

**INTRODUCTION OF KAMALA- A REVIEW ARTICLE****Dr. Tanushree Vilas Rajurkar\*<sup>1</sup> and Dr. Vikas Bedke<sup>2</sup>**<sup>1</sup>PG Scholar Dept. of Kayachikitsa, PMT Ayurved College, Shevgaon- Maharashtra.<sup>2</sup>Associate Professor Dept. of Kayachikitsa, PMT Ayurved College, Shevgaon- Maharashtra.Article Received on  
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Ayurveda is ancient medical science. In digestive system Liver plays very important role and kamala vyadhi is one of the main diseases happened in most of the patient whose liver is affected. Kamala is pittaja nanatmaja as well as raktapradoshaja vyadhi. Charakacharya has well-thought-out kamala as cutting-edge stage of panduroga. Sushrutacharya has careful kamala as a separate illness and may be due to further complication of panduroga, whereas Vagbhatacharya described kamala as a separate disease. Kamala can relate to jaundice in modern medical science. In our ancient samhita, kamala vyadhi is momentarily described. Kamala is pittaj nantmaj as well as raktapradoshaja vyadhi. Charakacharya has considered kamala as advanced stage of panduroga. Shushrutacharya has considered kamala as a separate disease and may be due to further complication of panduroga, whereas Vagbhatacharya described kamala as a separate

disease. Kamala can be connected with jaundice in modern medical science. In kamala vyadhi Acharyas has clarified Virechana karma. Modern science has confines in treating kamala vyadhi (jaundice) but ayurvedic literature obviously explained pathology and conduct of kamala vyadhi which shows the specificity of Ayurveda.

**KEYWORDS:** *Ayurveda, Science, vagbhatta, special.***INTRODUCTION**

In Ayurveda Charakacharya and Sushrutacharya obviously recognized the condition like kamala which has great resemblance with the jaundice of modern medical sciences. Disease kamala is related to liver. The liver plays a major role in the maintenance of metabolic homeostasis. The development of clinically important liver disease is accompanied by diverse

manifestation of disordered metabolism. One of such disorders that is characterized by yellow staining of all the tissues due to increased level of bile pigment in circulation. Kamala is considered a purely pittik roga caused by rakta dushti due to vitiated pitta and viseversa. Kamala has been classified as: Koshashrita, Shakashrita. In modern science jaundice is classified in three types: Haemolytic, Obstructive, Hepatocellular. Koshashrita Kamala which occurs because of pitta vridhi in rakta dhatu after the use of its aggravating causes has similarity with the mechanism of pre hepatic jaundice or haemolytic jaundice in which more bilirubin is found in blood due to excessive destruction of R.B.C and is not excreted. Adequately by liver resulting in hyper bilirubinaemia responsible for various symptoms like yellow discoloration of eye, skin etc. Shakashrita Kamala is produced due to the obstruction of normal pitta vaha srtotas by kapha and vata, resulting in pitta vridhi in the rakta dhatu. Most of the individual prefer Ayurvedic treatment for kamala. In Ayurveda, Kamala is the disease related with pitta dosha. With Ayurvedic medicines, we can treat and avoid recurrence of kamala. The management of Kamala and its complications along with drug, diet and lifestyle have been mentioned in Ayurvedic classics. Charak Acharya has considered Kamala as advance stage of Pandu roga. When person with pandu roga continues intake of pittakar ahar then he may develop kamala. In obstructive jaundice, there is same mechanism in which the bile ducts are obstructed by gall stone or other causes and bile is accumulated in liver, resulting in advancement of blood bilirubin level responsible for yellowness of eye, skin, mucous membrane, and stool become clay colored due to lack of bile in the intestine. In Hepatocellular jaundice, when there is complete obstruction of all the bile canaliculi due to their compression by oedematous hepatocytes, jaundice is produced just like shakashrita kamala. When there is incomplete obstruction or when all the bile canaliculi are not obstructed then it is produced like that of koshashrita kamala. Therefore, mechanism of hepatocellular jaundice can be associated to koshashrita kamala or shakashrita kamala in different individuals depending upon the severity of the disease.

## MATERIALS AND METHODS

- Charak Samhita with Ayurved Dipika Commentary by Chakrapani.
- Sushruta Samhita with Nibandhsangraha commentary of Shri Dalhanacharya and Nyayachandrika Panjika of Shri Gayadasachary.
- Ashtang Hriday with commentaries Sarvangasundara of Arundatta and Ayurved rasayana of Hemadri.
- Relevant articles published in various national and international journals.

- Harrison's principles of internal medicines.<sup>[1-2]</sup>

## DISCUSSION

### CLASSIFICATION OF KAMALA

- A) Charaka- Koshashakhashrit, Shakhashrita, Kumbhakamala, Halimaka.
- B) Sushruta -Kamala, Kumbhakamala, Halimaka, Laghraka.
- C) Vagbhata -Swatantra, Paratantra, Kumbhakamala, Lagharaka, Aalasa

### NIDANA OF SHAKHASHRITA KAMALA

1. Excessive intake of ruksha, shita, guru and madhur ahar.(unwholesome diet)
2. Ati vyayam (excessive exercise)
3. Vega nighraha (stoppage of natural urges).

According to Charakacharya, Kamala is a clinical syndrome which develops after the pandu roga. When a patient of pandu roga takes excessive pittik ahar-vihar develops bahupittakamala. According to Sushrutacharya, when patient of pandu roga or person affected with other diseases consumes amlaraspradhan and apathyakar ahar develops kamala. According to Vagbhatacharya, when pandurogi or person with excessive pitta consumes pittakar ahar develops kamala. Samprapti of Koshashakhashrita Kamala: Pandurogi pittakara aahara vihara sevan-Increased ushna, tikshna gunaDushta aahara rasa-Pachak pitta dushti and rasa dushti-Agnimandya-Rakta and mamsa vidaha -YakrutaagamanaKosthashrita Kamala.

### SAMPRAPTI OF SHAKHASHRITA KAMALA

Hetu –Vata and kapha prakopa – Rukshaguna pradhan vata dosha gets kaphamurchita - Obstruction of pitta nalika-Vimargagamana of pitta all over –Haridra twacha, Netra, MootraShakhashrita Kamala.

### WHAT IS JAUNDICE?

When red blood cells die, they leave behind bilirubin, a yellow-orange pigment in the blood. The liver filters bilirubin from the bloodstream to be removed in your stool. If too much is in your system or your liver is overloaded, it causes a buildup known as hyperbilirubinemia. This causes jaundice, where your skin and the whites of your eyes look yellow.

Newborn babies often get it. About 60% have jaundice, also known as icterus, within the first couple of days after birth. Adults can get it, too, although it's less common. See a doctor right

away if you think you have jaundice. It could be a symptom of a liver, blood, or gallbladder problem.

### **Types of Jaundice**

There are four main types of jaundice, which are grouped by where the bilirubin collects in your body. A blood test can determine which type you have.

#### **Prehepatic**

If bilirubin builds up before blood enters the liver, it's known as prehepatic jaundice. This means you are breaking down red blood cells and creating more bilirubin than your liver can process.

#### **Hepatic**

If your liver is not able to process bilirubin well, it's called hepatic jaundice.

#### **Posthepatic**

Posthepatic jaundice is when bilirubin builds up after passing through the liver and your body cannot clear it quickly enough.

#### **Obstructive jaundice**

This condition is when bile is not able to drain into your intestines because of a blocked or narrow bile or pancreatic duct. This type of jaundice has a high death rate, so it's important to catch and treat it early

### **SADHYASADHYATWA**

According to Chrakacharya, initial stage of kamala is sadhya. On long standing becomes kriccha sadhya and kumbha kamala occurs. Kumbha kamala presents with further symptoms like krushna-pita shakruta mutra, raktamutra, shotha, chardi, daha, aruchi, trushna, anaha, moha, nasht agni is asadhya. Kumbha kamala with chardi, aruchi, hrullas, jwara, klam, swasa, kasa, atisara considered as asadhya. According to Sushrutacharya, kumbha Kamala is type of kamala with shophya and parvabheda. Vagbhatacharya explained that untreated kamala leads to the next stage called kumbha kamala which is kricchasadhya.

### **SAMSHAMANA (PREVENTIVE) DRUGS**

Kutaki (*Picrorrhiza kurroa*), Kiratatikta (*Swertia chirata*) Kalmegha (*Azadirachta indica*), Daruharidra (*Berberis aristata*), Amrita (*Tinospora cordifolia*), Bhumyamlaki (*Phyllanthus*

niruri), Triphal (*Emblica officinalis*, *Terminalia bellerica*, and *Terminalia chebula*), Vasa (*Adhatoda vasica*), Kumari (*Aloe vera*), Bhringaraja (*Eclipta alba*), Punarnava (*Boerhavia diffusa*). Compound Drugs : 1) Churna - Svarnakshiryadi yoga, Yogaraja, Navayasa churna 2) Gutika - Mandura vataka, Shilajatu vataka 3) Bhashma - Mandura bhasma 4) Svarasa - Triphala, Guduchi, Daruharidra, Nimba patra svarasa 5) Kvatha - Phala trikadi kvatha, Vishaladi phanta 6) Aristha- Bijakaristha, Dhatryaristha 7) Avaleha - Darvyadi leha, Dhatrayavaleha 8) Lauha - Nisha lauha, Dhatri lauha, Vidangadi lauha, Navayasa lauha 9) Rasa- Sindurbhushana rasa, Kamalanta rasa 10) Nasya - Karkota mula nasya 11) Anjana with Nisha (Turmeric), Gairika & Amla Pathya – Apathya:

Pathya: 1. Vamana, virechana, purana sali, yava and godhuma, mudga, masura, adaki-sushka, jangala mansa rasa. 2. Patola, kooshmanda (ripe), unripe kadali, jivanti, ikshu, guduchi, tanduliyaka, lauha bhashma. 3. Punarnava, vartaka, lashuna, palandu, ripe mango, haritaki, amalaki, gomutra, haridra and nagkesara. 4. Buttermilk, souviraka, tushodaka, navanita and chandana.

**Daha/ Agni karma** – 2 inches below umbilicus, between stana and kaksha, hastamula, forehead. Apathya: 1. Rakta mokshana, dhumapana, veganirodha, svedana, sexual intercourse. 2. Shimbi dhanya, hingu, masha, excess drinking of water, tambula, sarshapa, sura. 3. Eating mud, divasvapana, 4. Amla rasa, guru- vidahi padartha, contaminated water, non-congenial, un-hygienic diet, 5. Residing in hot climates and exposure of radiant sun, anger, vyayama and strenuous physical and mental activities.<sup>[4-5]</sup>

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