

An Ayurvedic Approach in the Management of Kamala: A Case Study

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ABSTRACT:

Ayurveda is an ancient medical science. It has thoroughly described *Swatthavritta* as well as treatment of various diseases. In our ancient *Samhita*, *Kamala Vyadhi* is briefly described. *Kamala* is *Pittaj Nantmaj* as well as *Raktapradoshaja Vyadhi*. *Kamala* is compound word (kam+la) means lust or desire. In *Kamala* there is no any desire to eat or drink. An individual suffers from severe *Arochaka*, *Avipaka*, *Agnimandya* in *Kamala*. *Charakacharya* has considered *Kamala* as advanced stage of *Panduroga*. *Shushrutacharya* has considered *Kamala* as a separate disease and also may be due to further complication of *Panduroga*, whereas *Vagbhatacharya* described *Kamala* as a separate disease. *Kamala* can be correlated with jaundice in modern medical science. Modern science has limitations in treating *Kamala Vyadhi* (jaundice) but Ayurvedic literature clearly explained pathology and treatment of *Kamala Vyadhi* which shows the specificity of Ayurveda. With Ayurvedic medicines, we can treat and avoid recurrence of *Kamala*. The management of *Kamala* and its complications along with drug, diet and lifestyle have been mentioned in Ayurvedic classics.

KEYWORDS: Kamala, Jaundice, Panduroga, *Arochaka*, *Avipaka*, *Agnimandya*.

INTRODUCTION:

Ayurvedic literature correctly addressed the pathogenesis and treatment of *Kamala Vyadhi*, highlighting the distinctiveness of Ayurveda. *Charakacharya* has considered *Kamala* as advanced stage of *Panduroga*. When a person with *Panduroga* continues to consume *Pittakar ahar*, *Kamala* may develop. According to Ayurveda, *Kamala* (jaundice) is a *Raktavahastrotas* disease. ¹ *Yakrit* and *Pleeha* are *Raktavahastrotas'* *moolasthanas*. ² The compound term *kamala* (kam+la) denotes lust or desire. There is no desire to eat or drink in *Kamala*. Jaundice is typically, though not always, a symptom of liver illness. In Southeast Asia, infectious hepatitis, bile duct obstruction from gallstones or tumours, alcoholic liver disease, medications, etc. are the most frequent causes. ³ Hepatitis B, hepatitis C, and alcohol addiction are the leading causes of chronic liver disorders worldwide.

A CASE REPORT AS FOLLOWS

A 28 year old male patient came to us with Chief Complaint of –

1. *Pitta varniya twaka* (Yellowish discoloration of skin) since 7 days
2. *Pitta varniya mutra* (Yellowish discoloration of urine) since 7 days
3. *Agnimandya* (Anorexia) since 7 days
4. *Hrullhas* (Nausea) since 7 days.

History of Personal Illness :-

The patient was alright 7 days ago, then patient had been suffering from *Pita Varniya twaka* (Yellowish discoloration of skin), *Pitta Varniya Mutra* (Yellowish discoloration of urine), *Agnimandya* (Anorexia), *Hrullhas* (Nausea). With these complaints Patient came to the OPD of Kayachikitsa , Jammu Institute of Ayurveda & Research Jammu.

History of Past Illness :- No H/o DM / HTN / Asthma.

Family History: All family members are said to be healthy.

Personal History:-

Agni = *Kshudhamandya*

Mala = *Vibandha*

Mutra = *Pitavarniya*

Nidra = *Samanya*

ASTHA VIDHA PARIKSHA-

Nadi = 76/min.

Mala = *Vibandha*

Mutra = *Pitavarniya*.

Jihwa = *Ishat saam*.

Shabda = *Prakrut* .

Sparsha = *Pitavarniya*.

Druka = *Netrapitata*

Akruti = *Madhyama*.

SYSTEMIC EXAMINATION

CNS- well oriented to person, place and time

CVS system: S1, S2 is audible, No murmur

Respiratory system: no obvious deformity, with B/L clear chest, no added sound present

Digestive System: decreased appetite and constipation

Uro-genital System: yellowish discoloration of urine

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Management:-

Shodhan Chikitsa:- Virechan with Amlastas Phal Majja

Shaman Chikitsa:-

1. *Punarnava Mandoor* 2 BD (A/M) with luke warm water.
2. *Aarogyavardhini Vati* 2 BD (A/M) with luke warm water.
3. *Phaltrikadi Kwath* 20 ml with equal amount of water.
4. *Bhunimba Churna* 5 gm with luke warm water

Pathya Ahar and ViharAhara

1. Carbohydrate rich diet -bread, rice, potato, yam, custard, sugarcane juice
2. Cereals -Old rice (*Oriza sativa*), Barley (*Hordeum vulgare*), Godhuma (wheat).
3. Pulses -Adhaki(red gram -*Cajanus cajan*), Kulattha (horse gram), Mudga (green gram)
4. Vegetables - leafy vegetables like lettuce and spinach.
5. Fruits - Orange, Watermelon, Apple, Jambu (*Syzigium cumin*), Kapitha (*Feronia limonia*), grapes, pears, carrot and beets. Avoid fried and fatty food Vihara (Lifestyle Modification)
6. Aasanas (*Gomukhasana*, *Nokasana*, *Matsyendrasana*, *Dhanurasana*), *Kapalbhati*, *Pranayama*

RESULT & DISCUSSION:-

DISCUSSION:-

MODE OF ACTIONS OF DRUGS:-

DRUGS	PROPERTIES	Mode of Action
<i>Punarnava Mandoor</i>	<i>Hepatoprotective, Shodhana, Deepana-Pachana, Rasayana.</i>	<i>Raktaprasadana, Mutrala</i>
<i>Aarogyavardhini Vati</i>	<i>Yakrut Shodhana Regulation of Pitta secretion, Agnidipan, Pachana, Grahani Dosha Nashak</i>	<i>Malashudhhikara (purgative), Kshudhavardhaka (appetizer)</i>
<i>Phaltrikadi Kwath</i>	<i>Pittahara, Pitta Rachana, Yakrituttejaka, Dipana</i>	<i>Tridosahara, Rasayana, Kshayaghna</i>
<i>Bhunimba Churna</i>	<i>Hepatoprotective, Shodhana, Deepana-Pachana, Rasayana</i>	<i>Krimighna</i>

MODE OF ACTION OF VIRECHAN THERAPY:-

1. Vilayana (Liquefaction) The *Snigdha* and *Sara* properties help liquefy and mobilize vitiated Pitta from the liver and intestines.
2. Amapachana (Detoxification) Bitter taste helps in burning/removing Ama (toxins), improving liver and gut detox.
3. Mridu Virechana (Gentle Purgation) Softens stool and facilitates easy downward expulsion of morbid Pitta through the colon.
4. Pittahara Effectively pacifies excess Pitta without causing much dehydration or irritation.
5. Shodhana (Purification) Aids in expelling accumulated Pitta and toxins from the body, especially from the Ranjaka Pitta sites

RESULT

TEST	BEFORE TREATMENT 23 MAY 2025	AFTER TREATMENT 14 JUNE 2025
Sr. Bilirubin (Total)	10.4	3
Sr. Bilirubin (direct)	5	1.6
Sr. Bilirubin (indirect)	5.4	1.56
SGOT	380	56
SGPT	250	48

Patient shows marked improvement in signs & symptoms after 1 month of treatment.

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