

## “Effect of *Ayurvedic* formulations in the management of *Bahupitta kamala* W. S. R. to jaundice – A case study.”

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### Abstract:-

In this competitive world peoples are habitual of irregular eating and tremendous changes occur in day to day lifestyle. Irregular eating and habit of eating street foods increases the risk of intake of contaminated water and food. All these factors lead to risk of many more diseases.

One of them which is most important and life threatening disease is “*Bahupitta kamala*” (jaundice).

Jaundice is a condition in which, yellow appearance of the skin, sclera and mucous membranes resulting from an increased *billirubin* concentration in the body fluids.

*Ayurveda* described Jaundice as “*kamala vyadhi*.” In this ancient literature *kamala vyadhi* described in detail along with

cause, symptoms, complications and management.

Here is case report of a 52 years male diagnosed *Bahupitta kamala* (jaundice), who was treated with *Ayurvedic* formulations, which gives effective result in its management.

**Keywords:** *Bahupitta kamal*, jaundice, *virechana*

### INTRODUCTION:-

Due to the bad habits of eating *pittakar –Aahar* like spicy food, street food in daily life and increased in tendency of alcohol consumption, tobacco chewing etc. All these etiological factors affect the health of individuals and increased the incidence of such a life threatening disease like *kamala*.

Bahupitta kamala is type of kamala, in which skin, eyes, urine, stool become yellowish, which indicate excess bile pigment in blood, sometimes patient may complain nausea, vomiting and fatigue.

In modern medical science, jaundice (kamala) has symptomatic treatment only, which can cause recurrence of disease. In ayurvedic text treatment of kamala is given very well.

“*kamalatuvirechana*” is chikitsa sutra of kamala according to samhitas, some ayurvedic formulations are also useful in kamala chikitsa.

It is one attempt to manage and treat bahupitta kamala with some Ayurvedic formulations, which gives effective result.

### **A CASE REPORT**

A 52 years male patient came to OPD of kayachikitsa department of L.K. Ayurvedic hospital, Yavatmal with chief complaints of-

- 1) Pitta varniya mutrata (yellowish discolouration of urine)
- 2) Pitta varniya twaka (yellowish discolouration of skin)
- 3) Hrullhas (nausea)
- 4) Chardi (vomiting)
- 5) Daurablya (severe weakness)
- 6) Bhram (vertigo)
- 7) Anorexia (agnimandya)
- 8) Aruchi

Patient having above complaints since 20 days

N/H/O- HTN & DM

No any H/O major illness.

H/O – Alcohol consumption (180ml/day) since 8-10 years. (Withdrawal from 3 months.)

### **HISTORY OF PERSONAL ILLNESS:-**

The patient was normal before 20 days ago

Since then patient has been suffering from Pitta varniya mutrata, Pitta varniya twak, Hrullhas, Vomiting, Daurablya, Bhram, Agnimandya, Aruchi etc.

For Ayurvedic treatment patient came to our hospital L.K. Ayurvedic hospital yavatmal in OPD of kayachikitsa department, we admitted patient in IPD section for further treatment.

### **Rugna parikshan:-**

- Nadi (pulse) - 68/min
- Mala (stool) - Pittavarniya
- Mutra (urine) - Pittavarniya
- Jivha (tounge) - Alpa sam
- Netra (eyes) - Pittavarniya
- Shabd (speech)-Spashta (normal)
- Sparsh (skin) -Pittavarniya & samshitoshna
- Akriti - Madhyam
- Bala - Madhyam
- Raktachaap (B.P) - 110/70 mm of Hg

### **MATERIAL AND METHODS:-**

#### **METHOD:-**

- 1) A case study.
- 2) **Centre of study:-** Postgraduate Department of kayachikitsa, L.K Ayurvedic hospital, Yavatmal affiliated to D.M.M. Ayurved college Yavatmal.

#### **MATERIAL:-**

**Table 1 - showing material of case study.**

Sr.no	Dravya	Dose	Duration	Anupana
1	Avipattikar churna	1gm	Twice a day	Warm water
2	Amalaki churna	1gm	Twice a day	Warm water
3	Shatavari churna	1gm	Twice a day	Warm water
4	Yashtimadhu churna	1gm	Twice a day	Warm water
5	Guduchi churna	500mg	Twice a day	Warm water
6	Kutaki churna	500mg	Twice a day	Warm water
7	Aarogyavardhini vati	250mg	Twice a day	Arandpatra swaras
8	Sutshekhar ras	250mg	Twice a day	
9	Punarnava mandoor	250mg	Twice a day	
10	Kamdudha ras	250mg	Twice a day	
11	Praval panchamrit	250mg	Twice a day	
12	Guducyadi kwath	30ml	Twice a day	
13	Swadishtya virechan churna	3gm	HS	Warm water

**Discussion:-****Hetu:-****1) Aahar -**

- Atimadyapan (excessive alcohol consumption)
- Kshara-amla-lavana-ushna aahar

- Nishpav(pawta), masha, til taila
- Virudhna

**2) Vihar -**

- Atishiram (excessive work)
- Patient is S.T. Conductor by occupation, that's why

he is more exposed to street food.

3) **Manas hetu-** Kama, chinta, Bhay, Krodh, Shok etc.

**Samprapti Ghatak:-**

- 1) *Dosha – Pitta*
- 2) *Dushya – Rasa ,Rakta*
- 3) *Strotas – Rasavaha strotas, Raktavaha strotas*
- 4) *Udbhavsthan – Mahastrotas*
- 5) *Adhishthan – Rakta, Mansa*
- 6) *Vyaktisthan – Twaka*

**Table 2-mode of action of formulations used in chikitsa:-**

Sr. No.	Dravya	Mode of action
1	<i>Avipattikar churna</i>	<i>Pittaghna, yakrut uttejak</i>
2	<i>Amalaki churna</i>	<i>Pittahara, Ruchya, Dipana, Rasayana</i>
3	<i>Shatavari churna</i>	<i>Balya, Pittahara</i>
4	<i>Yashtimadhu churna</i>	<i>Mutravirajaneeya, varnya</i>
5	<i>Guduchi churna</i>	<i>Rasayana, pittahara, kamalahara</i>
6	<i>Kutaki churna</i>	<i>Pittavirechaniya,</i>
7	<i>Aarogyavardhini vati</i>	<i>Agnideepana, grahani dosh nashak, regulation of pitta secretion.</i>
8	<i>Sutshekhar rasa</i>	<i>Aampachak , pitta shamak</i>
9	<i>Punarnava mandoor</i>	Hepato-protective , detoxifies the blood ,acts as digestive stimulant. haematinics
9	<i>Kamdudha ras</i>	<i>Pittaghana, pacifies excess pitta, Dahashamak</i>
10	<i>Praval panchamrit</i>	<i>Pittahara, plihadoshnashak, yakrut uttejak</i>
11	<i>Swadisht virechan churna</i>	Appetiser, According to its in-depth ingredient analysis, it acts mainly on <i>pitta dosha</i> , it first detoxifies pitta and then release it out, <i>mruduvirechak</i> .

The patient had started improving during hospital stay and the symptoms decreased gradually.

**Table 3- Showing changes in investigations during chikitsa:-**

Test	12/6/18	20/6/18	23/6/18	25/6/18	5/7/18	14/7/18
Sr. bilirubin total	22.9	9.98	11.6	8.00	4.00	3.4
Sr. bilirubin direct	15.5	7.90	8.68	6.3	2.2	2.9
Sr. bilirubin indirect	7.5	2.08	2.93	1.7	1.8	0.5
SGOT	26	58.0	61	230	120	48
SGPT	36	44.0	54	420	100	54

## CONCLUSION:

On the basis of above discussion, it can be concluded that Ayurvedic formulations can give significant effect on disease like jaundice (bahupitta kamala).

In bahupitta kamala mainly pitta dosha is vitiated . we used drug like kutaki churna, swadishtha virechan churna which acts a virechan dravya, and satisfied the chikitsa sutra of kamala i.e “KAMALI TU VIRECHANA”, which acts on vitiated pitta dosha , pacifies the excess pitta and release it out from the body, shows good result in Bahupitta kamala and regularised the liver functions.



12/06/2018



23/06/2018



14/07/2018



22/07/2018



28/07/2018

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