MANAGEMENT OF BAHUPITTA KAMALA ACCORDING TO AYURVED - A CASE REPORT

Dr. Sushil Kumar Jangid¹, Dr. Dnyaneshwar K. Jadhav²

¹ M.D. (Scholar), Agadanta Department, National Institute of Ayurveda, Jaipur, Rajasthan, India - 281401.
² M. D. (Kaychikitsa). Assi. Professor, Kaychikitsa Department, Shri Dhanwantri Ayurvedic Medical College & Research Centre, India - 281401.

ABSTRACT

Modern culture & advanced technology has made life comfortable, but it’s give invitation to many diseases. On the way of comfort life, we lost our basic health and peace of mind. Our life style has totally changed due to industrial pollution give rise to water born disease. Outside food consumption become fashion. All these etiological factors leads to risk of many disorders. “Bhaupitta Kamala” is one of such disease. The description of Hepatocellular jaundice is similar to Ayurvedic description of Kamala vyadhi.

Here a case report of a 35 Years-male having Savwanga Pita varniya twaka, Netra Pitta, Pitta varniya mutra, Kshudamandya, Brahma complaints since 9 days. He was treated with Ayurvedic herbs which give effective result with Ayurvedic Management.

It’s one attempt to management of bahupitta kamala (jaundice) with some Ayurvedic which give effective result.

KEY WORDS: Ayurvedic Management, Bahupitta-kamala, Hepatocellular jaundice.

INTRODUCTION:

Chikitsa sutra of the kamala is “kamala tu virechana” [1]. Virechana (purgation) is most important Treatment for Kamala (Jaundice). Yakrutta (liver) is Mulstana of Rakt & in kamala Raktadushti is major factor. As thinking about Ashraya-Ashrayi sambandha of Rakt and pitta,in kamala we recommended daily Virechana (purgation). The combination of some herbs is also useful in kamala chikitsa.

Hepatocellular jaundice is a particular forms of jaundice, in which skin, eyes, urine become yellowish, indicating excess bilirubin which is a bile pigment in blood. Patients also complains of Fatigue, Anorexia, Nausea.[2] The description of Hepatocellular jaundice is similar to Ayurvedic description of Kamala vyadhi.

This case study show that Ayurvedic herbs which give effective result in Bahupittakamala (jaundice)

A case report as follows:

A 35 year old male patient came to us with chief complain of [3].

1) Savwanga Pita varniya twaka (Yellowish discoloration of skin)
2) Netra Pitta (icterus)
3) Pitta varniya mutra (Yellowish discoloration of urine)
4) Kshudamandya (Anorexia)
5) Brahma (vertigo)

Patient had above complaints since 9 days.

No H/o Dm / HTN, Asthma

History of personal illness:

The patient was normal before 9 days ago. Since then patient had been suffering from Savwanga Pita varniya twaka (Yellowish discoloration of skin) Netra Pitta (icterus),Pitta varniya mutra (Yellowish discoloration of urine), Kshudamandya (Anorexia), Brahma (vertigo) For Ayurvedic Treatment he came to our hospital – Seth Sakharam Nemchand Jain Ayurvedic Rugnalaya in Kaychikitsa department opd. We admitted to patient in our Ipd section for better management.

Personal History:

Alcoholism: since last 10 years.

O/E:

Nadi (pulse) = 76/min.
Mala (stool) = Vibhandha (constipation)
Mutra (urine) = Pitavarniya.
Jihwa (tongue) = Ishat saam.
Agni = Kshudhamandya.
Shabda (speech) = prakrut (Normal).

Sparsha (skin) = Pitavarniya.
Druka (eyes) = Netrapitata
Akruti = Madhyama.
Bala = Madhyama.
Raktachaaupa (B.P) = 110/80 mm/Hg.

MATERIAL AND METHOD:

Method:
- Center of study : S.S.N.J. Ayurvedic hospital, Solapur.
- Simple Random Single Case Study.

Material:

Table 1: Showing Material of Case Study

<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>Kutaki</td>
<td>300 mg</td>
<td>Twice in day</td>
<td>Madhu</td>
</tr>
<tr>
<td></td>
<td>Sharapunkha</td>
<td>1 gm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Daruhaidra</td>
<td>1 gm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Triphala</td>
<td>500 mg</td>
<td>Twice in day</td>
<td>Luke Warm water</td>
</tr>
<tr>
<td></td>
<td>Trikatu</td>
<td>300 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nishottar</td>
<td>400 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Pachak vati</td>
<td>125 mg</td>
<td>Twice in day</td>
<td>Luke Warm water</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Arogyavardhiniavi</td>
<td>500 mg</td>
<td>Twice in day</td>
<td>Luke Warm water</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Suwarnasutashekahara</td>
<td>125 mg</td>
<td>4 time</td>
<td>Normal water</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Syp.liv.52</td>
<td>10 ml</td>
<td>Twice in day</td>
<td>Warm water</td>
</tr>
</tbody>
</table>

Table 2: Showing Panchkarma of Case Study

Panchkarma

Basti Triphala+Til tail+Sendhawa First day only
Virechana Abahaydi modak (1/2 tablet with Triphala Kwath) On each alternate days

DISCUSSION:

Hetu of kamala as:[4]

1) Ahar:
   - Madhayppaan
   - Kshara-ama-lavana-asha Ahar
2) Vihar:
   - chhabdi-veghadharan (Suppression of natural urges).
   - Divaswap (Sleeping at day time)

Copyright© 2017, IEASRJ. This open-access article is published under the terms of the Creative Commons Attribution-NonCommercial 4.0 International License which permits Share (copy and redistribute the material in any medium or format) and Adapt (remix, transform, and build upon the material) under the Attributions-NonCommercial terms.
3) Manasika Nidan- Kama, Chinta, bhaya, and krodha causes vata vrudhi.

**Samprapti Ghatak:**

Table 3: Showing Samprapti Ghatak

<table>
<thead>
<tr>
<th>Dravya / Procedure</th>
<th>Mode of Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sharapunkha [7]</td>
<td>Yaktrutojaka, pilhoghna, rasyana</td>
</tr>
<tr>
<td>Trikatu [9]</td>
<td>Vatavaha nadi shamak, Kaphgna</td>
</tr>
<tr>
<td>Nishottar [9]</td>
<td>Nishottar is the best sukhvirechak</td>
</tr>
</tbody>
</table>

Suvarnasutashekha

Pitta-vata shamak, Aamachak, enhance immunity due to gold.

Arogyavardhini vatika [9]

Regulation of pitta secretion, Maintain healthy fluid level in body, Agnideepana, pachana, Grahanidoshshakha

Syp. Liv-52 [9]

Hepatoprotective.

Basti

[Triphala\* Til tail+ Sendhawa] = for Vatanulomana, Malavibandhasakh, Grahanidoshshakha

Virechana

chikitsa satra of kamala is - “kamale tu virechana”. Liver (yakrit) is the mula-sthana of Rakta. Rakta-Pitta has Ashray and Ashraayi sambhanda, hence for elimination of vitiated Pitta Dosha virechan is the best Chikitsa. Here we use tab. Abahyadi Modak for virechan.

As we known pitta dosha is mainly vitiated in bahupitta Kamala, so in this case Mruha Virechanchikitsa is best treatment. Virechan chikitsa eliminate the vitiated pitta dosha. Nishottar is the best sukhvirechak.

**RESULT:**

Table 5: Showing Changes in Blood Investigation after Chikitsa

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>SR.BILIRUBIN (Total)</td>
<td>11.5</td>
<td>10.25</td>
<td>2.06</td>
</tr>
<tr>
<td>SR.BILIRUBIN (direct)</td>
<td>9.7</td>
<td>8.13</td>
<td>1.13</td>
</tr>
<tr>
<td>SR.BILIRUBIN (indirect)</td>
<td>3.70</td>
<td>3.14</td>
<td>2.68</td>
</tr>
<tr>
<td>SGPT</td>
<td>540</td>
<td></td>
<td>460</td>
</tr>
</tbody>
</table>

The patient had started improving during hospital stay & at end of 15 days, all symptoms nearly get disappear.

**CONCLUSION:**

On the basis of above case it can be concluded that Ayurved still test to time and its have details description with chikitsa of kamala (Jaundice).

**REFERENCES:**

4. Dr.Y.G.Joshi,(5th edition), Charak Samhita part -2, maharshi charak, Chikitsa-stan, Panduroghchikitsa-adhyha, chapter 16, verse no.5-7: Pune ; vaidyamitra prakashana,2003; page no.381.
6. The Ayurvedic pharmacopoeia of india-part-1, Gov.of India ministry of health & family welfare Dep.of AYUSH. New Delhi ; vol-3, pg.no-113
8. The Ayurvedic pharmacopoeia of india-part-1, Gov.of India ministry of health & family welfare dep.of AYUSH.New Delhi ;vol-2, pg.no-36.