AYURVEDIC MANAGEMENT OF BAHUPITTA KAMALA W.S.R. HEPATOCELLULAR JAUNDICE-
A CASE REPORT

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Abstract:
In this era of industrialization and life-threatening competition brings drastically changes in our lifestyle. Most often patient just comes with complaints of "feeling sick and tired". Later it gets diagnosed as kamala (Jaundice). The incidence of such disease is increasing day by day due to change in lifestyle and Eating habits. Jaundice is a condition in which yellowish discoloration of skin, sclera, mucous membranes, excretions occur due to hyperbiliurinemia and deposition of bile pigments. In Ayurveda jaundice is described as Kamlaroga. Kamala has been described in detail along with its aetiology, pathogenesis, symptoms, complications and management also. The description of Hepatocellular jaundice is similar to Ayurvedic description of Kamala vyadhi. This is a case report of 52-year-old female having Bahupittakamala (jaundice), who was treated with some Ayurvedic herbs and Virechana like panchakarma. She got effective results with Ayurvedic Management.

Keywords: Bahupittakamala, Hepatocellular jaundice, Virechana, kamala.

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INTRODUCTION:
Today's advanced technology and modern culture has brought many advantages, but on other hand has taken human being far away from the nature. Pittakar Ahar: spicy food like Vada-Pav, missal-Pav etc. and alcohol consumption tendency is also increasing day by day. In fast life style of competitive world lead irregular in their eating habits and sleep hours. Eating outside is become fashion which increased risk of contaminated food and water. All these etiological factors lead to disorders that is hazardous to life. Amongst them "Bhaupitta Kamala" is important disease. Hepatocellular jaundice is a particular form of jaundice, in which skin, eyes, urine become yellowish, indicating excess bilirubin which is a bile pigments in blood. Patients also complaints of Fatigue, Anorexia, Nausea."[1] Modern medical science has only symptomatic specific treatment for this disease. In all Ayurvedic texts treatment of kamala is given very well. "kamalatu virecha" is chikitsa sutra of the kamala 2, The Treatment of Kamala (Jaundice) must start with purgation. The basic theory is that raktdushti responsible for kamala and Yakrutta (liver) is Mulstana of Rakta. Rakta and pitta have Ashrya-Ashriyi sambhanda. So, for that a daily purgative is recommended. The combinations of some herbs are also useful to treat the kamala. In few conditions medication is not required, just rest and few supplement will be sufficient. In some condition medical treatment is not work, in such case surgical help may be required. It's one attempt to management of Bahupitta kamala with some Ayurvedic herbs and virechana like panchakarma and get effectively result with Ayurvedic Management.3

A case report as follow:
A 52 years female patient came to us with chief compliant since 7 days.
1) Yellowish discoloration of skin.
2) Yellowish discoloration of urine
3) loss of appetite
4) Nausea

History of present illness:
The patient was normal 7 days back. Since then, patient have suffered from yellowish discoloration of skin, yellowish discoloration of urine, Anorexia, Nausea. For Ayurvedic Treatment he came to our hospital - Seth Sakharam Nemchand Jain Ayurvedic Rugnalaya in Kaychiktsa Department OPD. For better management we admitted patient in IPD.
Personal History: No H/o DM/ HTN, Asthma

On Examination -

a) Nadi (pulse) = 76/min.
b) Mala (stool) = Vibandha
c) Mutra (urine) = Pitavarniya.
d) Jeeva (tounge) = Eshathasaam.
e) Agni = Kshudhamandya.
f) Shabda (speech) = Normal.
g) Sparsha (skin) = Pitavarniya.
h) Druka (eyes) = Netrapitata

Material and Method:

Table 1: Material with Daily treatment & prognosis:

<table>
<thead>
<tr>
<th>Sr.No</th>
<th>Dravya</th>
<th>Dose</th>
<th>Duration</th>
<th>Anupana</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Daruharidra</td>
<td>2gm</td>
<td>1 pack (6gm)+2 cup (100ml)</td>
<td>Water=1/2 cup (12ml)</td>
</tr>
<tr>
<td>2</td>
<td>Nimba</td>
<td>2gm</td>
<td>Kawathnimiti</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Patol</td>
<td>2gm</td>
<td>Given twice a day</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Haritaki</td>
<td>2gm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Punarnava</td>
<td>2gm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Kutaki</td>
<td>2gm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Arogyavardhi vati</td>
<td>500mg</td>
<td>Twice a day</td>
<td>With above kwath</td>
</tr>
<tr>
<td>8</td>
<td>Suwarnasutashekahara</td>
<td>125mg</td>
<td>4 times</td>
<td>Normal water</td>
</tr>
<tr>
<td>9</td>
<td>Trivruttaavaleha</td>
<td>10gm</td>
<td>HS</td>
<td>Normal water</td>
</tr>
<tr>
<td>10</td>
<td>Virecahnachoorna</td>
<td>2gm</td>
<td>HS</td>
<td>Normal water</td>
</tr>
</tbody>
</table>

This chart shows prepared medicine ingredient with its dose, duration and anupana

DISCUSSION:
Hetu of kamala as:
1) Ahar: Kshara-amala-lawana-ushanaahar.
   VirudhaanaMasha, tila tail
2) Vihar: Suppression of natural urga
   (chhardivegadharan) Divaswap

3) Manasika: Kama, Chinta, Bhaya and Krodha

SAMPRAPTI GHATAK
Dosh:Pitta
Dushya: Rasa Rakta Mansa
Adhishanta: Rakta, Mansa
Vyaktistan: Twaka
Table 2: Mode of Action according to Dravya

<table>
<thead>
<tr>
<th>Dravya</th>
<th>Mode of Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daruharidra⁶</td>
<td>Kandughana, Pittahara, Yakruttojaka, Dipana</td>
</tr>
<tr>
<td>Nimba⁷</td>
<td>Kandughana, Pittahara, Ruchya, Dipana</td>
</tr>
<tr>
<td>Patol⁸</td>
<td>Pittasarak, Dipana, Rechana, yakruttojaka</td>
</tr>
<tr>
<td>Haritaki⁹</td>
<td>Piiaghna, Pittavirechaka, Anulomak</td>
</tr>
<tr>
<td>Kutaki¹⁰</td>
<td>Rechaka, Depana, Rkatashdhikara</td>
</tr>
<tr>
<td>Punarnava¹¹</td>
<td>Swedal, Shotgna</td>
</tr>
<tr>
<td>Suwarnasushekahara</td>
<td>Pitta vata shamak, Aampachak, Enhance immunity due to gold</td>
</tr>
<tr>
<td>Arogyavardhnivati</td>
<td>Regulation of pitta secretion, Maintain healthy fluid level in body</td>
</tr>
<tr>
<td>Trivittaavaleha</td>
<td>Anulomana, Pittaghnna</td>
</tr>
<tr>
<td>virechnachoorna</td>
<td>It contains sonamukhi, balharidra, suntha, saidhva which useful in constipation problem. It has pachan and virechan dual action</td>
</tr>
</tbody>
</table>

Result:

Table 3: Investigations Result

<table>
<thead>
<tr>
<th>Test</th>
<th>20/07/2021</th>
<th>28/07/2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sr.bilirubin(total)</td>
<td>20.4</td>
<td>12</td>
</tr>
<tr>
<td>Sr.bilirubin(direct)</td>
<td>16.2</td>
<td>9.4</td>
</tr>
<tr>
<td>Sr.bilirubin(indirect)</td>
<td>7.80</td>
<td>3.30</td>
</tr>
<tr>
<td>SGPT</td>
<td>889</td>
<td>138</td>
</tr>
</tbody>
</table>

The patient had started improving during hospital stay and at the end of 25 days all symptoms nearly get decreased.

**CONCLUSION:**

On the basis of above description, it can be concluded that our ancient Acharyas had complete knowledge about the complete pathophysiology, types of kamala and the line of treatment of kamala (Jaundice). They were much about concerned towards the health of patient due to which there is description of a lot of medicines of jaundice according to the nature and nurture of...
patient. In bahupitta Kamala mainly pitta dosha is vitiated. Acharya Charaka has described Mrudu Virechanchikitsa for Bahupitta Kamala.\textsuperscript{13} Virechan has the quality to eliminate the vitiated dosha. Nishottar is the best sukhvirechak.\textsuperscript{14}

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14) Yadavaji Trikamaji, Editor, Ayurved Dipika, Sanskrit Commentary, Charaksamhita, Chaukhambasurabharatiprakashan, Varanasi, 2013, P. 528-529.

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