

AYURVEDIC AND MODERN PROSPECTIVE REVIEW OF KAMALA VYADHI

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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. Ancient sages like Charaka explained kamala as further stage of panduroga, Sushruta described kamala as separate disease as well as complication of pandu vyadhi and Vagbhata described Kamala as a separate disease. The management of Kamala and its complication with drugs, diet and life style have been mentioned in Ayurvedic classics. In modern science kamala can be correlated with jaundice. by ayurvedic management kamala can be cured easily.

KEYWORDS: kamala, pandurogi, virechana, raktapradoshaj vyadhi.

INTRODUCTION

Ayurveda is an ancient medical science. In ayurvedic literature, Kamala vyadhi is briefly described. Kamala is pittaja nanatmaja vyadhi as well as Raktapradoshaja vyadhi. Acharya charaka has explained Kamala as advance stage of Pandu roga. When person with panduroga continues intake of pittaprapak ahar then he may develop kamala vyadhi.^[1] Sushrutacharya has described Kamala as separate disease than Panduroga and also may be due to Further complication of panduroga.^[2] whereas; Acharya Vagbhat has considered Kamala as a separate disease.^[3] Therefore, we can consider there are three different Samprapti that may cause kamala. According to acharya Charaka and acharya Sushruta vyadhi causes due to paratantra dosh prakopa and according to acharya vagbhat kamala may causes due to swatantra dosh prakopa. According to Acharya Chakrapani Bahupitta kamala is the synonyms of Koshthashkashrita kamala and alpapitta kamala is Synonyms of shakhashrita kamala.

Ayurveda has detailed described swasthavritta as well as management of various diseases. Kamala Can be correlated with jaundice in modern medical Sciences. Jaundice is a yellow pigmentation of the skin, the conjunctival membrane over the sclera and other mucous membrane caused by hyperbilirubinemia (increase level of bilirubin in blood).^[4]

Most of the individual prefer Ayurvedic treatment for kamala vyadhi. In Ayurveda, mainly Kamala is the Disease related with pitta dosha. With Ayurvedic Medicines, we can treat and avoid recurrence of Kamala vyadhi. The management of Kamala and its complications along with drug, diet and lifestyle have been mentioned in Ayurvedic classics.

AIM AND OBJECTIVE

1. To review the nidanpanchak of kamla vyadhi, and its Ayurvedic management.
2. To review the pathyapathya mentioned in kamala vyadhi.

MATERIALS AND METHODS

1. *Charak Samhita* also with *Ayurved Deepika* Commentary by *Chakrapani*.
2. *Sushruta Samhita* with *Nyayachandrika Panjika* commentary of *Gayadasachary* and *Nibandhsangraha* Commentary of *Dalhanacharya*.
3. *Ashtang Hriday* with commentaries *Sarvangasundara* and *Ayurved Rasayana* of *Arundatta* and *Hemadri* respectively.
4. Related articles published in various national and international journals.

Nirukti of kamala (Etymology)

Kamala is a compound word *Kama+la* means Lust or desire. *Kamala vyadhi* is a *Pittaja Nanatmaja*^[5] and *Raktapradosaja vyadhi*.^[6]

Classification of Kamala vyadhi according to various Acharya

A) According to Acharya Charaka^[1]

1. *Koshthashrita kamala*
2. *Sakhashrita kamala*
3. *Halimaka kamala*
4. *Kumbha Kamala*.

B) According to Acharya Sushruta^[2]

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

C) According to acharya Vagbhata^[3]

1. *Swatantra*
2. *Paratantra*
3. *Kumbha kamala*
4. *Lodhara*
5. *Alasaka*

Nidana (etiology)^[7]

If *pandurogi* consumes excessive *pittakar ahar* and *vihar* it may cause *kamla vyadhi*. Sometimes *kamala* caused in disease free person due to excessive consumption of *paittakar ahar* and *vihar* that leads to aggravation of *pitta dosha*.

Nidana of Koshtashrita Kamala

1. *Aharaja Nidana*
2. *Viharaja Nidana*
3. *Manasika Nidana*
4. *Nidanarthakar Roga*
5. *Other Nidana*

Nidana of Shakhashrita Kamala

1. Excessive intake of *ruksha, guru, shita, and madhur gunatmak Ahar*.
2. *Ati vyayam* (excessive exercise or body movement leads *vat prakop*)
3. *Vega dharan* (stoppage of natural Urges).

Poorvarupa

Acharya Charaka and *Sushruta* included general *Purva Rupa* of *Kamala* in *pandu vyadhi* as it is not mentioned separately in *kamla vyadhi*.

A) By Acharya Charaka^[8]

1. *Alparakta* (Anaemia)
2. *Nissara* (devoid of Strength)
3. *Shaithilendriya* (lack of interest).
4. *Alpa Medasa* (Hypo activity of bone marrow)
5. *Gatra vaivarnya* (discoloration of body)

B) By Acharya Sushruta^[9]

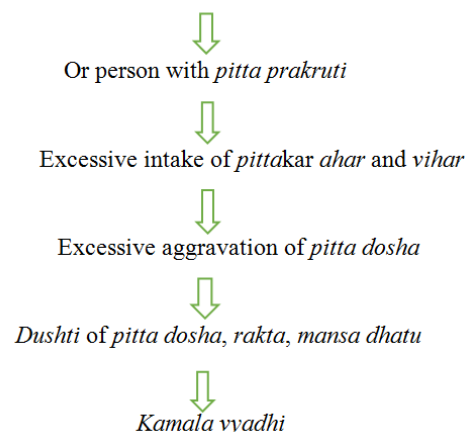
- *Tvaka sphutan* (cracked Skin)
- *Pitavarni mutra* and *mala* (yellowish colour of urine and stool)
- *Prekshanakuta Shotha* (swelling of eye lids)
- *Sthivan* (spitting)
- *5.Gatrasad* (lassitude)
- *6.Mridbhakshana* (desire for eating pica)
- *Avipaka* (improper digestion).

Rupa^[10,11,12]

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

Samprapti^[13]

Pandurogi or any disease or disease free person



Samprapti ghatak^[14]

1. *Dosha: Pitta*
2. *Dushya: Rakta, Mansa dhatu*

3. *Adhithana: Kosta (Mahastrotasa – Yakrit) Shakha (Raktadi and twacha).*
4. *Strotasa: Rasavaha, Raktavaha, Annavaha, Pureeshvaha.*
5. *Strotodusti: Atipravritti, Sanga, Vimargagamana.*

Investigations^[15]

For adults, the yellowing of jaundice may be easy to spot, but zeroing in on the underlying cause requires a physical exam.

- **Blood Tests:** Various blood tests may be utilized, including a complete blood count, blood cultures, liver enzyme tests, and hepatitis tests.
- **Imaging Tests:** Ultrasonography of the abdomen is often used to detect blockages in bile ducts. A computerized tomography (CT) scan, magnetic resonance imaging (MRI), or other tests to evaluate the flow of bile through the liver may also be used.
- **Liver Biopsy:** If viral hepatitis, drug use, or exposure to a toxin are suspected (or if a diagnosis is unclear), a biopsy may be required.
- **Endoscopic Retrograde Cholangiopancreatography (ERCP)** ERCP is a procedure that looks at the bile ducts through an endoscope.
- **Laparoscopy:** to examine the liver and gallbladder. (If a larger incision is required, this procedure is then called a laparotomy.)

Sadhyasadyata (prognosis)^[16]

Initial stage of *Kamala* is *sadhya*. On long Standing becomes *kricch-sadhya* if *asadhya Lakshana* develop it become *asadhya* (incurable). Untreated *kamla* may leads to next severe stage that is *kumbhkamla* which is *kruchhsadhya*.^[17]

Asadhaya lakshana Kamala roga (Incurable status)^[18,19]

1. *Krishna peeta purisha and mutra* 2. *daha* 3. *Sarakta Netra and Mukha, Chardi, pureesha, mutra*, 4. *Murcha* 5. *Aruchi* 6. *Trishna* 7. *Anaha* 8. *Tandra* 9. *shohta* 10. *Nashtagni*.

Asadhya lakshana of Kumbha kamala^[20]

1. *Aruchi* 2. *Hrillasa* 3. *vamana* 4. *Jvara* 5. *Klama* 6. *Shwasa* 7. *Kasa* P.G. Scholar, Department of Rognidan and Vikruti Vigyan, R.A. Podar Medical College, Worli Mumbai, 400018, Maharashtra.

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8. *Vid-bheda*

Kamala Chikitsa

The management of disease according to ayurveda can Be divided into three parts.

1. *Nidana parivarjan*
2. *Shodhana* (purification therapy) and *shaman* (palliative therapy)
3. *Pathyapathya*

In Ayurvedic texts this is protocol for management of *kamala*.

Management of Koshthashakhashrita kamala

Acharya Charaka has Mentioned *virechana*^[1] (purgation therapy) “*kamali tu virechanum*” with *mridu* and *tikta dravyas* for management of *kamla*. This is useful for *Bahupitta kamala* also. *Acharya Sushruta* described Drug and dieted regimens. *Acharya Vagbhata* explained Drugs which do not interfere with *panduroga* along with which pacify *pitta* should be used.

Shodhana chikitsa

As *kamla* is chronic disease so there is involvement of *dhatu's* occurs in *Kamala vyadhi*. In *Kamala pitta dosha* is vitiated by its *Ushna, tikshna guna* and leads to *Rakta dhatukshaya*. Along with this because of *drava guna* accumulation (*sanchay*) of *pitta dosha* occur. to avoid vitiation of *vayu* and *dhatukshay* instead of *tikshn shodhan* there is need to give *mrudu virechan* (mild purgation) which eliminate *sanchit dosha* in *bahupitta kamla*. here Treatment of choice for *kamala* is *mrudu-virechana* as *Virechana* is best therapeutic procedure for *pittadosha*.

Virechana Karma

Virechana therapy is a part of *panchkarma*. In *Virechana karma* purgative used for to eradicate *dosha* from the body. It is mainly done to Eradicate the aggravated *pitta dosha* in the body. *Snehana* should be done as a *Poorvakarma* before *virechana karma*. For *snehapana* medicated *tiktarasatmaka Ghrita* should be used.

Ghrita used in Kamala vyadhi for snehapan^[21]

1. *Panchgavya Ghrita*.
2. *Draksha Ghrita*.
3. *Mahatiktak Ghrita*.
4. *Haridradi Ghrita*.
5. *Dadimadi Ghrita*.
6. *Kalyanaka Ghrita*.
7. *Danti Ghrita*.
8. *Katukadi Ghritam*
9. *Pathya Ghrita*.

With the help of *Vridddhi, Vishyandan* and *Pachana (pak) Siddhanta Ghrita* has capacity to bring *dosha* in *Koshtha* from *shakha*. That's why in *kamala snehapan* with medicated *ghrita* is useful in *Kamala*. *Swedana* is Contraindicated in *Kamala*.^[22]

Management of disease depends on *Prakriti, dosha, dushya, bala, kala* and *agni* of *rog* and *rogi*. They should Be used in small quantity but used repeatedly. Due to *mrudu virechana anuloman* of accumulated *dosha* occurs and this is useful for to improve digestive fire.

Shamana chikitsa

Shamana drugs used after *virechana karma*. They can be given as single drugs or Compound drugs. *Shaman* drugs helps to reduce vitiated *pitta* also it worked as *pitta*

rechak, *yakrita uttejaka* (liver Stimulant), *dipana* (appetiser), *raktashodhana* (blood Purifier), *srotoshodhana* (channel purifier).

Treatment of *shakhashrita kamala*^[23]

In *Ruddhapatha kamala* elevated kapha obstructs path of *pitta dosha*, *malarupa pitta* accumulates in *shakha* so *koshtha shodhan* is not useful until *shakhat* *dosha* brought to *koshtha*. here before elimination of *pitta dosha* need to alleviate *kapha dosha*. The *ruksha*, *ushna*, *tikshna gunatmak* medicines used for to alleviate *kapha*, like *tittara* (partridge), *daksha*(cock), *Sushka mulaka*, *kulattha yusha*. *Matulunga swarasa* with Honey, *pippali*, *marich* and *shunthi* have to be given. By Giving these drugs *pitta* is brought in *koshtha* and then *Pittahara chikitsa* should be given.

Duration of treatment (*Mukta kamala lakshana*)^[24]

Treatment should be continued till the stool of patient acquires the normal colour of stool, and till *pitta* and *vayu* is alleviated. When *Pitta* reaches *swasthana* (*koshtha*) and patient is relieved of *upadrava*, earlier line of treatment should be resumed.

Management of *kumbhakamala*

- *Kumbha kamala* is an *asadhya* or *kriccha sadhya vyadhi*.
- *Charakacharya* has not explained any specific Treatment about *kumbhakamala*.

Sushrutacharya^[25]

1. *Swarnmakshika+Gomutra*,
2. *Shilajatu+Gomutra*,
3. *Mandura+Gomutra + Saindhava lavana* for 1 Month,
4. *Bibhitaka lavana*.

Vagbhatacharya^[26]

1. *Shilajatu + Gomutra* for 1 month,
2. *Swarnmakshik + Gomutra* for 1 month.

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