

A CASE STUDY OF THE PATHOGENESIS OF KAMALA DUE TO PANDU ROGA

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INTRODUCTION

Kamala is a term used in Ayurveda to describe a disease which resembles Jaundice. In Ayurveda, Kamala is the disease related with pitta dosha. With Ayurvedic medicines, we can treat and avoid recurrence of kamala. Pandu and Kamala are said to be the diseases which are interrelated. They are also said to be have common origin. Pandu is said to be nidanarthakara for Kamala, i.e. When Pandu is not treated properly it can lead to Kamala. Thus, Kamala can be considered as an effect of untreated Pandu or Pandu which runs a chronic course. Pandu and Kamala thus have cause and effect relationship. Pandu Roga and Kamala are treated on same principles and same formulations.

CASE REPORT

A 40-year-old female came to OPD complaints of Udara shool (Pain in the abdomen), Kshudha mandhya (Loss of appetite), Daurbalya (Weakness), Hrullas (Nausea), Mutrapitata (Yellowdiscolouration of urine, Vibhandha (Constipation) since 25 days.

Table 1: Asthavidha pariksha.

Naadi	Pittaja
Mala	Malavshtambha (Constipation)
Jivha	Sama
Sabada	Samanya
Spersha	Peetavarniya, Anushnasheet
Driga	Arakta pitata
Aakriti	Samaakriti

On local examination clinical finding as

On examination of the patient, no abnormality was detected in CVS, CNS and RS. Soft and mild Tenderness over the epigastric region in P/A examinations.

Diagnosis – Kamala (Jaundice)**To study**

The pathogenesis of Kamala due to pandu roga.

OBJECTIVE

The pathogenesis of Kamala due to pandu roga.

MATERIAL AND METHOD

Name: - XYZ,

Age:- 40 yrs/fm,

Religion:- Hindu

Occupation:- worker.

History of present illness

The patient was asymptomatic before 25 days gradually she developed abdominal pain, nausea, vomiting, weakness, discolouration of urine. The patient has not taken any medication before. The patient was clinically examined and decided to investigate for some biochemical laboratory tests.

Asthavidha pariksha

Assessment of the general condition of the patient:

In consideration of the findings of clinical examination and investigations (Given in Observation and Result), the following treatment was given.

Treatments given

Treatment was given for a period of 45 Days.

Pandu Roga and Kamala will be treated on same lines. The treatment and medicinal formulations are applicable to only those types of pandu and kamala which are sadhya (Curable).

Snehana (Oleation, intake of ghee prepared with medicinal herbs) followed by *teekshna*

vamana (Strong emesis) and *teekshna virechana* (Strong purgation) in curable Pandu disease

Mridu Tikta Virechana (Mild purgation with formulations prepared using herbs which bring about mild purgation) in curable Kamala.

Table 2: Medicine.

Kutaki churna	1gm
Triphala	1gm
Trivrit Churna	1gm
Bhunimba Churna	1gm
	1×2 with Lukewarm water after meal.

1. Aarogyavardhani Vati – 2-tab BID
2. Punarnava Mandoor – 1 tab BID
3. Phalatrikadi Kashaya - 20 ml BID

Pathya anna – After cleansing with the help of proper *vamana* and *virechana*, *pathya anna* or suitable diet should be administered to the patients of *pandu* and *kamala*.

Pathya anna includes

- Purana Shaali – Old rice
- Purana Yava – Old barley
- Purana Godhuma – Old wheat
- Mudga yusha – Green gram soup
- Jangala mamsa rasa – Meat soup of animals and birds living in the desert regions.

Investigation

- Hb:- 5.0 gm%,
- WBC:- 6500/cmm, RBC – 1.5mil/cmm
- PLT- 2.55LAKH / cmm, BSL(R) – 135mg/dl,
- HIV and HBsAg – Negative.
- T. Bilirubin – 3.7 mg/dL
- Direct – 1.4
- Indirect – 2
- SGOT- 57
- SGPT – 64

During the treatment, the patient was kept only on oral medication for a period of 1 month 15 days. Thus, after one month 15 days of treatment, the patient had got significant improvement in all symptoms.

Now the patient is gradually improving and there is no recurrence of symptoms after the 45 days of follow up. The results were appreciable in both the clinical and laboratory criteria. Statistically, relief in the yellowish colour of eyes and urine, loss of appetite, weakness, and reduction in serum bilirubin levels.

Before treatment

Symptoms	Abdominal pain, nausea, vomiting, weakness, discolouration of urine ↑
Investigations	Hb: -5.0 gm%, Bilirubin Total: - 3.7 mg/dL
	Hb:-5.5 gm%, Bilirubin Total: - 3.2 mg/dL
Medications	Triphala – 1 gm, Trivrit Churna – 1mg, Bhunimba Churna – 1mg, Aarogyavardhani Vati – 2-tab BID, Punarnava Mandoor – 1 tab BID, Patolkaturohinyadi Kashaya - 20 ml BID

After treatment

Symptoms	Weakness, ↓ abdominal pain ↓
Investigations	Hb: -6.5 gm%, Bilirubin Total: - 1.7 mg/dL.
	Hb:- 7.5 gm%, Bilirubin Total: - 0.90 mg/dL.
Medications	Trivrit Churna – 1mg, Aarogyavardhani Vati – 2-tab BID, Punarnava Mandoor – 1 tab BID,

DISCUSSION

In the present period of industrialization and perilous contest, the way of life of humankind has been massively changed. In Ayurvedic Samhita, Kamala is explained under Raktavaha Strotas Vyadhi. Regular consumption of Ushna- Tikshna Ahara by Pandurogi causes vitiation of Pitta Dosha. Due to Katu, Amla Lavan Ahara there is vitiation of Pitta which leads to hypofunction Jatharagni followed by the production of Amavisha, and the formation of the disease called Kamala. As it is Pitta and Rakta Pradoshaj Vyadhi it will be managed by Madhura Tikta and Kashaya Rasa. In Ayurveda, different plans are portrayed for the

management of Kamala as a steady supportive medication. In this case study formulations like Arogyavardhini Vati, Liv.52, Phalatrikaadi Kwath and Punarnava Mandoora, Triphala Churna, Kutaki Churna, Trivrit Churna, Bhonimbadi Churna are used for the management of kamala. All these Ras Aoushadhi & herbomineral formulations contain the drugs having Tikta Rasa, Dipana, Pachana, Rechan, Pittakaphashamaka, Yakruttovejaka and Rasayana properties.

CONCLUSION

From the above case study, it can be concluded that effective treatment of Kamala is possible through Ayurveda. In patients with jaundice, there was a marked reduction of symptoms like yellowish discoloration of the skin, icterus, yellowish discoloration of urine, and Anorexia. No unwanted effect of the medicine was observed during treatment and during the follow-up period. As this was a single case study, if taken on a large sample size, the treatment of Kamala can be emphasized more effectively for the betterment of society.

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