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A CLINICAL CASE STUDY OF AYURVEDIC MANAGEMENT OF KAMALA WITH SPECIAL REFERANCE TO JAUNDICE

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Abstract : This clinical case study focuses on the Ayurvedic management of Kamala, a condition characterized by jaundice. Kamala, according to Ayurveda, is caused by an imbalance in the body's doshas, particularly Pitta dosha. The treatment approach involves a holistic regimen consisting of dietary modifications, lifestyle changes, and herbal medications aimed at restoring balance to the doshas and alleviating symptoms. This case study presents a comprehensive assessment of a patient diagnosed with Kamala, detailing their clinical findings, laboratory results, and the Ayurvedic treatment protocol employed, including the mode of action of specific herbal medicines.

Keywords : kamala, Liver, raktavaha strotasa

Introduction :

Kamala, known as jaundice in conventional medicine, is a condition characterized by yellow discoloration of the skin and mucous membranes due to an excess of bilirubin in the blood. In Ayurveda, Kamala is considered a manifestation of impaired liver function and derangement of the Pitta dosha, one of the three fundamental bioenergies governing physiological processes in the body. Ayurvedic management of Kamala involves restoring the balance of Pitta dosha through dietary modifications, lifestyle changes, and herbal remedies. This case study aims to illustrate the efficacy of Ayurvedic interventions in the management of Kamala, highlighting the holistic approach and individualized treatment regimen tailored to the patient's unique constitution.

CLINICAL FINDINGS –

- 45 Year old Male patient presents with yellowish discoloration of the skin and sclera, along with complaints of fatigue, loss of appetite, and mild abdominal discomfort.
- Laboratory investigations reveal elevated serum bilirubin levels, indicating impaired liver function .
- Physical examination shows hepatomegaly (enlarged liver) and mild tenderness in the right upper quadrant of the abdomen.
- Patient history reveals recent exposure to contaminated food and water, suggesting a possible infective etiology for the jaundice.

Laboratory Investigations-

- Complete Blood Count (CBC):

- Hemoglobin: 9 g/dL
- Total leukocyte count: 8,500/mm³
- Platelet count: 220,000/mm³

- Liver Function Tests (LFTs):

- Total Bilirubin: 4.5 mg/dL (elevated)
- Direct Bilirubin: 3.2 mg/dL (elevated)
- Indirect Bilirubin: 1.3 mg/dL (elevated)
- Aspartate Aminotransferase (AST): 85 U/L (elevated)
- Alanine Aminotransferase (ALT): 110 U/L (elevated)
- Alkaline Phosphatase (ALP): 250 U/L (mildly elevated)
- Gamma-Glutamyl Transferase (GGT): 150 U/L (elevated)

- Renal Function Tests:

- Serum Creatinine: 0.8 mg/dL
- Blood Urea Nitrogen (BUN): 15 mg/dL

- Coagulation Profile:

- Prothrombin Time (PT): 12 seconds (normal)
- International Normalized Ratio (INR): 1.0 (normal)
- Activated Partial Thromboplastin Time (aPTT): 30 seconds (normal)

- Viral Hepatitis Serology:

- Hepatitis B Surface Antigen (HBsAg): Negative
- Hepatitis B Core Antibody (anti-HBc): Negative
- Hepatitis C Antibody (anti-HCV): Negative

- Imaging:

- Abdominal Ultrasound: Hepatomegaly, no evidence of biliary obstruction or gallstones

TREATMENT-

1.

Dietary Modifications: Emphasize easily digestible, cooling foods such as rice, green leafy vegetables, mung dal, and fresh fruits. Avoid spicy, oily, and fermented foods. Increase intake of fluids, especially water and herbal teas
2.

Lifestyle Changes: Encourage adequate rest and relaxation. Avoid exposure to extreme heat and sun. Practice gentle yoga asanas and pranayama to improve liver function and promote detoxification.
3.

Herbal Medications:

Herb	Mode of Action	Treatment Approach
Kutki (Picrorhiza kurroa)	Hepatoprotective, improves liver function	- Decoction: Boil 1 teaspoon of Kutki powder in 1 cup of water, strain, and consume twice daily.
	Antioxidant, anti-inflammatory	- Powder: Consume 1-3 grams of Kutki powder with warm water twice daily.
Bhumyamalaki (Phyllanthus niruri)	Hepatoprotective, antiviral	- Fresh Juice: Extract juice from fresh Bhumyamalaki plant and consume 20-30 ml twice daily.
	Detoxifies liver, promotes bile flow	- Capsules: Take 500 mg capsules twice daily after meals.
Turmeric (Curcuma longa)	Anti-inflammatory, antioxidant	- Golden Milk: Mix 1 teaspoon of turmeric powder in warm milk with honey and consume once daily before bed.
	Improves liver function, aids digestion	- Turmeric Tea: Boil 1 teaspoon of turmeric powder in water, strain, and add honey. Consume 2-3 times daily.
Guduchi (Tinospora cordifolia)	Immunomodulatory, hepatoprotective	- Guduchi Powder: Take 3-6 grams of Guduchi powder twice daily with warm water.
	Detoxifies liver, reduces inflammation	- Guduchi Capsules: Take 500-1000 mg capsules twice daily after meals.
Triphala	Detoxifies liver, improves digestion	- Triphala Churna: Mix equal parts of Amla, Haritaki, and Bibhitaki powders. Take 1-2 teaspoons with warm water before bed.
	Regulates bile flow, enhances liver function	- Triphala Tablets: Take 1-2 tablets twice daily after meals.
Arogyavardhini Vati	Hepatoprotective, improves liver function	- Tablets: Take 250-500 mg tablets twice daily after meals.
	Detoxifies liver, purifies blood	- Consult an Ayurvedic practitioner for proper dosage and duration.

FOLLOW UP AND OUTCOMES:

The patient showed significant improvement in symptoms after two weeks of Ayurvedic treatment. The yellow discoloration faded, appetite improved, and energy levels increased. Laboratory investigations revealed a reduction in bilirubin levels, indicating improved liver function. The patient was advised to continue the treatment for an additional four weeks for complete recovery.

CONCLUSION:

Ayurvedic management of Kamala offers a holistic approach focusing on dietary modifications, herbal medications, and lifestyle recommendations. This case study demonstrates the efficacy of Ayurveda in treating Kamala by improving liver function, reducing bilirubin levels, and alleviating symptoms. Further research and clinical trials are warranted to validate the effectiveness of Ayurvedic interventions in the management of liver disorders like Kamala.

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Disclosure of conflict of interest

The authors declare that there was no conflict of interest regarding the publication of manuscript Agnivesha – Charaka Samhita, revised by Charaka and Dridhabala with Ayurveda Dipika Commentary of Chakra Pani Dutta edited by Vaidya yadavji Trikamji Acharya, Choukhambha Orientalia Varanasi, 2011, Page No: 124.

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