

A REVIEW STUDY ON SHAKHASHRITA KAMALA W.S.R. TO POST-HEPATIC JAUNDICE**Ranu Rajpurohit^{1*}, Akhilesh Kumar Srivastava², Rajesh Kumar Manglesh³, Swapnil Saini⁴ and Pooja Sharma⁵**¹M. D. 2nd Year, Deptt. of Rog Nidan Evam Vikriti Vigyan, R.G.G.P.G. Ayurvedic College & Hospital, Paprola, Distt. Kangra, H.P., India.²Prof. Deptt. of Rog Nidan Evam Vikriti Vigyan, R.G.G.P.G. Ayurvedic College & Hospital, Paprola, Distt. Kangra, H.P., India.³Prof. and H.O.D., Deptt. of Rog Nidan Evam Vikriti Vigyan, R.G.G.P.G. Ayurvedic College & Hospital, Paprola, Distt. Kangra, H.P., India.⁴Reader, Deptt. of Rog Nidan Evam Vikriti Vigyan, R.G.G.P.G. Ayurvedic College & Hospital, Paprola, Distt. Kangra, H.P., India.⁵Lecturer, Deptt. of Rog Nidan Evam Vikriti Vigyan, R.G.G.P.G. Ayurvedic College & Hospital, Paprola, Distt. Kangra, H.P., India.***Corresponding Author: Ranu Rajpurohit**M. D. 2nd Year, Deptt. of Rog Nidan Evam Vikriti Vigyan, R.G.G.P.G. Ayurvedic College & Hospital, Paprola, Distt. Kangra, H.P., India.

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ABSTRACT

Kamala, a *Pittajananatmaja* and *Raktapradoshaja Vyadhi*, is distinguished by the yellowish discoloration of mucous membranes, skin, and eyes. *Kamala* is classified based on its origin and pathogenesis. There are two types: *Shakhashrit* and *Koshthashrit*. Excess erythrocyte breakdown causes *Koshthashrita Kamala*, also known as *Bahupitta Kamala* since it increases *Pitta* (bilirubin) formation. The second kind of *kamala*, called *Alpa Pitta Kamala*, is brought on by biliary blockage, which lowers the excretion of *Pitta* (bilirubin). Most of the symptoms of obstructive jaundice are more closely related to the *Ayurvedic Shakhasrita Kamala* disease. Obstructive jaundice, sometimes referred to as post-hepatic jaundice, occurs when the extrahepatic biliary pathway between the duodenum and liver is either completely or partially blocked. Other names for *Shakhasrita Kamala* include *Rudhapada Kamala* and *Vatakapha Pradhana*.

KEYWORDS: *Shakhasrita Kamala*, post-hepatic jaundice, *Alpa Pitta Kamla*.**INTRODUCTION**

The concept of *Kamala* has been explained in *Ayurveda* under *Pandu Roga*. Within *Ayurveda*, the term *Pandu* refers to all blood-related illnesses as well as those pertaining to the hepatic and biliary tract. When *Pitta Pradhana Tridoshas* are raised, they culminate in *Gourava*, *Dhatu Shaithilya*, *Alpa Raktha*, *Alpa Meda*, *Nissarata*, and *Shithilendriyata*, which complete the *Pandu Samprapthi*.^[1] According to *Charakacharya*, *Kamala* is a more advanced level of *Pandu Roga*. *Acharya Vagbhat* described *Kamala* as a separate disease, but *Acharya Shushrut* considered it a separate disease and also suggested that it might be caused by a subsequent *Pandu Roga*.

In *Shakhasrita Kamala* there is *Vata* and *Pitta Prakopa* due to independent etiological factors. In fact *Vata* displaces *Pitta* and *Kapha* from their respective *Sthanas* causing imbalance.^[2] *Chakrapani* regarded this *Kamala* type as *Alpa Pitta Kamala*. Its clinical features include

blocking of *Pitta dosha* and its accumulation in *Shakhas*, or the peripheries, which causes abnormally clay-colored stool. It is considered as a *Swatantra Vyadhi*.

भवेत्पित्तोल्बणस्यासौ पाण्डुरोगाद्दतेऽपि च^[3]

Ayurvedic condition *Ruddha Patha Kamala* is the closest clinical correlation to biliary obstruction, wherein the flow of *Pitta* is obstructed by *Kapha*. Biliary obstruction is defined as blockage of any duct that carries bile from the liver to the gallbladder or from the gallbladder to the small intestine. A mechanical blockage or metabolic issues inside the hepatic cells could be the cause of the clinical context of the lack of biliary flow.

Samprapthi (etiopathogenesis)

Nidana Sevana → *Margavarana* due to *Prakupitakapha* which results in *Vataprakopa* → *Kupitavata* expels *Pitta* from its *Ashaya* → Manifest *lakshanas* → *Shakhashrita Kamala*.^[4]

Samprapti Ghataka

- *Dosha* : *Pitta Pradhana Tridosha*.
- *Dusya* : *Rasa, Rakta, Mamsa*.
- *Agni* : *Jataragni, Dhatuvagni*
- *Agnidushti* : *Mandagni*
- *Ama* : *Agnijanya*
- *Srotas* : *Rasavaha, Raktavaha, Annavaha*
- *Srotodusti* : *Sanga, Atipravarti, Vimargagamana*
- *Udbhavastana* : *Amashayotha, Koshta, Mahasrotas*
- *Sanchya-sthana* : *Koshtha*^[4]

Pandu Roga is not necessary for *Shakhasrita Kamala* to manifest. *Pitta* is less exacerbated even though the person consumes things that aggravate *Pitta*, such as this kind of *Kamala*. Because of this, *Shakhasrita Kamala* patients are prescribed sour and pungent foods in order to restore *Doshas* from *Shakha* to *Koshtha*; this combination of variables is known as *Alpa Pitta Kamala*.

Both *Vata* and *Kapha* are aggravated by overindulging in rough, cold, heavy, sugary foods, excessive physical activity, and stifling one's natural desires. *Vata* amalgamates with *Kapha* and expels the *Pitta* from its own place and display symptoms like yellowish discoloration eyes, nails mucus membrane. Given how similar its signs and symptoms are to jaundice, they can be connected. *Rudhapada Kamala*, also known as *Vata-Kapha Pradhana*, is the name given to *Shakhasrita Kamala*. In this case, *Pitta Kaphahara Chikitsa* and *Shamanaushadi* have been used as the line of management, eliminating *Margavarana*.

तिलपिष्टनिभं यस्तु वर्चः सृजति कामली¹
श्लेष्मणा रुद्धमार्गं तत् पित्तं कफहरैर्जयेत्^[5]

The complete expulsion of *Pitta Dosha* into the *Koshtha* is the defining characteristic of this form of *Kamala*. *Raktagni's* activity causes *Pitta Dosha* to continue forming regularly, but because of poor elimination, it builds up in the *Shakha* and takes the form of *Shakashritra Kamala*. *Tilapishtanibha Varcha*, or anomalous clay hue, is seen in the fecal waste because the *Pitta Dosha* does not reach the *Koshtha*.^[6]

Modern View of Shakhasrita Kamala

Post hepatic jaundice is such type of a jaundice in which the cause lies in the biliary portion of hepatobiliary system. The major cause of post hepatic jaundice is extrahepatic biliary obstruction. Therefore it is also known as obstructive jaundice.^[7]

Etiology

The major cause of post hepatic jaundice is extra-hepatic biliary obstruction.^[7]

The causes of obstruction may be classified into two types:

Congenital causes- The congenital obstruction involves following^[7-8]

- Biliary Atresia
- Cystic Fibrosis
- Idiopathic dilation of common bile duct
- Pancreatic biliary malfunction
- Choledochal Cyst

Acquired Causes- The acquired obstruction involves following^[8-14]

- Portal biliopathy
- Cholecystitis
- Trauma
- Pancreatitis
- Strictures
- Choledocholithiasis
- AIDS
- Intra-Abdominal Tuberculosis
- Tumors
- Common bile duct Obstruction

Clinical presentation

The clinical manifestations of obstructive jaundice are dark urine, pale stools and generalized pruritus. History of fever biliary colic, weight loss, abdominal pain and abdominal mass are also the representatives of obstructive jaundice.^[8] Obstructive Jaundice may lead to various complications including cholangitis, pancreatitis, renal and hepatic failure.^[15]

CONCLUSION

The body's metabolism and digestion depend on the *Pitta Dosha*. When the *Pitta* is not functioning normally or is misplaced from its intended location, the body will develop a variety of diseases. The *Prakrita-Pitta* is hurled into *Shakhas* and out of *Koshtha* in *Shakhashrita Kamala* as a result of *Kapha-Vatadushti*.

Obstructive jaundice of different etiologies can be associated with *Shakhasrita Kamala*. Impaired excretion of *Pitta Dosha* into the *Koshtha* is the defining characteristic of this form of *Kamala*. As a result, *Mala Ranjana* is not occurring correctly, which leads to *Sweta Varachas*, or stools with a clay color.

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