

# Role of GUDUCHI GHAN with GANDHARVAHARITAKI CHOORNA in “KAMALA”(Jaundice)

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## Research Article

**Abstract:** Jaundice can be termed and/or correlated with KAMALA as mentioned in Charaksamhita. It is now-a-days burning clinical problem due to human beings changed dietary habits including drinking wines, smoking, tobacco chewing, eating unhygienic food like chat and water, etc. Rejuvenate[Rasayana] therapy mentioned in Ayurveda keeps enzyme in the tissue cells in their normal functioning condition and prevents ageing processes of an individual and also makes him/her disease free even during advanced age. Modern science prefers antibiotics, etc, but they have limitations and systemic complication. So to provide effective, economical and simple management of KAMALA(Jaundice) clinical research work was carried out with use of GUDUCHI GHAN with GANDHARVAHARITAKI

**CHOORNA.** A single non comparative blind study was conducted on 30 patients of KAMALA and statistical analysis showed that debility reduced to 58.33%, abdominal burning sensation to 63.63%, indigestion to 60.71%, loss of appetite 65.21%, pain in abdomen to 65.38%, yellowish discolouration of skin, eyes, nails to 56.66% Fever to 61.90%, yellowish stool- urine to 58.62%. It also showed significant effectiveness in relieving clinical symptomatology of KAMALA(jaundice). It maintains normal levels of SERUM BILIRUBIN, S.G.P.T, and S.G.O.T, HB% in the blood and increases WEIGHT of the person.

**Keywords:** GUDUCHI GHAN, GANDHARVAHARITAKI CHOORNA, KAMALA.

## Introduction

Kamala is described in ancient Ayurvedic texts(Charaksamhita,Sushrutsamhita, Ashtanghridya, Madhavnidan,etc) in the context of panduroga. Kamala is the condition which affects the lusture of body to yellow due to discolouration and excessive bile pigmentation. Ayurvedic definition:-Kamala is Excessive accumulation of mala(kutsita) in the body. Kamala is tridosha vyadhi with pitta predominance. Kamala is considered as pitta-raktaj vyadhi.

पाण्डुरोगी तु योज्यर्थं पित्तलानि निषेवते ।  
तस्य पित्तमसुमांसं दग्धा रोगाय कल्पते ॥ च.चि.अ. 16/34

It is now-a-days a burning problem(disease) caused due to human beings changed dietary habits including OILY,SALTY,ACIDIC and SPICY FOODS,DRINKING WINES,SMOKING,TOBACCO CHEWING, EATING UNHYGIENIC FOOD LIKE CHAT and WATER, EXCESSIVE DIET, DAY SLEEPING and ANXIETY NEUROSIS,etc.

### Types of kamala :- (a)Charakasamhita-

(1)KOSTHASHRITAKAMALA:-Haridra-netra,twak,nakha(yellow discolouration of skin eyes nails),daha(burning sensation), avipaka (indigestion),agnimandya(loss of appetite), daurbalya (debility),pain in abdomen, fever, dyspnoea, hiccup, whitish daefecation (stool),

(2)SHAKHASHRITAKAMALA-Haridra-netra,twakandnakha(yellowish discolouration of skin, eyes, nails)daha(burning sensation ),avipaka (indigestion),agnimandya(loss of appetite) daurbalya (debility),pain in abdomen, yellowish to reddish urination and daefacation(stool)

(3)HALIMAKA 4)KUMBHAKAMALA

(b) Sushrutasamhita :-1) Kamala,2) Panaki,3) Halimaka.4) Lagharaka,5) Kumbhakamala

(c) Ashtanghridya :-1) Swatantra,2) Partantra

Kamala is one from the 40 types of pittaja nanatmaja vyadhi mentioned in Charaksamhita

## Treatment

Kamala is treated by oily massage, mild purgatives along with oral intake of the

(1) AROGYAWARDHINI WATI(400mg T.D.S.) (2) CHANDRAKALA RASA(400mg T.D.S.)

(3) PANCHAMRUTAPARPATI (125mg T.D.S.) (4) SHANKHBHASMA(500mg T.D.S.)  
(5) TRIKATU CHOORNA(2 gm B.D.) (6) MAHATIKTAK GHRITTA(15gm T.D.S)  
(7) LOHASAVA(20mlT.D.S.) (8) KUMARIASAVA(20mlT.D.S.)  
(9) PUNARNAVASAVA(20mlT.D.S) etc. either single drug therapy or combination(multiple) drug therapy with honey or lukewarm water.

संशोध्यो मृदुभिस्तिकैः कामली तु विरेचनैः ॥ च.चि.अ. 16/40

Hence the present study is based on rejuvenation therapy by using GUDUCHI GHAN with GANDHARVAHARITAKI CHOORNA which also acts as laxative in the management of KAMALA.

#### **Rejuvenate (Rasayana) Therapy :**

Rasayana therapy aims at keeping enzymes in the tissue cells in their normal functioning condition. These cells are to be revitalized and their composition has to be changed by using rasayana. Rasayana prevents the process of ageing and makes an individual disease free even during advanced age. When Rasayana therapy is to be administered the person should be cleaned of dirt or the metabolic waste products through panchakarma (specially virechana) procedures.

**A)HARITAKI [Terminalia chebula]:-**It acts as painkiller, anti-inflammatory, laxative, wound healer, effective in indigestion, and hyperacidity. It reduces lipid levels without reducing body weight.Haritaki is mentioned as mild purifier in Charaksamhita. It is Ttikta rasatmaka so useful in digestion of apakwa pitta

हरीतकी पञ्चरसाङ्गवणा तुवरा परम् ।  
रुक्षोष्णा दीपनी मेध्या स्वादुपाका रसायनी ॥ भावप्रकाश.

**(B) ERANDA(Richinus communis):-** It is Ushana, guru, snigdha, tikshna and sara. It acts as purgative, appetizer and antihelminthic. It is effective in abdominal pain, spleenomegaly and hepatomegaly. It contains Ricinoleic acid, oleic acid, Linoleic acid etc.

एरण्डमूलं वृथ्यवातहराणाम् । च

**(C) GUDUCHI (Tinospora cordifolia):-**It has following constituents:-

(a) Glycoside – giloin (b) Non glycoside – glenin and gilosterol; (c)Bitter principle – columbin, charmathin, and palmarin; (d)Alcolloid – tinospocin, Hinosporic acid, tinasporal which are rich in proteins, calcium and phosphorous.

The clinical Studies showed that guduchi has anti inflammatory, antipyretic, diuretic, hypoglycemic action etc. The aqueous extract of the stem antagonises the effects of of agonists such as 5- hydroxy – tryta mine, histamine, bradykinin and prostaglandins E1 and E2 on smooth muscles of intestine uterus etc, Blood urea level is decreased by guduchi. Guduchi is hepatoprotective, beneficial in diabetis rheumatoid arthritis. Jaundice, etc.

गुडुची कटुका तिकता स्वादुपाका रसायनी ।  
संग्राहिणी कवायोष्णा लघ्वी बल्यानिदीपनी ॥  
दोषत्रयामतृदाहनेहकासांश्च पाएडुताम् ।  
कामलाकुष्ठवातारन्तर्ज्वरकृमिवर्मीहरेत् ॥ भावप्रकाश.

#### **Material and Method**

**1) Type of study :-** Open non – comparative single blind study

**2) Place of study :-** a) Dhanwantari Ayurved College and Hospital Udgir, Dist:Latur and

:- b) Shri Veerbhadrashwar Clinic, Deglur road, Udgir,Dist:Latur.

**3) Sample size :-** 30 Patients.

**4) Duration of treatment :-** 21 Days.

**5) Follow Up** -Every 07 days up to 21 days. Purpose of follow up is to compare improvement of clinical signs and symptoms along with changes in biochemical investigations..

**6) Criteria of selection :-** Clinically diagnosed cases of “Kamala” between the age group

21 – 50 years irrespective of sex were taken to the study.

**a)Clinical symptoms:-** Haridra netra,twak and nakha (yellowish discolouration of skin, eyes, nails) daha(burning sensation), avipaka (indigestion),agnimandya (loss of appetite),daurbalya (debility),pain in abdomen,jwar (fever),mutra-purishpitata(yellowish discolouration of urine-stool)

**(b) Specific Symptoms :-** SERUM BILIRUBIN, S.G.P.T.and,S.G.O.T.,WEIGHT,HB%.

**7) Criteria of exclusion :-** Cirrhosis of liver, malignancy,hepatic failure,obstructive jaundice, hepatic encephalopathy,diabetes,renal diseases, arthritis, and other diseases which create confusion in diagnosing KAMALA(jaundice) etc.

**8)Trial drugs:-**GUDUCHI GHAN(01gm)with GANDHARVAHARITAKI CHOORNA(05gm) thrice a day

**9) Assessment Criteria :-**

**a) Complete relief : –** 100% disappearance of symptom

- b) Marked relief :-** 76 to 99% disappearance of symptom
- c) Moderate relief :-** 51 to 75% disappearance of symptom
- d) Mild relief :-** 26 to 50% disappearance of symptom

**e) No relief :-** 00 to 25% disappearance of symptom.

- 10) Withdrawal :-**
  - a) Patient who discontinue the treatment.
  - b) Development of other complication during treatment.
  - c) Side effects of the trial drug.

**Table 1:** Overall patients according to age, sex, diet, doshaj prakruti, etc

Parameter	Patients			Parameter	Patients		
	21-35years	19	63.33%		Vatkaphaj	02	06.66%
Age	31-50years	11	36.67%	Doshaj Prakruti	Vatpittaj	14	46.66%
	Male	23	76.66%		Pitakaphaj	04	13.33%
Sex	Female	07	23.34%		Vataja	01	03.34%
	Yes	21	70.00%		Pittaja	09	30.00%
Tobacco, wine, smoking habits	No	09	30.00%		Kaphaja	00	00.00%
	Educated	22	66.66%		Tridoshaja	00	00.00%
Educational status	Uneducated	08	33.34%	Diet	Mixed	21	70.00%
	Rich	03	10.00%		Vegetarian	09	30.00%
Economical Status	Middle	11	36.66%				
	Poor	16	53.34%				

$$\text{Percentage of relief} = \text{B.T. Score} - \frac{\text{A.T. Score} \times 100}{\text{B.T. score}}$$

**Table 2:** Overall treatment response according to clinical symptomatology

Sr. no.	Parameter	Before T/t	During treatment		After T/t 21 days	%Of relief.
			07 days	14 days		
1	Pain in abdomen	26	21	16	09	65.38%
2	burning sensation	22	19	14	08	63.63%
3	loss of appetite	23	19	13	08	65.21%
4	Indigestion	28	23	17	11	60.71%
5	Debility	24	18	13	10	58.33%
6	Yellowish Eyes, nails, skin	30	25	19	13	56.66%
7	Fever	21	17	12	09	61.90%
8	Yellowish urine-stool	29	26	20	12	58.62%

**Table 3:** Overall treatment response according to blood investigations

Sr. no.	Parameter	No. of patients	Before Treatment	During treatment		After Treatment 15 days
				05 days	10 Days	
1	Serum bilirubin	30	1.8 mg/dl	1.6 mg/dl	1.3 mg/dl	0.8 mg/dl
2	S.G.P.T.	30	53unit/ml	46unit/ml	39unit/ml	34unit/ml
3	S.G.O.T.	30	56 unit/ml	49unit/ml	43unit/ml	38unit/ml
4	Weight	30	52.50 kg	52.72 kg	53.30 kg	53.80 kg
5	Hb%	30	11.2gm%	11.8gm%	12.1gm%	12.5gm%

## Observation and Result

- 1) Incidence was more in 21 to 40 year of age.
- 2) Males were more affected than females.
- 3) Uneducated persons were more affected than educated
- 4) Persons of vatapittaj prakruti were more affected.
- 5) Persons of below poverty line were more affected.
- 6) Persons of taking mixed diet (vegetarian and non vegetarian) were more affected.
- 7) **GUDUCHI GHAN with GANDHARVAHARITAKI CHOORNA** is more effective on loss of appetite in physical symptoms and is less effective on yellowish eyes nails, skin in physical symptoms.

- 8) Tobacco chewers, smokers, wine drinkers were more affected.

## Conclusion and Discussion

This randomized clinical trial reveals that classical RASAYANA- **GUDUCHI GHAN with GANDHARVAHARITAKI CHOORNA** is economical, easily available and is having no side effects in patients of KAMALA. It acts as anti inflammatory, anti infective, and wound healing agent thus relieving abdominal pain. It has exhibited laxative action and enhances bowel movements and helps in smooth evacuation. Internal administration of **GUDUCHI GHAN with GANDHARVAHARITAKI CHOORNA** has reduced the clinical symptoms of Kamala (jaundice) significantly. Kamala is self limiting but a dangerous and life

threatening disease if ignored at the early stage. So it is ultimate responsibility of doctors that there should be proper counseling and medication within time with close supervision of the patients of KAMALA ( jaundice)

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