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AYURVEDA ASPECT ON *KAMLA* AND ITS MANAGEMENT THROUGH TRADITIONAL DRUGS: A REVIEW

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Abstract

Ayurveda described various diseases related to the digestive system and *Kamala vyadhi* is one such disease associated with dysfunction of liver. As per Ayurveda *Kamala* is *Pittaj nantmaj* and *Raktapradoshaja vyadhi*. As per modern science *Kamala* correlated with jaundice, *Yakrit* is *Moola sthana* of disease and major symptoms of diseases are; *Pita varniya twaka*, *Pitta varniya mutra*, *Hrillas* and *Agnimandya*, etc. *Daruharidra*, *Nimba*, *Patol*, *Haritaki*, *Kutaki*, *Punarnava* and *Arogyavardhnivati*, etc. are Ayurveda herbs can be used to treat *Kamala*. *Nimbadi Kashaya*, *Vasa Guluchyadi Kashaya*, *Triphaladi Yoga*, *Ayorajadi yoga* and *Triphala kwatha*, etc. are Ayurveda formulations which help to treat liver disorder. The current scenarios of fast life style hampers digestive system significantly therefore people are facing such issues and incidences increases day by day. Considering this aspect present article explored Ayurveda perspective on *Kamala* and its management through traditional medicines.

Key-Words: *Ayurveda, Kamala, Jaundice, Drugs*

Introduction

Ayurveda as classical science of health restoration described *Kamala* as *Pittaj nantmaj* and *Raktapradoshaja vyadhi* which possess similar symptoms to that of jaundice as per modern science. The disease associated with impaired functioning of liver and digestive system. The *Samprapti* of disease initiates due to the *Partantra dosh prakopa* and *Swatantra dosh prakopa*. Excessive consumption of *Kshar*, *Lavan*, *Ushna* and *Ruksha Guna Ahar*, *Asatmya Bhojana*, *Chinta*, *Bhaya*, *Diwaswapna*, *Ati Vyayam*, *Vega Dharan* and *Tiltail Sevana*, etc. are causative factors which can leads pathogenesis of *Kamala* [1-4]. The major symptoms of *Kamala* area *Haridra Netra*, *Mutra*, *Twak*, *Nakha* and *Aanana*, *Rakta peeta Shakrut*, *Bheka varnaha*, *Daaha*, *Avipaaka*, *Dourbalya*, *Aruchi* and *Karshitaha*.

Ayurveda Chikitsa suggested for *Kamala*

- ❖ *Mrudu Virechan chikitsa*
- ❖ *Pitta-vata shamak chikitsa*
- ❖ *Aampachak chikitsa*
- ❖ *Anuloman chikitsa*
- ❖ *Krumighna chikitsa*
- ❖ *Raktashudhikara chikitsa*
- ❖ *Rechaka chikitsa*
- ❖ *Dipana chikitsa*

Ayurveda mentioned two types of *Kamala*; *Koshthashakhashrita* & *Shakhashrita* *Kamala*, further *Acharya Chakrapani* described synonyms of *Koshthashakhashrita* and *Shakhashrita kamala* as *Bahupitta kamala* and *Alpapitta kamala* respectively [3-6]. The specific *Lakshanas*, pathological causes and *Chikitsa* of these two types of *Kamala* described in **Table 1**.

Table 1: Ayurveda perspective on different types of *Kamala*:

	<i>Shakhashrita kamala</i>	<i>Koshthashakhashrita kamala</i>
Lakshanas	<i>Haridra netra, Sweta varchas, Atopa, Hriday guruta, Parshwa arti, Hikka, Shwas, Jwara.</i>	<i>Daha, Avipaka, Daurbalya, Sadana, Aruchi, Krusha, Tandra, Trisha, Bhekavarnata.</i>
Cause	<i>Shakhashrita kamala</i> occurs due to the intrahepatic cholestasis, reduced excretion of bilirubin thus called <i>Alpapitta kamala</i> .	<i>Koshsthashakhashrita kamala</i> occurs due to the breakdown of erythrocytes and production of <i>Pitta</i> increases.
Treatment	<i>Kapha</i> alleviating medicines <i>Daksha, Kulattha yusha, Pippali, Marich, Shunthi</i> and <i>Sushka mulaka</i> , etc, in later stage <i>Pittahara chikitsa</i> can be advocated.	<i>Virechana</i> with <i>Mridu dravyas</i> , <i>Acharya</i> suggested drugs which pacify <i>Pitta</i> and natural drugs which cure impairment of digestive system also advised in <i>Koshsthashakhashrita kamala</i> .

The disease mainly involves vitiation of *Pitta-dosha* & *Rasa Dhatus* along with *Annavaha Srota Dushti*. The major *Samprapti Ghatak* of disease depicted in **Figure 1**.

<i>Dosh:</i>	<i>Pitta</i>
<i>Dushya:</i>	<i>Rasa & Rakta Dhatu</i>
<i>Adhishtana:</i>	<i>Rakta</i>
<i>Srotus:</i>	<i>Rasavaha & Annavaha</i>

Figure 1: Samprapti Ghatak involved in Kamala

AYURVEDA TREATMENT

The following compounds offer specific biological action in *Kamala* [6-10]:

- ✓ *Daruharidra* offers *Kandughna*, *Yakrut uttejaka*, *Dipana* and *Pittahara* effect.
- ✓ *Haritaki* provides *Pittaghna*, *Anuloman*, *Dipana* and *Kamalakar* action.
- ✓ *Patol* has *Deepana*, *Pittasarak*, *Yakrut uttejaka* and *Krumighna* action.
- ✓ *Kutaki* posses *Deepana*, *Raktashudhikara* and *Rechaka* effects.
- ✓ *Punarnava* offers *Suwarnasutashekhara*, *Pitta-vata shamak* and *Aampachak* action.
- ✓ *Aaragwadha* improves digestion, imparts rejuvenating effect and balances *Doshas*.

AYURVEDA FORMULATIONS:

Trivrit kalka:

It is composed of *Trivrit* & *Triphala Kwatha*, boost digestion and eliminate *Ama* from body.

Triphala kwatha:

Decoction of *Haritaki*, *Bibhitaki* and *Amalaki* mixed with honey to acquire *Dipana* and *Pittahara* effect.

Guduchi swarasa:

It is decoction of *Guduchi* with honey provides resistance against pathogens which can hamper digestive system thus prevent consequences of jaundice.

Daruharidra rasa

Decoction of *Daruharidra* with honey, it has *Kandughna*, *Dipana* and *Pittahara* effect.

Mandura yoga

Mandura bhasma mixed with *Purana guda*, *Shunti churna*, *Tila churna* and *Pippali churna*, it provides strength, boost digestion and empower liver functioning.

Ayorajadi yoga

Prepared from *Ayoraja*, *Haritaki* and *Haridra* along with *Ghee* and honey, this gives symptomatic relief in *Kamala*.

Vasa Guluchyadi Kashaya

It is prepared from *Guduchi*, *Neem*, *Vasa*, *Kataka* and *Licorice*, etc. this formulation possess antimicrobial as well as soothing effects thus relieve *Daha* in case of *Kamala*.

Nimbadi Kashaya

It consisted of *Nimba twak*, *Triphala*, *Patola*, *Haridra*, *Vasa*, *Sariva*, *Shyama*, *Bala*, *Sthira* and *Prishniparni*, etc. This formulation offer *Dipana*, *Pittahara*, *Anuloman*, *Kamalahar*, *Yakrut uttejaka*, *Raktashudhikara*, *Rechaka* and *Aampachak* action therefore considered useful for digestive ailments including *Kamala*.

Yashtivasadi Kashaya

This formulation made from *Yashtimadhu*, *Vasa*, *Amruta*, *Balaka*, *Kataka*, *Hatha*, *Ikshu* and *Gokshura*. This formulation considered useful for *Kumbha kamala*, *Halimaka* and also helps to cure consequences of jaundice.

Conclusion

Ayurvedic text described *Kamala vyadhi* as disease of vitiation of *Pitta Dosha* and *Rasa Dhatu*. Ayurveda suggested *Dipana*, *Aampachak* and *Pittahara chikitsa* for this condition, in this regards many Ayurveda drugs advocated to treat *Kamala*. *Daruharidra*, *Haritaki*, *Patol*, *Kutaki* and *Aaragwadha*, etc. are natural drugs which helps greatly in jaundice. The *Yakrut uttejaka*, *Dipana*, *Pittahara*, *Anuloman*, *Kamalahar* and *Raktashudhikara* effects of these natural herbs provide relief in digestive ailments. *Trivrit kalka*, *Triphala kwatha*, *Guduchi swarasa*, *Daruharidra rasa*, *Mandura yoga*, *Ayorajadi yoga* and *Nimbadi Kashaya*, etc. are some Ayurveda formulations which also suggested for the management of *Kamala*.

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