



ROLE OF AYURVEDA DRUGS AND VIRECHANA IN THE MANAGEMENT OF KOSHTA SHAKHASHRITA KAMALA W.S.R. TO ALCOHOLIC HEPATITIS

Dr Mahadev Sogi¹, Dr Rajendra V²

¹PG Scholar, Government Ayurveda Medical College Mysore, India.

²Professor and Head of Department of PG Studies in *Kayachikitsa*, Government Ayurveda Medical College Mysore, India.

Abstract

Kamala is *Pitta Pradhana Vyadhi* and consequences of *Pandu Roga* or alcoholism can manifest independent type of *Kamala* termed as *Koshtashakhashrita Kamala*. It occurs due to the excessive consumption of *Madya* for a prolonged period of time. Symptoms manifested through *Netra*, *Rakta*, *Mootra* and *Twak*. The condition characterized with *Daha*, *Dourbalya*, *Aruchi* and *Avipaka*, etc. *Snehana*, *Virechana* with *Ghrita* & *Mrudu Dravyas* and uses of ayurveda drugs can offers beneficial effects in the management of such types of diseases. The habits of alcoholism increases day by day leading to the high incidences of liver diseases, considering this aspect present study was planned to summarize role of some ayurveda measures in the management of alcoholic liver disease.

Key-Words: *Ayurveda, Liver Disease, Kamala, Virechana*

Introduction

Koshta Shakhshrita Kamala can be correlated with hepatocellular jaundice which may occur due to the infection, alcohol intake and drug toxicity, etc. *Haridra Varna* of *Netra* & *Twacha*, *Rakta Peeta Varnayukta Mala* & *Mutra*, *Daha*, *Avipaka*, *Sadana* and *Aruchi*, etc. are common clinical features of *Kamala*. The pathological progression gets initiated when weak person indulges in *Paittika Ahara* and *Vihara* which further cause *Pitta* vitiation resulting *Dagdhatta* of *Rakta Dhatu* and *Mamsa Dhatu* ultimately leads *Koshta shakhshrita Kamala*. The major pathological component involved in disease depicted in **Figure 1**.



Figure 1: Samprapti Ghataka of Koshtashakhshrita Kamala

The prevalence of liver problems increases day by day due to the awful dietary habits and increase consumption of alcohol therefore present study was planned to evaluate the efficacy of Ayurveda formulations and *Shodhna Karma* in the management of Alcoholic hepatitis.

OBJECTIVE

- To evaluate the effect of *Virechana* in the management of *Koshta Shakhshrita Kamala*.
- To evaluate combined effect of *Drakshadi kwatha*, *DPACK Vati* and *Virechana* in the management of *Koshta Shakhshrita Kamala*.

MATERIALS

- ❖ *Drakshadi kashaya*.
- ❖ *DPACK* (*Daruharidra*, *Ashwaganda*, *Chitraka*, *Pippali*, *Kalmegha*) *Vati*.
- ❖ *Drakshadi Gritha* possesses *Kamalahara*, *Pandurogahara* and *Jwaraghna* properties.

- ❖ *Virechana* used to relieve cholestasis and for eliminating *Malaroopi pitta*.

Method

Subjects were selected from the OPD and IPD of Government Ayurveda Medical College and Hospital, Mysore and Government Hi-tech *Panchakarma* Hospital, Mysore.

SAMPLING

- ❖ Total 42 subjects completed study those were divided into two groups equally, 21 in each group. Subjects were selected irrespective of gender, socio-economic status and religion; possess symptoms of *Kosta Shakashrita Kamala*.
- ❖ Group A was served to DPACK *Vati* which was prepared from *Daruharidra*, *Ashwaganda*, *Chitraka*, *Pippali* and *Kalmegha*. *Drakshadi kwatha* also prescribed to subjects of Group A.
- ❖ Group B served with DPACK *Vati*, *Drakshadi kwatha*, *Drakshadi gritha* for *Snehapana* and *Trivrut lehya* for *Virechana Karma*.

METHOD OF PREPARATION

- ❖ DPACK *Vati* and *Drakshadi Kwatha Churna* were prepared from a GMP certified unit, Belgaum.
- ❖ *Trivrut lehya* obtained from *Arya Vaidya Shala* Ayurveda Pharmacy, Kottakkal, Kerala, India.
- ❖ *Drakshadi ghritha* was prepared from *Murchita ghritha*, *Draksha kalka* and *Draksha kashaya*. *Draksha* was pounded and was triturated to form *Kalka*, process of *Ghritha murchana* was also carried out to obtain *Murchita ghritha* which was taken in mouthed vessel. This mixture was placed over fire and specified quantity of *Drakshadi kalka* was added to it, finally *Ghritha* was filtered through a clean cloth.

INCLUSION CRITERIA

- ✓ Subjects of all gender, between the age group of 20-60 years.
- ✓ Cases presented with the symptoms of *Koshta Shakhshrita Kamala* vis-a-vis Alcoholic hepatitis were selected for study.
- ✓ Treated subjects included already diagnosed as *Koshta Shakhshrita Kamala* vis-a-vis alcoholic hepatitis, who had voluntarily discontinued the treatment were also included.
- ✓ Subjects possess history of alcohol consumption for a minimum period of 3 years was also included.

EXCLUSION CRITERIA

- ✓ Subjects with the complication of alcoholic liver disease such as ascites, hepatic encephalopathy, coagulopathy, variceal bleeding and cirrhotic changes.

- ✓ Subjects with uncontrolled diabetes mellitus, uncontrolled hypertension or other uncontrolled systemic diseases were excluded from the study.
- ✓ Pregnant and lactating women were also excluded from the study.
- ✓ Subjects those were found unfit for *Virechana* were also excluded from the study.

ASSESSMENT CRITERIA

- ❖ *Peeta Mutrata*
- ❖ *Peeta Netrata*
- ❖ *Agnimandya*
- ❖ *Hrullasa* and *Chardi*
- ❖ *Udara Shoola*
- ❖ *Jwara*
- ❖ *Atisara*

Follow up Period:

Assessment was done as per following schedule:

- ✚ Pre test -0 day,
- ✚ Mid test-20th day,
- ✚ Post test-30th day.

STATISTICAL METHODS

The results were analyzed statistically using Paired sample 't' test, ANOVA and Contingency coefficient test analysis using Service product for statistical solution (SPSS) for windows software.

INTERVENTIONS/DOSING

GROUP A:

- ✓ *Drakshadi kwatha* 50 ml in two equally divided doses along with water after meal.
- ✓ *DPACK Vati* 3 g. in three equally divided doses with water after meal for thirty days.

GROUP B:

- ✓ *Drakshadi kwatha* 50 ml in two equally divided doses after meal for initial twenty days.
- ✓ *DPACK Vati* 3 g. in three equally divided doses after meal with water for initial twenty days.
- ✓ *Drakshadi ghruta* as ***Shodhananga Snehapana*** was administered from the day of *Nirama Lakshana* in *Arohana Krama*, starting with *Hrasiyasi Matra* until *Samyak Snigdha Lakshanas* were observed, *Snehapana* was carried out for 3-4 days.
- ✓ ***Abhyanga*** followed by *Ushna Jala Snana* and *Guru Pravarana* for *Swedana* was done during *Vishrama Kala* for three days.

- ✓ *Trivrut lehya* with hot water was administered during morning time, in empty stomach. Dose was varied from 30 to 40 g. depending upon the *Koshta* of the subjects for **Virechana** purpose.
- ✓ *Samsarjana karma* was advised according to *Shuddhi prakara*.

Result & Discussion

Study revealed statistically significant results for *Peeta Mootrata* within the groups. Group A showed 81% while Group B showed 95% relief in *Peeta Mootrata*. The effect may be attributed to the *Pitta Rechaka*, *Rakta Shodhaka* and *Rakta Prasadaka* properties of *Drakshadi Kashaya*. *Pitta rechaka* and *Sroto shodhaka* action of *DPACK Vati* also imparts beneficial effects.

Study showed statistically significant result for *Peeta Netrata*, Group A showed 85% while Group B showed 95% relief in *Peeta Netrata*. The effect may be due to the *Pitta Rechaka* and *Rakta Shodhaka* properties of prescribed formulations.

The result for *Agnimandya* in between the groups was found statistically non-significant thus both group were considered equally effective in terms of *Agnimandya*. The *Deepana* and *Pachana* properties of *Chitraka*, *Pippalii* and *Daruharidra* can be considered responsible for improving *Agni*.

The improvement in *Udarashhola* was found more for group B than group A. The effect may be due to the *Udara Shoolahara* action of *Pippali* and *Chitraka* of *DPACK Vati* and *Vatanulomaka* action of *Drakshadi kashaya*.

Improvement in *Hrillasa* and *Chardi* was found statistically significant within the groups. Improvement was found more in Group B than group A, the *Amapachana* action of ingredients may be attributed to the observed action. *Pittakapha Hara* property of *Chandana*, *Usheerai* and *Draksha* drugs present in *Drakshadi Kashaya* offers relief in *Hrillasa* and *Chardi*.

Study revealed that the result on reduction of *Jwara* within the group was statistically significant; Group B received more improvement than group A. It is believed that *Jwaraghna*, *Pittahara* and *Amapachaka* action of *Daruharidra*, *Chitraka*, *Madhuka* and *Kalmegha* offered relief from *Jwara*.

Assessment result pertaining to *Atisara* was found statistically significant within the groups and Group A observed more improvement than group B, may be due to the *Sthambana* action of *Daruharidra*, *Madhuka* and *Hribera* present in formulations.

Probable Mode of Action of Therapy:

Drakshadi kashaya helps in withdrawal symptoms of alcohol; it acts as a *Pitta Shamaka*, indicated for *Daha*, *Kamala*, *Amlapitta* and *Madatyaya*. *Pittakaphahara* property of prescribed formulations

helps in nausea and vomiting. The ingredient of DPACK *Vati* offers hepato- protective activity. *Daruharidra* induces regeneration of hepatocytes, *Ashwagandha* act on CNS manifestations of Alcoholic hepatitis like confusion and tremors. *Chitraka* acts as *Deepana* and *Pachana* drug thus helps to improve appetite. *Kalamegha* has cholaretic action and helps to reduces elevated liver function in hepatitis. The combined effect of these formulations probably resulted hepato-protective activity and helped in hepatic tissue regeneration.

Conclusion

Excessive consumption of alcohol i.e. *Madyapana* is considered foremost cause of *Raktadushti* which further leads *Pitta Prakopa*. Indulgence in *Nidana* leads functional impairment in liver resulting *Koshta Shakhashrita Kamala*. Group A was received DPACK *Vati* and *Drakshadi kashaya* for thirty days. Group B was received DPACK *Vati*, *Drakshadi Kashaya* for twenty days followed by *Virechana*. The formulations have hepato protective action thus help to reduces signs and symptoms of Alcoholic Hepatitis. Study revealed significant improvement in assessment parameter. Study finally concluded that DPACK *Vati*, *Drakshadi kashaya* and *Virechana* can offer significant role in the management of *Koshta Shakhashrita Kamala*.

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