



MANAGEMENT OF BAHUPITTA KAMALA ACCORDING TO AYURVED - A CASE REPORT

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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 z. industril 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 "kamale tu virechana"^[1]. Virechna (purgation) is most important Treatment for Kamala (Jaundice). Yakrutta (liver) is Mulstana of Rakta & in kamala Raktadushti is major factor. As thinking about Ashrya-Ashrayi sambhanda of Rakta and pitta, in kamala we recommended daily Virechna (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 complaint 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 Sakharan 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) = Vibandha (constipation)

Mutra (urine) = Pitavarniya.

Jihwa (tounge) = Ishat saam.

Agni = Kshudhamandya.

Shabda (speech) = prakrut (Normal).

Sparsha (skin) = Pitavarniya.

Druka (eyes) = Netrapitata

Akruti = Madhyama.

Bala = Madhyama.

Raktachaapa (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

Sr. No.	Dravya	Dose	Duration	Anupana
1	Kutaki	300 mg	Twice in day	Madhu
	Sharapunkha	1 gm		
	Daruhaidra	1 gm		
2	Triphala	500 mg	Twice in day	Luke Warm water
	Trikatu	300 mg		
	Nishottar	400 mg		
3	Pachak vati	125 mg	Twice in day	Luke Warm water
4.	Arogyavardhnivati	500 mg	Twice in day	Luke Warm water
5.	Suwarnasutashekahara	125 mg	4 time	Normal water
6.	Syp.liv.52	10 ml	Twice in day	Warm water

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:*
 - *Madhayapaan*
 - *Kshara-amlalawana-ushna Ahar*
- 2) *Vihar:*
 - *chhardi-vegadharan (Suppression of natural urges).*
 - *Divaswap (Sleeping at day time)*

3) Manasika Nidan- Kama, Chinta, bhaya, and krodha causes vata vrudhi.

Samprapti Ghatak:^[8]

Table 3: Showing Samprapti Ghatak

Dosh	Pittta-dosha
Dushya	Rasa, Rakta, Mansa dhatu
Adhishtana	Rakta, Mansa
Srotus	Rasavaha, Raktavaha, Annavaha.
Vyaktistan	Twaka

Table 4: Showing Samparptibhanga With Drvayas Used In Chikitsa

Dravya / Procedure	Mode of Action
Kutaki ^[6]	Rechaka, deepana, raktashudhikara, malabhedanai.
Sharapunkha ^[7]	Yakrutojaka, plihoghna, rasyana
Daruharidra ^[8]	Kandughna, pittahara, Yakrut uttejaka, dipana.
Triphla ^[9]	Pittaghna, Pittavirechaka, Anuloman, rasyani, jwaraghna, dipana, kamalahara.
Trikatu ^[9]	Vatavaha nadi shamak, Kaphghna
Nishottar ^[10]	Nishottar is the best sukhvirechak
Suwarnasutashekhar	Pitta-vata shamak, Aampachak, enhance immunity due to gold.
Arogyavardhnivati ^[11]	Regulation of pitta secretion, Maintain healthy fluid level in body, Agnideepana, pachana, Grahanidoshnashak
Syp.Liv-52 ^[12]	Hepatoprotective.
Basti	[Triphala+ Til tail+ Sendhawa] = for Vatanulomana, Malavibandhanashk, Grahanidoshnashaka
Virechana	chikitsa sutra of kamala is - "kamale tu virechana". Liver (yakrut) is the mula-sthana of Rakta. Rakta-Pitta has Ashray and Ashraayi sambhnda, 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 *Mrudu Virechanchikitsa* is best treatment.^[13] *Virechan chikitsa* eliminate the vitiated *pitta dosha*. *Nishottar* is the best *sukhvirechak*.

RESULT:

Table 5: Showing Chnages in Blood Investigation after Chikitsa

Test	11.2.2016	18.2.2016	26.2.2016
SR.BILIRUBIN (Total)	11.5	10.25	2.06
SR.BILIRUBIN (direct)	9.7	8.13	1.13
SR.BILIRUBIN (indirect)	3.70	3.14	2.68
SGPT	540	-	460

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).

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