

A CASE STUDY TO ASSESS THE IMPACT OF AYURVEDIC INTERVENTION IN THE TREATMENT OF BAHUPITTAKAMALA

¹*Dr. Pratiksha Vaijnath Waghmare and ²Dr. Sangeeta P. Sawant

¹PG Scholar, Department of Kayachikitsa, TAMV, Pune.

²M.D. PHD (Kayachikitsa). Assit. Prof. Dept. of Kayachikitsa, TAMV, Pune.

Article Received on
06 July 2023,

Revised on 06 August 2023,
Accepted on 26 August 2023

DOI: 10.20959/wjpr202315-29490

***Corresponding Author**

**Dr. Pratiksha Vaijnath
Waghmare**

PG Scholar, Department of
Kayachikitsa, TAMV, Pune.

ABSTRACT

Jaundice is a clinical manifestation of disorders of underlying bilirubin metabolism, hepatocellular dysfunction or biliary obstruction. Jaundice occurs in settings of cholestasis or inability to secrete bile as well as disorders of bilirubin metabolism and hepatocellular dysfunction. The present study is a case report on management of a 28yr's old male patient with previously diagnosed jaundice. Ayurvedic medications were found to be providing relief in this case & overall improvement in quality of life.

KEYWORDS: Ayurveda, Jaundice, Liver Disorder, Kamala.

INTRODUCTION

Jaundice is a word used to describe people with a yellowish discoloration to their skin. It is caused by build up of a chemical called bilirubin in the blood. Everyone has some bilirubin in their body, but when the level is too high, known as hyperbilirubinemia. It may cause jaundice, when serum bilirubin concentration exceeds 3mg/dl. In latent jaundice, Sr. Bilirubin level is between 1-2 mg/dl. In Ayurveda detailed description of Jaundice is available called the word "kamala". Here multiple factors like Raktavaha strotodushti, Mansavaha strotodushti, increased Pitta dushti can lead to formation of Jaundice in the body. 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. Pittakar-ahar like spicy food Vada-Pav, missal etc, and alcohol consumption tendency is also increasing day by day.

In this era of industrialization and life threatening competition brings many changes in our life style. Most of times patients just come with "sick and tired". Later it gets diagnosed as kamala (jaundice). The incidence of such disease is increasing day by day.

Hepatocellular jaundice is a particular form of jaundice, in which skin, eyes, urine become yellowish, indicating excess bilirubin which is a bile pigment in blood. Patients also complains of Fatigue, Anorexia and Nausea.

Modern medical science has only symptomatic specific treatment for many diseases, kamala is one of them. In all Ayurvedic texts nidana panchak with treatment of kamala is given very well. "Kamalatuvireshana" is chikitsa sutra of the kamala. The Treatment of Kamala (Jaundice) must start with vireshana (purgation). The basic theory is that raktadushti responsible for kamala and Yakrutta (liver) is Mulstana of Rakta. Rakta and pitta has Ashraya-Ashrayasambadha.

So that a daily vireshana (purgation) is recommended. The combination of some herbs is also useful in kamala chikitsa. In few conditions medication is not required, just rest and few supplement will be sufficient. In some conditions medical treatment does not work, in such case surgical help may required.

Objectives

1. To Study Jaundice from Ayurvedic perspective.
2. To observe hematological changes during treatment.
3. To reduce further complications of the disease.
4. To improves quality of life of the patient.

MATERIAL AND METHODS

Though review of Ayurvedic text & modern literature for jaundice was done, particular case represented here.

Mode of action of Dravyas used for chikitsa

Sr.No	Dravya	Samprapti Bhang (Mode of Action)
1	Kamdudha rasa	Pittashamaka, relieves stomach ulcers, colic pains, Dahashamaka
2	Pravalpanchamrit	Relieves aadhmana, splenic disorders, disorders of pittaja kaphaj, udara
3	Godanti Bhasma	Pitta imbalance disorders especially in jaundice, urticaria & fever
4	Sitopaladi Churna	Balances pitta and kapha

		doshas & various respiratory diseases
5	Ajmodadi churna	Agnivardhaka, Pachaka
6	Trivrutta leha	Malavashthambh Nashaka, Virechaka
7	Kumari kalpa	Udardaha, Pittashamaka
8	Punarnavasava	Dyspepsia, Udarvrudhi
9	Avipattikar churna	Amlpittanashaka

Case Presentation

A 28 yr's old male patient, OT technician by occupation reported at Hospital on 12/11/2022.

Chief complaints:- From last 15 days

- Icterus
- Bipedal oedema
- Bloating & Heaviness in stomach
- Dry cough
- Dyspnea on exertion
- Abdominal distension
- Gen Weakness
- Oliguria

History of past illness

No any comorbidities

M/H/O - Jaundice (2 months)

Ascites (2months)

H/O Blood transfusion - 1 point PCV in (sept.2022) S/H/O - circumcision (3yr's ago)

F/H/O – NAD

Personal History

1. Appetite- Loss of Appetite
2. Allergy- Not Detected
3. Addiction- Alcohol (since 8 years, 250 ml/day)
(Tobacco since 10 years)
4. Bowel- Watery Stools
5. Bladder- Burning Micturition
6. Diet- Fruits, veg, non-veg soup

7. Exercise- None
8. Sleep- Disturbed

Investigations:- (11/12/2022)

- 1) BUL-16
- 2) Sr.Creatine- 0.6
- 3) HIV & HbsAg- Negative
- 4) PT-17.6
- 5) INR- 1.71
- 6) Na+ - 134
- 7) K+ - 2.7
- 8) Chloride -96
- 9) Sr. Amylase – 73
- 10) Sr. Lipase – 183.4
- 11) Stool R with occult blood- Negative

USG(A+P)

11/11/2022	9/12/2022
Mild hepatomegaly with fatty changes with mild splenomegaly.	Marginal splenomegaly.
Severe ascites.	Mild to moderate tappable ascites.
Mild left pleural effusion.	Mild non-tappable left sided pleural effusion.

Haemogram	11/11/2022	18/11/2022	25/11/2022	02/12/2022
Hb	10.1	9.2	9.8	11.4
RBC	2.96	2.69	2.88	3.43
WBC	8400	6520	7290	5240
Plt	1.29	1.62	1.78	1.75
PCV	30.4	26	28.2	33.5
MCV	103	96.4	98.0	97.6

LFT	11/11/2022	18/11/2022	25/11/2022	02/12/2022
T.B	13.60	11.0	7.5	6.6
Direct	7.14	6.0	4.9	3.8
Indirect	6.46	5.0	2.6	2.8
SGOT	162.2	158.8	136.2	147.0
SGPT	78	66.8	45.6	54.0

Treatment - Ayurvedic medicine chart

Drug	Dose	Duration	Anupan
Kamdudha rasa	250 mg	TDS	Lukewarm water
Pravalpanchamrit	250 mg	TDS	Lukewarm water
Godanti	250 mg	TDS	Lukewarm water
Ajmodadi churna	500 mg	TDS	Lukewarm water
Sitopaladi Churna	250 mg	TDS	Lukewarm water
Trivrutta leha	1 Tsp	Prataha kali(7:00am)	Lukewarm water
Kumari kalpa	4Tsp	TDS	Lukewarm water
Punarnavasava	4Tsp	TDS	Lukewarm water
Avipattikar churna	2 gm	BD	Lukewarm water

OBSERVATIONS

1. Change in appetite over 20 days. (80% Upashaya)
2. Change in icterus over 20 days. (70% Upashaya)
3. Change in dyspnoea & dry cough after 20 days. (85% Upashaya)
4. Change in reduction in sr.bilirubin levels over 20 days. (75% Upashaya)
5. Changes in Bipedal oedema & weakness over 20 days. (80% Upashaya)

CONCLUSION

The results were appreciable in both the clinical and laboratory criteria, statistically relief in yellowish colours of eyes and urine, loss of appetite, Dry cough, Dyspnoea on exertion, Bipedal oedema & weakness & in reduction in serum bilirubin levels. Therefore, combination of all drugs are more significant than individual. Once the doshik homeostasis has been achieved, the sign & symptoms of kamala are relieved automatically because the disease and its manifestations are all produced by doshas.

DISCUSSION

During the treatment, patient was kept on oral medications for a period of 20 days due to the action of trivrutta leha, kamdudha, pravalpanchamrit, Sitopaladi Ajamodadi, Kumari kalpa & punarnavasava removed dushita pitta from the body & improves appetite due to anuloman property of trivrutta & reduced parameters of Bipedal oedema because of Shothghna property of punarnavasava & improves health of Patient.

REFERENCES

1. Sangeeta Rongson, Niten Barman. A Conceptual Study of Raktavaha Srotas and its Disease. International Journal of Ayurveda and Pharma Research, 2017.
2. Panda, Ashok. (2020). Ayurveda Management of Liver Diseases (Yakrit Vikara).

3. Lad Vasant, M.A.Sc., Textbook of Ayurveda Fundamental Principles. 2002.
4. Narendra Bhatt, Manasi Deshpande. A Comparative Review On Medicinal Plants Used For The Treatment Of Liver Disorders As In Ayurved, Siddha And Unani[Asu] Systems Of Medicine-Part I Contextual And Clinical Aspects. International Journal of Ayurvedic and Herbal Medicine,; 2021.
5. Acharya Vidyadhar Shukla and Prof. Ravidutt Tripathi, Charak Samhita, Chaukhamba Sanskrit Pratishthan, Volume II-Chikitsa sthana, 2013, Chapter 16.
6. Tripathi B, Astanga Hridayam, Chaukhamba Sanskrit Pratisthan, 2013, Chikitsa Sthana, Chap.16.
7. Kaviraj. Gopal prasad Sharma Kaushik, Bhaishajya Ratnavali, Tejkumar Press, Lucknow, p1120.
8. Shashtri B, Yogratnakar, Chaukhambha publications, 2002.
9. Harrison's Principles of Internal Medicine, the Mcgraw -Hill companies, 17th Edition, Vol II.