

EFFECT OF AYURVEDIC MANAGEMENT ON *BAHUPITTA KAMALA* WITH SPECIAL REFERENCE TO JAUNDICE- A CASE SERIES

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ABSTRACT

Chapman R.W. et al. stated that Jaundice refers to the appearance of the skin, sclera and mucous membranes resulting from an increased bilirubin concentration in the body fluids. It is usually detectable clinically when the plasma bilirubin exceeds than 3mg/dl. Sushruta described that if patients, suffering from *Pandu* or any other any diseases, indulges excessively in *Amla Rasa* or other *Apathya*, their *Pitta* gets aggravated and *Panduvarna* is manifested and also causes *Tandra* and *Balakshaya* in consequence, thereby, *Kamala* is manifested. According to *Charaka*, *Haridra Varna* of *Netra*, *Twacha*, *Mukha*, *Nakha*, *Mutra*, *Rakta Pitta Mala* and *Mutra*, *Daha*, *Avipaka*,

Daurbalya, *Aruchi*, *Sadana*, *Krish*, *Tandra*, *Balakshaya*, *Trishna*, *Bhekvarna* are the other symptoms of *Bahupitta Kamala*. *Charaka* has stated that patients of *Kamala* should be treated by *Virechana* with *Mridu* and *Tikta Dravya*. After *Virechana*, food which is *Pathyaka* to the patient should be given. *Shali* and wheat mixed with *Yush* of *Mudga*, *Adhaki* and *Masura*, *Jangala Mamsa Rasa* should be given. So, treatment was done according to this.

KEYWORDS: Kamala, Jaundice, Virechana, Bilirubin.

INTRODUCTION

Charaka has described *Kamala* is state of *Pandu* associated with etiological factors. If the patients indulge in etiological factors *Pitta* is going to be vitiated and it produces *Dushti* in *Pitta*, *Rakta* and *Mansa* (*Dagdhata* in *Pitta*, *Rakta* and *Mansa*) cause *Kamala*.^[1] Apte V.S.^[2] has explained *Dagdha* as burn or cauterizing. It clearly suggests that excessive *Ushna* property cauterizes the *Pitta Rakta* and *Mansa* so that *Apa Dhatu*, one of the *Pachabhautik* constituent in these *Dhatu*, might be losing after *Dagdhata*. *Ushna* and *Drava* property of

Pitta might be increased and yellow color might be because of *Ranjak Pitta*. Sushruta described that if patients, suffering from *Pandu* or any other any diseases, indulges excessively in *Amla Rasa* or other *Apathya*, their *Pitta* gets aggravated and *Panduvarna* is manifested and also causes *Tandra* and *Balakshaya* in consequence, thereby, *Kamala* is manifested.^[3] *Vagbhata* has described that *Kamala* is caused by aggravated *Pitta* and may occurs with or without *Pandu*.^[4] *Chakrapani* has also highlighted that *Kamala* may be with *Pandu* and without *Pandu*. If *Kamala* is not treated properly it can lead to *Kumbhakamala* as *Upadrava*.^[5]

According to *Charaka*, *Haridra Varna* of *Netra*, *Twacha*, *Mukha*, *Nakha*, *Mutra*, *Rakta Pitta Mala* and *Mutra*, *Daha*, *Avipaka*, *Daurbalya*, *Aruchi*, *Sadana*, *Krish*, *Tandra*, *Balakshaya*, *Trishna*, *Bhekvarna* are the other symptoms of *Bahupitta Kamala*.^[6] *Kamala* is correlated with Jaundice by senior Ayurvedic physicians.

Charaka has stated that patients of *Kamala* should be treated by *Virechana* with *Mridu* and *Tikta Dravya*. After *Virechana*, food which is *Pathyaka* to the patient should be given. *Shali* and wheat mixed with *Yush* of *Mudga*, *Adhaki* and *Masura*, *Jangala Mamsa Rasa* should be given.^[7]

In Ayurveda, lot of medicines is described for *Kamala*. Among all these medicines, *Kamala* is treated by *Eranda Patra Svaras*, *Phalatrikadi Kvath*, *Arogyavardhini Vati* and *Aragvadha phalamajja* along with *Ikshu Rasa*.

Chapman R.W. et al.^[8] stated that Jaundice refers to the appearance of the skin, sclera and mucous membranes resulting from an increased bilirubin concentration in the body fluids. It is usually detectable clinically when the plasma bilirubin exceeds than 3mg/dl. Three main types of jaundice are there. Hepatocellular jaundice occurs as a result of liver disease or injury, Hemolytic jaundice occurs as a result of hemolysis, or an accelerated breakdown of red blood cells, leading to an increase in production of bilirubin, Obstructive jaundice occurs as a result of an obstruction to the bile duct. Treatment of Jaundice is typically determined by the underlying cause. If the bile duct blockage is present then the obstruction is removed by Surgery. If the Hepatitis induces Jaundice, antiviral or steroid medications are required.

Aim

To evaluate the effect of Ayurvedic Management on *Bahupitta Kamala* with special reference to Jaundice.

Objective**Primary Objective**

1. To evaluate the effect of in foresaid treatment on symptoms of *Bahupitta Kamala* wrst Jaundice and serum bilirubin.

Secondary Objective

1. To study literature of *Bahupitta Kamala* from texts.
2. To study Jaundice from modern point of view.

MATERIALS AND METHODS

Study Type: An open randomized Pilot study

Study Centre: OPD and IPD Department of Kayachikitsa, Government Ayurved College and Hospital, Nagpur.

Sample size: 6

Inclusion criteria

1. Patients having sign and symptoms of *Bahupitta Kamala*
2. Age of patient in between 10 to 70 years.
3. Either sex.

Exclusion criteria

1. Jaundice patient with liver failure, ascites, kernicterus, post-hepatic obstruction, liver abscess, and liver cirrhosis.
2. Patients having other systemic disorder.
3. Less than 10 years and more than 70 years
4. Pregnant woman with jaundice.

Diagnostic criteria

1. Serum Bilirubin >1mg/dl
2. USG Abdomen
3. Sign and symptoms of *Bahupitta Kamala*

Criteria for Assessment**A. Objective Criteria**

1. Sr. Bilirubin
2. S.G.O.T
3. S.G.P.T

B. Subjective Criteria**1. *Netrapitata* (color of sclera)**

Color	Score
Normal	0
Faint Yellow	1
Yellow	2
Dark Yellow	3

2. *Mutrapitata* (Color of Urine)

Color	Score
Normal	0
Faint Yellow	1
Yellow	2
Dark Yellow	3

3. *Purishpitata*

Color	Score
Yellow	0
Dark Yellow	1

4. *Daha*

	Score
Not Present	0
Frequently occurs, present in specific part of body	1
Continuous, present all over body	2

5. *Daurbalya*

	Score
Not Present	0
Get tired after doing extra work other than daily routine	1
Always get tired and not willing to do any work	2

6. Aruchi

	Score
Not Present	0
Willing to eat but cannot eat due to taste	1
Not willing to eat	2

Management

Table 1: Table showing Management of Bahupitta Kamala of This study.

SN	Treatment Given	Dose	Duration	Anupana	
1	Phalatrikadi Kvath	20ml	Twice a day	1 month
2	Eranda Patra Svaras	10ml	Once a day	1 month
3	Arogyavardhini Vati	250mg	Three times a day	Koshnajaal	1 month
4	Aragvadha Phalamajja	5gm	Twice a day	Ikshu Rasa	1 month

OBSERVATIONS AND RESULTS

Table 2: Table Showing Effect of Therapy on Liver Function Test.

SN	Parameter in Respective Unit	Mean \pm SD		Mean of Diff \pm SD Score	Relief in %	Sed	T	P
		BT \pm SD	AT \pm SD					
1	Total Bilirubin mg/dl	7.61 \pm 2.47	3.90 \pm 1.88	3.71 \pm 0.887	48.75	0.367	10.25	<0.001
2	Direct Bilirubin mg/dl	6.61 \pm 1.714	2.63 \pm 1.464	1.978 \pm 0.74	29.92	0.3036	6.52	<0.001
3	Indirect Bilirubin mg/dl	3.18 \pm 1.478	1.97 \pm 1.023	1.207 \pm 0.48	37.95	0.1976	6.11	<0.001
4	SGOT U/I	496.47 \pm 436.5	173.1 \pm 170.07	223.37 \pm 287.99	44.99	117.57	2.75	<0.05
5	SGPT U/I	498.13 \pm 340.1	202 \pm 132.85	296.13 \pm 221.23	59.44	90.319	3.28	<0.02
6	Alkaline phosphate U/I	398.87 \pm 66.3	160.33 \pm 32.4	238.53 \pm 62.54	59.80	25.53	9.34	<0.001

Table 3: Table Showing The Effect of Therapy on Symptom Score in 6 Patients of Kamala wrst Jaundice.

SN	Parameter	Score		Difference of Score	Relief in %
		BT	AT		
1	Netrapitata	17	4	13	76%
2	Mutrapitata	17	4	13	76%
3	Purishapitata	6	0	6	100%
4	Aruchi	12	2	10	83%
5	Daurbalya	10	6	4	40%
6	Daha	2	0	2	100%
Average % relief in symptoms		64	16	48	75%

Effect of Therapy on Symptom Score

Effect of therapy on symptoms of *Bahupitta Kamala* with special reference to Jaundice was evaluated with the help of score the systems, which has been described in the criteria of assessment of this chapter.

Netrapitata was relieved by 76%, *Mutrapitata* was relieved by 76%. *Purishpitata* was relieved by 100%. *Aruchi* was relieved by 83%. *Daurbalya* was relieved by 40%. *Daha* was relieved by 100%.

Overall average percentage of relief in the all patients was 75%.

DISCUSSION

A case series Study on the Ayurvedic management of *Bahupitta Kamala* with specific reference to Jaundice was evaluated on 6 patients of *Bahupitta Kamala*. Charak has described that *Mridu Virechana* having *Tikta Rasa* should be given to patients of *Kamala*.^[9] *Pathya* such as *Yush of Mudga* should be followed after *Mridu Virechana*. *Virechana* drug not only remove the *Dosha* present in the *Koshtha*, here in not only stomach and gut but also of the entire body. *Phalatrikadi Kvath*^[10] and *Aragvadha Phala Majja* along with *Ikshu Rasa*^[11] is best drug for *Virechana* is effective to alleviate *Pitta* by virtue of its properties. *Eranda Patra Svaras* acts as purgative, appetizer and antihelminthic. It is effective in abdominal pain, hepato-splenomegaly.^[12] *Arogyavardhini Vati* acts as regulation of *Pitta* secretion, maintain healthy fluid level in body, *Agnidipana*, *Pachana* and *Grahanidoshnashak*.^[13]

In this series of cases, *Phalatrikadi Kvath*, *Aragvadha Phala Majja* along with *Ikshu Rasa*, *Arogyavardhini Vati* 250mg for three times with lukewarm water and *Eranda Patra Svaras* were administered for one month. Total bilirubin came down from 7.61 ± 2.47 mg/dl to 3.90 ± 1.8 after fifteen days highly significantly ($t=10.2$, $P<0.001$), as well as direct bilirubin highly significantly decreased by 1.978 ± 0.74 mg/dl. Highly significantly reduction by 1.20 ± 0.48 mg/dl was also observed in direct bilirubin.(Table-2). Significant reduction in S.G.O.T., S.G.P.T. and alkaline phosphates was noted as shown in Table-2. It is evident from the fore going observations that combine effect of *Phalatrikadi Kvath*, *Aragvadha Phala Majja* along with *Ikshu Rasa*, *Arogyavardhini Vati* 250 mg for three times with lukewarm water and *Eranda Patra Svaras* was responsible to reduce total bilirubin, direct and indirect bilirubin along with other liver function tests. It might be possible that *Virechana* action of *Phalatrikadi Kvath* and *Aragvadha Phalamajja* might remove *Pitta Dosha* from *Koshtha* such as *Yakrit*, *Amashaya* and *Pachyamanashaaya*. Glucose in the form of monosaccharaides in sugarcane juice might reduce the load of functioning of liver in *Kamala* by supplying monosaccharaides in sugarcane juice.

CONCLUSION

From the finding of above observations and discussion, it can be conclude that such type of management having improvement in the subjective as well as objective criteria of Bahupitta Kamala, but more study is needed with large sample size to evaluate much better results of this therapy in Bahupitta Kamala.

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