

A Case Report on Ayurvedic Management of Kamala

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Abstract:- Kamala or Jaundice is a disease caused due to the dysfunction of liver. Jaundice is also known to be icterus. This is a condition where, skin, congenital membranes, and other mucous membranes are yellowish pigmented, due to the increased levels of bilirubin in the blood. A concentration of bilirubin higher than 1.8 mg/dl leads to jaundice. It results from the Obstruction of the bile duct or loss of bile producing liver cells. The word “Kaman” means “Itcha” or desire and “Lati” means to diminish. So, Kamala is a disease where, your desire for food, daily activities etc are diminished¹. It is a common disorder seen in both urban and rural areas with poor hygiene and sanitation. Pandu Roga is said to be a Nidanarthakara Vyadhi for Kamala. When Pandu Roga is not treated properly it can lead to Kamala. Thus Kamala can also be considered as an effect of untreated Pandu Roga.

Keywords:- Kamala, Jaundice, Rakthapradoshaja Vyadhi, Liver Dysfunction.

I. INTRODUCTION

Kamala is considered as Raktapradoshaja Vyadhi. Acharya Charaka considered it as a progressive stage of Pandu Roga, while Acharya Susruta considered it as a separate Vyadhi, as well as a complication of Pandu Roga. According to Vagbhatacharya Kamala is a separate disease.

Rakthadhatu circulates and supplies nutrients to all tissues. Rakthadhara Kala is present inside liver, spleen, and blood vessels. These are considered to be the place of formation and storage of Rakthadhatu. Raktha is responsible for the existence, support, and maintenance of body. The nourishing portion of Rasa Dhatu and constituents of Ahararasa are transformed into Rakthadhatu by the action of Ranjaka Pitta, which is responsible for the pigmentation process. (Cha.Chi.15/28). This process takes place in Liver and spleen (Su.Su.14/4-5). Kamala is a disease where, the Rakthadhatu is vitiated. Nidana of Kamala roga is said to be the excessive consumption of pitta aggravating factors. This aggravated Pitta will burn Raktha and Mamsa and lead to the manifestation of Kamala (Cha.Chi.16/34). Symptoms of Kamala includes Haridra Varna of Mutra, Netra, Twak, Nakha, Mukha, Sakrut (Yellowish discoloration of urin, sclera, skin, nails, face and faeces, Dourbalya (weakness), Avipaka (indigestion), Daha (burning sensation, Aruchi (Tastelessness) etc. Since jaundice is caused due to the dysfunction of liver, filtering & elimination of toxins from the body get dis-functioned. To remove the obstruction in flow of pitta & Kapha is the line of treatment of Kamala Roga. Herbs with digestive property, are used for correcting Pitta Dosh and herbs with hot and penetrating quality are used to correct Kapha Dosh.²

➤ *Samprapti*

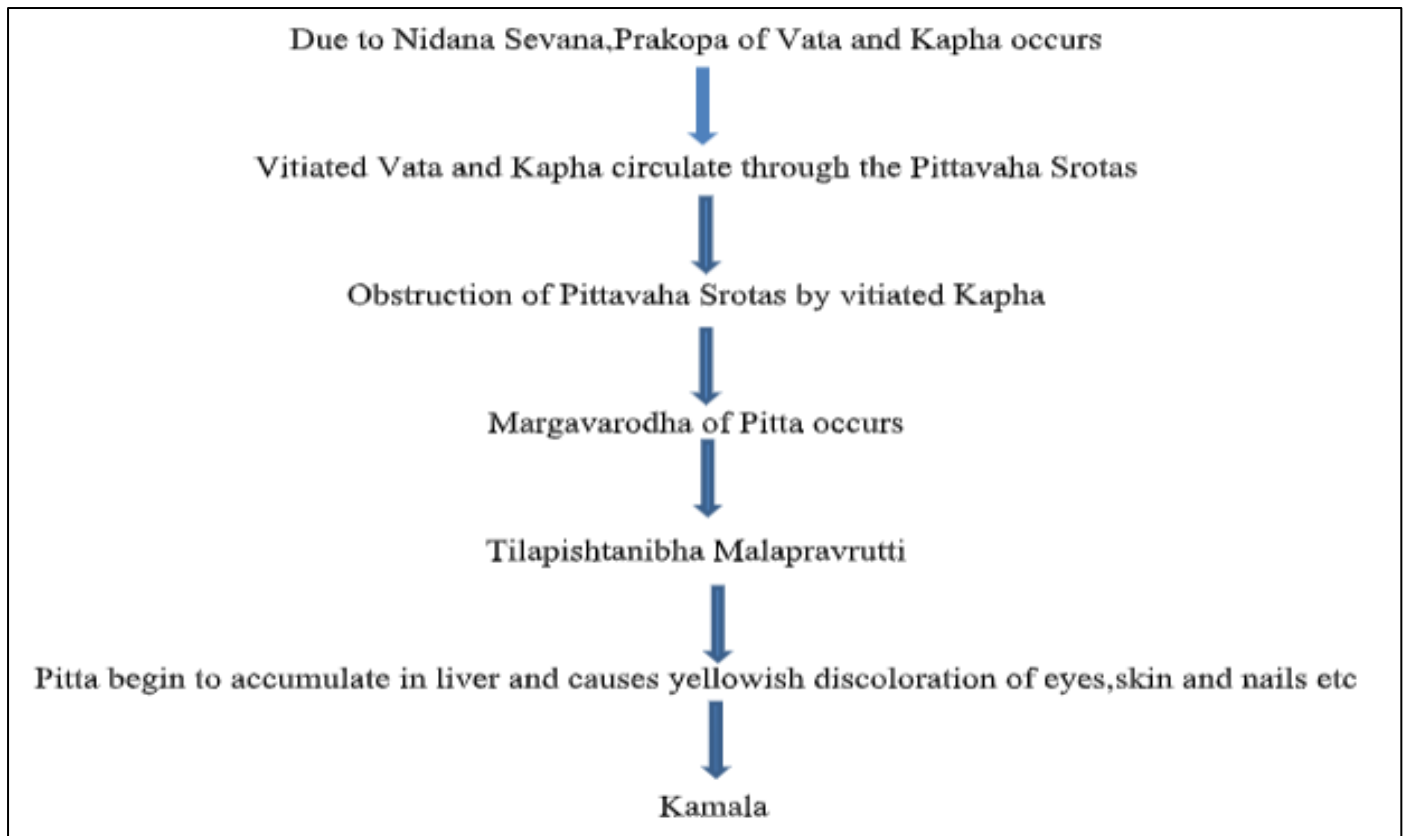


Fig 1 Samprapti

II. CASE REPORT

A 16 year old male patient came to Kayachikitsa OPD of Govt Auto. Dhanwantari Ayurvedic hospital on 30/12/22 with complaints of mild fever, yellowish discoloration of urine and skin, decreased appetite, tastelessness, general weakness etc.

➤ *History of Presenting Complaints*

Patient had a gradual onset of anorexia, weakness etc, 1 week before. Eventually he developed slight fever, yellowish discoloration of urine etc, two days prior to the visit of our hospital. He had taken some home remedies for the same. He didn't felt symptomatic relief. Since the condition got worsen and symptoms got aggravated he came to our hospital.

➤ *On Examination*

- Nadi/Pulse-66/min
- Mala-Vibandha
- Mutra-Pita Varnayukta
- Jihva-Lipta
- Kshudha-Manda
- Sabda-Prakruta
- Sparsa-Ushna
- Akrti-Madhyama
- B.P-120/80 mmHg
- Druk-Pita Varnayukta

➤ *Grading of Symptoms During Each Follow Up*

Table 1 Grading of Symptoms During Each Follow Up

Symptoms	B/f Treatment	1 st follow up	2 nd follow up	A/f Treatment
Haridra netra mutra twak	3	3	1	0
Swetavarchata	2	2	1	0
Atopa	2	1	1	0
Vishtambha	2	1	1	0
Hridayagourava	2	2	1	0
Daurbalya	3	3	2	1
Alpagni	3	2	1	0
Swasa	1	2	1	0
Aruchi	3	2	2	0
Jwara	2	1	0	0

➤ *Blood Investigation Reports During Every follow up*

Table 2 Blood Investigation Reports During Every follow up

	Before Treatment	1st follow up	2nd follow up	After Treatment
Total bilirubin	2.64mg%	3.84mg%	1.15mg%	1.05mg%
Direct bilirubin	1.51mg%	2.65mg%	0.76mg%	0.57mg%
Indirect bilirubin	1.13mg%	1.19mg%	0.39mg%	0.48mg%
SGOT	1220U/L	195.3U/L	69.2U/L	45.9U/L
SGPT	1119U/L	580.1U/L	133.1U/L	42.3U/L

➤ *Treatment Given*

- Castor oil: 13ml of this is given along with 50 ml, lukewarm milk 3hrs after the intake of dinner, once in 7 days.
- Avipattikara Choorna-20gm
- Panchakola Choorna-20gm
- Balachathurbhadra Choorna-20gm
- Arogyavardhini Vati, 1tab, twice daily A/F
- Punarnavamandura 1tab twice daily A/F
- Rohitakarishtha 15 ml along with 5ml hot water, A/F

➤ *Pathya*

- Ruksha, Katu and Amla Mamsa Rasa, Kulatha Yusha, Ati amla, Tikshna, Katu,
- Amla, Ushnahara, Shali, Yava, Godhuma, Dugdha, Gritha, Jangala mamsa, Patola, Draksha, Anar, Kharjura, Mustha

➤ *Apathya*

- Heavy and fatty foods, Excess physical exertion

III. DISCUSSION

Ayurveda is a life science it has mentioned the management of Kamala Roga with drugs, diet, lifestyle modifications etc. Kamala is a Pittapradhanaja Vyadhi. Madhura, Tikta, and Kasaya Rasa are to be used to alleviate Pitta dosha. Tikta rasa can eliminate Ama Pitta and can pacify the symptoms like Daha, Trishna, etc. Madhura Rasa eliminates Trishna, Daha, Pittadosha etc and causes Rasarakthadi Dhathuvardhana. Laghu Guna provides Amapachana, Agnideepti, Srotovishodhana etc. Liver is considered as the largest organ of the body. It is the main site of metabolism and detoxification. So, for managing Kamala, patient should be given Laghubhojana. Medications which are antioxidant, hepatoprotective, which can clear body channels, stimulate digestive power, balance fat distribution and draws out toxins out of the body are beneficial.

For the effective management diets which are free of fat should be followed. Patient should avoid oil, ghee, and fried foods. It is better to take simple sugar and sweets like sugarcane juice, honey etc.

IV. CONCLUSION

Ayurveda aims to correct the root cause of the disease without suppressing the symptoms of the disease. It completely pacifies the disease without being harsh on the liver. Correction of Pitta dosha is the prime goal in the Ayurvedic treatment of Kamala, since it hampers the proper functioning of liver by making it to work hard for the detoxification process. All the Ayurvedic medicines used are aimed at strengthening the liver, and it can be possible only when the liver does not have excess Pitta in the form of toxins. Ayurvedic diet guideline helps to increase the efficiency of medicines and provides relief from the disease in a good way.

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