

**EFFICACY OF NISHOTTAR CHURNA ALONG WITH PHALTRIKADI
KWATH IN THE MANAGRMENT OF BAHUPITTA KAMALA
[JAUNDICE]**

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ABSTRACT

Evaluation of patients with liver disease should be directed at establishing the etiologic diagnosis, estimating the disease severity (grading), and establishing the disease stage (staging). Diagnosis should focus on the category of disease, such as hepatocellular jaundice Hepatocellular Jaundice is an infectious disease, affect the liver. Presenting features of hepatitis are Jaundice, Abdominal Pain, Nausea, Anorexia and Fatigue. As per modern medicine does not have any efficient remedy and due to side effects of available medicine, everybody is in search of alternative medicine. While examining

patients in our OPD it was found that many patients were suffering from jaundice, mostly *Bahupitta Kamla* So to find effective and cheaper remedy for patient, this topic was selected.

Aim: To study the efficacy of *Nishottar Choorna + phaltrikadi kwatha* in *Bahupitta Kamla*

Objective: To observe the effect of *Nishottar Choorna + phaltrikadi kwatha* in *Bahupitta kamla* and To provide efficient and easily available treatment for *Bahupitta kamla*.

KEYWORDS: *Phaltrikadi kwath, nishottar churna, bahupitta kamala.*

INTRODUCTION

The terminology or Nirukti of word Kamala is_

“विविधान कामान लती कामला।

Means a disease in which there is loss of desire of doing work, eating etc. It can be called as Severe Anorexia or malaise. To be more specific Kamala Vyadhi can be defined according to Ayurveda text as as-

“हरिद्र नेत्रः सुभृशं हरिद्रत्वन्खाननः।” which means the disease which is characterized by yellowish discoloration of sclera, urine, faeces, skin and face (buccal cavity) due to increased billurubin level in blood and it is called as Jaundice/ Icterus.

Bahupittakamala as the name suggest it is a Pitta Pradhan Vyadhi and its Udbhav sthana is Yakrut. It shows similarity with signs and symptoms of Hepatocellular Jaundice like loss of appetite, malaise, abdominal pain, fatigue etc. This Hepatocellular Jaundice is an initial of Infectitious disease of liver i.e. Hepatitis.

The main constituents of Kamala i.e. Samprapti Ghatak are Rakta and Ranjak Pitta. Both of these reside in Yakrut i.e. liver. So, while enlisting the causes of Kamala, we can take into consideration all the Pitta Prakopaka and thus -Rakta dushtikara Hetus. Katu-Amla-Lavan Rasa & Kshar dravyas are mainly responsible for vitiation of Pitta Dosha.

As far as today's lifestyle issues and circumstances are considered, hot and humid environment, contaminated food and water consumption, Alcohol abuse are seem to be common. Owing to lots of complexities breed by modernization, unfortunately this is causing various hazardous disorders to the mankind. Bahupittakamala is one of the hazardous disorders emerging out of these grounds.

Ayurveda, “Kamala vyadhi is known from Ancient times i.e. Right from vedik kala. Aacharyas of Bruhatrayi i.e. Charaka, Sushruta and Vagbhata had explained Kamala as “Pravardhaman avastha” or “updrava of Pandu vyadhi. Also at the same time Kamala” is explained as Swatantra vyadhi.

The liver plays major role in the maintenance of metabolic Homeostasis. The development of clinically important liver disease is accompanied by diverse manifestation of disordered metabolism. Jaundice is a Hallmark symptom of liver disease and the most reliable marker of severity.

CASE STUDY

A 45 years female patient suffering from complain of haridra netrata purish pitata, pita mutrata, dorbalya, hrullas came to our kayachikitsa opd at GAM Patur.

Chief Complaints

Pita Mootrata

Hrullas

Haridra Netrata

Purish Pitata

INVESTIGATIONS

Hb: 9.0 gm%

TLC : 9000 cumm

PLT : 2 lac

Sr.Bilirubin (Total) 13.4

Sr.Bilirubin (direct) 9.2

Sr.Bilirubin (indirect) 3.8

SGPT 643

DISCUSSION**Hetu of kamala as**

1) Ahar:

- Kshara-amla-lawana-ushna Ahar.
- Masha, tila tail.
- Virudhaana.

2) Vihar:

- Chhardi-vegadharan (Suppression of natural urges).
- Divaswap (Sleeping at day time)

3) ManasikaNidan- Kama, Chinta, bhaya, and krodha cause vata vrudhi.

Samprapti Ghatak

Dosh

Pittta-dosha

Dushya

Rasa, Rakta, Mansa dhatu

Adhishtana

Rakta, Mansa

Srotus Rasavaha, Raktavaha, Annavaha.

Vyaktistan Twaka

Gradations

SR. NO.	SYMPTOMS	CRITERIA	GRADE
1.	Haridra netrata	Absent	0
		Mild	1
		Can be seen in sunlight	2
		Can be seen without in sunlight	3
2.	Pita mootrata Purish pitata	Bile salt, Bile pig absent	0
		Bile salt, Bile pig absent +	1
		Bile salt, Bile pig absent ++	2
		Bile salt, Bile pig absent +++or more	3
3.	Aruchi	Normal	0
		Less desire to eat	1
		Less desire to eat with nausea	2
		Less desire to eat with severe nausea	3
4.	Sr. bilirubin	Upto 1mg/dl	0
		>2mg/dl	1
		>3mg/dl	2
		>6mg/dl	3

Treatment Details

Nishottar churna 5gm along with phaltrikadi kwath 40ml B.D in duration of 30days.

RESULT

Table Showing Changes in Blood Investigation after Chikitsa.

The patient had started improving during hospital stay & at end of 30 days, all symptoms nearly get disappear.

Table Showing Changes in Blood Investigation after Chikitsa.

Test	21/07/2018	28/07/2018	21/08/2018
Sr.Bilirubin (Total)	13.4	10.24	3.16
Sr.Bilirubin (direct)	9.2	8.0	1.16
Sr.Bilirubin (indirect)	3.8	2.24	2.0

CONCLUSION

The present case study signifies the role of nishottar churna along with phalatrikadi kwath in the treatment of bahupitta kamala (jaundice).

The patient can make the significant sign & symptom conclude that nishottar churna along with phalatrikadi kwath is effective in management of bahupitta kamala.

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