

AN ANALYSIS ON EFFECTIVENESS OF AYURVEDIC MANAGEMENT OF KAMALA W.S.R. TO JAUNDICE – A CASE REPORT

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Abstract

Jaundice, a commonly affecting indisposition has been already mentioned in classical texts decades ago. Manifestation of kamala is preceded by pandu roga. Symptomatology undergone with affliction of normal liver functioning is forwarded with exhibition of symptoms. Treatise postulates differentiated line of treatment for both types of kamala. Here a case of Kamala was followed up with administering Kutki (*Picrorhiza kurroa*) - 2gm, Manjistha (*Rubia cordifolia*) – 2 gm, Sanaya (*Cassia angustifolia*) - 2gm with 10 pieces of Munakka (*Vitis vinifera*) and Siddharthaka (*Brassica campestris*) 100 ml twice a day and observed by significant results.

Key words: Kamala; Jaundice.

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INTRODUCTION

In the present scenario, jaundice is an emerging disease due to adoption of unhealthy lifestyle. Efficient modern medications are there but with probable side effects too. And there may be possibility of reoccurrence. Hence to avoid this, one can adopt the principles of Ayurveda in jaundice. Pitta aggravation is the prime cause for manifestation of kamala (Jaundice). And it develops in a patient once he or she just recovered from pandu roga (Anaemia) but further undergone for pitta aggravation.^[1]

Charaka classified kamala as two types viz. Shakhasrita kamala (Pre hepatic) and koshtasrita kamala (obstructive jaundice).^[2]

Yellowish discolouration of eye, urine and skin, passing stool coloured like sesame paste, gurgling sound in abdomen, constipation, heaviness, debility, fever etc.^[3]

Lakshana (symptoms) of Kamala is encountered with Jaundice. So it is more apt to treat jaundice in line of management of Kamala. To intervene this, a case study related to obstructive jaundice was taken out. In this case study, assessment was done on the basis of sign and symptoms as well as Liver function test.

Prescribed medicines were *Kutki* (*Picrorhiza kurroa*) – 2 gm, *Manjistha* (*Rubia cordifolia*) – 2 gm, *Sanaya*

(*Cassia angustifolia*) – 2 gm with 10 pieces of *Munakka* (*Vitis vinifera*) and *Siddharthaka* (*Brassica campestris*) 100 ml twice a day. After 10 days of drug intervention, levels of Total bilirubin, Direct bilirubin and Indirect bilirubin were significantly reduced.

CASE REPORT

A 25 year old female patient, who is a student by profession, was visited in the Out Patient department of National Institute of Ayurveda, Jaipur. (OPD No.:8126042018) with complaints of loose motion, fever and slight yellowish discolouration of eyes since 03 days associated with giddiness, anorexia, weakness since 03 days. Patient did not have any similar kind of history previously. And she was not a known case of diabetes or hypertension.

Clinical findings

All the clinical findings were tabulated as tables. (Table 1, Table 2, Table 3)

Investigations

The impression of Liver function test on 25 April 2018 implies Total Bilirubin (11.50mg/dl); Direct Bilirubin (8.42mg/dl); Indirect Bilirubin (3.08mg/dl); SGOT (2731.50 IU/L); SGPT (1389.10 U/L).

Timeline of case history

Patient was apparently healthy before 03 days. Suddenly, one day she had

episodes of loose motion with fever. Also she noticed slight yellowish discolouration of eyes. Fever was lasted for the whole day and she felt mild weakness, anorexia, slight giddiness. Patient underwent for LFT at the same day and it was shown higher levels of bilirubin components. Next day consulted NIA, Jaipur with reports.

Diagnosis

Shakhasrita kamala

Patient had symptoms encountering shakhasrita kamala as yellowish discolouration, anorexia, weakness, loose motion, fever.

Treatment

In this case study, assessment was done on the basis of signs and symptoms as well as Liver function test. Prescription was *Kutki* (2 gm), *Manjistha* (2 gm), *Sanaya* (2 gm) with 10 pieces of *Munakka* and *Siddharthaka* 100 ml twice a day. It was prescribed for 15 days. After 10 days of drug intervention, once again LFT done.

Follow up

The patient responded well to Ayurvedic line of treatment, with improvement in her liver functions, also her last Liver function test and urine report showed no evidence of jaundice after one month treatment of Ayurveda. (Table 4)

DISCUSSION

In the present case, the patient was suffered with complaints of loose motion fever, yellowish discoloration of eyes, weakness, giddiness and anorexia. The case was diagnosed as shakhasrita kamala and according to chikitsa of kamala, treatment was given. All the symptoms were significantly reduced without any side effect. And levels of Total/Direct/Indirect bilirubin also were reduced. In the present case kutaki, manjista and sanaya *churna* with *munakka* and *siddharthaka* given for 1 and half month continuously. Charaka delineates that Kamala is manifested due to aggravated pitta dosha and this afflicted over rakta (blood) and mamsa (fat tissue) dhatus.^[4] Kutaki having best virechana (purgation therapy) property hence it alleviated the aggravated pitta dosha. As Kamala is a rakta pradoshaja vikara, and pitta and rakta having ashraya-ashrayee sambandha, it attenuated the rakta vikruti also. Kamala is an indisposition which arisen as a result of affliction of blood. Kamala is explained under set of diseases where vitiation of blood is the key factor for those diseases. Pitta dosha and rakta dhatu having mutual relationship as these two share similar properties. So whenever we administer drugs for pitta attenuation, meantime it attenuates rakta dushti also. Other two drugs Manjishta and Sanaya have been administered in this case because of this relation only. Also sheeta veeryata of these both drugs improved the excessive pitta dushti condition.

Table 1: General Examination

General examination	
General appearance	Ill look
Built	Moderate
Nutritional status	Moderate
Pallor	Absent
Icterus	Present (over sclera); not present over nails, sublingual mucosa
Cyanosis	Absent
Clubbing	Absent
Oedema	Absent
Lymphadenopathy	Absent

Table 2: Vital signs

Parameters	Results
Pulse	72 beats/min
BP	100/70 mmHg
Temperature	103°F
Heart rate	72 beats/min
Respiratory rate	14/min

Table 3: Systemic Examination

Gastrointestinal System Examination	
Inspection	NAD
Palpation	Tenderness over Right hypochondrium
Percussion	NAD
Auscultation	NAD

Table 4: Assessment

Investigation	BT	DT	DT	AT
Total bilirubin	11.50	6.72	1.4	0.8
Direct bilirubin	8.42	5.60	0.5	0.3
Indirect bilirubin	3.08	1.12	0.9	0.5
SGOT	2731.50	175.50	73	42
SGPT	1389.10	194.95	83	43

BT –Before treatment; DT –During treatment; AT– After treatment

CONCLUSION

Kamala is a rakta pradoshaja vyadhi. And pitta is involved in samprapti of kamala. So here the treatment advised with aim of attenuating both this components at same line.

So that the above concerned drugs introduced into the treatment possessed with pittahara property and mitigate rakta dushti vikara also.

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