

**Ayurvedic management of Bahupitta Kamala in children -a case study**

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**ABSTRACT**

In today's modern life style of competitive world people are leading irregular eating habits. Eating outside has become fashion which increased risk of contaminated food and water. Pittakar (food which increase pitta) food like spicy food, vada-pav, missal, pani-puri and other unhygienic street food which are etiological factors for Kamala. In Ayurveda jaundice is described as Kamala vyadhi. In Ayurvedic samhita description of kamala is given in detail along with its causes, pathogenesis, symptoms, complications and management also. The description of viral hepatitis i.e. hepatocellular jaundice is similar to a Ayurvedic description of Kamala vyadhi. Modern medical science has only symptomatic treatment for disease kamala, hence in this case study the effect of Ayurvedic medicines (agnideepan, mridu virechan) in bahupitta kamala is studied.

**KEY WORDS-**

*Bahupitta-Kamala, Hepatocellular jaundice, Agnimandya Ayurvedic formulations.*

**INTRODUCTION**

Kamala can be correlated with Jaundice because of similarities in its causes, symptoms patho-physiology and

manifesting sites. Acharya Charka explained two types of Kamala i.e. bahupitta kamala (jaundice) and Ruddhapath kamala (obstructive Jaundice)<sup>1a</sup>. According to Acharya Charka main cause of kamala is intake of pittakar ahara-vihara<sup>1b</sup>. Unhygienic food, road side food, contaminated drinks are also causes of kamala. Vitiated pitta dosha goes in to rakta -mamsa resulting in symptoms of kamala<sup>2</sup>. Hepatocellular Jaundice is a Particular form of Jaundice, in which skin, eyes, urine become yellowish. Patients also complain of fatigue, anorexia and nausea<sup>3</sup>. Modern science has only symptomatic treatment for the disease kamala. In all Ayurvedic texts nidan panchak with treatment of kamala is given. "Kamale tu virechan" is the chikitsta sutra of the kamala.<sup>2a</sup> meaning of the sutra is "Virechana" is the only main treatment of kamala. The basic principle behind this treatment is remove pittadushti. Pitta and Rakta has ashraya-ashrayi relation, due to vitiation of pitta rakta get vitiated which causes dushti of mulsthana of rakta dhatu i.e. yakrut (Liver) and pleeha (spleen). To remove vitiated pitta daily virechana

is advised. The symptoms of kamala explained in our classical text are Haridra-Netra, (yellowish sclera) Mutra (yellow colour urine) Twaka (yellow skin), Nakha (nail) Vaktra (face) shakrut (faeces) Dah (burning), Avipaka (indigestion), trishna(thirst) Bhekabh (looks like frog) Daourbalendriya (generalized weakness) etc are similar to that of Jaundice.<sup>4</sup> Hepatitis and obstructive Jaundice are main causes of Jaundice<sup>5</sup> but in Ayurveda untreated panduroga and excess pittakar ahara-vihara are main causes of Kamala<sup>6</sup>. This viktita pitta deranged the function of agni. Hence Acharya advice treatment of Kamala is Nidanparivarjan (remove causes), Agnideepan (improve digestion) and srotoshodhan (remove the obstruction). In pediatric patients we can't use Ushna, Tikshna, aushadhi<sup>7</sup>. Also tikshna virechana is contraindicated in pediatric population, but mridu virechan is indicated. So we used Arogyavardhini vati, kumari asava and swadistha virechana for the treatment of

Bahupitta kamala (viral hepatitis-A) which give effective result.

#### AIM AND OBJECTIVES:

1. To study the combined effect of herbal medicine in pediatric patient in treatment of Bahupitta Kamala.
2. To prove the efficacy of Ayurvedic drugs in the Management of Bahupitta kamala in children.
3. To study the any adverse effect of drugs in children.

#### MATERIAL AND METHOD

- Material-
  - a) Drugs used for study
  - b) patient
- Method-
  - a) simple single case study

#### Source of data:

This study was carried out after appropriate counselling of the patient. Diagnosed cases of Kamala was included from Kaumarbhritya IPD of Institutional Hospital.

**Table no. 1 - Ingredients and pharmacological action of used drugs for the study**

Sr.no.	Drug name	Properties	Pharmacological Action
1	Arogyavardhini Vati <sup>8</sup> Parad-1 part, Gandhak-1 part, Tamrabhasma-1 part, Abhrakbhasma-1 part, Shilajit-3 parts, Triphala choorna-2 parts, Chitrakmula choorna-4 parts, Guggulu-4 parts, Katuki choorna-18 parts, Bha-vana dravya-Nimbavrikshadalarasa-72 parts	Rasa-Tikta, ushna, ruksha, Guna-Tikshna	Deepan, pachan and vikrut pitta virechak, yakrutottejana, raktashuddhikar, <sup>11</sup> Rasaratnasamucchaya mentioned that Arogyavardhini vati as Sarvarogaprashamani <sup>12</sup> (can specify all type of disorders)
2	KUMARI Aasava (Yogratnakar) <sup>9</sup> Decoction of Haritaki, kumari rasa,	Rasa-tikta, guna-sheeta,	Stimulates the function of liver by deepan,

	guda (jaggery) shahad, dhataki flowers, jaiphal, sheetal mirch, jatamansi, laungroots, chitrak, javitri, karkatshrungi, bibhitaki, pushkarmala, loha bhasma, tamra bhasma,	ruksha and tikshna	pachan and sransana property. <sup>13</sup> clears chronic constipated bowel , normalize the secretion of liver. Detoxifier and Anti-toxin, anti-inflammatory, Anti-oxidant, cholagogue (promotes the discharge of bile)mild laxative <sup>10</sup>
3	SWADISHTA VIRECHANA <sup>10</sup> Shuddha Gandhaka, mulethi, saunf, swarna patri (Indian sena), mishri	Pittagna,	Laxative, Blood purifire, antibacterial and antimicrobial, anti-pruritic <sup>14</sup>

### A Case Report as Follows

A 07 year old female patient came to us with chief compliant of –

- 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 she came to our hospital – Sane guruji aarogya kendra , kaumarbhritya department opd. We admitted patient in IPD section for better management.

### Personal History

O/E:

Nadi (pulse) =85/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) = 100/70 mm/hg

### TREATMENT SCHEDULE

From first day patient was treated by using various Ayurvedic drugs forms viz., *Arogyavardhini vati*, *Swadishta virechan churna*, and *Kumariaasava*. All these drugs have *Deepana*, *Pachana*, *Krumihara*, *Mridu Shodhana*, *Yapana* and *Rasayana* action. Above mentioned dosage forms are helpful for breaking pathology of *kamala* on the basis of their different pharmacological action. Diet regimen was strictly followed by patient. Patient was on only *lagu aahara*, Sugar cane juice and lukewarm water.

Total duration of study was 15 days. The patient had symptoms of jaundice such as loss of appetite, abdominal pain, nausea, dark coloured urine, generalised weakness, restlessness, constipation. Some of the liver function parameters were very high before treatment, which returned to normal within 2 weeks of treatment. The results were statistically highly significant. Regarding assessment of subjective parameters, symptoms like

anorexia, constipation, nausea subsides within 1 week of treatment and remaining symptoms like abdominal pain disappeared within 2 weeks. All these results indicate that the patient had recovered from signs and symptoms within 2 weeks along with the liver functions .

### OBSERVATION AND RESULTS

**Table no 2- Satus of the patient at the time of admission**

<i>Astavidh pariksha (8 tools for examination of patients)</i>	<i>Samprapti ghatak (Pathological factors)</i>	<i>Samanya Parikshan</i>
<i>Dosha: Tridosha</i>	<i>Dushya: Rasa, Rakta, Mamsa</i>	BP 100/70 mmHg
<i>Naadi: 85/min, pitta-kaphaja</i>	<i>Srotas: Anna, Rasa, Rakta, Mamsa, Mutra, Purisha</i>	PR 85 beats/min
<i>Mutra: Mutradaha, Peet</i>	<i>Srotodushti: Sanga, Vimarga Gamana</i>	RR 22/min
<i>Mala: Vibandha</i>	<i>Aam: Sama</i>	Temperature- Normal
<i>Jihwa: Sama</i>	<i>Agni: Mandagni</i>	General condition Moderate
<i>Shabda: Prakrit</i>	<i>Samutthan: Amashaya</i>	Decubitus: Seating
<i>parsha: Samsheetoshna</i>	<i>Adhishthan: Twak, Netra, Nakha, mala, mutra</i>	Pallor Absent
<i>Drik: Prakrut</i>		Icterus +++
<i>Aakriti: Krush</i>		Cyanosis Absent

### Investigation done for the diagnosis and Assessment of patient-

Along with following investigation viral Hepatitis A and Hepatitis B was done which shows negative findings, c-reactive proteins was also low in serum.

Name of Investigation	Follow up date 30/07/2019	Follow up date 05/08/2020	Follow up date 15/08/2020
HB	11.1g/dl	11.2g/dl	11.3g/dl
WBC	12.8*10 <sup>3</sup> /ul	15.5*10 <sup>3</sup> /ul	10.5*10 <sup>3</sup> /ul
Platelet	226*10 <sup>3</sup> /ul	432*10 <sup>3</sup> /ul	3.38*10 <sup>3</sup> /ul
Total bilirubin	4.23mg/dl	2.14mg/dl	1.2mg/dl
Direct bilirubin	2.75mg/dl	1.27mg/dl	0.8mg/dl
Indirect bilirubin	1.48mg/dl	0.87mg/dl	0.65mg/dl
SGPT	72U/L	112.9U/L	50U/L

SGOT	35.8 U/L	54.6U/L	42.3U/L
S.Alka.Phosphatase	574.2U/L	750.3U/L	280U/L
Total protein	6.09g/dl	6.73g/dl	6.96g/dl
PT-INR	16.3sec	16.2sec	12.2sec
Test I.N.R	1.21	1.2	1

Table no .4- Drugs formulations with dose and diet used for treatment of *kamala*

Date	Name of formulation	Dose	Diet
FIRST 4 DAYS	I. Arogyavardhini vati II. Kumari asava III. Swadistha Virechana	125mg BD 5ml BD 500 mg HS	Soft diet, sugarcain juice, Lukewarm water.
UP TO DISCHARGE	I. Arogyavardhini Vati II. Kumari asava III. Swadisth Virechana	125mgBD 5ml BD 500mgHS	Soft diet, sugarcain juice, Lukewarm water
After discharge	I. Arogyavardhini Vati II. Kumari asava III. Swadisth Virechana	125mgBD 5ml BD 500mgHS	Soft diet, sugar Cain juice, Lukewarm water

## DISCUSSION

Hetus of bahupitta kamala in children is mainly ahara-kshara-amla -lavana -ushana ahara due to frequent hoteling bakery products .all these hetus causes vitiation of pitta dosha and this vikruta pitta goes in to rakta-mansa dhatu resulting in symptoms of kamala .Ayurvedic treatment with Arogyavardhini vati , Kumari asava and swadishth virechana not only concentrates on the normalisation of laboratory parameters but also resolution of sign and symptoms of hepatobiliary organ disease. These are due to deranged Agni of the patient resulting in excessive accumulation of vikrita pitta in the body.Kumari asava stimulates the function of liver by

deepana, pachana and sransana property. normalise the secretion of liver. vagbhata said that roga sarveapi mandagni. We used medicine having deepana, pachana, yakritottejana, shodhana and raktaprasadan property.

The case was managed as per the treatment principle explained in the context of bahupitta kamala. Swadistha virechana used for virechana. virechana removes increase vitiated pitta, improves Agni and stimulates the function of Yakruta. Arogyavardhini vati used for yakritavikara. Rasaratnasamucchaya mentioned that Arogyavardhini vati as sarvarogaprashamani. This drug is using for centuries with claimed efficacy and safety in treatment of jaundice and skin disorders<sup>15</sup>. The drug is also useful in

indigestion and irregular bowel movements. It acts as a tonic for liver<sup>16</sup>. Arogyavardhini vati reduced inflammation of spleen, liver, bladder, kidneys, uterus and intestine. It showed effectiveness in various types of hepatitis like A, B, C.<sup>17</sup> hence we used this drug for treating kamala along with swadishta virechana and kumari asava.

### CONCLUSION--

Arogyavardhini vati improves overall good health by balancing all the three Dosha. It maintains the liver functions as well as healthy digestive system. It also does the Pachan (digestion) of dravas (liquid) and kleda (clammy) and does the Raktavardhana (purified blood). Acharya charaka has described mrudu virechana in bahupitta kamala. The swadistha virechana act as mrudu virechaka. It eliminated the vitiated pitta dosha. Kumari asava do deepan, pachan by stimulating digestive juices from stomach and pancreas. Kumari asava is also beneficial for reducing the size of liver. Kumari asava acts on peristalsis and appears to be mild stimulant laxative as well.

All the signs and symptoms disappeared within 3 weeks of treatment. These drugs did not shows any adverse effects. so we can conclude that all drugs are safe in paediatric patients while treating bahupitta kamala.

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**Cite this article:**

*Ayurvedic management of Bahupitta Kamala in children -a case study*  
Manisha Jagtap, Ashwini Biradar

Ayurline: International Journal of Research In Indian Medicine 2020; 4 (2) : 01-07