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# Management of *Shakhasrita Kamala* as Pre-Hepatic Jaundice

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## ABSTRACT

*Kamala* is a *Pittajananatmaja* and *Raktapradoshaja Vyadhi*, where the skin, eye and mucous membrane take yellowish discoloration. It can be correlated with jaundice according to its resemblance in signs and symptoms. *Shakhasrita Kamala* is considered as *Rudhapada Kamala* or *Vatakapha Pradhana*. The line of management adopted in this condition is *Kaphahara Chikitsa* and *Shamanaushadi* thus removing the *Margavarana*. This can be correlated to prehepatic jaundice, which arises from the blood before enters the liver. This can be understood by assessing the blood investigation and other imaging studies. The line of treatment can be decided by analyzing the investigation and clinical findings.

**Key words:** *Shakhasrita Kamala, Kaphahara Chikitsa, Shamana, Pre-hepatic Jaundice.*

## INTRODUCTION

In Ayurvedic classics, *Kamala* is the disease related with *Pitta Dosha* and is a *Raktapradoshaja Vyadhi*. The management of *Kamala* and its complications along with drug, diet and lifestyle has been elaborately mentioned in Ayurvedic literature. *Acharya Charaka* considered *Kamala* as a *Nidanartakaroga* of *Pandu*. If *Pandurogi* consumes excess *Pitta* aggravating factors it will end up in *Kamalaroga*.<sup>[1]</sup> *Susruta* and *Vagbhatta* considered *Kamala* as a separate disease. *Kamala* derived from *Kaman + Lati*, which means devoid of desire. Hence *Kamala* can be understood as a condition were

individual loose interest in all aspect. The affected persons will not get desire to eat or drink .

### Classification of *Kamala*

1. *Charaka*: 1. *Kosthashrita*, 2. *Sakhashrita*, 3. *Halimaka*, 4. *Kumbha Kamala*.<sup>[2]</sup>
2. *Susruta*: 1. *Kamala*, 2. *Halimaka*, 3. *Kumbhahvaya*, (*Kumbhasahva*), 4. *Lagharaka* (*Lagharaka alasaka*).<sup>[3]</sup>
3. *Ashtanga*: 1. *Svatantra*, 2. *Paratantra*, 3. *Kumbha Kamala*, 4. *Lodhara*, 5. *Alasaka*.<sup>[4]</sup>

### *Shakhasraya Kamala*

*Shakhasraya Kamala* may manifest without *Panduroga*. Eventhough the person consumes *Pitta* aggravating factors this type of *Kamala, Pitta* is less aggravated. That is why sour and pungent things are prescribed for the treatment of *Shakhasraya Kamala* patients to bring back *Doshas* from *Shakha* to *Koshta*, by these factors it is called as *Alpa Pitta Kamala*.

Due to excessive consumption of rough, cold, heavy sweet products, excessive exercise and suppression of natural urges leads to aggravation of both *Vata* and *Kapha*. *Vata* amalgamates with *Kapha* and expels the *Pitta* from its own site and manifest symptoms like

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yellowish discoloration of eyes, urine and skin associated with whitish stools, gurgling sound in abdomen constipation and heaviness in cardiac region. Patient passes stools having the color of sesamum paste due to obstruction for the flow of *Pitta* to the *Koshta* by *Kapha*.

Majority of the *Pitta* gets located in the *Shakha* and there is reduction in the proportion of *Pitta* in *Koshta* leads to weakness, *Agnimandya*, pain on both side of the chest, hiccup, dyspnoea, anorexia and fever. That is why *Kapha* alleviating therapies are prescribed to pacify *Kapha* and simultaneously aggravating *Pitta*. Aggravation of *Pitta* is essential to bring back the *Pitta* from *Shakha* to the *Koshta*.<sup>[5]</sup> *Ashayapakarsha* concept holds good in *Shakhasrita Kamala*. Even though *Pitta* is in its normal state, due to the unstable state of *Vata* and *Kapha* *Pitta* is taken out from its *Moolastana* and expelled to *Shakhas*.<sup>[6]</sup>

### Samprapti

*Nidana Sevana* → *Margavarana* due to *Prakupitakapha* which results in *Vataprakopa* → *Kupitavata* expels *Pitta* from its *Ashaya* → *Manifest lakshanas* → *Shakhashrita Kamala*.



### Samprapti Ghataka

- *Dosha* : *Pitta Pradhana Tridosha*.
- *Dusya* : *Rasa, Rakta, Mamsa*.
- *Agni* : *Jataragni, Dhaturvagni*
- *Agnidushti* : *Mandagni*
- *Ama* : *Agnijanya*
- *Srotas* : *Rasavaha, Raktavaha, Annavaha*
- *Srotodusti* : *Sanga, Atipravarti, Vimargagamana*
- *Udbhavastana* : *Amashayotha, Koshta, Mahasrotas*
- *Sancarastana* : *Koshta*

- *Vyaktasthana* : *Tvak, Nakha, Netra, Shaka*.

### Chikitsa

The careful observation of *Samprapti* of *Shakhashrita Kamala* reveals that it is nothing but *Ruddhapatha Kamala* resulted from *Kapha* obstructing the *Pittavaha Srotas*. Due to the obstruction in *Srotas* the *Srotovahidravaya* does *Vimargagamana* and moves from *Koshta* to *Shakha*. This results in showing symptoms like yellowish discoloration of eyes, urine and skin associated with whitish stools and so on.

*Charaka* has mentioned the measures that brings *Dosha* from *Shakha* to *Koshta*. It has been explained that *Dosha* moves from *Shakha* to *Koshta* by various process such as *Vridhi* of *Doshas*, liquefaction of pathogenic factors, suppuration, cleansing of *Srotas*, and by controlling *Vatadosha*.<sup>[7]</sup> The main line of treatment for *Shakhasrita Kamala* needs special emphasis because *Malaranjakapitta* is situated in *Shaka* therefore *Virechanadi Karma* will not be effective till *Dosha* are not brought to the *Koshta*. When *Dosha* comes to the *Koshta* the line of management adopted in case of *Koshtashakhasrita Kamala* can be chosen as a treatment plan. This include *Virechana* and other treatment.

For *Kaphaharanartha* the drugs which are having *Katuamla Rasa, Teekshna Guna* are selected. *Shamanaushada* include *Patolakaturohinyadi Kashaya, Panchatiktaka Ghrita, Phalatrikadi Kwata, Triphala Churna* along with proper diet and regimen. Once the *dosha* reaches the *Koshta* it should be treated with *Virechana*.

### Understanding of Pre Hepatic Jaundice in Shakhasrita Kamala

Clinical understanding of prehepatic jaundice with proper investigatory studies confirms the line of management adopted in this condition. Jaundice can be of three types. Prehepatic, hepatic and post hepatic jaundice. Pre hepatic jaundice arise from the blood before it enters the liver. In pre-hepatic jaundice, there is excess production of bilirubin that overtakes the ability of liver to conjugate the bilirubin and excrete into the gut. This is predominantly unconjugated hyperbilirubinemia.

Common signs and symptoms will include yellowish discoloration of the skin, mucus membrane, sclera, light colored stool, dark colored urine, itching of the skin, nausea and vomiting, abdominal pain, fever, weakness, loss of appetite, headache, confusion, swelling in legs and abdomen. The investigatory findings will be having increased unconjugated serum bilirubin, increased urobilinogen, with normal level of AST/ALT, conjugated bilirubin and alkaline phosphatase. By these findings the diagnosis can be confirmed with the help of clinical assessment. The treatment approach can be adopted after analyzing this.

## DISCUSSION

*Shakhasrita Kamala* is one among the *Kamala* explained in our classic which can be correlated to pre hepatic *Jaundice*. For the treatment aspect diagnostic criteria are very much important. Based on the investigatory findings one can confirm the diagnosis along with the clinical assessment. The treatment mainly focused to pacify the *Kaphadosha* and to replace the *Prakrutapitta* into its normal site. Considering the *Ashayapakarsha* concept here the *Pittadosha* even though in its normalcy is taken by other vitiated *Dosha* and expelled from its normal *Stana*. Here for *Samprapti Vighatana*, *Katu Teekshna Ushna Aushadas* are to be given to increase the *Pitta* which is nothing but the digestive fire. Along with this *Shaman Aushadis* are to be administered.

## CONCLUSION

*Pitta Dosha* is needed for the digestion and metabolism of the body. When *Pitta* is not in normal condition or it get misplaced from its normal site body will end out in various disease. *Shakhasrita Kamala* is one among those where the *Prakrutapitta* due to *Kaphavatadushti* gets expelled from *Koshta* and is thrown into *Shakhas*. Here the disease can be understood by assessing the investigatory findings and clinical examination of pre hepatic jaundice. Ayurveda emphasis its treatment through

administering *Katu Ushna Teekshna Shamana Aushadas* and by proper diet and regimen.

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