

CASE STUDY ON BAHUPITTAKAMALA WITH AYURVEDIC MANAGEMENT

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ABSTRACT

Kamala is one of the important disease of annavaha strotasa along with rakta dhatu and pitta dosha. Bahupitta kamala is described as complication of pandu which means it also related with rasavaha strotasa. The symptom kamala may be due to various infective or systemic disorder and one of them is viral hepatitis which is most common in tropical conditions like India due to unhygienic practice of food and water intake. As it is a viral in origin. modern view is limited to supporting the liver fuction by giving the plenty of glucose and rest . Ayurveda has solution where many drugs acts as a hepato-protective as well as improve the hepatic functions. In this case study Guduchi kashaya with Madhu given for 14 days. Guduchi has hepato-protective and Rasayana effect.

KEY WORDS: Annavaha Strotasa, Rasavaha Strotasa, Rakta dhatu and bahupitta kamala.**INTRODUCTION**

Kamala is known to Indians since ancient time. Vedic literature also states the grave nature of this disease presenting it with numerous synonyms. In this disease desire for the work is lost^[1] & there is yellowishness of *netra, mutra & purish*. Patient usually reportdarkening of urine before they notice sclera icterus.^[2]

In india nearly 290,000 cases of viral hepatitis are found in 2013 i.e. 2.8% of population.^[3]

Kamala is caused by many reasons like contaminated water, eating of street food, over eating of spicy food i.e. *Pitaj Ahar* all these factors lead to the disorder like *Bahupitta kamala*.^[4]

Guduchi (tinispora cordifolia) has *tikta, katu, kashaya rasa* and *madhur vipaka*^[5] which acts as a *pitta shamak* . *guduchi* also has rakta prasadan effect. So it helps to reduce the symptoms of *bahupitta kamala*.^[6]

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In modern science it can be correlated with hyperbilirubinemia, viral hepatitis and its treatment is not satisfactory.

CASE REPORT

A 42 yr old male patient came to the *Kayachikitsa* OPD of Govt. Ayurved College, Nanded, Maharashtra with presenting c/o loss of appetite (7 days)
yellowish eyes (7 days)
yellow urine (7 days)
weakness (7 days)

Patient had not taken any treatment before coming to our hospital. Patient was thoroughly examined and detailed history was taken. Patient did not have history of any major illness.

On examination: General condition -moderate, afebrile, PR - 80/min, regular, icterus was present.

Routine investigations such as complete blood count, blood sugar level, usg were in normal range.

Patient was treated with *guduchi kashaya* 40 ml with *madhu* (honey) 5 ml at morning before meal. patient experienced increase in appetite after 5 days of treatment. After 7 days of treatment patient experienced decrease in yellowishness of urine, icterus was reduced. Sr. Biliubine was done at the starting day of treatment . it was 6.1 mg/dl. patient was given the treatment, on 14 th day of treatment clour of urin was normal, patient was having no complain. The Sr. Bilirubin level on 14 th day was 1.86 mg/dl.

1) Parameters

Assessment of signs and symptoms will be done by adapting suitable scoring method.

1. Netrapitata (Color of Sclera)

Color	Score
Normal	0
Faint Yellow	1
Yellow	2
Dark Yellow	3

2. Mutrapitata (Color of Urine)

Color	Score
White	0
Faint Yellow	1
Yellow	2
Dark Yellow	3

3. Purishpitata

Colour	Score
Yellow	0
Dark Yellow	1

4. Serum Bilirubin – will be recorded in mg/dl**5. Observation table**

Signs and symptoms	Before t/t	After t/t
Netrapitata	2	0
Mutrapitata	3	0
Purishpitata	0	0
Sr. bilirubin	6.1	1.86

RESULT

Patient was allowed to take the drug as advised. Assessment was done on the subjective as well as objective parameter. patient got complet relief from the signs and symptoms of *bahupitta kamala*.

DISCUSSION

A shown in observation table, there were significant improvement inn symptoms. *Guduchi* has *tikta, katu, kashaya rasa* and *madhur vipaka* which acts as *pitta shamak* and also has *rakta prasadan* effect. *Guuchi* have the hepatoprotective action.^[7] Therefore serum bilirubine level also decreas.

CONCLUSION

In this case study we got good result of *guduchi kashaya* with *madhu* in *bahupitta kamala*. As *kamala* is *pittaj nanatmaja vyadgi* and *raktavaha strotodushitjaanya vyadhi*, *guduchi* has *pittaghna* as well as *raktaprasadan* effect. *guduchi* (*Tinospora cordifolia*) also gas *rasayana* effect^[8] so *guduchi kashaya* helps to relive symptoms of *bahupitta kamala* and also attempt provide safe and effective to the patient.

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