

STUDY OF SAMPRAPTI AND CHIKITSA OF KAMALA ROGA WITH SPECIAL REFERENCE TO BRIHATTRAYEE

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ABSTRACT

Kamala roga is a *raktadodaja vyadhi*. The word “*Kamala*” means Excessive secretion or obstruction of bile. In *Charak Samhita*, it is mentioned that, if the patient suffering from *pandu* indulges in *pitta prakopak ahara vihara*, the *pitta* so aggravated burns the *rakta* and *mamsa* to cause disease *kamala*. Here pathogenesis of *kamala* implies that the disease *kamala* just represents a state of the *pandu roga* associated with specific etiological factors. Acc. To *Acharya susruta*, at the end of *pandu roga* or any other disease, if the patient, all of sudden, indulges in *amla* and other unwholesome ingredients of diet, his *pitta* gets aggravated and renders his face exceedingly pale yellow (*pandu varna*), and also causes drowsiness (*tandra*) and emaciation thereby giving rise to *kamala*. In *Astanga Hridaya*, it is said that, *Kamala* which is caused by aggravated *pitta*, may occur with or even without *pandu roga*. In the present study an attempt has been made to study the *samprapti* and *chikitsa* of *kamala roga* with special reference to *Brihatrayee*.

Keywords: *kamala roga, samprapti, chikitsa, brihatrayee.*

INTRODUCTION

The word “*Kamala*” means Excessive secretion or obstruction of bile.

Aharya Charak, mentioned that the disease *kamala* represents a state of the *panduroga* associated with specific etiological factors¹. That is why, *Harita samhita* also accepts *kamala*, just as a part of *pandu roga*. Acc. to *Acharya harita*, types of *pandu roga* is 8 types *vatika, paittika, kaphaja, sannipatja, mrd-bhaksanaja, kamala (sakhasrita and kosthasrita)* and *halimaka*. The diseases *kamala* as described in *susruta samhita*, is however a different entity. Acc. To *susruta*, at the end of *pandu roga* or any other diseases, if a patient, indulges in *pitta prakopa ahara*, it

gives rise to *pandu roga*². Acc. to *Acharya vagbhata*, *kamala* which is caused by aggravated *pitta*, may occur with or even without *pandu roga*³.

AIMS AND OBJECTIVE:

To study the *samprapti* and *chikitsa* of *kamala roga* with special reference to *Brihatrayee*.

MATERIALS AND METHOD

This article is based on a review of *Ayurvedic* texts. References were taken from *Charak Samhita, Susruta Samhita, Astanga Hridaya* along with commentaries.

DISCUSSION

The diseases caused by *rakta alpata* (*pandu*) causes several types of complexion of body like *pita varna* (yellow), *harid varna* (green), *krisna varna* (black). but all these are dominated by *panduta* (pale –yellow colour) because of which these diseases are called *pandu roga*. In all types *pandu roga*, there is presence of *pandu bhava* (pallor), thus because of presence of *adhik pandu bhava* it is called as *pandu roga*.

Types of *panduroga*

Acharyas	No.	types
Charaka	5	V,P,K,S,Mrd-bhaksana.
Susruta	4	V,P,K,S
vagbhata	5	V,P,K,S,Mrd-bhaksana.

Samprapti of *Panduroga* as per *Charak-Samhita* (ca.ci.16/7-11)

Intake of *Ahita ahara*, *vihara*

Aggravation of *pitta* located in cardiac region (*sadhak pitta*) takes place

Pitta being forcefully propelled by *vayu*, enters into the ten vessels attached to heart and circulates in the entire body.

Being located between the *twak* and muscle tissue, this aggravated *pitta* vitiates *kapha*, *vayu*, *asrk*, skin and muscles as a result of which different types of coloration, like *pandu*, *haridra* and *harita* appears in skin.

This causes *Panduroga*

Purvarupa of *pandu roga*

<i>Hridayaspandan</i>	Ca.chi.16/12
<i>Rokshya</i>	Ca.chi.16/12
<i>Swarabheda</i>	Ca.chi.16/12
<i>shrma</i>	Ca.chi.16/12
<i>Twaksphota</i>	Su.utt.44/5
<i>gattrasada</i>	Su.utt.44/5
<i>mrdbhaksana</i>	Su.utt.44/5

Nidan of *pandu roga*

Aharaja

- Excess intake of *kshara*, *amla*, *lavan*, *ushna*, *asatmya ahara*.
- Intake of *nispava*, *masa*, *pinyaka* and *til oil*.

Viharaja

- *Diwaswapna*
- *Adhik vyayama*, *maithuna*
- *Ritu vishamata*
- *Mala mutradi vegadharana*
- *Kama*, *chinta*, *bhaya*, *krodha*, *sokha*.

Acharya charak and vagbhata accepted *twak* and *mamsa* as *dusya* apart from *rakta*. But acharya susruta accepted only *rakta* as *dusya* in pathogenesis of *pandu roga*.

Samprapti of *Panduroga* in *Susruta Samhita* (su.utt.44/3)

Atidk vyayam, *adhik sevana amla*, *lavan rasa*, *tiksna padartha* along with intake *mada*, *mrt*, *diwaswapna*

Causes aggravation of *vatadidoso*

Rakta gets *dushita*

Twak gets *pandu* (*swetapitha*) *varna*

Vinmutrapith	Su.utt.44/5
Hridayaspandan	As.ni.13/8
Twakrukshata	As.ni.13/8
Aruchi	As.ni.13/8
Pith mutra	As.ni.13/8
Swedaabhava	As.ni.13/8
Mandaagni	As.ni.13/8
Sada	As.ni.13/8
Shrama	As.ni.13/8

Lakshan of panduroga

Caraka(ca.ci.16/13-16)	Susruta(su.utt.44/7-9)	Vagbatta(As.ni.13/9-12)
<ul style="list-style-type: none"> • Karnaksveda • Sadana • Annadvesa • Shrama • Bhrama • Gatrasula • Jwara • Swasa • Gaurav • Aruchi • Akshikuta • Haritavarna 	<ul style="list-style-type: none"> • Krishna,pith,sukla - akshi • Krishna,pith,sukla-sira • Krishna,pith,sukla-vinmutranakhaanan • Tandra • Alasa • daha 	<ul style="list-style-type: none"> • Krishna, aruna-sira • Nakha,vinmutra,ne tra-sopha • Parswamurdharukha • Aharavairasya • murcha • daha • tandra • Jwara • Roma harsha

KAMALA ROGA

Nidan and Samprapti of kamala roga in Charak Samhita (Ca.Chi.16/34)

If the patient suffering from *pandu* indulges in *pitta prakopak ahara vihara*, the *pitta* so aggravated burns the *rakta* and *mamsa* to cause disease *kamala*. Here pathogenesis of *kamala* implies that the disease *kamala* just represents a state of the *pandu roga* associated with specific etiological factors.

Nidan and Samprapti of kamala roga in Susruta Samhita (Su.Utt. 44/10)

Acc. to Acharya susruta, at the end of *pandu roga* or any other disease,if the patient , all of sudden, Indulges in *amla Laksana of Kamala roga*

and other unwholesome ingredients of diet, his *pitta* gets aggravated and renders his face exceedingly pale yellow (*panduvarna*), and also causes drowsiness(*tandra*) and emaciation thereby giving rise to *kamala*.

Nidan and Samprapti of Kamala Roga in Astanga Hridaya (Ah.Hr.Ni.13/15-16)

When *pandu rogi* indulges in *pitta vardhak ahara*, then *pitta* dosha residing in *kostha* and *sakha* gets *prakopita* and in turn causes *dushita* of *rakta* and *mamsa dhatu* and causes *kamala roga*.

Kamala which is caused by aggravated *pitta*, may occur with or even without *pandu roga*⁴.

CARAKA SAMHITA (Ca.Chi.16/35-36)	SUSRUTA SAMHITA (Su.Utt.44/11)	ASTANGA HRI-DAYA(AS.Ci.13/16)
• Haridranetra,	• Tandra	• Haridra-

<ul style="list-style-type: none"> • <i>twak,nakh-anana.</i> • <i>Raktapitta</i> • <i>sakritmutra</i> • <i>Bhekavarna</i> • <i>Daha</i> • <i>Vipaka</i> • <i>Dourbalya</i> • <i>Sadana</i> • <i>Aruchi</i> 	<ul style="list-style-type: none"> • <i>Balakshaya</i> 	<ul style="list-style-type: none"> <i>netra,mutra,nakha,mukha</i> • <i>Daha</i> • <i>Avipaka</i> • <i>Bhekavarna</i> • <i>Indriyadourbalya</i>
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Types of kamala roga

Carak samhita –

- *kosthasrita kamala*
- *Sakhasrita kamala*

Susruta samhita-

- *kamala*
- *Panaki*
- *Kumbhasahva*
- *Lagharaka/alasa*

Astanga Hridaya-

- *kosthasrita kamala*
- *Sakhasrita kamala*

Nidan, samprapti and laksana of Sakhasrita kamala (ca.ci.16/125-127)

Nidan of sakhasrita kamala

- *Ruksa, sita ,guru and madhur rasa*
- *Adhik vyayam, mala , mutra vega dharana.*

samprapti

- When person indulges in above *ahara vihar* then *vayu* displaces *pitta* from its own site and removes *pitta dosa* from *kostha*.

Laksana

- *Haridra netra, mutra, twak*
- *Swetavarna mala*
- *Atopa,vitamba*
- *Hridaya guru*
- *Dourbalya, agnimanda, parsvapida, hikka, swas, aruci, jwara.*

Kumbha-Kamala roga in Charak Samhita (ca.ci.16/37)

Kumba –kamala connotes the advanced stage of *kosthasrita kamala*. *kumba* is one of the synonyms of *kostha*. The *ka-*

mala which is located in the *kostha* is called *kumbha kamala*.

If not treated properly, the *kamala* becomes deep seated (*kharibhuta*) and thus ,becomes difficult to cure. This is called *kumbha kamala*⁵. *Kumbha kamala* is *kric-chasadhya*^{6,7}.

Asadya laksana of Kumbha Kamala in Charak Samhita⁸

- *Krishnapitha-mala,mutra*
- *Sarvanga sotha*
- *Daha*
- *Aruchi*
- *Trisna*
- *Anaha*
- *Tandra*
- *Moha*
- *Nasta-agni*

Kumbha kamala roga in Susruta Samhita⁹

In su.utt.44/11,it is mentioned that a type of kamala is known as “kumbha” which is characterized by extensive *sopha* and *sandhipida*.

Halimaka roga in Charak Samhita¹⁰

If the colour of the patient suffering from *pandu* becomes green (*hara*), black (*shyava*) or yellow (*pitha varna*) and he suffers from diminution of *bala* and *utsaha*, the ailment is called *halimaka*.

Halimaka roga in Astanga Hridaya¹¹

When the person suffering from *pandu roga*, due to vitiation of *vata* and *pitta dosa* has greenish or blackish or pale discoloration and has the symptoms of

bhrama, trisna, mridu jwara, tandra, bala-agni bhramsa, then the patient is said to be

Laksana of halimaka

suffering from *halimaka roga*.

CARAKA SAMHITA (Ca.Ci.16/132-133)	SUSRUTA TA(Su.Utt.44/12)	SAMHI- ASTANGA HRIDAYA (AS.CI.13/19)
<ul style="list-style-type: none"> • <i>Harid-shyava-pithakavarna</i> • <i>Balauthsahakshaya</i> • <i>Tandra</i> • <i>Mandaagni</i> • <i>Mandajwara</i> • <i>Angamarda</i> • <i>Swasa</i> • <i>Trisna</i> • <i>Aruchi</i> • <i>Bhrama</i> 	<ul style="list-style-type: none"> • <i>Harid,pitha ,nilavarna</i> 	<ul style="list-style-type: none"> • <i>Harit-shyava-pithavarna</i> • <i>bhrama</i> • <i>trisna</i> • <i>mridu-jwara</i> • <i>tandra</i> • <i>bala,agni-nash</i>

Lagharaka/alaroga in susruta samhita¹²

If *kumbha kamala* is not treated, and it is associated with *jwara, angamarda, bhrama, tandra, kshaya of bala and mamsa*, it is known as **lagharaka or alasa**. *Dosa* involved are *vata* and *pitta*.

Chikitsa sutra of Kamala roga in Charak Samhita¹³

The patient suffering from *kamala* should be given *virechana* with *mridu* and *tikta dravya*. After the gastro-intestinal tract is cleansed by the above mentioned therapy, the patient should be given wholesome food containing old *Sali* type of rice, barley and wheat mixed with the *yusa* of *mudga, adhaki* and *masura*, the *mamsa rasa jangala* animals. For the purpose of *snehana*, the patient suffering from *kamala* should be given

- *panchagavya ghrita,*
- *mahatikta ghrita,*
- *kalyanak ghrita.*
- *Draksha ghrita*

Virechan yoga kamala roga¹⁴

- *Gomutra* mixed with milk
- Milk alone

- Luke warm infusion of *danti*, sprinkled with the powder of 1 *anjali* of *kasmariyamor* mixed with the paste of 1 *anjali* of *draksa*.
- The patient suffering from *kamala* should take *aragvadha* added with *sunthi, pippali, marica* and leaves of *bilva* along with juice of sugarcane, *vidari* and *amalaki*.
- The patient suffering from *kamala* may also take paste of half *pala* of *danti* mixed with 1 *pala* of jiggery along with cold water
- The patient suffering from *kamala* may also take *trivrit* along with *triphala kwath*.

Chikitsa of kamala roga in astanga hridaya (as.hr.ci.16/40)

Pitta nashak chikitsa should be given to patient of *kamala roga*. Other treatment of *kamala roga* is based on *dosa* predominance

SAKHASRITA KAMALA CHIKITSA (ca.ci.16:130-131)

Intake *Katu, tikshna, ushna, lavan* and *amla rasa ausadh dravya (pitta vardhak aha-ra)*

Stool (*mala*) residing in *kostha marga* attains colour of *pitta* and *vayu* gets alleviated.

Pitta returns to its own site (*kostha*) and *mala* attains *pitta* colour, the patient gets relieved of *upadrava* of *sakhasrita kamala*

Kosthasrita kamala chikitsa

Chikitsa of Halimaka in Charak Samhita¹⁵

The patient is given *Snehana* with *guduchi swaras* mixed with *mahisa kshira*

After *snehana*, *Virechan* is given with *amla swaras* and *trivrit*

Yapana and *anuvāsana vasti*, *kshira vasti* given.

Yukti-purvaka prayoga of *arista* (*munakka* and other *dravya*) to increase *jatharagni* is advised.

Halimaka roga chikitsa in Astanga Hridaya¹⁶

The patient is given *Snehan* with *ghrita-guduchi swaras* and *mahisakshira*

Virechan is done with *amla swaras* and *nisoth churna*

Then patient should be given *madhur bhōjan* which alleviates *pitta* and *vata-dosha*.

Yapan vasti, *kshira vasti* and *anuvāsana vasti* given.

To increase the *jatharagni* intake of *ahaya avehya* and *vijaya avalehya* should be advised.

Kumbha kamala rogachikitsa in Astanga Hridaya.¹⁷

Intake of *shilajit* with *gomutra*, *Swarna makshika bhasma*, *Swarna mandoor bhasma* for 1 month

Kumbha kamala chikitsa in Susruta Samhita.¹⁸

Intake of *Swarna makshik* and *shilajit* with *gomutra*, *Lauhakitta* (*mandura*) *prayoga*, *Akshakastha mandoor prayoga*, *Saindhav mandoor prayoga*

Ghrita cooked with juices of *draksa*, *guduchi* and *amalaka* is useful in *lagharka*¹⁹.

Early morning yoga used in Kamala roga²⁰

The patient suffering from *kamala* should take in the morning the decoctions of *triphalā*, *guduchi*, *devadarū* and *neem* after cooling and adding honey.

Kamalahara yoga in Charak Samhita

- *Visaladi phanta*
- *Tapyadi yoga*
- *Silajatu vataka*
- *Punarnava mandura*
- *Mandura vataka*
- *Gaudarista*
- *Navayasa churna*
- *Yogaraja*
- *Darvyadi leha*
- *Dhatryavaleha*
- *Bijakarista*
- *Dhatryarista*

Kamalahara yoga in Susruta Samhita

- *Brihatyadi ghritam*
- *Yasthi kwath and churna*
- *Triphaladi churnam*
- *Vibhitakadi vataka*
- *Vidangadavaleha*
- *Kalekadadi ghritam*
- *Vidangadavaleha*

Kamalahara yoga in Astanga Hridaya

- *Lauha bhasma*
- *Vishaladi churna*
- *Shilajatu vataka*

- Vasadi kwath
- Navayas lauha
- Mandura vataka
- Tapyadi churna
- drakshaavaleh

Peya dravya used in Kamala roga²¹

Swaras of kismis/amalaki used as drinks.

Pathyaahara for kamala roga in Charak Samhita²²

- Purana Sali
- Yava, Godhma mixed with yusa of mudga, adhaki and masura.
- Jangala mamsa rasa

Pathya in Kamala roga in Susruta Samhita²³

- Asava and Arista- gaudanaristan, madhvasavah, mutrasavah, ksarasa-vah.
- Jangala mamsa rasa with amalaki or badara fruit
- Sopha nasak dravya-devdaru, sunthi
- Sali rice, yava.

Pathya in Kamala roga in Astanga Hridaya.²⁴

- Laghu panchamoola kwath rasa and amla swaras, intake as diet and drinks is beneficial in kamala roga.

CONCLUSION

- Kamala is a raktadodaja vyadhi.
- Acc. to acharya Vagbhata, Kamala which is caused by aggravated pitta, may occur with or even without pandu roga. As the carbuncles may occur with or without prameha, so also kamala may occur with or even without pandu roga. But acc. to acharya Charak disease kamala represents a state of pandu roga associated with specific etiological factors.
- Kamala is purely a paittika roga. The line of treatment of kamala roga, should mainly be pitta viruddha chikitsa (virechan).

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