

TO STUDY EFFICACY OF AYURVEDIC TREATMENT IN *BAHUPITTA* *KAMALA* W.S.R. TO JAUNDICE

¹*Dr. Shaila Vijaykumar Shanawade, ²Dr. Vijaykumar Shantinath Shanawade

^{1,2}Assistant Professor, MES Ayurved Mahavidyalaya, Ghnaekhunt-Lote, Tal-Khed, Dist-Ratnagiri, 415722.

Article Received on
11 October 2022,

Revised on 01 Nov. 2022,
Accepted on 22 Nov. 2022

DOI: 10.20959/wjpr202216-26359

*Corresponding Author

**Dr. Shaila Vijaykumar
Shanawade**

Assistant Professor, MES
Ayurved Mahavidyalaya,
Ghnaekhunt-Lote, Tal-
Khed, Dist-Ratnagiri,
415722.

ABSTRACT

Ayurveda is a branch of science which deals with maintaining health and treatment of Diseases occurring in the body. In today's modern world of the civilisation, people are habitual to the fast food, junk food, *ushna*, *tikta ahar*, tobacco smoking and alcohol consumption. It causes vitiation of *Pitta dosha*. It results into vitiation of *Rasa dhatu* and *Rakta dhatu*. It results into formation of *Bahupitta kamala* having symptoms of *Pita varniya mutrata* (yellowish urine), *Pita varniya Twak* (yellowish skin), Swelling at both legs, *Twak panduta* (pallor), *Agni mandya* (anorexia), *Hrullas* (nausea), *Daurbalya* (weakness), *Aruchi*. Our *Ayurveda* has given classical treatment for this *Kamala*. According to this, standard treatment was given in present case study and observed effective for alleviating the *Kamala* symptoms.

KEYWORDS: *Ayurveda*, *Kamala*, *Pita*, *Mutra*.

❖ INTRODUCTION

Ayurveda is a branch of science which deals with maintaining health and treating the diseased condition of the body.^[1] There is a vast change lifestyle as time passes. The current lifestyle is not healthy for the people. During this process of evolution, our lifestyle, food habits, workstyle, mental behaviour, everything changed. This present era of industrialisation and civilisation has automatically changed the daily routine. Continuous stressful and busy schedule, over eating of junk and fast food, cold drinks, bakery products, restaurant food, tobacco smoking and alcohol consumption etc. Causes vitiation of *rasa* and *Rakta dhatu*. This *dhatu* vitiation causes formation of many harmful diseases. One of this is *Bahupitta Kamala*.

In our classical *Ayurvedic* texts, detail *nidanpanchak* and treatment of *Kamala* has been given. The best treatment for *Kamala* is *virechana*.^[2] It must start with *virechana*. The basic idea behind this is *Kamala* is formed due to vitiation of *Rakta dhatu*. *Yakrut* is the *mulasthan* of *raktadhatu*. There has been *Ashraya ashrayi sambandh* between *Rakta dhatu* and *Pitta dosha*. *Virechana* is best advised for *Vitiated Pitta dosha*. Due to this, daily *virechana* is recommended. *Ayurveda* has elaborated many formulations for treatment of *Bahupitta kamala*. In this, one case study has been given for viewing the efficacy of *Ayurvedic* treatment of *Bahupitta kamala* w.s.r. to *Jaundice*.

❖ AIM

To evaluate the effect of *Ayurvedic Chikitsa* for *Bahupitta Kamala* patient.

❖ OBJECTIVE

1. To evaluate the effect of *Ayurveda Chikitsa* in the management of *Bahupitta Kamala*.
2. To observe any side effects of *Ayurveda Chikitsa*.
3. Detail study of *Bahupitta Kamala*.

❖ MATERIAL AND METHODS

▪ Case report

Patient name – X.Y.Z.,

Age – 39 year,

Gender – female.

▪ Complaints : Since 14 days

1. *Pita varniya mutrata* (yellowish urine)
2. *Pita varniya Twak* (yellowish skin)
3. Swelling at both legs
4. *Twak panduta* (pallor)
5. *Agni mandya* (anorexia)
6. *Hrullas* (nausea)
7. *Daurbalya* (weakness)
8. *Aruchi*

Family History

Father – HTN and DM

Past History – K/C/O HTN since 4 years

Addiction – Tobacco and alcohol consumption

Table 1: On examination.

Examination	Observation
Pulse	74/min
B.P.	130/90 mm of Hg
R.S.	AEBE clear
CVS	S ₁ S ₂ Normal
CNS	Conscious and Oriented
P/A	Soft

Table 2: Ashtavidha Parikshan.

Examination	Observation
<i>Nadi</i>	<i>Pitta Pradhan Kapha</i>
<i>Jivha</i>	<i>Saam</i>
<i>Mala</i>	<i>Pitavarniya</i>
<i>Mutra</i>	<i>Pitavarniya</i>
<i>Shabda</i>	<i>Prakrut</i>
<i>Sparsha</i>	<i>Anushnasheeta</i>
<i>Druk</i>	<i>Prakrut</i>
<i>Akruti</i>	<i>Madhyama</i>

Table 3: Dashavidh Pariksha.

Examination	Observation
<i>Dushya</i>	<i>Rasa, Rakta</i>
<i>Desha</i>	<i>Sadharan</i>
<i>Bala</i>	<i>Madhyama</i>
<i>Kala</i>	<i>Adana</i>
<i>Anala</i>	<i>Agnimandya</i>
<i>Prakruti</i>	<i>Pitta Pradhan kapha</i>
<i>Vaya</i>	<i>Madhyama</i>
<i>Satva</i>	<i>Madhyama</i>
<i>Satmya</i>	<i>Shadarasatmya</i>
<i>Ahar</i>	<i>Mishra Aahara</i>

▪ Investigations

All routine investigations of blood and urine were done for all the cases. Along with this, few specific investigations were also performed.

A. Blood examinations

CBC with ESR

BSL (R)

LFT

B. Urine examination : routine and Microscopic

C. Some specific Investigations

IgG for tuberculosis

Monteux test

Biopsy for fistulous tract on suspected case of tubercular fistula.

HIV for AIDS

D. Radiological investigations

X ray chest PA view

Material

Table 4: The material of the case study was as follows.

Drug	Dose	Duration
<i>Sutashekhar</i>	250 mg	Thrice a day
<i>Punarnava Mandur</i> ^[3]	250 mg	Thrice a day
<i>Navayas Churna</i> ^[4]	250 mg with Honey	Twice a day
<i>Haritaki Churna</i> ^[5]	2 gm with Honey	Twice a day

Detail case was taken. All the etiological factors were recorded and on the basis of symptoms occurred in the patient, the probable diagnosis was made as Bahupitta Kamala.

- **Samprapti** occurred in patient was seen to be as follows:

Hetu

1) *Ahar* – Tobacco Smoking and Alcohol consumption

More amount of Fast food

More amount of *Ahar* including *Kshar*, *Amla*, *lavana ushana* qualities

Viruddha ahar and Contaminated food

2) *Vihar* – *Atishrama* (street vendor)

3) *Mana* – excessive *chinta*, *krodh*, *bhaya*

Samprapti^[6]

Normally, *Prakrut Pitta* is produced in the *Yakrut* and it is transported into *Koshtha* for the digestion of food. Due to this *Pitta*, faeces gets yellow colouration. Due to intake of above etiological factors, excessive abnormal *Pitta* is formed in the liver. This abnormal *Pitta* comes

into the *Koshtha*. So faeces gets excessive yellowish discoloration. Then this abnormal Pitta is circulated through *Rasa dhatu* and *Rakta dhatu* throughout whole body. Due to this, nails, eyes, urine, faeces, skin also gets abnormal yellowish discolouration. As there is not proper digestion of food, symptoms like weakness, malaise, nausea are formed.

Samprapti Ghataka^[7]

1) *Dosha – Pitta – Pradhana Tridoshaja*

Vata – Samana, Vyana

Pitta – Pachaka, Alochaka, Bhrajaka

Kapha - Kledaka

2) *Dushya – Rasa dhatu and Rakta dhatu, Mamsa Dhatu*

3) *Sharirika Mala – Mutra, Purisha*

4) *Agni – Jatharagni, Dhatwagni*

5) *Agnidushti – Mandagni*

6) *Aama- Agnijanya*

7) *Srotas – Rasavaha srotas and Raktavaha srotas*

8) *Srotodushti – Sanga, Vimarga gamana*

9) *Udbhavasthana – Mahasrotas*

10) *Adhistan – Rasa, Rakta and Mamsa*

11) *Vyaktisthana – Twacha, Nakha, netra, anana, koshtha, shakha*

12) *Swabhava - Chirakari*

- ***Vyadhi Vyavachchheda*** – *Pandu, Bahupitta Kamala, Ruddhpatha Kamala*
- ***Vyadhi Vinishchaya*** – *Bahupitta Kamala*

By viewing the above *Samprapti* in detail, the *lakshanas* of *Kamala vyadhi* and doing investigations done which showed raised total Bilirubin level in the blood, the diagnosis was confirmed as *Bahupitta Kamala*. Accordingly, aim of *Chikitsa* was made which was mainly focused on *Mruduvirechana*, as stated in *Kamala Chikitsa sutra*, *pitta shamana* and medicines to decrease the *yakrut dushti*.

In treatment, *Sutshekhar* and *Punarnava mandoor* was used which contains *Tamra bhasma* and *lohakitta bhasma*, that works on *yakrut* and it decreases *yakrut dushti*. Also it contain *Kutaki*, which does *pittashamana*. *Navayas* and *Haritaki churna* were used as they are *Pitta rechaka* and indicated for *yakrut* and *pliha dushti*.

Table 5: Mode of Actions of Medicines.

Drug	Mode of action
<i>Sutashekhar</i>	<i>Aamapachaka, Pittashamana</i>
<i>Punarnava Mandur</i>	<i>Hepatoptotective, detoxes blood, hematinic, Deepaniya, Shothaghna</i>
<i>Navayas Churna</i>	<i>Indicated in Kamala</i>
<i>Haritaki Churna</i>	<i>Used for Pittaghna, Pittavirechaka, Anulomana, rasayani, Deepana, Jwaraghni, Kamalahar</i>

With the proper use of above medications, the desired effects of *Pittashaman*, *rechana*, *Yakrut Balawardhana*, normalisation of *Mandagni*, subsidising of *Pita Netra* and *Pita Mutra* was seen at the end of 14 days as follows.

Table 6: Changes in Symptoms due to Treatment.

Lakshanas at Day 1	At 7 th Day	At 15 th Day
<i>Pita varniya mutrata</i>	<i>Alpa pita varniya mutrata</i>	<i>Prakrut Mutra pravrutti</i>
<i>Pita Varniya Netra and Twacha</i>	<i>Alpa pita varniya Netra and Twacha</i>	<i>Prakrut netra and Twacha</i>
<i>Agnimandya</i>	<i>Kshudha Vruddhi</i>	<i>Prakrut Kshudha</i>
<i>Twak Panduta</i>	<i>Twak Panduta</i>	<i>Prakrut Twak</i>
<i>Aruchi</i>	<i>Mild Aruchi</i>	<i>No Aruchi</i>
<i>Dourbalya</i>	<i>Alpa Dourbalya</i>	<i>Prakrut Bala</i>

Also at the end of treatment, investigations were repeated and they shown following changes.

- Table 7: Changes in Investigations after giving Chikitsa.**

	Investigations	
	Before Treatment	After treatment
Total Bilirubin	4.39 mg/dl	0.8 mg/dl
Direct Bilirubin	1.69 mg/dl	0.4 mg /dl
Indirect Bilirubin	2.70 mg/dl	0.4 mg/dl
Total Proteins	5.5 gm%	8.7 gm%
Albumin	2.3 gm%	3.3 gm%
Globulin	3 gm%	5.7 gm%
Hb	8.9 gm%	9.8 gm%

❖ DISCUSSION AND CONCLUSION

Ayurveda is a branch of science which deals with treatment of Diseases. Due to intake of etiological factors like *Kshara*, *amla*, *Lavana*, *ushna ahar*, *Viruddha ahar*, *ahar – vihar* which aggravates *Pitta Dosha*, mental factors like *chinta*, *krodha*, *bhaya* results into formation of *Kamala Vyadhi*. Our *Ayurvedic* texts have detail description about *Chikitsa* for *Kamala Vyadhi*. The present case study, having typical symptoms of *Bahupitta Kamala* has Vitiated *Pitta dosha*. It has symptoms like *Pita varniya mutrata* (yellowish urine), *Pita*

varniya Twak (yellowish skin), Swelling at both legs, *Twak panduta* (pallor), *Agni mandya* (anorexia), *Hrullas* (nausea), *Daurbalya* (weakness), *Aruchi*. Proper history was taken and treatment was given elaborated in *Ayurveda*.

Sutashekhar was given due to its *pittashamak* activity. *Punarnava mandur* was given due to its *hepatoprotective*, *Deepaniya*, *Shothaghna*, *Pittaghna* action. *Navayas Churna* was indicated for *Kamala*. *Haritaki churna* is also *Pittaghna*, *Rasayani*, *anulomana*, *Jwaraghna*. It acts as *Mrudu virechaka* and pacifies the Vitiated excess *dosha*. It releases it and normalise the liver function.

❖ BIBLIOGRAPHY

1. Charak Samhita of Agnivesha by Acharya Vidyadhar Shukla and Prof. Ravidatta Tripathi, Chaukhambha Sanskrit Pratishthan, Delhi, Volume II, Reprint edition, 2010; 182.
2. Kayachikitsa by Dr. Yashavant Govind Joshi, Pune Sahitya Vitaran, Pune, edition, 2010; 130.
3. Charak Samhita of Agnivesha by Acharya Vidyadhar Shukla and Prof. Ravidatta Tripathi, Chaukhambha Sanskrit Pratishthan, Delhi, Volume II, Reprint edition, 2010; 407.
4. Charak Samhita of Agnivesha by Acharya Vidyadhar Shukla and Prof. Ravidatta Tripathi, Chaukhambha Sanskrit Pratishthan, Delhi, Volume II, Reprint edition, 2010; 405.
5. Charak Samhita of Agnivesha by Acharya Vidyadhar Shukla and Prof. Ravidatta Tripathi, Chaukhambha Sanskrit Pratishthan, Delhi, Volume II, Reprint edition, 2010; 408.
6. Kayachikitsa by Dr. Yashavant Govind Joshi, Pune Sahitya Vitaran, Pune, edition, 2010; 128.
7. Dr. Ashish H. Mhatre, A textbook of Kayachikitsa, published and marketed by Mr. Salilkumar Sharma, For Sushama Book Depot, Mumbai, 1st edition, 2018; 259.