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“A CLINICAL STUDY ON KAMALA VYADHI (JAUNDICE) WITH AYURVEDIC MANAGEMENT– A CASE STUDY”**Dr. Aishwarya P. Dhote¹, Dr Archana S. Dachewar²**

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ABSTRACT:

Jaundice is a condition in which a yellowish tinge appears on the skin, in mucous membrane and the sclera. Body fluids colour also changes. Jaundice frequently indicates a problem with liver functioning. Clinical signs of jaundice occur when the serum bilirubin level exceeds 2.5 to 3 mg/dl. In Ayurveda Jaundice described as Kamala. Ayurvedic text has mentioned hepatocellular jaundice as Kamala. Kamala due to frequently intake of Pittakara Aahara (Spicy and fast food). Its leads to vitiation of Pitta Dosha. This condition arises due to an imbalance of the Pitta dosha, which is responsible for metabolism, energy, and digestion. Kamala is such a disease where in the Rakta Dhatu is vitiated primarily by Pitta Dosha. Kam means different type of desire of body and mind desire especially regarding the diet and physical activity of body are minimised in Kamala. In Kamala disease there is loss of desire to do anything. In this article, IPD patient is discussed in the Kaychikitsa department. The main complaints were the yellowing of skin, icterus, yellow urine, loss of appetite and abdominal pain. This patient has been effectively treated with the combination of Avipattikar Churna, Argyavardhini Vati and Phaltrikadi kwath. These Ayurveda rules reduce the symptoms of Daurbalya (weakness of weaknesses), Kshudha Mandya (loss of appetite), and Pitmutrata (discolouration of yellow urine) Hrullasa (nausea) and Udarshoola. In addition, the drug reduces bile in blood circulation and normalises other blood parameters. This is a case report of the 55-year-old man who is effectively managed by Ayurvedic internal medicine and purgatives and after 7 days we got effective result with Ayurveda management.

KEY WORDS:- Jaundice, Kamala, Ayurvedic internal medicine, Phaltrikadi Kwath, Arogyavardhini Vati

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INTRODUCTION

Jaundice is a yellowish discolouration of tissue resulting from the deposition of bilirubin. Jaundice, also known as icterus is a yellowish or greenish pigmentation of the skin and whites of the eyes due to high bilirubin levels.^[1]

Jaundice is a clinical manifestation of disorders of underlying bilirubin metabolism, hepatocellular dysfunction, or biliary obstruction. Tissue deposition of bilirubin occurs only in the presence of serum hyperbilirubinemia and is a sign of either liver disease or less often a haemolytic disorder. Jaundice can be developed for people of all ages. Newborns and seniors have the greatest chances due to industrialization, our lifestyles, especially dietary habits. This lifestyle change will invite you to a variety of illnesses. Furthermore, the prevalence of hepatitis increases. This is caused by poor sanitation consumption of unhygienic food or contaminated water in overloaded areas. Modern science only has symptomatic treatment of hepatocellular jaundice.

An Ayurvedic Approach : A cost effective Opinion

Hepatocellular jaundice has been referred to as Kamala in an Ayurvedic work. Allopathic system of medicine is basically designed to alleviate the symptoms. On the other hand, Ayurveda based upon mind, body, soul theory and make use of natural product with fewer side effects and is targeted to eliminate root cause by establishing balance in body physiology. In order to reduce disease, it also suggests dietary and lifestyle changes. In Ayurveda texts many formulations are described for treatment of Kamala. Ancient Acharyas has also mentioned “Kamali Tu Virechanana” as Chikitsa Sutra.^[2]

CASE PRESENTATION :

A 55-year male came with following chief complaints:

1. Udarshoola (abdominal pain)
2. Kshudhamandya (appetite loss)
3. Hrullas (nausea)
4. Mutra Pitata (yellow discolouration of urine)
5. Vitasanga (constipation)^[3]

CASE HISTORY :

Patient was asymptomatic before 10 days. Gradually he developed abdominal pain, nausea, and constipation, loss of appetite and yellow discolouration of urine. Patient has not taken any medication yet. He came to our hospital Pakwasa Samanvaya Rugnalaya for further management. So he got admitted in our hospital for the treatment.

PAST HISTORY :

No H/o HTN , DM , BA , TSH disorders or any other illness.

H/O Alcoholism since 10years

H/O travelling – 15 days ago

GENERAL EXAMINATION :

Gc : Mod , Afebrile

BP : 110/70 mmhg

Astha Vidha Pariksha

1.Nadi (Pulse) = 76min

2.Mala (Stool) = Vibandh (Constipation)

3.Mutra (Urine)= Pitavarniya

4.Jihwa (Tongue) = Ishat Pita

5.Shabda(Speech) = Prakrut (Normal)

6.Sparsh (Skin) = Pitavarniya

7.Druka (Eyes) = Netrapitata

8.Akriti (Shape) =Prakrit

SYSTEMIC EXAMINATION :

RS : AE=BE-Clear

CVS : S1 S2 – Normal

CNS : Concious, Oriented.

P/A : tenderness all over abdomen

MATERIALS AND METHODS :

Centre of Study : Pakwasa Samanvaya Rugnalaya IPD, Nagpur.

Simple Random Single case study.

TREATMENT PROTOCOL :

1. Virechana Karma

2. Internal Ayurvedic medication

3. Observation of investigation report

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.^[4] Avipattikar churna 5gm twice in day with luke warm water.

Table no. 1: Shaman Treatment Schedule

Sr. No.	Name of Medicine	Dose	Kala	Anupana	Duration
1	Aarogyavardhini Vati	500 mg	Vyana Udana kaala	Koshna jala	15 days
2	Phalatrikadi Kashaya	30 ml	Vyana Udana kaala	Koshna jala	15 days

Table No. 2 : Drugs, their properties and mode of Action

Sr. No	Drugs	properties	Mode of action
1	Aarogyavardhini Vati ^[5]	yakrut Shodhana Regulation of Pitta secretion, Agnidipan, Pachana, Grahani Dosha Nashak	Malashudhhikara (purgative), Kshudhavardhaka (appetizer)
2	Phalatrikadi Kashaya ^[6]	Pittahara, Pitta Rachana, Yakrituttejaka, Dipana	Tridosahara, Rasayana, Kshayaghna

RESULTS:

The result was appreciable in both the clinical and laboratory criteria. Statistically relief in yellowish colour of eyes and urine, loss of appetite, weakness and reduction in serum bilirubin level.

Table No.3 : Showing changes in Blood Investigation during Treatment

Test	16/12/24	23/12/24
Sr. Bilirubin (Total)	6.13	2.64
Sr. Bilirubin (direct)	3.10	1.95
Sr. Bilirubin (indirect)	3.03	0.69
SGOT	189	96
SGPT	61	39

PAKWASA SAMANVA Hanuman Nagar, Nagpur - 440024 No. (A) Bombay Public Trust Act F-85 N (B) Society Act, Reg. No. 40-48/49 DEPARTMENT OF PATHOLOGY 2707868 Name: <u>Kaychikitsa</u> Date: <u>10/12/24</u> By: <u>Kaychikitsa</u> R.No. <u>552</u> OPD/IPD No. <u>53379</u>			Reg. No. (A) Bombay Public Trust Act F-85 N (B) Society Act, Reg. No. 40-48/49 DEPARTMENT OF PATHOLOGY 2707868 Pt's Name: <u>Kaychikitsa</u> Date: <u>23/12/24</u> Ref. By: <u>Kaychikitsa</u> R.No. <u>1095</u> OPD/IPD No. <u>2536</u>		
REPORT ON BIOCHEMISTRY			REPORT ON BIOCHEMISTRY		
No.	Test	Result	No.	Test	Result
1.	Blood Sugar - Fasting		1.	Blood Sugar - Fasting	
2.	Post meal (After 90 min) random		2.	Post meal (After 90 min) random	
3.	Blood Urea		3.	Blood Urea	
4.	S. Creatinine		4.	S. Creatinine	
5.	Na ⁺ (Sodium)		5.	Na ⁺ (Sodium)	
6.	S. K ⁺ (Potassium)		6.	S. K ⁺ (Potassium)	
7.	S. Bilirubin - Total	6.13 mg%	7.	S. Bilirubin - Total	2.69
8.	- Direct	3.10 mg%	8.	- Direct	1.95
9.	- Indirect	3.03 mg%	9.	- Indirect	0.69
10.	S.G.O.T.	18.9 mg%	10.	S.G.O.T.	9.6 mg%
11.	S. Alk Phosphatase	61 mg%	11.	S. Alk Phosphatase	29 mg%
12.	Total Proteins - Albumin	2.4 g/dl	12.	Total Proteins - Albumin	9.3 g/dl
13.	- Globulin		13.	- Globulin	
14.	S. Uric Acid		14.	S. Uric Acid	
15.	S. Calcium		15.	S. Calcium	

DISCUSSION

During treatment, the patient was treated only with oral drugs for one month. Thus, after one month of treatment, the patient received significant improvements in all symptoms. Now the patient is gradually improving, and after three months of observation, there is no recurrence of symptoms. The results were noticeable in both clinical and laboratory standards. Statistically, there is reduction of bilirubin levels, yellowing of skin and urine, loss of appetite, weakness. The tested drugs were used for the treatment of Kamala (jaundice) in Ayurveda texts and Nighantus. This study showed the improvement of appetite and taste, Yakrit uttejaka characteristics. Therefore, the combination of the two drugs is more important than the individual drugs. After doshas homeostasis is achieved, the signs and symptoms of Kamala are automatically reduced. The drug acts as a Rasayana, improves dhatu formation, are Tridoshaghna, Vatshamak, Raktashodhak, Pitta saran and relieves signs and symptoms. The Drugs have proved effective in relieving cardinal features of Kamala. In Ayurveda, ancient acharya mentioned agdimyndya and Pitta dosha as the main etiology of Kamala. Hypo Function agni creates ama/Amavisha, which corresponds with Rakta and can produce kamala. Kamala is a Pitta and Rakta pradoshaj vyadhi and is distorted by Pitta dosh and can be normalized by Madhura, tikta, and kashaya rasa. These drugs have a characteristic of kamalahara. This Ayurveda compound relieves daurbalya (weakness), kshudhamandya (appetite loss), pitmutrata (yellow bleach of urine), hrullasa, and udarshool. In addition, these drugs reduce bile in blood circulation and normalize other blood parameters. In short, these drugs include attributes such as Pittahar, Pittarrchak, Dipan, Pachan, Jvarahara, Kamalahar, Panduhara, Yakrit, Raktavirechak, Tridoshar, Rasayan, Pittasarak, and anulomak.^[7] Charaka has mentioned in the 16th chapter of Chikitsa Sthana "Kamalitu-Virechana.

According to this chapter, Virechana is the best way to treat kamala. Avipatkar Churna-Trikatu, Triphala, Nishotha, etc. are included. Therefore, it is regulated by the secretion of Pitta, Agni Dipan, and Mala Mutra Vibandhanashak. The general principles of treating this disease are Shodhan and Sansaman Chikitsa^[8] Yakrit is the MulaSthana of Rakta.. Rakta-Pitta has Ashray and Ashraayi Sambhanda hence for elimination of vitiated Pitta Dosha Virechan is the best Chikitsa.^[9]

CONCLUSION

Based on the debate above, we came to the conclusion that Virechana and Shaman Chikitsa successfully treated Kamala. By eliminating toxic waste from the body, symptoms including anorexia, icterus, yellowish urine and skin have become reduced. The ancient literature states that in Kamala there is a vitiation of Pitta Dosha. Kamala's mrudu Virchaan Chikitsa was cited by Acharya Charka. Virechana is considered best for pacifying Pitta Dosha^[10] Neither the treatment nor the observation period revealed any unfavorable effects of the treatment. Thus, we can say that this Ayurvedic medication works quite well for treating kamala.

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