

A REVIEW ARTICLE ON CONCEPTUAL STUDY OF KAMALA

¹*Vd. Vivek Shrirampant Chandurkar¹M.D. Kayachikitsa, Professor and HOD, S.G.R.A. Mahavidyalaya Solapur.Article Received on
28 August 2024,Revised on 18 Sept. 2024,
Accepted on 08 October 2024

DOI: 10.20959/wjpr202420-34257



*Corresponding Author

Vd. Vivek Shrirampant
ChandurkarM.D. Kayachikitsa,
Professor and HOD,
S.G.R.A. Mahavidyalaya
Solapur.

ABSTRACT

Ayurveda treated a number of digestive system disorders; one such condition linked to liver failure is *kamala vyadhi*. According to *Ayurveda*, *Kamala* is *Raktapradoshaja vyadhi* and *Pittaj nantmaj*. Modern research has determined that *Kamala* is associated with jaundice, that *Yakrit* is the *Moola sthana* of disease, and that the main indications of disease include *Pitta varniya twaka*, *Pitta varniya mutra*, *Hrillas*, and *Agnimandya* among others. *Kamala* can be treated with *Ayurvedic* herbs such as *Daruharidra*, *Nimba*, *Patol*, *Haritaki*, *Kutaki*, *Punarnava*, and *Arogyavardhnivati*, among others. *Ayurvedic* formulations such as *Nimbadi Kashaya*, *Vasa Guluchyadi Kashaya*, *Triphaladi Yoga*, *Ayorajadi Yoga*, and *Triphala kwatha* are beneficial in treating liver disorders. Present article investigated *Ayurveda* perspective on *Kamala* and its management by ancient medications.

KEYWORDS: *Ayurveda*, *Shodhan chikitsa*, *Shaman chikitsa* And*Kamala*.

INTRODUCTION

Overview According to *Ayurveda*, a traditional system of healing, *Kamala* is *Pittaj nantmaj* and *Raktapradoshaja vyadhi*, which have symptoms that are comparable to those of jaundice in contemporary medicine, the illness linked to compromised liver and digestive system function.. The pathogenesis of *Kamala* can be caused by overconsumption of *Kshar*, *Lavan*, *Ushna* and *Ruksha Guna Ahar*, *Asatmya Bhojana*, *Chinta*, *Bhaya*, *Diwaswapna*, *Ati Vyayam*, *Vega Dharan*, and *Tiltail Sevana*, among other things.^[1-4] *Haridra Netra*, *Mutra*, *Twak*, *Nakha*, and *Rakta peeta Shakrut*, *Bheka Varna*, *Daaha*, *Avipaaka*, *Dourbalya*, *Aruchi*, and *Karshitaha* are the main symptoms of *Kamala* area. According to *Charaka Samhita*, *Kamala* is an advanced stage of *Pandu roga*. A person may get *Kamala* if they consume *Pittakara*

ahara. *Kamala* has been treated by *Sushruta Samhita* as a distinct illness and may also result from *Pandu roga* problems. *Astanga Hrudaya* Excessive growth or aggravation of *Pitta* causes *Kamala*, which can happen with or even without development of *Pandu roga*. We came upon the explanation of *Raktapradhoshaja vikaras* in the old *Ayurvedic* scriptures. One significant illness among them is *Kamala*. Searching for *nidhanas* that explain *Kamala's* manifestation, we find that they are comparable to *Raktavaha srotodushti's* *nidhanas*. Thus, it is evident that *Rakta* and *Pitta* are *Ashrayashrayi*, as each of their *vardhana* and *khsapana* are dependent on the other.

CLASSIFICATION OF KAMALA

1. Charaka^[5]

-*Koshthashakhashrit*, *Shakhashrit*, *Halimak*, *Kumbhkamala*.

2. Sushruta^[6]

-*Kamala*, *Halimak*, *Kumbhahvaya* (*kumbha sahva*), *Laghraka* (*laghrakaalasaka*).

3. Vagbhat^[7]

-*Swatantra*, *Paratantra*, *Kumbhakamala*, *Lodhara*, *Aalasaka*.

NIDANA

Acharya Charaka pronounced *Kamala* is a continuation of *Pandu Roga*. This suggests that *Pitta* further vitiates *Rakta* and *Mamsa* when *Pandu Roga* consumes it, exacerbating *Nidanas* and culminating in the illness *Kamala*.^[8] Category wise *Nidana* of *Kamala Roga*.

Aharaja Nidana: *Kshara*, *Amla*, *Lavana*, *Ati Ushna*, *Viruddha*, *Asatmya Bhojan*, *Nishpava*, *Masha*, *Pinyaka*, *Til Taila*, *Dadhi*, *Kulattha*, *Sarshapa*, *Langli*.

Viharaja Nidana: *Diwaswapna*, *Ati Vyayam*, *Ati Maithuna*, *Pratikarma*, *Vaishamya*, *Vega Dharana*.

Ritujanya Nidana: *Sharad Ritu*, *Greeshma Ritu*, *Varsha Ritu*, *Meghanta*, *Ardharatri*, *Madhyanha*.

Pradhana Nidana Guna: *Ruksha*, *Sheeta*, *Guru*, *Swadu*.

Manasik Nidana: *Kama*, *Chinta*, *Shoka*, *Bhaya*, *Krodha*.

SAMPRAPTI**BAHUPITTAKAMALA***Pandu rogi /Pitta Ahara Vihara Sevan**Increased Ushna, Teekshna Guna**Rakta and Mansa Vidhaha**Increased Pitta Udiran in Yakrut**All over body this pitta spreads.**Bahupittakamala***SHAKHASHRIT KAMALA***Hetusevan**Vata and Kapha Prakopa**Rukshagunapradhan Vatadosha gets Kaphasammurchhita**Obstruction of Pitta Nalika**Obstruction in passing of pitta in Koshtha**Vimarga Gamana of Pitta all over except Koshtha**Haridravarni Nakha, Netra, Twacha, Mootra.**Ruddhapatkamala***POORVARUPA**

Ayurvedic classics have not identified any specific prodromal symptoms. However, the *Sushruta Samhita* lists the following premonitory signs.^[11]

Twak Sphotanam, Sthivanam, Gatrasada, Mridbhakshana, Kuta Shotha, Vinmutra Peetatwa, Avipaka.

Roopa**Table No. 1: *Kosthshakhashrita kamala lakshanas.***

Sr. no.	Lakshnas	Charaka Samhita ^[12]	Sushruta Samhita ^[13]	Ashtang Hridaya ^[14]
1	<i>Haridra netra</i>	+	-	+
2	<i>Haridra twacha</i>	+	-	+
3	<i>Haridra mukha</i>	+	-	+
4	<i>Haridra nakha</i>	+	-	+
5	<i>Haridra mutra</i>	+	-	+
6	<i>Rakta peeta mutra</i>	-	-	-
7	<i>Rakta peeta mala</i>	-	-	-
8	<i>Daha</i>	+	-	+
9	<i>Avipaka</i>	+	-	+
10	<i>Daurbalya</i>	-	-	-
11	<i>Sadana</i>	-	-	-
12	<i>Aruchi</i>	-	-	-
13	<i>Krusha</i>	-	-	-
14	<i>Tandra</i>	-	+	-
15	<i>Balakshaya</i>	-	+	-
16	<i>Trishna</i>	+	-	+
17	<i>Indriyadaurbalya</i>	+	-	+
18	<i>Bhekavarnata</i>	+	-	+
19	<i>Panduvadana</i>	-	+	-
20	<i>Haridra mala</i>	-	-	+

SHAKHASHRIT KAMALA^[15]

Haridra netra, haridra twaka, haridra mutra, sweta varchas, tilpita varchas, atopa, visthambha, hridaya guruta, daurbalya, alpagni, parshwa arti, hikka, shwas, aruchi, jwara.

KUMBHKAMALA

Charaka Samhita states that if the *Kamala* is not properly treated, it becomes deeply ingrained and becomes more challenging to treat. *Kumbha Kamala* is the term for this condition. As the characteristic of *Maha Kamala*, *Shotha* and *Parvabheda* have been detailed in *Sushruta Samhita* and *Astanga Hridaya* together with the feature of *Kamala*.^[16,17]

HALIMAKA

A patient of *Kamala* should be diagnosed with *Halimaka* disease, which is caused by *Vata* and *Pitta Dosha*, if they have *green, black, or yellow* discoloration (of the skin), *Kshaya* of *Bala*, *Tandra*, *Mandagni*, *Mridu jwar*, *Daha*, *Angmarda*, *Trishna*, *Aruchi*, and *Bhrama*.^[18-20]

PANAKI

The clinical characteristics of *Panaki* disease include *Santapa*, *Bhinnavarchas*, *Bahirantascha Pitta*, and *Panduta*.^[21]

SADHYASAADHYATWA

First stage of *Kamala* is *Sadhya*. After a while, it turns into *Kricchasadhya*. Further symptoms such as *Krushna-Pita Shakruta Mutra*, *Raktamutra*, *Shotha*, *Chhardi*, *Daha*, *Aruchi*, *Trishna*, *Anaha*, *Moha*, *Nashtagni* are considered *Asadhya* if they are presented by *Kamala*. Considered as *Asadhya* are *Kumbha Kamala* along with *Chhardi*, *Aruchi*, *Hrullas*, *Jwara*, *Kama*, *Shwasa*, *Kasa*, and *Atisara*.^[22-23]

CHIKITSA

The management of *Kamala* is as follows

1. *Nidan parivarjan*
2. *Shodhan* and *shaman chikitsa*
3. *Pathyapathya*

KOSHTHASHAKHASHRITA KAMALA

Acharya Charaka has recommended *virechana*^[24] or purgation therapy, in the treatment of *kamala*. *Mridu* and *tikta dravyas* are recommended. Here, the primary thought is of *Bahupitta Kamala*. Drugs and food plans were discussed by *Acharya Sushruta*. Drugs that calm *pitta* and don't interfere with *panduroga* should be taken, according to *Acharya Vagbhata*.

Shodhan Chikitsa

Shodhana Chikitsa Due to the chronic nature of *Kamala Vyadhi*, *Dhatu's* involvement is evident. *Pitta dosha* in *Kamala* is vitiated by its *tikshna* and *ushna guna*, which results in *Rakta dhatukshaya*. In addition, there is *drava guna* buildup (sanchay) of *pitta dosha*. Giving *tikshna shodhan* in this condition causes *vayu* to get vitiated. *Sanchit dosha* must therefore be removed, and *dhatukshaya mrudu shodhana*, or moderate purgation, is preferable in *Bahupitta kamala*. Since *mrudu-virechana* is the most effective treatment method for *pittadosha*, it is the treatment of choice for *kamala*.

Virechana aids in the body's removal of accumulated *Doshas*. It is regarded as a *Pittaja Vikaras* therapy. Among them is *Kamala*, who is referred to as *Virechana Sadhya Vyadhi*. A

little *Virechana* (purgation) is prescribed with bitter medications (*Tikta Dravya*). They can function as *Pittarechak*.

In *Kamala*, *Snehana* is mentioned as *Poorva Karma* for *Virechana*. *Sneha*, which is recommended internally, causes the gallbladder to discharge more bile into the duodenum, aiding in the breakdown of fat. Bilirubin that has been accumulated in the gallbladder is therefore eliminated from the body. Thus, bile is expelled from the liver by means of the stooped organ, with the assistance of *Snehapana*.

Ghrita used in *Kamala vyadhi* for *snehapana*.^[25]

1. *Panchgavya Ghrita*.
2. *Draksha Ghrita*.
3. *Mahatiktak Ghrita*.
4. *Haridradi Ghrita*.
5. *Dadimadi Ghrita*.
6. *Kalyanaka Ghrita*.
7. *Danti Ghrita*.
8. *Katukadi Ghritam*.
9. *Pathya Ghrita*.

In *Kamala tikta* and *mrudu dravya* should perform *virechana*. *Charaka* recommends the following in *Panduroga chikitsa*.^[26]

1. Equal amounts of *Godugdha* and *Gomutra*.
2. Only *Godugdha*.
3. *Eka anjali Mrudwika prayoga*, which is *eight pala*, or roughly 300 gm.
4. *Aragwadh Phalmajja* and *Ikshurasa*.
5. In the early morning, consume *Triphala kwatha*, *Guduchi Swarasa*, *Daruharidra Swarasa*, or *Nimbpatra Swarasa* with *madhu*.
6. *Haritaki Gomutra*.
7. *Sharkara* (two sections) and *Trivrita Churna* (one part)
8. In the morning, *Amalaki Swarasa* and *Madhu*.

Utilizing the aforementioned *yogas* in accordance with *prakriti*, *dosha*, *dushya*, *bala*, *kala*, and *agni* is recommended. They ought to be used frequently but in moderate doses. *Manda*

agni becomes regular or proper after *mrudu virechana*, when *Anulomana* of *Sanchit dosha* takes place.

Shamana Chikitsa

Shamana medications are to be provided after *virechana karma*. The various activities of *shaman* medications included *raktashodhana*, *srotoshodhana*, *dipana*, *yakrita uttejaka*, and *pittahara* or *pitta rechana*.

SHAKHASHRIT KAMALA CHIKITSA

Because of the *Avarodha* of *Ranjaka Pitta* caused by *Kapha* in *Pitta Sthana* in *Shakhasrita Kamala*, *Ranjaka Pitta* is unable to enter *Koshtha* and cannot color the stool; as a result, it is white. Therefore, eliminating *Kapha*^[27] can alleviate it. The subsequent treatment protocol aids in the elimination of *Pitta Sthana's Kapha Dosha*. Thus, medications like *Maricha*, *Pippali*, and *Nagar* that have *Tikshna*, *Ushana*, and *Ruksha* qualities along with *Katu*, *Lavana*, and *Amla Rasa* are useful in unclogging the channels of *Ranjaka Pitta* in *Shakhasrita Kamala*.

As long as the *Ranjaka Pitta* returns to *Koshtha* (in its own seat) and manifests in stool (*Pureesha*), the aforementioned treatments—such as *Ushna*, *Teekshana*, and *Lavana* substance—should be continued. When *Ranjaka Pitta* returns to its proper position, *Pureesha's* color returns to normal and *Kamala's* symptoms go away.

Management of *Kumbhakamala*

Kumbhakamala is a *kricchrasadhya vyadhi* or *asadhya*. No particular treatment has been specified by *Charakacharya*.

***Sushrutacharya*^[28]**

1. *Bibhitaka lavana*; 2. *Bibhitaka + Gomutra*; 3. *Mandura + Gomutra + Saindhava lavana* for one month; 4. *Swarnmakshika + Gomutra*.

***Vagbhatacharya*^[29]**

1. For one month, *Shilajatu* and *Gomutra*;
2. For one month, *Swarnmakshik* and *Gomutra*.

DISCUSSION

One of the *Vyadhis* that is extensively discussed in *Ayurvedic* literature is *Kamala*. *Kamala* has been characterized as an advanced stage of *Pandu* in the *Charak Samhita* and as a complication of *Pandu Roga* as well as a separate disease entity in the *Susruta Samhita*. Since vitiated *Pitta* causes *Rakta Dushti*, *Kamala* is also regarded as a *Paittik Roga* and vice versa. The *Samhitas* give a thorough account of *Nidana*, *Samprapti*, *Bheda*, *Roopa*, *Sadhyasadyata*, and *Chikitsa* of *Kamala Roga*. Different indications and manifestations of *Kamala* are *Sadan*, *Aruchi*, *Daha*, *Avipaka*, *Daurbalya*, *Bhekavarna*, *Haridranetra*, *Haridratwaka*, and *Haridranakha*. Modern medicine and *Ayurvedic* medicine have different approaches to *Kamala's* primary management.

Pitta is thought to be *Rakta's Moola*, while *Yakrit* (liver) is thought to be the seat of *Raktavaha Srotas*. As a result, the treatment plan that has been chosen includes methods for *Pitta Dosha* pacification. Herbs that are used to treat liver problems have *Pitta-Dosha*-pacifying qualities.

CONCLUSION

The *Ayurvedic* book provides a detailed description of *kamala vyadhi*. It greatly aids in our comprehension of the pathophysiology of the disease. *Mrudu virechana karma* is explained by *Acharya Charaka* in the section of the *Shakhashrita Kamala Chikitsa Sutra* that deals with treatment. According to current research, *virechan karma* significantly lowers the body's total bilirubin level and aids in the elimination of excess stercobilinogen. Although modern science is limited in its ability to cure *kamala vyadhi* (jaundice), *Ayurvedic* literature provides a detailed explanation of the pathophysiology and treatment of *kamala vyadhi*, demonstrating the specificity of *Ayurveda*. However, *virechana* is ineffective in managing *shakhashrita kamala*; instead, it requires distinct principles. *Pittahara Chikitsa* should therefore be administered after bringing *Pitta* into *Koshtha* by the use of medications that relieve *Pitta*.

PATHYA

Table No. 2: Pathya in Kamla vyadhi according to different acharyas.

SR. NO.	PATHYA	C.S	Su.S	A.S
1.	<i>Puransali</i>	+	+	+
2.	<i>Puranayava</i>	+	+	+
3.	<i>Purana Godhuma</i>	+	-	+
4.	<i>Mudga</i>	+	-	+
5.	<i>Aadaki</i>	+	-	+

6.	<i>Masoor</i>	+	-	-
7.	<i>Jangala Mamsarasa</i>	+	+	+
8.	<i>Ksheera</i>	-	-	+
9.	<i>Ghrita</i>	-	-	+
10.	<i>Vrisha Saka</i>	-	-	+
11.	<i>Patol Saka</i>	-	-	+
12.	<i>Parpataka Saka</i>	-	-	+
13.	<i>Dadima Rasa</i>	-	-	+
14.	<i>Khajura Rasa</i>	-	-	+

APATHYA

Aharas

Patra Saka, Hingu, Pinyaka, Tambula, Sarshapa, Sura, Mruttika, Amla Rasa, Lavana Rasa, Kulatha, Tikshna Aharha, Dustambu Pana, Viruddhasana, Dadhi, Ghrita, Matsya and other Pitta Vardaka Aharas.

Viharas

Vegaavarodha, Atapasevana, Ativyayama, Diwaswapana, Swedana, Raktamokshana, Vamana, Dhumapana, Maithuna, Aayasam.

REFERENCES

1. Joshi YG (2003) Charak Samhita part-2, maharshi charak, Chikitsa-stan, Pandurogchikitsa-adhya. In: Joshi YG (Ed), vaidyamitra prakashana. (5th edn.), chapter 16, verse no.40, Pune, India, p. 389.
2. The Ayurvedic pharmacopoeia of india-part-1, Gov. of India ministry of health & family welfare dep. of AYUSH. Newdelhi, India, p. 36.
3. The Ayurvedic pharmacopoeia of India-part-1, Gov. of India ministry of health & family welfare dep. of AYUSH. Vol-5, Newdelhi, India p. 152.
4. Vishnu Gogate Vd (2008) Dravyagunavidnyana, plant no-198. In: Vishnu Gogate Vd (Ed.), Vaidyamitra prakashana (1st edn), Pune, India, p. 438.
5. Vaidya Yadavaji Trikamji Acharya, Charak Samhita, Chakrapani Tika, Chaukhanbha Prakashana, Varanasi, Reprint, 2013; 528-532.
6. Vaidya Yadavaji Trikamji Acharya, Sushruta Samhita, Nibandhsangraha and Nyayachandrika Panjika tika, Chaukhanbha Prakashan, Varanasi, Reprint, 2014; 729.
7. Hari Sadashivshashtri Paradkar, Ashtang Hriday, Sarvanga sundara and Ayurved Rasayana tika, Chaukhanbha Prakashana, Varanasi, Reprint, 2014; 519.

8. Vaidya Yadavaji Trikamji Acharya, Charak Samhita, Chikitsa Sthana 16/34, Chakrapani Tika, Reprint, 2013.
9. Vaidya Yadavaji Trikamji Acharya, Charak Samhita, Chikitsa Sthana 16/7-9, Chakrapani Tika, Reprint, 2013.
10. Vaidya Yadavaji Trikamji Acharya, Sushruta Samhita, Uttar Tantra 44/5, Nibandhsangraha and Nyayachandrika Panjika tika, Chaukhanba Prakashan, Varanasi, Reprint, 2014.
11. Vaidya Yadavaji Trikamji Acharya, Sushruta Samhita, Uttar Tantra 44/5, Nibandhsangraha and Nyayachandrika Panjika tika, Chaukhanba Prakashan, Varanasi, Reprint, 2014.
12. Vaidya Yadavaji Trikamji Acharya, Charak Samhita, Chakrapani Tika, Reprint, 2013; 528.
13. Vaidya Yadavaji Trikamji Acharya, Sushruta Samhita, Nibandhsangraha and Nyayachandrika Panjika tika, Chaukhanba Prakashan, Varanasi, Reprint, 2014; 729.
14. Hari Sadashivshashtri Paradkar, Ashtang Hriday, Sarvanga sundara and Ayurved Rasayana tika, Chaukhanbha Prakashana, Varanasi, Reprint, 2014; 519.
15. Vaidya Yadavaji Trikamji Acharya, Charak Samhita, Chakrapani Tika, Chaukhanbha Prakashana, Varanasi, Reprint, 2013; 528-532.
16. Vaidya Yadavaji Trikamji Acharya, Sushruta Samhita, Uttar Tantra 44/12, Nibandhsangraha and Nyayachandrika Panjika tika, Chaukhanba Prakashan, Varanasi, Reprint, 2014.
17. Hari Sadashivshashtri Paradkar, Ashtang Hriday, Nidana Sthana 13/18, Sarvanga sundara and Ayurved Rasayana tika, Chaukhanbha Prakashana, Varanasi, Reprint, 2014.
18. Vaidya Yadavaji Trikamji Acharya, Charak Samhita, Chikitsa Sthana 16/132-133, Chakrapani Tika, Reprint, 2013.
19. Vaidya Yadavaji Trikamji Acharya, Sushruta Samhita, Uttar Tantra Chapter 44/14, Nibandhsangraha and Nyayachandrika Panjika tika, Chaukhanba Prakashan, Varanasi, Reprint, 2014.
20. Hari Sadashivshashtri Paradkar, Ashtang Hriday, Nidana Sthana 13/18-19, Sarvanga sundara and Ayurved Rasayana tika, Chaukhanbha Prakashana, Varanasi, Reprint, 2014.
21. Madhav Nidanam Nidana Sthana 8/24, with Madhukosha Sanskrit Commentary & Vidyotini, Hindi Commentary by Sudarshan Shastry Choukhambha Sanskrit Series, Varanasi; 16th Edn, 1986.
22. Vaidya Yadavaji Trikamji Acharya, Charak Samhita, Chikitsa Sthana 16/38, Chakrapani Tika, Reprint, 2013.

23. Madhav Nidanam Nidana Sthana 8/19-20, with Madhukosha Sanskrit Commentary & Vidyotini, Hindi Commentary by Sudarshan Shastry Choukhambha Sanskrit Series, Varanasi; 16th Edn, 1986.
24. Vaidya Yadavaji Trikamji Acharya, Charak Samhita, Chakrapani Tika, Reprint, 2013; 528.
25. Vaidya Yadavaji Trikamji Acharya, Charak Samhita, Chakrapani Tika, Chaukhanbha Prakashana, Reprint, 2013; 529.
26. Vaidya Yadavaji Trikamji Acharya, Charak Samhita, Chakrapani Tika, Chaukhanbha Prakashana, Reprint, 2013; 180.
27. Vaidya Yadavaji Trikamji Acharya, Charak Samhita, Chikitsa Sthana 16/124, Chakrapani Tika, Reprint, 2013.
28. Vaidya Yadavaji Trikamji Acharya, Sushruta Samhita, Nibandhsangraha and Nyayachandrika Panjika tika, Chaukhanbha Prakashan, Varanasi, Reprint, 2014; 729.
29. Hari Sadashivshashtri Paradkar, Ashtang Hriday, Sarvanga sundara and Ayurved Rasayana tika, Chaukhanbha Prakashana Varanasi, Reprint, 2014; 704.