

AYURVEDA APPROACH TO SYMPTOMATIC RELIEF IN JAUNDICE - A CASE STUDY REPORT

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ABSTRACT:

Jaundice is a symptom presenting with yellowish discoloration of eyes, urine and skin. In Ayurveda, this cluster of symptoms has been described as disease *Kamala*. The present case report represent the role of Ayurveda in getting the symptomatic relief for the patient of Jaundice with the elevated levels of SGPT , SGOT and Bilirubin. A 40 year old female patient with the complaints of body ache, anorexia, nausea and headache presented to OPD. The diagnosis was made as *Shakhashrita Kamala*. The main line of treatment explained in classics is giving *Pittahar chikitsa*. The treatment was planned for the pacification of *Pitta Dosha simultaneously* administration of drugs which aids liver health was given. This is will help to arrest the further progression of liver damage. Within the treatment of 38 days, the patient got symptomatic relief with the Normal levels of Liver function test.

Key Words: Ayurveda, Jaundice, Kamala, SGPT, SGOT

INTRODUCTION

Jaundice is presented as yellowish discoloration of skin, urine and eyes due to dysfunction in the bile production and excretion. The jaundice is merely a symptom and not the disease whose treatment focuses mainly on supportive care and treatment of underlying disease. [1]. The common cause of jaundice is Viral Hepatitis (Inflammation of Liver). Its course vary from mild and self-limiting to severe inflammation requiring Liver transplant. [2]

There are many misconceptions too prevalent around the globe for its treatment. In traditional Indian belief, certain people claimed to cure jaundice by spiritual practices and the use of Mantras (a sacred utterance, a spiritual sound, mainly are

group of words in Sanskrit) along with some precautions, such as avoiding the fried and oily food, avoiding yellow color food especially use of turmeric in food. [3]. Lack of awareness can lead to complications in the Liver disease. The main line of treatment as per medical science is supportive care and treatment of underlying disease. In some cases, the exact cause is not determined and despite of supportive care, 10-20% of cases of Jaundice attains prolonged period of recovery taking upto several months. [4]. this opens the gate of new research to be done regarding the role of alternative medicines like Ayurveda as a single therapy or in combination with contemporary science. Out of many diseases explained in Ayurveda classic text, the symptom of Jaundice resembles with the



disease *Kamala*. Here, in this case a 40 year old female patient approached to OPD with symptoms of body ache, anorexia, nausea and headache. She had elevated Liver function tests and wished to continue with the Ayurveda medicines only. The base of diagnosis in Ayurveda is *Tridosha*. (*Vata, Pitta Kapha*). If the *doshas* are in balanced state, health is achieved. Vitiation of *Tridosha* leads to Disease. [5] The classics explains this disease (*Kamala*) to occur as a complication of *Pandu Roga* (Anemia) which is a *Pitta Pradhan Vyadhi*(Disease). So, the line of treatment explained is to pacify the vitiated *Pitta dosha*. [6]

The patient was treated with medicines which are primarily acting on Pitta and also aids the liver health. Within the course of treatment, the patient got symptomatic relief as well as the deranged Liver parameters was back to normalcy. This article throws the light on application of basic line of treatment principles given in classics and its results.

Case Presentation:-

A 40 year old female patient visited OPD suffered with body ache, anorexia, nausea and headache. The patient was stable, conscious and well oriented. She had

occasional burning micturition along with anorexia and decreased intake of food.

Medical History: - The patient had no H/O HTN or Diabetes.

Diagnostic Assessment:-

The diagnosis was made based on Physical examination and Laboratory investigations (Hematological and urine analysis).

On physical examination, the patient had pulse rate 77/min with 99% Oxygen Saturation with temperature of 97.4 degree Fahrenheit. General examination revealed mild yellowish discoloration on sclera and yellowish micturition with no evidence of skin discoloration. Abdominal examination showed non tenderness and absence of hepatomegaly or Splenomegaly. Hematological tests are described in Table 1
Initial Visit: - 14/09/2024.

Therapeutic Intervention: - The patient was diagnosed as *Kamala* as per Ayurveda and treatment was planned basically keeping the aim to pacify the *Pitta Dosha*. As seen in reports, the patient had low hemoglobin which is described as one of the *Nidan* (cause) of *Kamala*. So, the treatment protocol was given to bring back the *Pitta* in normal stage along with medicines which improves liver health was given.

The medicines and treatment given to patients has been described in table 1.

Table 1:- Treatment given to patient

DATE	Complaints	Treatment given
14/09/2024 - 18/04/2024	<i>Angamarda</i> (Bodyache), <i>Kantha shosha</i> (Dryness of throat), <i>Yonidaha</i> (Burning in	1. Yograj Guggulu 2 TDS 2. Vata Vidhwamsa Rasa 1 TDS



	Vaginal Area), <i>Shirah Shula</i> (headache), <i>Hrullasa</i> (Nausea) <i>Mala Pravrutti :- Samyak</i> <i>Mutra pravrutti :- Sadaha</i> <i>Kshudha :- nasti</i> <i>Nidra:- Adhika</i>	3. Sutshekhar Rasa 2 TDS 4. Jwarankush Rasa 2 TDS 5. Shirah Shuladi Vajra Rasa 2 BD 6. Avipattikar Churna BD B/F 7. Gomutra Haritaki 2 HS 8. Chardi Ripu Rasa 2 BD (For Symptomatic relief)
18/09/2024 - 23/09/2024	<i>Kasa (Cough)</i> , <i>Chardi(Vomiting)</i> , <i>Udardaha(Burning sensation in Abdomen)</i> , <i>Dourbalya(Generalized Weakness)</i> <i>Mala Pravrutti :-</i> <i>Vibandha(Constipated)</i> <i>Mutra pravrutti :- Peeta (Yellowish in color)</i> <i>Kshudha :- Samyak</i> , <i>Aruchi(Anorexia)</i> <i>Nidra:- Samyak</i>	1. Vasa Ghanvati 2 TDS 2. Arogyavardhini Vati 2 TDS 3. Sutshekhar Rasa 2 TDS 4. Vata Vidhwamsa Rasa 1 TDS 5. Chardi Ripu Rasa 2 BD 6. Navayas Loha 2 BD 7. Bhumiamalaki Churna + Sharpunkh Churna+ Vidarikanda Churna + Swarna Makshika Bhasma + Praval Pishti + Vasa Kshar TDS 8. Gomutra Haritaki 2 HS 9. Cap. Livotone 1 HS
23/09/2024 to 22/10/2024	Maintenance therapy	1. Vasa Ghanvati 2 TDS 2. Arogyavardhini Vati 2 TDS 3. Sutshekhar Rasa 2 TDS 4. Pippali Tab. 2 TDS 5. Navayas Loha 2 BD 6. Bhumiamalaki Churna + Sharpunkh Churna+ Vidarikanda Churna + Vasa Kshar + Muli Kshara TDS 7. Gomutra Haritaki 2 HS 8. Cap. Livotone 1 HS

Follow up and outcomes:-

In first phase, the patient was given symptomatic treatment but was not helpful much. So, after the diagnosis, the Pitta pacifying drug in the form of powders and tablets was given. Within one week, the patient got relief in symptoms and then the maintenance therapy was given. The timeline of symptoms the blood reports are given in Table 1 and 2.

Table 2 Timeline of symptoms

<i>Symptoms</i>	14/09/2024	18/09/2024	23/09/2024	22/10/2024
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Yellowish discoloration of skin	-	+	+++	-
Weakness	+++	++	+	-
Cough	+++	++	-	-
Nausea and Vomiting	++	+++	-	-
Itching	-	+++	++	-

Table 3: Timeline of blood reports:-

Tests	Reports on 18/09/2024	Reports on 02/10/2024	Reports on 22/10/2024
HEMATOLOGICAL TESTS:- HEMOGLOBIN AND LIVER FUNCTION TESTS			
	8.9 gm/ dl	9.7 gm/dl	10.06 gm/dl
SGPT	2475.39U/L	130.34 U/L	10 U/L
SGOT	1900.21 U/L	83.97 U/L	13 U/L
Total Bilirubin	9.23 mg/dl	6.45 mg/dl	2.10 mg/dl
Direct Bilirubin	7.88 mg/dl	4.41 mg/dl	1.50 mg/dl
Indirect Bilirubin	1.35 mg/dl	2.04 mg/dl	0.50 mg/dl
URINE ROUTINE AND MICROSCOPY REPORT			
Urobilinogen	Present	Present	Nil
Bilirubin	Present 2+	Present 1+	Nil

Results: - Every 15 days, the liver function test was done to assess the liver parameters. The improvement in symptoms has been evidenced within 1 week of medicine. The patient was given only Ayurveda medicines. After 1 week, the medicine to improve liver health and liver functions along with Pitta pacifying drugs were given. At the end of the treatment, the patient got relief from all the symptoms and also normal Liver Function Test was observed.

DISCUSSION:-

The major point of concern here was to make symptomatic relief in Patient and to improve the liver health. For the *Pitta* pacification, the following drugs were used.

Sutshekhar Rasa was continued throughout the treatment. It works on decreasing the *tikshnata and ushnata* of *Pitta*. Its ingredients improve the digestive fire along with that does *Pitta* Pacification. [7]

Vasa (*Adhatoda vasica*) works as *kapha pitta hara* [8] and also as *Kasaghna* (Relieves Cough). So, *Vasa Ghanvati* along



with vasa Kshar has been given to patient from pittahar action.

Navayas Loha works on elevation of Hemoglobin. [9]

Along with that **Arogyavardhini Vati** which has 50 % content of **Katuki (Picrorhiza kurroa)** can be considered as hepato-protective in nature. [10]

The main combination of powders chosen for the rejuvenation of liver cells and maintaining the health of liver is **Bhumiamalaki(Phyllanthus niruri)**, **Sharpunkha (Tephrosea purpurea)**, **Vidarikanda(Pueraria tuberosa)**, **Vasa kshar (Kshar of Vasa(Adhatoda Vasica)** and **Muli Kshara.**

Bhumiamalaki is said to have lignans and turpenes which works effectively for liver protection by its antioxidant activity. [11]

Sharpunkha (Tephrosea purpurea) helps in correcting liver function and reducing the level of liver tests. [12] **Vidarikanda** acts as balya and vatapitta har drug. [13]

Pippali,

possesses **Dipana, Rasayana** (rejuvenating), and **Yogavahi** (enhancing the effect of other substances) properties [14]. It helps improve digestion, reduces **Ama** (toxins), and boosts the immune system, thereby helps in anemia. **Pippali** also acts as an immunomodulator, supporting the body in

preventing the development of autoimmune disorders [15]. It also works as anti-inflammatory and hemopoietic action. [16]

Gomutra Haritaki works as a mrudu virechan and also in **Pandu Roga** [17]. **Virechan** is considered as best treatment for **Pitta Dosh**. Also, **Gomutra** works as **kandughna** [18].

CONCLUSION

Jaundice is the liver disease caused by impaired bilirubin production or excretion of bilirubin. It is correlated with **kamala** in Ayurveda texts. It is mainly **Pitta Pradhan.**

The present case report explains not only about the literature regarding **Kamala** but also throws light on treatment approach to the disease. By observing the laboratory investigations, it shows the effect of Ayurveda medicines in the level of Haemoglobin as well as **SGOT, SGPT** and **Bilirubin** level. This study report opens the new door for the role of Ayurveda in different liver diseases.

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