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An Ayurvedic Review On Kamala (Jaundice)

Pratibha¹, Subhash Upadhyay²

¹PG Scholar, ²SGCAS & Hospital, Tantia University, Shri Ganganagar, Rajasthan, India

Abstract-

Ayurveda is not only a medical science but also it is a life science, which gives us a message of healthy and better living, since time immemorial. Ancients sages like Charaka, Susruta and Vagbhata have vividly described Kamala roga (Jaundice) disease. The management of Kamala and its complication with drugs, diet and life style have been mentioned in Ayurvedic classics. Charaka has considered it as advance stage of Pandu roga (Anaemia disease) and described Kamala in the 16th chapter of Chikitsa Sthana, along with Pandu roga. The main Dusya (causative factor) is Rakta (blood), at the same time both are Pitta predominant disease and Charaka has considered it as a advance stage of Pandu roga; Harita has considered it as a type of Pandu roga, but Susruta has mentioned it as a complication of Pandu roga as well as other disease also where Vagbhata also described it as a separate disease.

Key word: Ayurveda; Kamala; Charaka; Pandu.

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Corresponding author: Pratibha, PG Scholar, SGCAS & Hospital, Tantia University, Sri Ganganagar, Rajasthan, India

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Introduction-

Kamala is one of those clinical entities conceived by *Ayurveda*; *Charaka* has considered it as advance stage of *Pandu roga* and described *Kamala* in the 16th chapter of *Chikitsa Sthana*, along with *Pandu roga*. The main *Dusya* is *Rakta*, at the same time both are

Pitta predominant disease and *Charaka* has considered it as an advance stage of *Pandu roga*.^[1]

Nirukti of Kamala (Etymology):-

Kamala is a compound word Kama+la means lust or desire. *Kamala* is a *Pittaja Nanatmaja vyadhi*^[2] and a *Raktapradosaja vyadhi*.^[3]

Classification of Kamala**Charaka:-**

1. *Kosthashrita*,
2. *Sakhashrita*,
3. *Halimaka*,
4. *Kumbha Kamala*.

Susruta:-

1. *Kamala*,
2. *Halimaka*,
3. *Kumbhahvaya*, (*Kumbha sahva*),
4. *Lagharaka* (*lagharaka-alasaka*).

Vagbhata:-

1. *Svatantra*,
2. *Paratantra*,
3. *Kumbha Kamala*,
4. *Lodhara*,
5. *Alasaka*^[4]

Nidana (etiology):- *Kamala* is produced by two different ways. - Excessive consumption of *Paittika ahara & vihara* by *Pandu rogi* or patient suffering from any disease and radically cured. - Use of excessive *paittika ahara & vihara* by disease free person i.e. the persons who have aggravation of *Pitta*.

Purva Rupa (Prodromal symptoms):-

Prodromal symptoms have not been mentioned separately for *Kamala*, but *Acharya Charaka* and *Susruta* included general *Purva Rupa* of *Kamala* within the *Panduroga*. The general prodromal features by *Acharya Susruta* –

1. *Tvaka sphotanam* (cracking of skin),
2. *Sthivanam* (salivation or spitting),
3. *Gatrasada* (lassitude),
4. *Mridbhakshana* (desire for eating clay, pica),
5. *Preksana kuta Sotha* (swelling of eye lids),

6. *Pita mutra* and *vit* (yellow urine and stool),
7. *Avipaka* (indigestion).^[5]

According to Charaka:

1. *Nissara* (devoid of strength),
2. *Alpa Rakta* (Anaemia),
3. *Alpa medasa* (Hypo activity of bone marrow),
4. *Gatravaivarnya* (discoloration),
5. *Sithilendriya* (lack of interest).^[6]

Rupa:-

1. *Haridra netra*, *tvaka*, *nakha* and *Mukha* (yellow discoloration of eye, skin, nail bed and oral mucosa),
2. *Rakta pita purisha* and *mutra*,
3. *Bheka varna* (toad like color of skin),
4. *Hatendriya* (blunting of senses),
5. *Daha* (burning sensation of body),
6. *Avipaka* (indigestion),
7. *Daurbalya* (weakness),
8. *Sadana* (malaise),
9. *Aruchi* (anorexia),
10. *Karshana* (weight loss);

Susruta quotes –

Arati, *Tandra*, *Balakshaya*, along with features of *Pandu* as symptoms of *Kamala*.^{[7][8][9]}

Samprapti:-

Though *Kamala* shares similarity with *Pandu* in *Nidana* and *Samprapti*, it has its own *Samprapti* in the evolution of disease.

When *Pandurogi*, *Pitta* predominant person or patient cured of *Pandu* or any disease, intake of *Pitta vardhaka ahara* then excessive aggravation/vitiation of *Pitta* occur; this further lead to *Kosthashrita Kamala*, *KosthaSakhashrita Kamala* and *Sakhashrita Kamala*.^[10]

Samprapti ghataka:-

1. *Dosha: Pitta;*
2. *Dushya: Rakta, Mansa;*
3. *Adhithana: Kostha (MahaSrotasa – Yakrit) Sakha(Raktadi and tvacha);*
4. *Srotasa: Rasavaha, Raktavaha, Annavaha, Pureeshvaha;*
5. *Srotodusti: Atipravritti, Sanga, Vimargagamana*

Sadhyasadhya (prognosis):-

Initial stage of *Kamala* is *sadhya*. On long standing becomes *kricch-sadhya* if *asadhya lakshana* develop it become *asadhya* (incurable).^[11]

Asadhya lakshana Kamala roga (Incurable status):-

1. Krishna peeta purisha
2. Krishna peeta mutra
3. Sotha
4. Sarakta Netra and Mukha, chardi, pureesha, mutra,
5. Murcha
6. Daha
7. Aruchi
8. Trishna
9. Anaha
10. Tandra
11. Moha
12. Nashtagni
13. Nasthagni sangya^{[12][13]}

Asadhya lakshana of Kumbha Kamala:-

1. Vamana
2. Aruchi
3. Hrillasa
4. *Jvara*
5. *Klama*
6. *Svasa*

7. *Kasa*
8. *Vid-bheda*^[14]

Chikitsa siddhanta (Line of treatment)

- A. *Sodhana* (Purificatory therapy) - *Snehana Virechana*
- B. *Sanshamana* (Palliative therapy) - ***Kapha Pitta haranama Chikitsa***

As the *Kamala* is classified into two groups the main line of treatment for *Sakhashrita Kamala* needs special emphasis because *malaranjaka Pitta* is situated in *Sakha* therefore *Virechanadi karma* will not be effective till *Dosha* are not brought to the *kostha*.

So *Charaka* has mentioned especially some measures to bring *Dosha* from *kostha* to *Sakha*. There are five measures –

- 1) *Vridhyat*, 2) *Vishyandanat*, 3) *Pakata*, 4) *Srotomukhovishodhanata*, 5) *Vayu nigrahat*^[15]

Management of Kamala:-

In *Ayurvedic* texts scholars with their treasure of knowledge and experience have scientifically explained the principles of management of *Kamala*. *Acharya Charaka* has mentioned “*Kamale tu Virechanam*” i.e. purgation therapy with *mridu* and *tikta dravyas*. *Acharya Susruta* mentioned drug and dieted regimens. *Acharya Vagbhata* quoted “*Kamalayam tu Pittaghnam Pandurogavirodi yat*” i.e. drugs which pacify *Pitta* and drugs which do not interfere with *Panduroga* should be used.^[16]

The principle of management of *Kamala* can be classified in a broad sense (1) *Samshodhana* (2) *Samshamana*.

1) Samshodhana:-**Snehana:-**

By using medicated *ghrita* like *Panchagavya ghrita*, *Kalyanaka ghrita*, *Draksha ghrita*, *Mahatikta ghrita*, *Haridradi ghrita* & *Dadima ghrita* etc. *Svedana* is contraindicated in *Kamala*. *Virechana* should be done by *tikta* and *mridu dravya* the following are advised by *Charaka* in *Panduroga Chikitsa*.^[17]

1. *Aragvadha phanta* with *sunthi*, *pippali*, *marica*, *bilva*, along with the *svarasa* of *ikshu*, *vidari* and *amalaki*, *Gomutra Haritaki*.^[18]
2. *Dantimula kalka* and *guda* with cold water
3. *Triphala kwatha* with *trivrit kalka*
4. *Triphala kvatha*, *Guduchi svarasa*, *Daruharidra kvatha* or *Nimba patra svarasa* with *Madhu* in the early hours.^[19]

Samshamana:-

After *Virechana karma*, *Samshamana* drugs are to be administered. They can be given as single drugs or compound drugs. Single drugs proved to be very effective and are substantiated by various clinical and experimental trials. The actions of the *Samshamana* drugs were *Pitta hara* / *TriDoshahara* *Pitta recana* (Choleratic), *Yakrid uttejaka* (Liver stimulant), *Dipana* (Appetiser), *Recana* (Purgative), *Sothahara* (Anti-inflammatory), *Jvarahara* (Anti-pyretic), *Rakta Shodhana* (Blood purifier), *Rasayana* (Geriatric), *Sroto shodhana* (Channel purifier).

Treatment of Sakhshrita Kamala:-

Ruddhapatha *Kamala* needs different principle of management, since *malarupa Pitta* is in the

Sakha and *Virechana* will not be effective till *Dosha* are brought into *kostha* (*MahaSrotasa*). Here *Kapha* which obstructs the path of *Pitta*, should be treated primarily thereafter *Pitta* should be alleviated. The recipes which alleviate *Kapha*, like *katu*, *ruksha*, *amla*, *teekshna* and *usna* drugs have to be administered. 1. Soup of peacock, *teetara* (partridge), and cock and *sushkamulaka*, *kulattha*, 2. *Matulunga svarasa* with honey, *pippali*, *maricha* and *sunthi* have to be given, 3. By giving these drugs *Pitta* is brought in *kostha* and then *Pittahara Chikitsa* is done.^[20]

Duration of treatment (Mukta Kamala lakshana):- Treatment should be continued till the stool of patient acquires the colour of *Pitta* and *Vayu* is alleviated. When *Pitta* reaches *svasthana* (*kostha*) and patient is relieved of *upadrava*, earlier line of treatment should be resumed.^[21]

Management of Kumbha Kamala:-

Kumbha Kamala is an *Asadhya* or *Kricchra sadhya vyadhi*.^[11] *Charaka* has not mentioned any specific treatment.

Susruta – 1. *Mandura* with cow's urine + *saindhava lavana*- 1 month;

2. *Mandura bhasma* + *Bibhitaka phala majja* + *Sunthi churna* in equal proportions with cow's urine.^[22]

Vagbhata – 1. *Shilajatu* with *gomutra* – 1 month,

2. *Svarnamakshika bhasma* with *gomutra* – 1 month.^[23]

Pathya – Apathya^[24]:-

Pathya:-

1. *Vamana*, *Virechana*, *purana sali*, *yava* and *godhuma*, *mudga*, *masura*, *adaki-sushka*,

jangala mansa rasa, 2. *Patola*, *Kooshmanda* (ripe), unripe *kadali*, *jivanti*, *ikshu*, *guduchi*, *tanduliyaka*, *lauha bhashma*, 3. *Punarnava*, *vartaka*, *lashuna*, *palandu*, ripe mango, *Haritaki*, *amalaki*, *gomutra*, *haridra* and *nagkesara*, 4. Buttermilk, *souviraka*, *tushodaka*, *navanita* and *chandana*, 5. *Daha/Agni karma* – 2 inches below umbilicus, between *stana* and *kaksha*, *hastamula*, forehead.

Apathya:-

1. *Rakta mokshana*, *dhumapana*, *veganirodha*, *svedana*, sexual intercourse.
2. *Shimbi dhanya*, *hingu*, *masha*, excess drinking of water, *tambula*, *sarshapa*, *sura*.
3. Eating mud, *divasvapana*, intake of *lavana* water of *Sahya*, *Vindhya* mountain areas,
4. *Amla rasa*, *guru-vidahi padartha*, contaminated water, non congenial, un-hygienic diet,
5. Residing in hot climates and exposure of radiant sun, anger, *vyayama* and strenuous physical and mental activities.

DISCUSSION:-

Kamala is a condition where the skin, eye and mucous membrane take yellow discoloration. In modern science jaundice is considered as symptom of liver disorder whereas in *Ayurveda* *Kamala* is taken as disease. Earlier studies shows that it is a disease related with liver in which yellow appearance of body is found.

CONCLUSION:- In the *Ayurvedic* literature, *Kamala* is described a *Pitta* dominating liver disease. *Charaka* describes that *Kamala* is a predominant stage of *Pandu*. *Harita* has

considered it as a type of *Pandu roga*, but *Susruta* has mentioned it as a complication of *Pandu roga* as well as other disease also where *Vagbhata* also described it as a separate disease. Due to a *Pitta* dominant disease *Pitta shamak* treatment is given. In modern refers to the condition which effects the luster of the body due to discoloration excessive bile pigmentation and which impairs the complexion of skin, resulting in yellowish discoloration of the bile (*Pitta*) into blood, so in the treatment hepatoprotective drug along with *Virechana* therapy is given.

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