

A Ayurvedic Metaphysical Study of Haridradi Ghrita in the Management of Bahupitta Kamala

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Abstract: Kamala is a Raktapradoshaja Vyadhi and Pittaj Nantmaj Vikara. Charakacharya considers Kamala to be an advanced stage of Pandu Roga. Kamala is co-related to jaundice in modern medicine. Acharyas explained Ghrita Chiktisa and Virechana karma in Kamala Vyadhi. Ingredients in Haridra Ghrit include Haridra, Amalaki, bibhitaki, haritaki, Nimba, Bala, yashtimadhu, goghrit, and Shiksha kheer, all of which have a special action on Yakrit. All of them have Tikata Rasa. They use it as their primary Rasa. Tikta Rasa has Virechan Karma and is in charge of Pitta Shamak action. Haridra Ghrit has hepatoprotective properties. So, it's important to figure out how effective it is in Bahupitta Kamala. Classic literature on bahupitta and Charak Samhita's Haridradi Ghritapaan were used as sources of information. Drugs used to make Haridradi Ghrita from Sharangdhara Samhita. Observations on Nidana, Samprapti, Rupa of Bahupitta Kamala, Haridradi Ghritapaan, and drugs in the literature. **Conclusion:** Bahupitta Kamala can be effectively treated with Haridradi Ghritapaan. This Yog can help with Bahupitta Kamala management.

Keywords: Ghrit, Bahupitta Kamala

1. Introduction

In Ayurveda, Kamala is a disease-related with pitta dosha. With Ayurvedic medicines, we can treat and avoid the recurrence of Kamala. The management of Kamala and its complications along with drug, diet, and lifestyle have been mentioned in Ayurvedic classics. Charak Acharya has considered Kamala as the advanced stage of Pandu yoga. When the person with panduroga continues intake of pittakaraha then he may develop Kamala. Sushrut Acharya has considered Kamala as a separate disease and also may be due to further complications of panduroga. Whereas; Vagbhat Acharya has described Kamala as a separate disease. Therefore, Kamala vyadhi can be caused by three different Samprapti.

Which first two Samprapti occur due to Partantra Dosh Prakopa and the third Samprapti by swatantra Dosh Prakopa. Acharya Chakrapani has used the term Bahupitta Kamala as the synonyms of Koshtashakhashrita Kamala and Alpapitta Kamala as the synonyms of Shakhshrita Kamala. Kamala is pittajnantmaja vyadhi and also Rakta Pradoshaj Vyadhi Kamala is a compound word (kam+la). Aversion to all desires i.e., food, exercise, work, etc, occurs in which disease known as Kamala. An individual suffers from severe Arochaka, Avipaka, and Agnimandya in Kamala. In this generation of globalization and modernization, the incidence of diseases is increasing day by day which affects humans. Overeating spicy, oily junk food, bakery products, excessive alcoholism is a lifestyle of people. Nowadays leading to a variety of diseases. Among these Kamala is one of the hazardous diseases according to charak Acharya which is described along with panduroga but vagbhata described the Kamala as a separate disease. There are mainly two types of Kamala described in Charak Samhita-namely-1) Bahupitta/ Koshtashrit 2) Shakhshrit / Rudrhapatha. 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. Haridra ghrit makes more potent useful in the treatment of Kamala hence, it is necessary to understand how this formulation works in Kamala. The management of disease according to Ayurveda can be divided into three parts. Nidana parivarjan, Shodhana (purification therapy) and Shaman (palliative therapy), Pathy-Apathya. In the management of Kamala, Acharya Charaka has mentioned Virechana (purgation therapy) with mridu and tiktadravyas are advised. Here we think about Bahupitta Kamala mainly. Acharya Sushruta mentioned drug and dieted regimens. Acharya Vagbhat mentioned drugs that pacify Pitta and drugs which do not interfere with Panduroga should be used. Shodhana Chikitsa Kamala Vyadhi itself is chronic; hence the involvement of Dhatu's is seen. In Kamala Pitta, Dosha is vitiated by its Ushna, Tikshna Guna, and leads to Rakta Dhatukshaya. Along with this because of Drava Guna accumulation (Sanchay) of pitta Dosha occur. In this state, if we give tikshnashodhan, it leads to vitiation of vayu. So, there is a need to eliminate sanchit dosha and to avoid dhatukshayamrudushodhana i.e., mruduvirechan (mild purgation) is useful in Bahupitta Kamala. The treatment of choice for Kamala is mrodu-virechana as virechana is the best therapeutic procedure for Pitta Dosha. Virechana therapy is a type of panchakarma. 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. Before Virechanakarma, Snehana should be done as Purvakarma for snehapan medicated Tikta Rasatmaka Ghrita should be used. Ghrita used in Kamala Vyadhi for Snehapan, Panchgavya Ghrita, Draksha Ghrita, Mahatiktak Ghrita, Haridradi Ghrita, Dadimadi Ghrita, Kalyanaka Ghrita, Danti Ghrita, Katukadi Ghritam, Pathya Ghrita. With the help of Vriddhi, Vishyandan, and Pachana (Pak) Siddhanta Ghrita can bring Dosha in Koshta from Shakha. That's why in Kamala snehapan with medicated ghrita is useful in Kamala. In Kamala, virechana should be done by tikta and mrududravya, following are advised by Charaka in Pandurogachikitsa, Gomutra, and Godugdha in equal

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quantity, Only Godugdha. Gomutra Haritaki, Trivrita Churna (one part) and Sharkara (two parts), Amalaki Swarasa and Madhu at morning. Above mentioned Yogas should be used according to Prakriti, dosha, Dushyant, Bala, Kala, and Agni. They should be used in small quantities but used repeatedly. After mruduvirechana, Anulmana of sanchit dosha occurs and Manda Agni becomes proper or normal. After virechana karma, shaman drugs are to be administered. They can be given as single drugs or compound drugs. The actions of shaman drugs were Pittahara or Pitta Rechana, Yakrita-Uttejaka (liver stimulant), Dipana (Appetizer), Rakta shodhana (blood purifier), Srotoshodhana (channel purifier). Virechana will not be effective till dosha are brought in Treatment should be continued till the stool of the patient acquires the color of pitta and vayu is alleviated. When pitta reaches swasthana (koshta) and the patient is relieved.

Aim and Objectives

- 1) Literary study about Bahupitta Kamala Vyadhi and Gritapaan in Shaman Matra.
- 2) Literary study about Yoga of Haridradi Grita.
- 3) Literary study about the effect of Haridradi Gritapaan in Bahupitta Kamala

2. Materials and Methods

- 1) Literary Review of Bahupitta Kamala i.e., Nidana, and Rupa was studied from Charak Samhita.
- 2) Review of Drugs used in Haridradi Grita i.e., Properties and Karmukta of each drug was studied from Charak Samhita and Bhavprakash Nighantu.
- 3) Collection of all the references was done and correlation between the data was done by using Yukti Pramana (logical inferences).

3. Observations

In Literary Review we observed the following observations:

- 1) **NIDANA & SAMPRAPTI OF BAHUPITTA KAMALA:** Excessive Kshar, Amla, Lavan, Ushna, Virudha Anna, Vidagdha Anna, Asatmya Bhojana, Ativyayam, Chinta, Bhaya, are the causative factors for Bahupitta Kamala Vyadhi Due to these factors pitta dushti & rasa dushti, Mansa vidaha ets vitiated and accumulate at yakruta region.
- 2) **RUPA (SYMPTOMS AND SIGNS):** Haridra Netra, Haridra Twacha, Haridra Mukha, HidraraNakha, Haridra Mutra, Rakta Peeta Mutra, Rakta Peeta Mala, Daha. Avipaka, Daurbalya, Sadana, Aruchi, Krusha, Tandra, Balakshaya, Trisha, Indriyadaurbalya, Bhekavarnata, Panduvadana, Haridra Mala, Gritapaana (Snehapaan)
- 3) **GRITAPAANA (SNEHAPAAN):** Procedure Review The process in which Sneha is ingested internally is called Snehapaan. When Sneha is given for Rogashamanartha then it is called Shaman Sneha. It is given before meal. Ghrita one type of Uttam Sneha. It acts on Pitta and Vaat Dosha. It also acts as a Vayasthapan. (Ch. Su. 13/41-43). Sushrutacharya mentions that Ghrit can be given in Vatapitta Pradhan disease and as a Vayasthapan in old age. (Su. Ch.31/15).
- 4) **DRUG REVIEW:** Charak has mentioned Haridradi Ghritapana is the best treatment modality for Bahupitta

Kamala. Drugs used in this Yoga are Haridra, Amalaki, Bibhitaki, Haritaki, Nimba, Bala, and Yashtimadhu. Goghrita, MahishKshir.

Properties of Each Drug (4).

Properties of Haritaki (Terminalia Chebula): Haritaki is Pancharasatmak having Madhur, Amla, Katu, Kashaya, and Tikta Rasa. It acts as Tridoshashamak. It is Agnideepak, Medhya, Rasayani and Anulomak. It acts on Shwas, Kasa, Prameha, Arsha, Kushtha, Shotha, Udar, Krimi, Grahaneer, Vishamjwara, Gulma, Aadhman, Trushna, Chardi, Hikka, Kandu, Hridroga, Kamala, Shula, Aanah, Pleeaha, Yakruta, Ashmari, Mutrakruccha, and Mutraghat.

Properties of Haridra (Curcuma Longa): Haridra is Tikta, Katu Rasa. Its Virya Ushna Vipak Katu, Guna Ruksha, Laghu. Karma Kapha Vatahara Lekhana, Pittarechana. Daurbalyanasahan. Vishaghna, Dahahara, Rujahara, Vishodhana, Kustha (Diseases of Skin), Pandu, Visha, Vrana, Haridra is used for Shodhana Marana and Jarana.

Properties of Amalaki (Embilica Officinalis): Amalaki is Amla Pradhan, Pancha Rasa Lavan Virahit, Virya Sheeta, Vipak Madhur, Guna Laghu, Ruksha, Karma Deepen Pachana. Anuloman, Ruchika, Yakrututoyjak, diuretic, laxative, liver tonic, refrigerant, stomachic, restorative, antipyretic, hair tonic; to prevent ulcer and dyspepsia.

Properties of Bibhitaki (Terminalia Belerica): Bibhitaki is Kashaya Ras Pradhan, Virya Ushna, Vipak Madhura, Laghu, Ruksha Guna, Karma Deepen, Pachana Rasayan, Yakrutottejak, Bibhitaki is used in purgation therapy, cough, eye and hair problems, worm infestation, and voice hoarseness.

Properties of NIMB (Azadirachta Indica): Nimb is Tikta Kashaya Rasa, Virya Sheeta, VipakKatu, Guna Laghu Ruksha, Karma, Kapha, Pittahar Deepen, Grahi, Kandhughna, Tiktakanda, included in Argwadhadi Gana, Guduchyadi Gana, Lakshadigana, effective in digestion, Vata dosha, cough, fever, pitta dosha & Kapha dosha, nausea, vomiting, leprosy, diabetes.

Properties of Yashtimadhu (Glycyrrhiza Glabra): Yashtimadhu is Madhur Rasa Pradhan, Virya Sheeta, Vipak Madhur, Guru Snigdha Guna, Karma Tridoshar Rasayan, Licorice root is considered to be an effective option for keeping your liver, healthy and free from diseases. This helps in protecting your body from being damaged by free radicals and also helps in treating jaundice thus keeping your liver healthy, chronic acidity, ulcers, and chronic bronchial conditions, ulcer healing.

Properties of Bala (Sida Cardifolia): Bala is Madhur Rasa Pradhan, Virya Sheeta, Vipak Madhur, Laghu Snigdha Pichila Guna, Karma Vatpittahar, Balya, Prajasthapan, Brihamneeya, Vatahamana, Bala is anti-inflammatory, using treating blood & bile disorder, Asthma, Grahani, Stomatitis.

Properties of Mahesh Kshir: Mahish Kshir is Madhur rasa Pradhan, gun Snigdha, Guru, Virya Sheeta, Vipak Madhura,

Karma Anidra, Atyagani, Balya, Prenana, Brihmana, ShwasaKasahara, Sandhaneeya, Medhya Vrishya.

Properties of Goghrita: Goghrita is Madhur Rasa Pradhana, Snigdha Gun, Guna Snigdha, Mridu, Shalakshana, Guru, Yogvahi, Alpabhishyandi, Soumyama, Virya SheetaVipaka Madhura Dosha Shamakata Tridosha Shamaka Karma Agnidipana, Anabhishayandi, Ayushya, Balya, Cakshushya, Dipana, Hrudyā, Kāntipradā, Medhya, Ojovardhaka, Rasāyana, Ruchya, Shleshmavardhana, Snehana, Śukravardhaka, Tejobalakara, Tvachya, Vātapittapraśamana, Vayaasthpaāna, Vishahara, Virya.

Properties and Action of Haridradi Ghrita

Haridradi Ghrita is Tiktahar, Pittahara, Raktaroghar, Rasayana, Shodhan Sneha helps in eliminating accumulated Shodhan Sneha doshas from the body similarly the unconjugated bilirubin is excreted from the body & maintain normally in the blood. The Haridradi Ghrita is advised internally 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 in exerting bile from the liver further it eliminated from the body through the stool.

4. Discussion

Excessive intake of Ruksha, Shita Guru, and Madhur Ahar. (unwholesome diet), Ativyayam (excessive exercise), Vega nigraha (stoppage of natural urges). According to Charakacharya, Kamala is a clinical syndrome that develops after the panduroga. When a patient of Pandu Roga takes excessive Paittik Ahar-Vihar develops Bahupitta Kamala. According to Sushrutacharya, when a patient of Pandu Roga or person affected with other diseases consumes Amlaras Pradhan and Apathykar Ahar develops Kamala. According to Vagbhatacharya, when, PanduRogi or a person with excessive pitta consumes pittakaraha develops Kamala. Pandurogi Pittakara Aaharavihara Sevan-Increased Ushna, Tikshna Guna. Dushta Aahara Rasa-Pachak Pitta Dushti and Rasa Dushthi-Agnimandya-Rakta and MamsaVidaha Kamala. Shaman Sneha-Yakrutaagamana-Kosthashrita (Gritapaan). In Bahupitta Kamala vitiation of Pitta Dosha is the main criteria. The vitiated Pitta merges with and produces Symptoms of Bahupitta Kamala.

Snehapana-Haridradi Ghrita Karmuktwa-Charakacharya stated that in Bahupitta Kamala Haridradi Ghrita should be used as a Shaman Sneha. The drugs used in this Ghrit are Haridra, Amalaki, Bibhitaki, Haritaki, Nimba, Bala, and Yashtimadhu. Goghrita, Mahish Kshir. having the Ghritapaan is beneficial for Pitta Dosha. Ghritapana softens the Rukshatwa of Vata Dosha. (Ch. Su.25/40). In Vata Upakrama Snehan (Abhyantar and Bahyya) is advised. (A. H. Su. U.13/1). By Ghritapana, Vata & its different varieties aregets normalize. (Ch. Su.20/16). Yakrut is a Sthan of Ranjak Pitta, it also gets normalized by the use of Ghrita. Shaman Sneha can be given in which subsides the vitiated pitta properties like Pittahara, Sara, Sukshama, and Snigdha, Due to these properties vitiate Doshas gets normalized.

When Doshas get normalized there is Lakshanopshaya in Bahupitta Kamala Vyadhi.

5. Conclusion

- 1) Haridradi Ghritapaan can be safely used
- 2) The reduction in signs and symptoms of Bahupitta Kamala can be achieved by Haridradi Ghrita as a Shaman Sneha.

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