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## AYURVEDIC MANAGEMENT OF BAHUPITTA KAMALA W.S.R. 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 often patient just comes with complaints of "feeling sick and tired". Later it gets diagnosed 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 yellowish discoloration of skin, sclera, mucous membranes, excretions occur 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*. This is a case report of 52-year-old female having Bahupittakamala (jaundice), who was treated with some Ayurvedic herbs and Virechana like panchakarma. She got effective results with Ayurvedic Management.

**Keywords:** *Bahupittakamala*, Hepatocellular jaundice, Virechana, kamala.

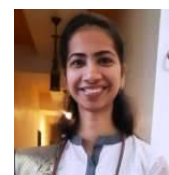
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**INTRODUCTION:**

Today's advanced technology and modern culture has brought many advantages, but on other hand has taken human being far away from the nature. Pittakar Ahar: spicy food like Vada-Pav, missal-Pav etc. 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 lead to disorders that is hazardous to life. Amongst them "*BhaupittaKamala*" 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."<sup>[1]</sup> 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* <sup>2</sup>, 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 have *Ashrya-Ashriyi*

*sambhanda*. So, for that a daily purgative is recommended. The combinations of some herbs are also useful to treat the *kamala*. In few conditions 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 *Bahupitta kamala* with some *Ayurvedic herbs* and *virechana* like *panchakarma* and get effectively result with *Ayurvedic Management*.<sup>3</sup>

**A case report as follow:**

A 52 years female patient came to us with chief complaint since 7 days.

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

**History of present illness:**

The patient was normal 7 days back. Since then, patient have suffered 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:**No H/o DM/ HTN, Asthma

**On Examination -**

- 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:**

Centre of study: S.S.N.J.Ayurvedic  
Ruganaayan, Solapur. Single case study.

**Table 1: Material with Daily treatment & prognosis:**

Sr.No	Dravya	Dose	Duration	Anupana
1	Daruharidra	2gm	1 pack (6gm)+2 cup(100ml)	Water=1/2 cup (12ml)
2	Nimba	2gm	Kawathnimiti	
3	Patol	2gm		Given twice a day
4	Haritaki	2gm		
5	Punarnava	2gm		
6	Kutaki	2gm		
7	Arogyavardhi vati	500mg	Twice a day	With above kwath
8	Suwarnasutashekahara	125mg	4 times	Normal water
9	Trivrutaaavaleha	10gm	HS	Normal water
10	Virecahnachoorana	2gm	HS	Normal water

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

**DISCUSSION:**

Hetu of kamala as:<sup>4</sup>

- Ahar: Kshara-amala-lawana-ushanaahar.  
VirudhaanaMasha, tila tail
- Vihar: Suppression of natural urga  
(chhardivegadharan) Divaswap

- Manasika: Kama, Chinta, Bhaya and  
Krodha

**SAMPRAPTI GHATAK**

Dosh:Pitta

Dushya: Rasa Rakta Mansa

Adhishtana:Rakta, Mansa

Vyaktistan:Twaka

**Table 2 : Mode of Action according to Dravya**

Dravya	Mode of Action
Daruharidra <sup>6</sup>	Kandughana, Pittahara, Yakruttojaka, Dipana
Nimba <sup>7</sup>	Kandughana, Pittahara, Ruchya, Dipana
Patol <sup>8</sup>	Pittasarak, Dipana, Rechana, yakruttojaka
Haritaki <sup>9</sup>	Piiaghna, Pittavirechaka, Anulomak
Kutaki <sup>10</sup>	Rechaka, Depana, Rkatasdhikara
Punarnava <sup>11</sup>	Swedal, Shotgna
Suwarnasuashekahara	Pitta vata shamak, Aampachak, Enhance immunity due to gold
Arogyavardhnivati	Regulation of pitta secretion, Maintain healthy fluid level in body
Trivittaavaleha	Anulomana , Pittaghna
virechnachoorna	It contains sonamukhi, balharidra, suntha, saidhva which usefull in constipation problem. It has pachan and virechan dual action

**Result:****Table 3: Investigations Result**

Test	20/07/2021	28/07/2021
Sr.bilirubin(total)	20.4	12
Sr.bilirubin(direct)	16.2	9.4
Sr.bilirubin(indirect)	7.80	3.30
SGPT	889	138

The patient had started improving during hospital stay and at the end of 25 days all symptoms nearly get decreased

**CONCLUSION:**

On the basis of above description, it can be concluded that our ancient Acharyas had

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 Mrudu Virechanchikitsa for Bahupitta Kamala.<sup>13</sup> Virechan has the quality to eliminate the vitiated dosha. Nishottar is the best sukhvirechak.<sup>14</sup>

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