Ayurvedic management of *Koshtashrita Kamala* (Hepatocellular Jaundice) - A Case report

Case Report

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Abstract

*Kamala* is a type of Liver disorder mentioned in our classics. It is caused by vitiation of *pitta* with the signs and symptoms like *Haridra netra* (yellow eyes), *twak nakha* (yellowish skin and nails) and *Dourbalya* (weakness), based on these clinical features, it can be well understood under the purview of Jaundice. The condition where yellowish discoloration of skin and sclera of the eyes due to high level of serum bilirubin is known as Jaundice. The pitta present in the body aggravates due to specific diet and lifestyle, attains *sthana samshraya* in *kshota* due to *kha vaigunya*, further causes *dagdhatwa* of *Rakta* and *Mamsa* this condition is known as *Koshtashrita Kamala*. A case presented with *Peeta Netrata*, *Peeta Varnyata Mutra*, *Aruchi*, *Agnimandhya* etc was diagnosed as Koshtashrita Kamala it was intervened successfully with *Shodhana* and *Shamana oushadi* with proper *pathya* for a period of 11 days. The effect of treatment was assessed based on improvement in clinical signs and symptoms along with Liver Function Test. There was significant improvement in the condition by 60% thus Kamala can be well managed by Ayurvedic intervention.

Key Words: *Ayurveda*, *Jaundice*, *Kamala*, *Liver*, *Pitta*, *Shodana*.

Introduction

*Yakrut* (Liver) is one among the *Koshtanga* (organs of body) where the *Bhutagni paka* (metabolism at minutest level) takes place. It is the seat of *Ranjaka pitta* and *mula* (origin) for *Raktavaha* shrotas(1). *Kamala* is caused by *pitta prakopakara ahara* and *vihara*. The word ‘*Kamala*’ is composed of 2 words – *‘Ka’*Kaya (body) and *‘Mal’* (toxins) together forms ‘Kamala’, which signifies accumulation of toxins in the body. It is classified into 2 types - *Koshtashrita Kamala* (Hepatocellular jaundice) and *Shakashrita Kamala* (Obstructive Jaundice)(2). The *pitta* present in the body aggravates due to specific diet and life style attains *vriddhavastha* in *kshota*(3), this condition is named as *Koshtashrita Kamala*. Aggravated *pitta* causes *dagdhatwa* of *Rakta* and *Mamsa*(4) leading to *Kamala*. In *Shakashrita Kamala* there is obstruction to the bile passage by *Kapha*(5).

Jaundice is a condition where there is yellowish discoloration of skin and sclera of the eyes due to high level of serum bilirubin in blood(6). In Hepatocellular Jaundice there will be increased conjugated serum bilirubin and increased urine bilirubin which comes under *koshtagata Kamala*. As the incidence of *Koshtashrita Kamala* is more, the disease is taken up for the study. *Virechana* is the first choice of treatment for *pitta pradhana* and *rakta pradhoshaja* *vikara*. *Kamala* is one such disorder mentioned in classics where *mridhu virechana* with *tikta oushadhas*(7) has prime role to play. When *Ranjaka pitta* gets *sthanasamsraya* in *Urdhwajatru pradesha* mainly in *netra*, *jihwa* and becomes stagnant even after the *virechana karma*, *Nasya* is indicated.

Objectives

To evaluate the *Ayurvedic* management of *Koshtashrita Kamala*.

Materials and methods

Medicine source- GMP certified company medicine from Sri Dharmasthala Manjunatheshwara College Pharmacy. Subject source- IPD of Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan, Karnataka, India.

Subjective Parameters

1. *Peeta Netra* (yellowish discoloration of sclera)
2. *Peeta Mutra* (yellowish discoloration of urine)
3. *Aruchi* (Anorexia)
4. *Agnimandya* (loss of appetite)
5. *Dourbalya* (weakness)
6. *Klama* (giddiness)
7. *Angamarda* (bodyache)
8. *Kandu* (itching)
   • Normal 00
   • Mild 01
   • Moderate 02
   • Severe 03

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Objective Parameters

1. Liver Function Test

Case History

A 70 yrs old male person came to OPD of Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan, Karnataka, India on 26/6/2020. The subject was apparently healthy 7 days back, gradually he developed Peeta Netrata, Peeta Varnyata Mutra, Aruchi, Agnimandhya, Dourbalyata, Klama, Angamardha and Kandu with these presenting complaints, he approached our institute for further management. So he was admitted under Panchakarma Department.

History of Past Illness

K/C/O Alcoholic since 45 years
K/C/O Type 2 Diabetic mellitus since 2 years on medication Tab Metformin 0-1-0 and Tab Glimipride 1-0-1
K/C/O Hypertension since 2 years on medication Tab Amlong 5 mg OD

Physical examination

General appearance - ill look
Built - moderate
Pallor - Absent
Icterus - Present in Sclera
Cyanosis - Absent
Clubbing - Present
Lympadenopathy - Absent

Ashtavidha Pariksha

Nadi (pulse) – Manda, Vata Pitta
Mala (Stool) – Asamyak pravruthi (irregular)
Mutra (urine) – Peeta varnyata (yellowish)
Jihwa (tongue) – Saama (coated)
Shabda (sound) – Prakruta (normal)
Sparsha (skin) – Sama shitosha (normal temperature)
Drik (eyes) – Netra peetata (yellowish sclera)

Dashavidha Pareeksha

- Prakriti – Vata Pitta
- Sara – Madhyama
- Samhanana – Madhyama

Satva – Madhyama
Satmya – Madhyama
Vyayama shakti – Alpa
Aharashakti –
- Abhyavaharana Shakti - Alpa
- Jarana Shakti - Alpa
Vikruti –
- Hetu - Madya
- Dosh - Pitta Kapha
- Dushya - Rasa, Rakta, Mamsa
- Desha - Jangala
- Kala - Vyaktavasta
- Vyadhibala - Madhyama

Systemic Examination

Central Nervous System – conscious and well oriented
Respiratory System – Normal vesicular breath sound
Cardiovascular System – S1 and S2 heard
Abdominal Examination –
- Inspection – normal shape, no scars, umbilicus inverted
- Palpation – tenderness positive over Right Hypochondrium, Epigastric, Right Lumbar and Iliac region
- Percussion – Tympanic Sound
- Auscultation – Bowel sound normal 16/min

Nidhana Panchaka

Nidhana - Madhya
Purvarupa - Klama, Aruchi
Rupa - Peeta Netrata, Peeta Varnyata Mutra, Aruchi, Agnimandhya, Dourbalyata, Klama, Angamardha and Kandu
Upashaya - Nothing significant

Samprapti Ghataka

Dosha - Pitta
Dushya - Rasa, Rakta, Mamsa
Ama - Sama
Agni - Mandagni
Strotas - Rasavaha srotas, Raktavaha srotas, Annavaha srotas and Purishavaha srotas
Strotodushti - Sanga, Vimargagamana
Vyakhasthana - Twak, Netra, Mutra
Adishtana - Yakrut
Diagnosis - Koshashritha Kamala

Treatment Schedule

Table 1: Intervention planned with Shodhana and Shamana oushadhis

<table>
<thead>
<tr>
<th>Date</th>
<th>Intervention</th>
<th>Dose and Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>26th June Onwards</td>
<td>Shirodhara with Dhanyamla (room temperature)</td>
<td>30 mins for 11 days</td>
</tr>
<tr>
<td>26th June -28th June</td>
<td>Tab Kamadugha Mukta</td>
<td>2 BD before food for 3 days</td>
</tr>
<tr>
<td>26th June Onwards</td>
<td>Patolakaturuhinyadi Kashaya</td>
<td>20 ml TID before food with equal quantity of warm water</td>
</tr>
<tr>
<td>26th June Onwards</td>
<td>Arogyvardhini Vati with Nimba Kalka</td>
<td>2 TID after food 2 gm</td>
</tr>
<tr>
<td>26th June- 1st July</td>
<td>Avipattikara churna</td>
<td>3 gm BD with warm water before food for 6 days</td>
</tr>
</tbody>
</table>
Results and Discussion

Kamala is a Pitta pradhan Tridoshaja vyadhi, where Rakta and Mamsa dhata are involved. Ishat sneha guna of pitta will be aggravated in the body, thus Rukshana with deepana will help to relieve the condition. Tikta, Kashaya and Madhura rasa Dravya helps in this perspective. Hence, Trivrit (Operculina terpethum (Linn.) Silva Manso), Patola (Tricocanthes dioica(Roxb)) and Katuki (Picrorhiza kurroa (Royle ex Benth)) are drug of choice for Ruksha virechana. These are the main ingredients in formulations such as Avipattikara churna, Patolakaturohinyadi Kashaya and Arogavardhini Vati which have been administered in the above case. Even though Bahudoshavasta of Pitta is seen in Kamala, Tikshna Shodhana cannot be administrated due to Ojokshaya and Dowrbalya. Hence, Acharya Vagbhata has advised to take out dhushiya pitta in Alpa Pramana but repeatedly. On this note, Avipattikara Churna is administered as Nitya virechaka (Cholegogue).

Praval Bhasma (Coral calx) possess Kshariya and Madhura rasa, it is Laghu and sheeta guṇa, mitigates Tridosha, good appetizer and digestive stimulant. It also helps to improves physical strength and kills many infectious organisms in the body (8).

Guduchi (Tinospora cordifolia (Wild.) Miers) is Tikta Rasa Pradhan Dravya(9), prevents fibrotic changes and promote regeneration of Parenchyma tissue. It has membrane stabilizing effect and modulation of kuffer cell activities(10).

Nasya- Ranjaka pitta gets sthanasamsraya in Urdhwaţratu pradesha mainly in netra, jihwa and becomes stagnant even after the virechana karma, hence Nasya is indicated.

- Jeemuthaka Nasya - When Nasya was administered, intense yellow Rhinorrhoea was observed and patient had 3 episodes of vomiting on first day. There was sufficient reduction in icterus.
- Kumari Swarasas Nasya- Kumari possess Tikta madhura rasa and sheeta virya(11).

Dhanyamla Shirodhara and Kumari Netra bandhana was effective in Anidrata.

Arogavardhini vati contains Katuki as main ingredient which has tikta rasa and kaphapittahara karma and Purgative property(12). This formulation is considered as a potent digestive stimulant, anti inflammatory and anti viral property. Extremely effective in treating various liver problems like hepatitis, jaundice and fatty liver. Nimba (Azhadirachta Indica(A.Juss)) has Antioxidant, remove toxins and prevents fibrotic tissue. It has membrane stabilizing effect and modulation of kuffer cell activities(10).

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<table>
<thead>
<tr>
<th>Diet Schedule</th>
<th>Table 2: Pathya ahara niyama</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time Duration</td>
<td>Diet</td>
</tr>
<tr>
<td>8 AM</td>
<td>Laja Manda</td>
</tr>
<tr>
<td>11 AM</td>
<td>Yava Mantha</td>
</tr>
<tr>
<td>2 PM</td>
<td>Peya</td>
</tr>
<tr>
<td>5 PM</td>
<td>Shunti Kashaya</td>
</tr>
<tr>
<td>8 PM</td>
<td>Peya</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Pathya – Boiled vegetables, Pomegranate
Apāthya – Oily spicy food, non veg, curd, bakery food, day sleep and alcohol.

Subject was admitted for 11 days and found relief in generalized weakness, body pain and Icterus was reduced. Appetite and sleep were improved. There were improvements in both Subjective and Objective parameters from Moderate to Mild/Normal.

Table 3: Laboratory Investigations

<table>
<thead>
<tr>
<th>Date</th>
<th>27/6/2020</th>
<th>30/6/2020</th>
<th>7/7/2020</th>
<th>11/8/2020 (Follow up)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Bilirubin</td>
<td>14.7 mg/dl</td>
<td>16.8 mg/dl</td>
<td>11 mg/dl</td>
<td>2 mg/dl</td>
</tr>
<tr>
<td>Direct Bilirubin</td>
<td>9.6 mg/dl</td>
<td>9.8 mg/dl</td>
<td>6 mg/dl</td>
<td></td>
</tr>
<tr>
<td>Indirect Bilirubin</td>
<td>5.1 mg/dl</td>
<td>7 mg/dl</td>
<td>5 mg/dl</td>
<td></td>
</tr>
<tr>
<td>Total Protein</td>
<td>6.1 mg/dl</td>
<td>5.1 mg/dl</td>
<td>6.4 mg/dl</td>
<td></td>
</tr>
<tr>
<td>Albumin</td>
<td>3.0 mg/dl</td>
<td>2.9 mg/dl</td>
<td>2.7 mg/dl</td>
<td></td>
</tr>
<tr>
<td>SGOT</td>
<td>917 U/L</td>
<td>1220 U/L</td>
<td>351.7 U/L</td>
<td></td>
</tr>
<tr>
<td>SGPT</td>
<td>728.1 U/L</td>
<td>920 U/L</td>
<td>278 U/L</td>
<td></td>
</tr>
<tr>
<td>ALT</td>
<td>298 U/L</td>
<td>205 U/L</td>
<td>164 U/L</td>
<td></td>
</tr>
</tbody>
</table>

Since the results were satisfactory along with improvement in the general condition of the subject, hence discharged and Shamaṇa aushadi was prescribed for a period of 1 month as mentioned below-

Table 4: Discharge Medicine

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Dose</th>
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<tbody>
<tr>
<td>Avipathikara Churna</td>
<td>5 gms TID B/F with warm water</td>
</tr>
<tr>
<td>Guduchi Churna</td>
<td>30 ml TID A/F with warm water</td>
</tr>
<tr>
<td>Praval Bhasma</td>
<td>2 TID B/F</td>
</tr>
<tr>
<td>Patolakaturohinyadi Kashaya</td>
<td>15 ml BD B/F with water</td>
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Results and Discussion

Kamala is a Pitta pradhan Tridhosha vyadhi, where Rakta and Mamsa dhata are involved. Ishat sneha guna of pitta will be aggravated in the body, hence discharged and Shamaṇa aushadi was prescribed for a period of 1 month as mentioned below-

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Avapeedana Nasya with Kumari swarasa
Netra Bhandana with Kumari pulpd and Guduchi churna

2nd July - 7th July

Combination of:
Avipattikara Churna (50gms) + Guduchi Churna (20gms) + Praval Bhasma (5gms)

Avapeedaka Nasya with Jeemutaka Phala churna

2nd July

4th July

6th July

Diet Schedule

Table 2: Pathya ahara niyama

<table>
<thead>
<tr>
<th>Time Duration</th>
<th>Diet</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 PM</td>
<td>Aloevera Juice</td>
<td></td>
</tr>
<tr>
<td>5 PM</td>
<td>Arogyavardhini Rasa</td>
<td></td>
</tr>
<tr>
<td>11 AM</td>
<td>Pravala Bhasma</td>
<td></td>
</tr>
<tr>
<td>2 PM</td>
<td>Guduchi Churna</td>
<td></td>
</tr>
<tr>
<td>5 PM</td>
<td>Urdhwajatru pradesha</td>
<td></td>
</tr>
<tr>
<td>7 PM</td>
<td>Tikshna Shodhana</td>
<td></td>
</tr>
<tr>
<td>8 PM</td>
<td>Anidrata</td>
<td></td>
</tr>
</tbody>
</table>

2nd July - 7th July

Combination of:
Avipattikara Churna (50gms) + Guduchi Churna (20gms) + Praval Bhasma (5gms)

Avapeedana Nasya with Kumari swarasa

Netra Bhandana with Kumari pulpd and Guduchi churna

3 bindu (1.5ml) in each nostril on empty stomach early in the morning (on alternate days)

30 minutes evening

2nd July

4th July

6th July

Avapeedaka Nasya with Jeemutaka Phala churna

120mg + Go Ksheera 3ml (6 bindu)

5gm BD with warm water before food

6 drops each nostril evening

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Conclusion

Koshtashrita Kamala is Pitta Pradhana Tridoshaja vyadhi, where Ojas Kshaya is also seen. Hence even though Virechana is a classical line of management for Prakupita Pitta, Tikshna Shodhana cannot be administered. Thus, it is successfully managed by Nitya Virechana, Nasya and other Pittahara Shamanaushadi along with proper pathya and Apathya.

References


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