

STUDY OF ROLE OF ERAND PATRA SWARASA ON BAHUPITTA KAMALA W.S.R. INFECTIVE VIRAL HEPATITIS – A SINGLE CASE STUDY

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ABSTRACT

Kamala is one of the disease of *Annavaha strotas* along with *rakta dhatu* and *pitta dosha*. *Kamala* is one of the disease described in *brihutrasyee*. *Aacharya Charak*, *Sushruta* & *Vagbhat* have vividly described *Kamala roga*. According to *Aacharya Charaka*, *Kamala* is the advanced stage of *Pandu roga* (Anemia disease) & described *Kamala* in 16th Chapter of *Chikitsa sthana* along with *Pandu roga*,^[1] while *Aacharya Harita*, has considered it as a type of *Pandu roga*. But *Aacharya Sushruta* has mentioned it as a complication of *Pandu roga* as well as other disease & *Vagbhata* has described it as a separate disease. The symptoms of *Kamala* may be due to various infective or systemic disorders & one of them is viral hepatitis which is most common in tropical conditions like India due to unhygienic practice of food & water intake. As it is viral in origin, modern view is limited to supporting the liver function by giving plenty of glucose and rest. But in *Ayurveda*, *Kamala* is a disease of *pitta* and *rakta dusti*. As *yakrita* is *moolasthan* of *rakta*,^[2] and *Pitta* is mala of *rakta*, Due to *ashaya-ashriysambhanda*, elimination of *pitta* through *virechana* is essential to treat *rakta dusti*. Here a case report of 45 years, male patient having *bahupitta Kamala* (Infective Viral hepatitis) was treated with *Erand patra swarasa*.

KEYWORDS: *Bahupitta Kamala*, *Pandu roga*, Infective viral Hepatitis, *Erand patra swarasa*.

INTRODUCTION

In this competitive world, people are leading irregular eating habits & changes in lifestyle. Eating outside food which increased risk of contamination in food & water. All these etiological factors lead to risk of related disorders. *Kamala* is one of the disease related to poor dietary habits along with accumulation of toxins (bile) in body.

In *Ayurveda*, *Kamala* is next step of *pandu* (Anemia). According to *Acharya Charak*, *Kamala* is mainly caused due to frequently consumption of *Ushna* (hot), *tikshana* (spicy) food i.e. *pittaprakopak ahara* (increasing level of *pitta*).^[3] Consumption of *ushna*, *tikshana guna* in food vitiates *pitta*, *rakta* and *mamsa* leading to yellowish of skin (*twakpitata*), sclera (*netra*), urine (*mutra*), stool (*purisha*) etc. The symptoms of *Kamala* may be due to various infective or systemic disorders and viral hepatitis is one of them which are most common in tropical condition like India due to unhygienic practice of food and water intake.

Symptoms of Acute Hepatitis are similar to mild flu and may include diarrhea, weight loss, fatigue, vomiting, nausea, fever and jaundice.^[4] As the disease progressed,

other symptoms like dark urine, hives, itchy skin, light-coloured feces and yellow skin, whites of eyes and tongue may occurs. Viral Hepatitis is always associated with hyper- bilirubinemia and elevated liver enzymes (SGOT & SGPT). As it is viral in origin, modern view is limited to supporting the liver function by giving plenty of glucose and rest. But in *Ayurveda*, *Kamala* is a disease of *pitta* and *rakta dusti*. As *yakrita* is *moolasthan* of *rakta* and *Pitta* is mala of *rakta*, Due to *ashaya-ashriysambhanda*, elimination of *pitta* through *virechana* is essential to treat *rakta dusti*. In this study the patient was treated with *Erand*. *Erand* is madhur, katu, kashaya, with madhur vipaka and *ushana virya* which have anulomana property.^[5] In *Charak Samhita*, *Erand* is given under *bhedaniya mahakshaya*^[6] as it has the property of eliminating *pitta* via its purgative property.

CASE REPORT

A 45 year old male patient came to OPD of Government Ayurvedic Hospital with following complaint of:

Chief Complaints

1. *Pitta Varniya Netra* (yellow discoloration of conjunctiva).
2. *Pitta Varniya Mutra* (yellow discoloration of urine).

3. *Agnimandya* (Anorexia).
4. Loss of weight.
5. Loss of Appetite.

Associated complaints: Giddiness, Insomnia.
Patient had above complaints since 15 days.

History of present illness

The patient was healthy and normal before 15 days. But after that he was complaining of yellowish discoloration of conjunctiva and of urine, anorexia, loss of weight and loss of appetite along with other symptoms of giddiness,

insomnia. For *Ayurvedic* treatment, patient came to OPD of Government *Ayurved* College.

Past history

- No any history of major illness.
- No history of Hypertension, Diabetes mellitus, Asthma.
- Addiction: Tea and Coffee, No history of alcohol consumption.
- Frequently consumption of oily, spicy food.

Personal history

O/E:

Name – XYZ	Pulse rate – 68/min	Sleep – Inadequate
Age – 45 yrs	B.P.- 110/70mmhg	<i>Agni – kshudha mandya</i>
Gender– Male	<i>Bala – Madhyama</i>	
Marital status- Married	Bowel habit – Irregular	
Occupation - Worker	Appetite – Low	

Asthavidha parikshana

• <i>Nadi</i> (pulse) – 78/min	• <i>Mala</i> (stool) – <i>Vibandha</i> (Constipation)
• <i>Mutra</i> (urine) – <i>Pitta varniya</i>	• <i>Jihwa</i> (tongue) – <i>Ishat Saamata</i> (coated)
• <i>Shabda</i> (Speech) – <i>prakrut</i> (normal)	• <i>Sparsha</i> (skin) – <i>Ishata Ushama</i> , Colour: <i>Ishata pitta varniya</i>
• <i>Druka</i> (eye) – <i>pitta varniya</i>	• <i>Akruti</i> – <i>Madhyama</i>

MATERIAL AND METHOD

a) Method

- Patient was treated on OPD basis
- Simple Random Single Case Study.

b) Material

- *Erand patra swarasa*.
- Dose: 50ml (*Swarasa*) + 50ml (cow's milk) OD in morning before meal.
- Duration: for 3 days

Parameters

1) *Netra pitata* (Colour of Sclera)

	Colour	Score
1.	Normal	0
2.	Faint yellow	1
3.	Yellow	2
4.	Dark yellow	3

2) *Pitta Varniya Mutra* (Yellowish discoloration of urine)

	Colour	Score
1.	White	0
2.	Faint yellow	1
3.	Yellow	2
4.	Dark yellow	3

3) *Agnimandya* (Anorexia)

	Quantity of food intake	Score
1.	Taking food in good quantity twice/thrice	0
2.	Taking moderate quantity of food	1
3.	Person taking food in less quantity	2
4.	Not at all taking food	3

- 4) Serum Bilirubin
 - 5) SGPT
 - 6) Urine Examination
- } will be recorded before and after the treatment.

OBSERVATIONS AND RESULT

Sign and Symptoms	Before treatment	After treatment
<i>Netrapitata</i>	2	0
<i>Pitta varniya mutra</i>	2	0
<i>Agnimandya</i>	2	0
Serum Bilirubin (Total)	4.83 mg/dl	0.84mg/dl
SGPT	197 U/LIT	70 U/LT
Urine examination	Bile salt: Present Bile Pigments: Present	Bile salt: Absent Bile Pigments: Absent

Above table show, that there is significant result of *Erand patra swarasa* in viral hepatitis.

DISCUSSION

Kamala is a disease, caused due to vitiation of *pitta dosha*. The *yakrit-asrita pitta* is vitiated in kamala and its *vimarga-gamana* results in accumulation of *pitta*(bile) and produces yellowish discoloration of skin, urine, nails & sclera of eye etc. Reduction of *pitta* through regular *virechana* can reduce the intensity of yellowish discoloration and can bring rapid recovery. So, *Erand patra swarasa* is given to patient. Its *madhur, katu* and *Kshaya* rasa with *madhur vipaka* will pacify the *vriddha pitta* while its *ushana virya* will help in removing obstruction caused due to *kapha*. As *Erand* have purgative property, it eliminates the *pitta dosha* through *virechana* and mitigates *Kamala*.

CONCLUSION

Kamala is a disease of *pitta* and *rakta dusti*. So, elimination of *pitta* is the line of treatment described in *ayurveda* for *Kamala*. In *Charak Sutra Sthana* chapter 4, *Erand* is given in *bhedaniya mahakshaya* which shows its purgative property along with *pitta samaka guna* due to its *madhur, katu* and *kshaya* rasa. In this case study, we got good result of *Erand patra swarasa* in treatment of *Kamala*.

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