



Case Report

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A Case Study on the Ayurvedic Management of Bahupitta Kamala WSR Jaundice



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Abstract

In fast life style of competitive world people are leading irregular eating habits and changes in lifestyle. Eating outside has become fashion which increased risk of contaminated food and water. All these etiological factors leads to risk of related disorders. Bhaupitta Kamala” is one of important disease. Jaundice is a condition in which yellowness of skin, sclera, mucous membranes, and excretions occurs due to hyper bilirubinemia and deposition of bile pigments.

In Ayurveda jaundice is described as Kamala vyadhi. In Ayurvedic Samahita description of Kamala is given in detail along with its cause, pathogenesis, symptoms, complications and management also. The description of Hepatocellular jaundice is similar to Ayurvedic description of Kamala vyadhi. Here a case report of a 24 Years- male having Bahupitta kamala (jaundice) who was treated with Ayurvedic herbs and some panchakarm, which give effective result with Ayurvedic Management.

Keywords: Ayurvedic management; Bahupitta-kamala; Hepatocellular jaundice

Introduction

Today's advanced technology and Modern culture has brought many mundane advantages, but on other hand has taken human being far away from the nature. Pittakar-aharlike spicy food Vada-Pav, missal etc, and alcohol consumption tendency is also increasing day by day.

In this era of industrialization and life threatening competition brings many changes in our life style. Most of times patients just come with “sick and tired”. Later it gets diagnosed as kamala (jaundice). The incidence of such disease is increasing day by day.

Hepatocellular jaundice is a particular form 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 and Nausea [1].

Modern medical science has only symptomatic specific treatment for many diseases, kamala is one of them. In all Ayurvedic texts nidana panchak with treatment of kamala is given very well. “Kamalatuvireshana” is chikitsa sutra of the kamala [2]. The Treatment of Kamala (Jaundice) must start with virechna (purgation). The basic theory is that raktadushti responsible for kamala and Yakrutta (liver) is Mulstana of Rakta. Rakta and

pitta has Ashrya-Ashrayisambhanda so that a daily virechna (purgation) is recommended. The combination of some herbs is also useful in kamala chikitsa. In few conditions medication is not required, just rest and few supplement will be sufficient. In some conditions medical treatment does not work, in such case surgical help may required.

It's one attempt to management of bahupitta kamala with some Ayurvedic herbs and panchakarma, which give effective result.

A Case Report as Follows

A 24 year old male patient came to us with chief complaint of [3] –

- 1) Pita varniya twaka (Yellowish discoloration of skin)
- 2) Pitta varniya mutra (Yellowish discoloration of urine)
- 3) Agnimandya (Anorexia)
- 4) Hrullhas (Nausea)

Patient had above complaints since 7 days.

No H/o Dm / HTN, Asthma

History of Personal Illness

The patient was normal before 7 days ago. Since then patient had been suffering from Pita varniya twaka (Yellowish discoloration of skin), Pitta varniya mutra (Yellowish discoloration of urine), Agnimandya (Anorexia), Hrullhas (Nausea). For Ayurvedic Treatment he came to our hospital – Seth Sakharam Nemchand Jain Ayurvedic Rughalaya in Kaychikitsa department opd. We admitted patient in Ipd section for better management.

Personal History

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

a. Method -

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

b. Material

Table 1: Showing Material of Case Study.

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Sr. No	Dravya	Dose	Duration	Anupana
1	Daruharidra	2gm	1 pack(6gm) + 2 cup (100ml) water = ½ cup (12ml)	
2	Nimba	2gm	Kawathnirmiti	
3	Patol	2gm	- given twice in days	
4	Haritaki	2gm		
5	Kutaki	2gm		
6	Punarnava	2gm		
7	Arogyavardhnivati	500mg	Twice in day	With above kwath
8	Suwarnasutashekahara	125mg	4 time	Normal water
9	Trivrutaaavaleha	5gm	Hs	Warm water
10	Virechana choorna	2gm	Hs	Warm water

Discussion

Hetu of kamala as - [4]

1) Ahar:

- Kshara-amla-lawana-ushna Ahar.
- Masha, tila tail.
- Virudhaana.

2) Vihar:

- Chhardi-vegadharan (Suppression of natural urges).
- Divaswap (Sleeping at day time)

3) ManasikaNidan- Kama, Chinta, bhaya, and krodha cause vata vrudhi.

Samprapti Ghatak - [5]

Table 2: Showing Samprapti Ghatak.

Table 3: Showing Samparptibhanga with Drvayas Used In Chikitsa [6-12].

Table 2: Showing Samprapti Ghatak.

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

Table 3: Showing Samparptibhanga with Drvayas Used In Chikitsa.

Dravya	Mode of action
Daruharidra [6]	Kandughna, pittahara, Yakrut uttejaka, dipana.
Nimba [7]	Kandughna, pittahara, Ruchya, dipana.
Patol [8]	Pittasarak, deepana, rechana, krumighna, yakrut uttejaka.
Haritaki [9]	Pittaghna, Pittavirechaka, Anuloman, rasyani, jwaraghna, dipana, kamalahar.
Kutaki [10]	Rechaka, deepana, raktashudhikara, malabhedanai.
Punarnava [11]	Pittghna, swedal, shothahna.
Suwarnasutashekhara	Pitta-vata shamak, Aampachak, enhance immunity due to gold.
Arogyavardhnivati [12]	Regulation of pitta secretion, Maintain healthy fluid level in body, Agniddeepana, pachana, grahanidoshnashak
Trivrittaavaleha	Anuloman, pittaghna.
Virechna choorna	It contains sonamukhi, balhirda, sunth and saindhava which are useful in constipation problem. It has pachna and virechna dual action.

Result

Table 4: Showing Changes in Blood Investigation after Chikitsa.

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Test	14.1.2016	21.1.2016	28.1.2016
Sr.Bilirubin (Total)	12.4	11.24	3.05
Sr.Bilirubin (direct)	8.8	8.13	1.16
Sr.Bilirubin (indirect)	3.6	3.11	2.7
SGPT	643	-	572

Conclusion

On the basis of above description it can be concluded that Ayurved still test to time and it's have details description with chikitsa of kamala (Jaundice). Ayurved is much more 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.

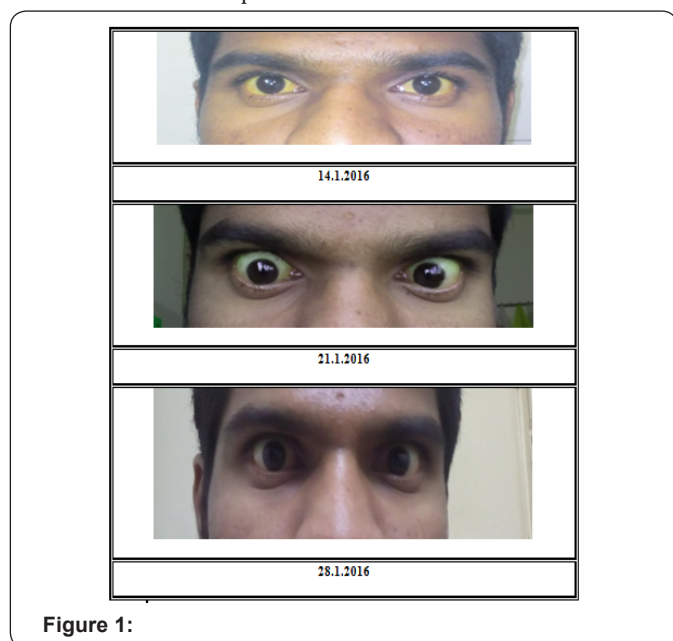


Figure 1:

The patient had started improving during hospital stay & at end of 14 days, all symptoms nearly get disappear.

In bahupitta Kamala mainly pitta dosha is mainly vitiated. Acharya charaka has described Mrudu Virechanchikitsa for Bahupitta Kamala [13]. Virechan chikitsa has the quality to eliminate the vitiated dosha. Nishottar is the best sukhvirechak [14] (Figure 1).

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