



“The effect of *Leha Kamala* in the management of *Bahupitta Kamala*: a case study.”

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ABSTRACT

Kamala is described under Raktavaha Srotas & Yakrit-pliha is the mula sthan of Raktavaha Srotas. Acharya Charaka said that Kamala is next stage of pandu mainly cause due to frequently consumption of Ushna (hot), Tikshna (spicy) food i.e. Pittaprakopak Ahara (increasing level of Pitta) but Sushruta and Vagbhata have accepted Kamala (Jaundice) not only as one of the complications of Pandu Roga (Aneamia) but also in association of other diseases. Due to these factors vitiation of Pitta (bile), Rakta (blood) and Mamsa (muscles) Dhatu occurs. Symptoms like yellowish discoloration of skin (Twak pitata), sclera (netra pitata), urine (Mutra pitata), stool (Purisha pitata) etc. are clinical symptoms of Kamala. Ayurveda believes in treating disease at its root cause from within. The present article is a case report of 56 years old male, farmer by profession visited in OPD and then admitted in IPD of Dr.

M.N. Agashe Dharmarth Rugnalalaya, Satara on 07/12/2020 having complaining of Netra pitata (icterus), Mutrapitata (Yellowish urine), Adhmana (pain in abdomen), Sakashta mutrapravrutti (painful micturition), Padashotha (Bipedal edema), Mukhapaka (Mouth ulcer) from last 4 days. He was on antihypertensive drug regularly. He was having Arsha (bleeding hemorrhoids), also having h/o Kamala 2 years ago. The patient was treated with Ayurveda management under IPD and then OPD basis for 3 weeks. This helps to achieve complete curative and prophylactic management of Bahupitta Kamala through Ayurveda.

KEYWORDS:

Kamala, Raktavaha Strotasa, Adhmana, Sakashta Mutrapravrutti, Mukhapaka, adashotha.

INTRODUCTION

In Ayurveda, liver disorders and their treatment modalities are very well described under the heading of “Kamala Vyadhi”. Acharya Charaka has considered kamala as an advance stage of Pandu Vyadhi. When Pandu rogi or patient who cured from Pandu continues to take Pitta vardhak Ahara then this causes excessive aggravation of Pitta dosha this further leads to kamala.

Kamala described under Raktavaha Srotas & Yakrit-pliha is the mula sthan of Raktavaha Srotas. Acharya Charaka said that Kamala is mainly cause due to frequently consumption of Ushna (hot), Tikshna (spicy) food i.e. Pittaprakopak Ahara (increasing level of Pitta). Due to these factors vitiation of Pitta (bile), Rakta (blood) and Mamsa (muscles)

Dhatu occurred. Symptoms like yellowish of skin (Twak pitata), sclera (netra), urine (Mutra), stool (Purisha), etc are clinical symptoms of Kamala.

In Ayurvedic literature, Kamala is treated mainly by Snehana (Oleation therapy) and Mrudu Virechana (mild purgation therapy). There are mainly two types of Kamala i.e. Bahupitta Kamala (Hemolytic or hepatocellular jaundice) and Ruddhpatha Kamala (obstructive jaundice). Main difference in between both Kamala is Tilapishtanibha Malapravrutti which is present in Ruddhpatha Kamala due to

biliary duct obstruction results in bile not entered in gastrointestinal tract and this symptom is formed. Bahupitta Kamala is also known as Koshtha shakhashrita Kamala due to circulation of Pitta (bile) into Koshtha (all systems) as well as Shakha (limbs).

Ayurvedic literatures have wealth of resource information regarding the measures for treatment of kamala and preventing its complication. Among them virechana has the major role to play. The present study will help to develop some evidence regarding avaleha kalpna. Also number of research works going on avaleha kalpna is restricted to urhagat vyadhi and in balroga, so more research is needed on avaleha kalpna to prove its efficacy in systemic diseases. So with motto of evaluating the efficacy of avaleha kalpna in Bahupitta Kamala work has been carried out under heading- *the effect of leha kamala in the management of bahupitta kamala - a case study*

Methods of Preparation of Leha Kamala:

The useful parts of above herbal and mineral ingredients made in fine powder form and products took in same quantity. Mixed them well and preserved appropriately in a container after mixing, took care that it should pass all the criterias of churna. use it with ghrut and madhu in visham matra.

DETAILS OF LEHA KAMALA:-

| Sr. No. | Drug | Latin name | Part used | Quantity |
|---------|-------------|-------------------|-----------|----------|
| 1 | Lohabhasma | Ferrum | Bhasma | 1 part |
| 2 | Haridra | Curcuma Longa | Kanda | 1 part |
| 3 | Daruharidra | Berberis Aristata | Kanda | 1 part |

| | | | | |
|---|-----------|----------------------|-----|--------|
| 4 | Haritaki | Terminalia Chebula | Fal | 1 part |
| 5 | Bibhitaki | Terminalia belerica | Fal | 1 part |
| 6 | Amalaki | Embllica officinalis | Fal | 1 part |
| 7 | Kutaki | Picorrhiza Kurroa | | 1 part |
| 8 | Ghrit | Ghee | | 1 part |
| 9 | Madhu | Honey | | 1 part |

Details of drug administration:

| | |
|--------------|--|
| Drug | Leha Kamala |
| Form of Drug | Semi-solid |
| Dose | 3 gm/day |
| Anupana | Koshnaja |
| Sevan Kaala | Three times in a day(7am,2pm,9pm) |
| Duration | 21 days |
| Diet | As per pathyakara Aharamentioned in Ayurvedic Classics |

CASE REPORT

56 years old male farmer by profession visited in OPD and then admitted in IPD of Dr. M.N. Agashe Dharmarth Rugnalalaya, Satara on 07/12/2020 having complaining of Netra pitata (Icterus), Mutra pitata (Yellowish discoloration of urine), Adhmana (pain in abdomen), Sakashta mutrapravrutti (painful micturition), Padashotha (Bipedal edema), Mukhapaka (Mouth ulcer) since last 4 days. He was on antihypertensive drug regularly. He was having (Arsha) bleeding hemorrhoids, also having h/o Kamala 2 years ago.

Past History

Previously 2 years ago he was consulted allopathic physician for same problem. He got relief, but suddenly after 2 yrs he got same problem. So he went to physician again but this time he didn't get any relief. Then he decided to take Ayurveda

treatment so he was admitted in our hospital.

General Examination

Patient was conscious, cooperative, well oriented to time, place etc. No cyanosis, No clubbing, Temp. 97f, RR=20/ min. Cvs= S1S2 N, Rs= AEBE, Clear, CNS= Conscious oriented.

On Examination

Raktbhara (BP) = 140/90 mm of hg

Nadi(Pulse)= 90/ min

Spo2= 98%

Dehoshma(Temp.)= 97 f BSL R =185 mg/dl

Mala= Asamyak.

Mutra=Sakashta Mutrapravrutti. Udara=

Adhamana ++ Kshudha= Mandya.

Jivha= Sama Nidra= Samyaka. Bala=Heena

Druk= Icterus ++ Shabd= Samyaka

Akruti=Madhyam

OBSERVATIONS AND RESULT

| <i>Lakshane</i> | <i>7/12/20</i> | <i>8/12/20</i> | <i>9/12/20</i> | <i>10/12/20</i> | <i>11/12/20</i> |
|-----------------------|------------------|------------------|------------------|-----------------|-----------------|
| <i>Netra Pitata</i> | ++ | ++ | ++ | ++ | + |
| <i>Mutra Pitata</i> | +++ | +++ | ++ | ++ | + |
| <i>Adhmana</i> | ++ | + | + | Abs | Abs |
| <i>Sakashta</i> | ++ | ++ | + | Abs | Abs |
| <i>Mutrapravrutti</i> | | | | | |
| <i>Padashotha</i> | ++ | + | + | + | + |
| <i>Mukhpaka</i> | ++ | ++ | ++ | + | + |
| <i>BP</i> | <i>140/80</i> | <i>100/60</i> | <i>120/80</i> | <i>120/80</i> | <i>100/70</i> |
| <i>Pulse</i> | <i>80</i> | <i>66</i> | <i>70</i> | <i>70</i> | <i>70</i> |
| <i>Mala</i> | <i>Asamyaka</i> | <i>Asamyaka</i> | <i>Asamyaka</i> | <i>Samyaka</i> | <i>Samyaka</i> |
| <i>Mutra</i> | <i>Sakashta</i> | <i>Sakashta</i> | <i>Samyaka</i> | <i>Samyaka</i> | <i>Samyaka</i> |
| <i>Udara</i> | <i>Adhmana</i> | <i>Adhmana</i> | <i>Normal</i> | <i>Normal</i> | <i>Normal</i> |
| <i>Kshudha</i> | <i>Mandya</i> | <i>Mandya</i> | <i>Samyaka</i> | <i>Samyaka</i> | <i>Samyaka</i> |
| <i>Jivha</i> | <i>Sama</i> | <i>Sama</i> | <i>Sama</i> | <i>Niram</i> | <i>Niram</i> |
| <i>Nidra</i> | <i>Samyaka</i> | <i>Samyaka</i> | <i>Samyaka</i> | <i>Samyaka</i> | <i>Samyaka</i> |
| <i>Bala</i> | <i>Heena</i> | <i>Heena</i> | <i>Heena</i> | <i>Heena</i> | <i>Madhyam</i> |
| <i>Druk</i> | <i>Icterus++</i> | <i>Icterus++</i> | <i>Icterus++</i> | <i>Icterus+</i> | <i>Icterus+</i> |
| <i>Shabda</i> | <i>Samyaka</i> | <i>Samyaka</i> | <i>Samyaka</i> | <i>Samyaka</i> | <i>Samyaka</i> |
| <i>Akruti</i> | <i>Madhyam</i> | <i>Madhyam</i> | <i>Madhyam</i> | <i>Madhyam</i> | <i>Madhyam</i> |

Investigation: CBC, LFT, URINE Routine & Microscopy, USG Abd & Pelvis, Urine Culture, Rapid Antigen, HbsAg

Follow Up: After discharging on 11/12/20, he came for follow up for next 3 weeks.

| <i>Lakshane</i> | <i>18/12/20</i> | <i>25/12/20</i> | <i>1/1/21</i> |
|--------------------------------|-----------------|-----------------|----------------|
| <i>Netra Pitata</i> | + | Abs | Abs |
| <i>Mutra Pitata</i> | + | Abs | Abs |
| <i>Adhmana</i> | Abs | Abs | Abs |
| <i>Sakashta Mutrapravrutti</i> | Abs | Abs | Abs |
| <i>Padashotha</i> | + | Abs | Abs |
| <i>Mukhpaka</i> | + | Abs | Abs |
| <i>BP</i> | <i>130/80</i> | <i>110/60</i> | <i>124/84</i> |
| <i>Pulse</i> | <i>64</i> | <i>86</i> | <i>68</i> |
| <i>Mala</i> | <i>Samyaka</i> | <i>Samyaka</i> | <i>Samyaka</i> |
| <i>Mutra</i> | <i>Samyaka</i> | <i>Samyaka</i> | <i>Samyaka</i> |
| <i>Udara</i> | <i>Normal</i> | <i>Normal</i> | <i>Normal</i> |
| <i>Kshudha</i> | <i>Samyaka</i> | <i>Samyaka</i> | <i>Samyaka</i> |

| | | | |
|---------------|-----------------|-----------------|----------------|
| <i>Jivha</i> | <i>Niram</i> | <i>Niram</i> | <i>Niram</i> |
| <i>Nidra</i> | <i>Samyaka</i> | <i>Samyaka</i> | <i>Samyaka</i> |
| <i>Bala</i> | <i>Madhyam</i> | <i>Madhyam</i> | <i>Madhyam</i> |
| <i>Druk</i> | <i>Icterus+</i> | <i>Icterus+</i> | <i>Abs</i> |
| <i>Shabda</i> | <i>Samyaka</i> | <i>Samyaka</i> | <i>Samyaka</i> |
| <i>Akruti</i> | <i>Madhyam</i> | <i>Madhyam</i> | <i>Madhyam</i> |

DISCUSSION:

Kamala belongs to Apratyaksha Yakrut Roga. It is one among the Pittaja Vyadhi also explained under rakta pradoshaja vikara in all the Classics. Charaka described Kamala as sequel of Pandu Roga, but Sushruta and Vagbhata have accepted Kamala (Jaundice) not only as one of the complications of Pandu Roga (Aneamia) but also in association of other diseases.

The useful parts of above herbal i.e. Haridra, Daruharidra, Hariataki, Bibhitaki, Amala, Kutaki, and mineral ingredient i.e. Loha bhasma made in fine powder form and products took in same quantity. Mixed them well and preserved appropriately in a container after mixing, took care that it should pass all the criteria's of churna. Then used it with ghrut and madhu in visham matra.

This clinical trial is a randomized single case study where Leha Kamala was used to find out its efficacy in Bahupitta kamala. Leha kamala was given in dosage of 1gm/ thrice a day with Madhu+Ghrita for 21 days. Follow up was taken with interval of 7 days for 3 weeks after discharging patient.

It is observed that Netra Pitata reduced on 4th day and got complete relief on 2nd week, Mutra Pitata reduced on 3rd day and complete relief on 2nd week,

Adhmana reduced after day 1st and completely got relief on 4th day, Sakashta Mutrapravrutti got relief on 4th day, Padashotha and Mukhapaka reduced from day 2nd and got complete reduction on 2nd week after discharge, Mala became samyaka from 4th of treatment, Kshudha took 3 days to become normal, Jivha became niram on 4th day, At first bala was heena took 4weeks after discharge, Netra remain peeta then reduced on 4th day and took to be normal 3weeks after discharge, BP, Pulse, Akruti, Nidra, Shabda were normal throughout study.

CONCLUSION

At the end of the study, following conclusions can be drawn on the basis of Observations made, Results achieved and thorough discussion in the present context. This can be summarized as below-

Patient got complete relief from Netra Pitata and Mutra Pitata on 2nd week, Adhmana and sakashta Mutrapravrutti on 4th day, Kshudha became normal on day 3rd, Padashotha and Mukhapaka took 2 weeks to be normal, Netra Peetata normal after 3 weeks. No side effects were seen during admission as well as after discharge. But further study needed to observe the effect of Leha Kamala in Kamala, the study should be done on more number of patients and for

longer duration to remark other benefits.

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