and yellowish coloration of eyes and nails. The patient has taken medicine, but no relief was found, so she came to us for Ayurveda treatment. **RESULT AND DISCUSSION** The outcomes were noteworthy Regarding the clinical and analytical criteria. According to statistics, there is improvement in the yellowing of the urine and eyes, weakness, appetite loss, and serum bilirubin levels.

15-year-old girl came for Ayurvedic treatment for Kamala. We planned *Sanshaman chikitsa*.

Keywords: Kamala, Jaundice, Pandu rog, Pitta virechak, Hima Kalpana.

INTRODUCTION

The person suffering from *Samprapti*¹ of *Pandu* disease who, consume bile promoting substances in excess, then his increase bile burns the blood and flesh. Causes of *Kamala* disease is, viral infections (such as hepatitis A, B, C, D or E), cirrhosis (scarring of the liver) or heavy drinking, autoimmune disease, such as primary biliary cholangitis, hereditary conditions, such as Dubin Johnson syndrome and Gilbert syndrome, some medicines and pregnancy.

The pitta aggravated by these etiological factors generate these kind of symptoms, Eyes of people suffering from *Kamala* disease become yellow like saffron, color of skin, face and nails also becomes yellow like *Haridra* (turmeric), feces and urine mixed with blood come out yellow, the patient's physical complexion should be pale like that of a rain frog. His senses become unable to grasp their objects. That person suffers from heartburn, indigestion, laxity in the body, anorexia. This *Kamala* disease is caused by excess of *Pitta* (bile). *Kamala* has two types one is *Koshtha-Ashrit*, and another is *Shaka-Ashrit*.²

According to modern we can correlate to *Kamala* with Jaundice, Jaundice is yellowish discoloration of the skin, sclera and hyperbilirubinemia and deposition of bile pigments.

Jaundice is usually detectable clinically when the plasma bilirubin exceeds 40 $\mu\text{mol/L}$ (~ 2.5 mg/dL),³ Signs and Symptoms of Jaundice are -yellow discoloration of the skin, mucous membranes, the whites of the eyes, Light-colored stools Dark-colored urine, itching of the skin, nausea and vomiting, abdominal pain, fever, weakness, loss of appetite, headache confusion, swelling of the legs and abdomen.

AIMS AND OBJECTIVES:

To find out the effect of Ayurvedic medicine in the management of *Kamala* (Jaundice) managed with *Shaman Chikitsa*.

MATERIAL AND METHODS

History of present illness:

A 15yr. Old girl patient came into the O.P.D. of Govt. Ayurvedic Hospital Mottichohtta, Udaipur in Kaya Chikitsa Dept. The patient has taken modern medicine, but no relief was found, so she came to us for Ayurveda treatment.

Patient's Personal history

Name: ABC

Age - 15 years

Sex - Female

Occupation - Students

Chief complaints -

- Anorexia
- Urine -Pale yellow
- Abdominal pain after eating food.
- Face yellow
- The yellowish coloration of eyes and nails.

Vitals

H. R. - 78/min.

BP - 26/80

Pulse - 78/min.

RR. - 16/min

Bowel habit- Regular

Appetite- normal

Micturition -4-5 times per day and 1-2 times per night

Sleep - Disturbed

Weight - 57.6 kg.

Height - 59''

BMI - 25.9

Temp. - Afebrile

History of past illness - NAD.

Family history - NAD

INVESTIGATIONS:

CBC- Hb-12.80 gm %

RDW-CV 18.10% high

Liver Function Test

➤ Total serum bilirubin- 5.71 mg/dl

- Direct serum bilirubin- 5.32 mg/dl
 - Indirect serum bilirubin- .39 mg /dl
 - SGOT- 179.5 U/L
 - SGPT- 246.5 U/L
 - Colour - Deep yellow
 - Leucocyte esterase - positive
 - Pus cells - 5-7 WBC/HPF
 - Epithelial cells - 10-20 epi. Cells/hpf
- URINE COMPLETE

Patient's Ashtavidha Dashvidha Pariksha

Table no. 1 Ashtavidha Pariksha

Nadi	Normal in rate and rhythm, Vata Pradhan
Mala	"Til pishta nibham"
Mutra	Pale yellow
Jihwa	Coated
Shabda	Samanya
Sparsh	Ruksha
Drika	Peetabh
Aakriti	Samanya

Table no. 2 Dashvidha Pariksha

Prakriti	Vata- Pittaja
Vikriti	Rakta Dhatu vikriti
Sara (purest body tissue)	Mansa sara
Samhanana (body built)	Madhyam
Pramana (body)	Madhyam
Satmya (homologation)	Alpa
Satva (mental strength)	Alpa
Aharshakti (food intake)	Madhyam
Vyayamshakti (to carry on physical activities)	Madhyam
Vaya	Balyavavstha

Table no. 3 : USED MEDICINE DURING TREATMENT

S. No.	MEDICINE NAME	DOSE	ANUPAN	DURATION
1.	Punarnava Mandur	2 tab. BD.	Lukewarm water	
2.	Arogyavardhini vati	2 tab. BD.	Lukewarm water	
3.	Sanay patra	2gm.	All the mixture soak overnight and drink in the morning after straining (Heema Kalpana)	
4.	Manjishtha churna	5gm.		
5.	Khajur	10gm.		
6.	Ark Makoy	20ml. BD.	Mix with equal quantity of water.	
7.	Kalamegha Asav	20ml. BD.	After taking of food	
8.	Sutashekhar Ras	2 tab. (SOS)	Lukewarm water	

DISCUSSION

Punarnava Mandur: Mandur has special benefits on heart and blood and less on liver-spleen. Cow urine provides strength to the liver. Nishoth⁴, Danti-mool, and Kutaki⁵ (kutaki is pitta- virechak), remove

the old feces stuck in the intestine and make the intestine pure. Dry ginger, black pepper, peepal, Chitrakamool, Pippalimool and Ajwain, all of these are Deepana, give stimulation to both the stomach and the liver. Haridra⁶ (Turmeric) helps in digestion and blood circulation. Indrajau and Nagarmotha

show Deepan, Pachan and Grahi properties. *Vayavidanga* works on liver. *Punarnava* is a diuretic and the best anti-inflammatory medicine. In this way, due to the combination of *punarnava mandur* drug, which acts on the kidney, heart, liver, blood, stomach, and intestine, it shows its effect in the extreme state of inflammation. **Arogyavardhini vati:** The medication possesses the following qualities: medonasaka (may reduce diseases caused by hyperlipidemia), hridaya (cardioprotective), pathya (wholesome for channel), dipani (appetizer), malashuddhikari (cleaning of waste materials from body), increase kshudha (appetizer), and Sarvaroga prashamani (can relieve all types of disorders from body)⁷

Manjishtha churna: It is a blood purifier, receptor, nutritious, uterine astringent, anti-inflammatory, dermatological, analgesic, diuretic, and ulcerative. Its decoction is given in stroke, colic, urinary retention, kidney stones, menstrual disorders, infertility, edema, blood dyspepsia, gonorrhoea, inflammatory disorders of the chest, and skin diseases.

Kalmegha Asav: *Guduchi* and *Saptaparna* are known for their efficacy against fever and liver disorders. *Kutki* and *Pippali* are helpful in jaundice, hepatitis, and viral and bacterial infections. *Loha bhasma* is an excellent source of natural Iron. It destroys dysentery, dyspepsia, heart disease, jaundice, spleen, odd fever, obstruction of air and urine, cough, gout, and flatulence and illuminates gastric fire.⁸

Due to prolonged malaria fever, there is a lack of blood in the body, and the spleen gets enlarged. When this disease becomes chronic, it manifests itself in the form of *Pandu*, *Kamla* etc. In such a situation, it is very beneficial to give it along with *Arishta*, *Vishamjvarantak Loha* or *Sudarshan Churna*.

Sutashekar Ras: If the bile disorders like acidity or bile in the stomach or gallbladder has become weak and unable to perform its function, then it corrects it. Therefore, it is mostly used in diseases like acidic vomiting. Apart from being an antidote to pitta dosha, it also strengthens the heart and helps in liver diseases.⁹

CONCLUSION

Table no. 4: showing changes in blood investigation during treatment.

TEST	20.6.2023 (BT)	17.7.2023 (AT)
Sr. Bilirubin (Total)	5.71 mg./dl	0.44 mg./dl
Sr. Bilirubin (Direct)	5.32 mg./dl	0.19 mg./dl
Sr. Bilirubin (Indirect)	0.39 mg./dl	0.25 mg./dl
SGOT	179.5 U/L	41.7 U/L
SGPT	246.5 U/L	53.4 U/L

The patient was only on oral medication for about one month during the treatment. Thus, after one month of treatment, the patient had significantly improved all symptoms. Now the patient is gradually improving and there is no recurrence of symptoms after the one month of follow up. The results were appreciable in both the clinical and laboratory criteria. Statistically, relief in yellowish color of eyes and urine, loss of appetite, weakness and in reduction in serum bilirubin levels.

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