

<https://doi.org/10.46344/JBINO.2023.v13i01.02>

The Effect Of Rajani Ghrit In The Management Of Bahupitta Kamala ”

DR DHANASHREE VISHNU SAMBARE

PG SCHOLER KAYCHIKISTA

Dr . P. D. Londhe

(GUIDE & HOD KAYCHIKITSA)

SCM ARYANGLA VAIDYAK MAHAVIDYALAY, SATARA

Abstract

Kamala is described under Raktawaha Srotas & Yakrit – Pilha is the mula sthan of Raktavaha Strotas .Charakacharya considers that Kamala is next satge of Pandu mainly cause due to consumption of Ushna (hot) , Tikshna (spicy) food . i.e. Pittaprapak ahara (increasing level of pitta) but Sushruta & Vagbhata have accepted Kamala (jaundice) Not only as one of the complications of Pandu roga (anemia) but also in association of other disease. Due to these factors vitiation of Pitta (bile) , Rakta (blood) & Mamsa (muscle) Dhatu occurs. Kamala is co-related to jaundice in modern medicine jaundice is a yellowish pigmentation of skin, the conjunctival membrane over the sclera & other mucous

membrane caused by Hyperbilirubinemia (incread level of bilirubin in blood). Todays lifestyle with unhygienic and poor dieatory habit & alcohol etc. which are responsible factor to promote hepatic damage.

Acharya explain Ghrit Chikitsa & Virechan Karma in Kamala Vyadhi. Ingredients in Rajani Ghrita includes Haridra, Triphala, Nimba, Bala, Yashtimadhu, Goghrit & Saksheer, all of which have a special action on Yakrit. All of them have Tikata Rasa. Tikta Rasa has Virechana Karama and is in charge of Pitta Shamak action Rajani ghrit has hepatoprotective properties. Rajani Ghrita help to achieve curative and prophylactic management of Bahupitta Kamala through Ayurveda.

Key words – Kamala , Raktavaha Strotas , Jaundice, Rajani ghirth .

Introduction –

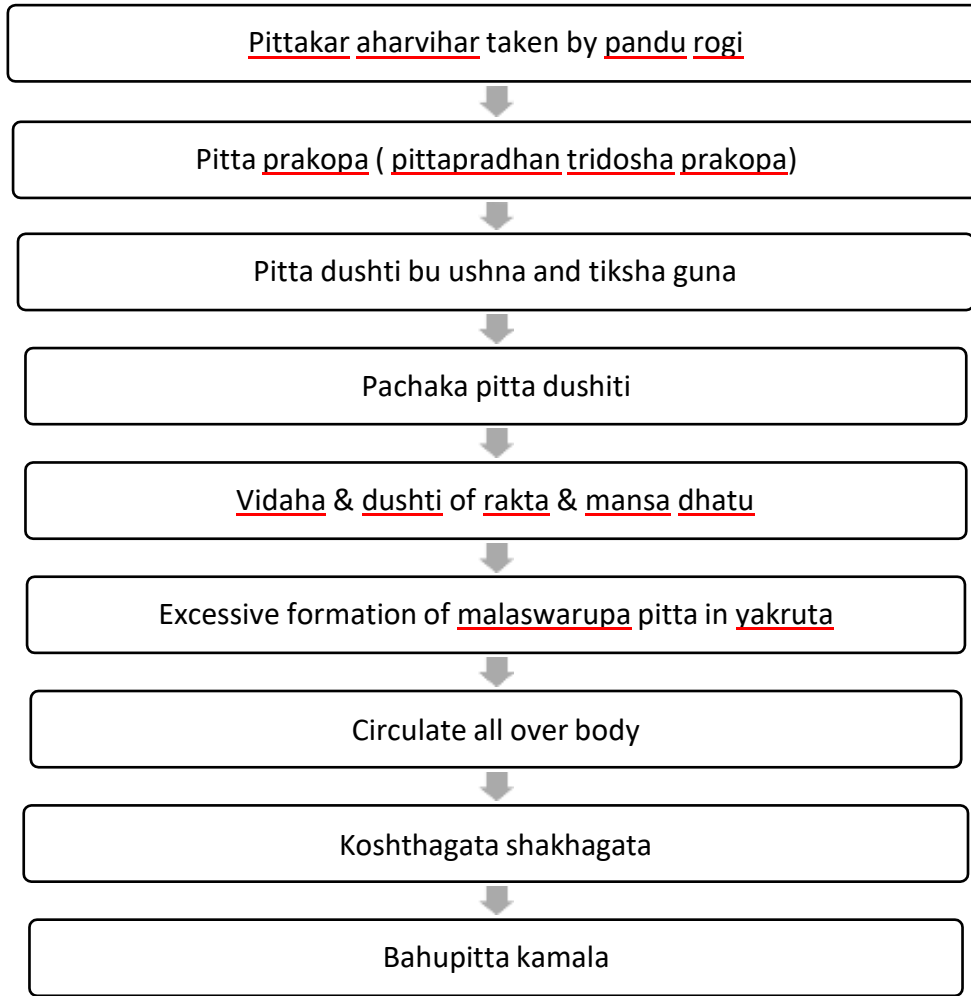
In Ayurveda Kamala is a disease related with Pitta Dosha. With Ayurvedic medicine we can treat and avoid the recurrence of Kamala. The management of Kamala and its complications along with drug, diet & lifestyle have been mentioned in Ayurvedic classica. (Charaka Acharya has considered Kamala as the advanced stage of Pandu Roga. When the person with Pandu Roga continues intake of Pittakaraka then he may develop Kamala). Sushruta Acharya has considered Kamala as a separate disease and also may be due to further complications of Pandu Roga. Whereas Vaghbhata Acharya has described Kamala as a separate disease.

There are mainly two types of Kamala described in Charak Samhita, namely 1) Bahupitta/ Kashtashrit 2) Shakhashrit / Rudhapitta. An individual suffers from severe Arochaka Aripaka and Agnimandya in kamala. In this generation of globalization and modernization, the incidence of disease is increasing day by day which affects humans. Overeating spicy, oily junk food, bakery products, excessive alcoholism is a lifestyle of people. Now a days leading to a variety of

disease, among these Kamala is one of the hazardous disease according to Charak Acharya jaundice results from the accumulation of bilirubin products of haemmetabolism in body tissue, hyperbilirubinemia may be due to abnormality seen in the formation of transport metabolism excretion of bilirubin, Rajani Ghrita makes more potent useful in the treatment of kamala.

The management of disease according to Ayurveda can be divided into three parts Nidan Parivarjan, Shodhana (purification therapy) and Shaman (palliative therapy), Pathy – Apathy in the management of Kamala, Acharya Charak has mentioned Virechana, (purgation therapy) with Mridu & Tikta-dravyas are advised in Kamala Pitta Dosha is vitiated by its Ushna, Tikshana Guna & to rakya dhatukshya along with this drava guna accumulation of pitta dosha occur in this state if we give tikshanashidhan. It leads to vitiation of vayu so there is a need to eliminate sanchit dosha & to avoid dhatukshayamrudushodhana i.e. mrudivirechana (mild purgation) is useful in bahupitta kamala, virechana means the administration of purgative to eradicate dosha from the body it is mainly done to eradicate the aggravated pitta dosha in the body.

Bahupitta Kamala Samprapti –



Samprati Ghataka

- Dosha – Pitta
- Dushya – Rakta , Mansa
- Adhishthana – Koshtha (Mahasrotasa – Yakrit) Shakha (Raktadi & Twacha)
- Stotas – Rasavaha , Raktavaha, Annavaha, Purrehvaha

Lakshane -

- Netra pitata
- mutra pitata
- Aruchi
- Avipaka
- Indriya dourbalya

Jaundice

Jaundice is common presentation of liver and biliary tract disease characterized by yellowish discoloration of skin, sclera and mucus membrane. Clinically detectable when sr. bilirubin is greater than 3.0 mg/dl

Types –

1. **Hepatocellular jaundice –** HEPACELLULAR FAILURE
common cause virus drug
both conjugated & unconjugated bilirubine raised
SGOT& SGPT grossly elevated
2. **Hemolytic jaundice –** hemolysis i.e. RBC distraction occurs
increase bilirubin production
unconjugated bilirubin raised
SGOT & SGPT normal
3. **Obstructive jaundice –** bile duct production
gallstone, ca pancreas cause
conjugated bilirubin raised
SGOT & SGPT - slightly elevated

Details of rajani ghrita

Rajani ghrita is described in chakrdatta pandu chikitsa adhyaya. It contain Triphala, Haridra, Nimb, Bala with their properties like pittashamak, Raktashodhak will break the samprapti of bahupitta kamala will act as Raktpitta shamak Mahish ghrita also properties like varapitta shamaka sheet.

Properties And Action Of Rajani Ghrita –

Rajani ghrita is tiktahar , pittahara, raktaroghar, rasayuna, shodhan sneha helps in eliminating accumulated shodhan sneha doshas from the body similarly the unconjugated bilirubin is exceded from the body and maintain normally in an empty stomach stimulated gall bladder to release more and more bile into the duodenum to digest the fat. Therefore, bile which is stored in the gall bladder as well as the serum is excreted from the body as prolonged administration of snehapana in empty stomach help inwcreting bile from the liver further it eliminated from the body hrough the stool.

Properties of each drug –

- ▣ **Haritaki (Terminalia chebula)** IT IS pancharasatmak having madhur amla, katu, Kashaya, tikta rasa. Its acts as tridoshashamak . it is agnideepak medhy rasayani & Anulomak.
- ▣ **Properties of haridra (curcuma longa)** is tiksta , katu rasa its vira ushna guna ruksha , laghu karma kapha vatahara lekshana pittarechana. Dourhalynasahan, vishaghna dahahara riyahara.
- ▣ **Properties of anlaki(embilica officinalis)** is amla Pradhan, pancha rasa lavan virya sheet vipak madhuk guna laghu ruksha karma deepen

pachan anuloman yakratutgyak diuretic laxative liver tonic.

- ▣ **Properties of bibhitaki (termnalia belerica)** is Kashaya ras Pradhan virya ushana viapak madhura laghu ruksha guna karma deepen pachan rasayan yakrutottejak used as a purgation therapy.
- ▣ **Nimbha (azadirachta indica)** Tikta Kashaya rasa sheet virya deepen pittahar kaphahar vipak katu laghu ruksha guna kandhuguna
- ▣ **Yashtimadhu madhur** madhur rasa Pradhan, tridoshar rasyana
- ▣ **Bala** madhur rasa Pradhan , vat pitthar, balya
- ▣ **Mahesh kshir** madhur rasa Pradhan, anidra atyaguni , balya, brihmona
- ▣ **Goghrita** madhur rasa, tridoshamak, agnidipan, hrudya, rasaytana, balya

Case Report –

A 56 yr male farmer by profession come to kaychikitsa opd & then admitted in IPD on date 10/5/2023 having complaining

1. Netra Pitata (icterus)
2. Mutra Pitata (yelleowsih Dicolouration of urine)
3. Adhamana (pain in abdomen)
4. Sakashtra mutrparurutti (painful micutration)
5. Kshudhamandya (anorexia)
6. Hrillas (nausea) since last 10days he was also have h/o kamala 2 yr ago.

History of present illness –

Previously 2 yr ago he was consulted allopathic physion for same problem. He got relief , but suddenly after 2 yr he got same problem then he decided to take Ayurvedic treatment so he was admitted in our hospital.

Personal history –

Addiction – alcohol consumption , frequent consumption of oily spicy food

General examination

□ PT was conscious, co-operative , well oriented to time, place etc. no cyanosis, No clubbing T- 97⁰ F , RR- 20/min CVS – S1S2 normal , RS – AEBE clear , CNS – conscious oriented

□ On examination –

1. Raktbhara(BP)- 130/80mmof hg
2. Nadi (pulse) – 80/min
3. SPO2 – 98%
4. Dehoshma (T) – 97⁰ F
5. Mala – Asamyak
6. Mutra – Sakashta Mutrpravrutti, Mutrpitatta
7. Jivha – sama
8. Admanana - ++
9. Kshudha – mandya
10. Druk – Icterus ++
11. Shabd – spasht
12. Akrti – madhyam

Blood investigation

- ▯ Blood investigation revealed raise level of sr. sgot, sr.sgpt & bilirubin
- ▯ Total bilirubine - 7.52
- ▯ Conjuhated – 0.59
- ▯ Unconjugated 7.23
- ▯ SGOT – 50
- ▯ SGPT – 28
- ▯ HbsAg –negative
- ▯ Urine – bile salt present , bile pigment present
- ▯ Urea – 38
- ▯ Creat – 0.8

Treatment –

- ▯ In Ayurveda acharyas explained ghrita chikitsa & virechana karama in kamala vyadhi
- ▯ Drug – rajani ghrit
- ▯ Form of drug – semi solid
- ▯ Anupana – koshanjala
- ▯ Dose – 10gm
- ▯ Sevankala - 2times a day
- ▯ Duration- 21 days
- ▯ Diet – as per patyakara aahara mentioned in Ayurvedic classics

Obesrtvation and result

<i>Lakshane</i>	<i>10/5/2023</i>	<i>11/5/2023</i>	<i>12/5/2023</i>	<i>13/5/2023</i>	<i>14/5/2023</i>
<i>Netra Pitata</i>	++	++	++	++	+
<i>Mutra Pitata</i>	+++	+++	++	++	+
<i>Adhmana</i>	++	+	+	Abs	Abs
<i>Sakashta Mutrapravrutti</i>	++	++	+	Abs	Abs
<i>Padashotha</i>	++	+	+	+	+
<i>Mukhpaka</i>	++	++	++	+	+
<i>BP</i>	<i>140/80</i>	<i>100/60</i>	<i>120/80</i>	<i>120/80</i>	<i>100/70</i>
<i>Pulse</i>	<i>80</i>	<i>66</i>	<i>70</i>	<i>70</i>	<i>70</i>
<i>Mala</i>	<i>Asamyaka</i>	<i>Asamyaka</i>	<i>Asamyaka</i>	<i>Samyaka</i>	<i>Samyaka</i>
<i>Mutra</i>	<i>Sakashta</i>	<i>Sakashta</i>	<i>Samyaka</i>	<i>Samyaka</i>	<i>Samyaka</i>
<i>Udara</i>	<i>Adhmana</i>	<i>Adhmana</i>	<i>Normal</i>	<i>Normal</i>	<i>Normal</i>
<i>Kshudha</i>	<i>Mandya</i>	<i>Mandya</i>	<i>Samyaka</i>	<i>Samyaka</i>	<i>Samyaka</i>
<i>Jivha</i>	<i>Sama</i>	<i>Sama</i>	<i>Sama</i>	<i>Niram</i>	<i>Niram</i>
<i>Nidra</i>	<i>Samyaka</i>	<i>Samyaka</i>	<i>Samyaka</i>	<i>Samyaka</i>	<i>Samyaka</i>
<i>Bala</i>	<i>Heena</i>	<i>Heena</i>	<i>Heena</i>	<i>Heena</i>	<i>Madhyam</i>
<i>Druk</i>	<i>Icterus++</i>	<i>Icterus++</i>	<i>Icterus++</i>	<i>Icterus+</i>	<i>Icterus+</i>
<i>Shabda</i>	<i>Samyaka</i>	<i>Samyaka</i>	<i>Samyaka</i>	<i>Samyaka</i>	<i>Samyaka</i>
<i>Akruti</i>	<i>Madhyam</i>	<i>Madhyam</i>	<i>Madhyam</i>	<i>Madhyam</i>	<i>Madhyam</i>

Follow up after discharging on 15/5/2023, he came for follow up for next 3 weeks

<i>Lakshane</i>	<i>22/5/2023</i>	<i>29/5/2023</i>	<i>5/6/2023</i>
<i>Netra Pitata</i>	+	Abs	Abs
<i>Mutra Pitata</i>	+	Abs	Abs
<i>Adhmana</i>	Abs	Abs	Abs
<i>Sakashta Mutrapravrutti</i>	Abs	Abs	Abs
<i>Padashotha</i>	+	Abs	Abs
<i>Mukhpaka</i>	+	Abs	Abs
<i>BP</i>	<i>130/80</i>	<i>110/60</i>	<i>124/84</i>
<i>Pulse</i>	<i>64</i>	<i>86</i>	<i>68</i>
<i>Mala</i>	<i>Samyaka</i>	<i>Samyaka</i>	<i>Samyaka</i>
<i>Mutra</i>	<i>Samyaka</i>	<i>Samyaka</i>	<i>Samyaka</i>

<i>Udara</i>	<i>Normal</i>	<i>Normal</i>	<i>Normal</i>
<i>Kshudha</i>	<i>Samyaka</i>	<i>Samyaka</i>	<i>Samyaka</i>
<i>Jivha</i>	<i>Niram</i>	<i>Niram</i>	<i>Niram</i>
<i>Nidra</i>	<i>Samyaka</i>	<i>Samyaka</i>	<i>Samyaka</i>
<i>Bala</i>	<i>Madhyam</i>	<i>Madhyam</i>	<i>Madhyam</i>
<i>Druk</i>	<i>Icterus+</i>	<i>Icterus+</i>	<i>Abs</i>
<i>Shabda</i>	<i>Samyaka</i>	<i>Samyaka</i>	<i>Samyaka</i>
<i>Akruti</i>	<i>Madhyam</i>	<i>Madhyam</i>	<i>Madhyam</i>

Discussion

In Ayurvedic Samhita kamala is explained under raktavaha strotas vyadhi, due to regularly consumption of ushna – tikshana ahara by pandurogi, causes vitiation of pitta dosha. All above aggregating factor & consumption of alcohol was taken by patient due to katu amla lavan ahara there is vitiation of pitta which leads to hypo function jatharagni f/b formation of disease called by kamala. As it is pitta & rakta prodoshay vyadhi it will be managed by madhur tikta & Kashaya rasa. According to texts ghritapana & virechana is treatment modality for kamala it removed increased pitta & purifies the body& give significant relief in kamala. Ingredients in rajani ghrita contains haridra , triphala, nimba, bala, yashtimadhu, goghrita, kshreera all of which

have special action on yakrit , all of them have tikta rasa rajani ghrita has virechana karma & also have pitta shamak action & hepatoprotective properties

Conclusion –

From the above study it can be concluded that effective treatment of kamala is possible by Ayurveda with the help of virechan as main modality. Patient got complete relief from netra pitata & mutra pitata on 3rd week Adman & sukashta mutrapravritti on 4th day. Kshudha become normal on day 3rd. Netra pitata completely normal after a week. No side effect were seen .during admission as well as after discharge

Follow up LFT reports –

	10/4/2023	15/5/2023	29/5/2023	5/6/2023
Total bilirubin	7.52	4.2	2.3	1.2
DIRECT BILIRUBIN	0.59	0.6	0.8	0.6
INDIRECT BILIRUBIN	7.23	4.1	1.7	0.8
SGOT	50	48	45	45
SGPT	28	35	40	40
Alk phosphatase	72	80	98	100
Total proteins	6.8	6.0	6.2	6.1
S. Albumin	5	4.2	3.1	3.1
S. Globulin	1.8	1.3	2.7	2.7



Refrances

1. Agnivesha, Charaka Samhita, Revised by Charaka and Dridhabala with Ayurveda Deepika commentary of Chakrapani Datta.
2. Bhava Mishra. Bhava Prakasha – including Nighantu portion, with Vidyotini Hindi Commentary, edited in Hindi by Sri Bramha Shankara Mishra and Sri Rupalalaji Vaisya, 11th ed. Varanasi: Chaukhambha Sanskrit Sansthan; 2004. Part 1 and 2
3. Chakrapanidatta. Chakradatta – with Bhavartha sandipini Hindi commentary by Sri. Jagadishvaraprasad Tripathi, edited by Pt. Bramhashankara Mishra, 5th ed. Varanasi: Chowkhamba Sanskrit Series; 1983
4. Gyanendra Pandey. DravyaGunavigyanam. 3rdEd. Varanasi:Chowkamba krishnadas Acdemy; Vol.I. 943pp
5. Madhavakara. Madhava Nidana –with the commentary Madhukosha by Vijayarakshita and Srikanthadatta and with extracts fromAtankadarpana by VachaspatiVaidya, 6th ed. Varanasi: Chaukambha Orientalia; 2001.
6. Sharangadharacharya. Sharangadhara Samhita – with the commentaries Adhamalla"s Deepika andKashirama"s Gudhartha Deepika,Varanasi: Krishnadas Academy;Reprint 2000.
7. Sushrutha. Sushrutha Samhita – with Nibandha Sangraha commentary ofSri. Dalhanacharya and Nyayacandrika panjika of Sri. Gayadasa on Nidana Sthana, reprint 2004.Varanasi: ChowkambaKrishnadas Academy; 2004.
8. Vagbhata. Ashtanga Hridaya, with the commentaries of Sarvanga Sundaram of Arunadatta and Ayurveda Rasayana of Hemadri, reprint 2000. Varanasi: Krishnadas Academy; 2000.
9. Vriddha Vagbhata. Ashtanga Samgraha – with the Shashilekha Sanskrit commentary by Indu, 1st ed. Varanasi: Chowkamba Sanskrit Series Office; 2006