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

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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 (tandrai) 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 Brihattrayee.

Keywords: kamala roga, samprapti, chikitsa, brihattrayee.

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 factors. 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, païtïka, kaphaja, sannipatja, mrd-bhaksana, 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 prakopak ahara, it gives rise to pandu roga. Acc. to Acharya vagbhata, kamala which is caused by aggravated pitta, may occur with or even without pandu roga.

AIMS AND OBJECTIVE:

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

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

<table>
<thead>
<tr>
<th>Acharyas</th>
<th>No.</th>
<th>types</th>
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<tbody>
<tr>
<td>Susruta</td>
<td>4</td>
<td>V,P,K,S</td>
</tr>
<tr>
<td>vaghbhata</td>
<td>5</td>
<td>V,P,K,S,Mrd-bhaksana.</td>
</tr>
</tbody>
</table>

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

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 vaghbhatta 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, diwataspna

↓

Causes aggravation of vatadidosa

↓

Rakta gets dushita

↓

Twak gets pandu (swetapitha) varna

Purvarupa of pandu roga

<table>
<thead>
<tr>
<th>Hridayaspandan</th>
<th>Ca.chi.16/12</th>
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<tr>
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<td>shrama</td>
<td>Ca.chi.16/12</td>
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<tr>
<td>Twakphota</td>
<td>Su.utt.44/5</td>
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<td>gatrasada</td>
<td>Su.utt.44/5</td>
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<td>mrdbhaksana</td>
<td>Su.utt.44/5</td>
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Lakshan of panduroga

<table>
<thead>
<tr>
<th>Caraka (ca.ci.16/13-16)</th>
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<th>Vaghbatta (As.ni.13/9-12)</th>
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<tr>
<td>• Karnaksveda</td>
<td>• Krishna, pith, sukla-akshi</td>
<td>• Krishna, aruna-sira</td>
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<td>• Sadana</td>
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<td>• Nakha, vinmutra, ne-tra-sopha</td>
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<td>• Annadvesa</td>
<td>• Krishna, pith, sukla-vinmutranakhaanan</td>
<td>• Parswamurdhara-rukha</td>
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<td>• Shrama</td>
<td>• Tandra</td>
<td>• Aharavairasya</td>
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<td>• Bhrama</td>
<td>• Alasa</td>
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<td>• Gaurav</td>
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<td>• Roma harsha</td>
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<td>• Aruchi</td>
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<td>• Akshikutta</td>
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<td>• Harita varna</td>
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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 roga4.
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 kamala 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. Kumbha kamala is kri-chasadhyā.

Asadya laksana of Kumbha Kamala in Charak Samhita
- Krishnapitha-mala, mutra
- Sarvanga sotha
- Daha
- Aruchi
- Trisna
- Anaha
- Tandra
- Moha
- Nasta-agni

Kumbha kamala roga in Susruta Samhita
- Raktapitta
- sakritmutra
- Bekhavarna
- Daha
- Avipaka
- Bhekavarna
- Indriyadourbalya

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 Charak Samhita
- If the colour of the patient 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

**Lakshana of halimaka**

<table>
<thead>
<tr>
<th>CARAKA SAMHITA</th>
<th>SUSRUTA SAMHIATA</th>
<th>ASTANGA HRIDAYA</th>
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<tr>
<td>(Ca.Ci.16/132-133)</td>
<td>(Su.Utt.44/12)</td>
<td>(AS.Ci.13/19)</td>
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<tr>
<td>• Harid-shyava-pithakavarna</td>
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<td>• Balauthsahakshaya</td>
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<td>• mridu-jwara</td>
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<td>• bala,agni-nash</td>
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**Laghara or alasa**

If kumbha kamala is not treated, and it is associated with jwara, angamar-
da, 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 Samhita**

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 Salī 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 roga**

- Gomuttra mixed with milk
- Milk alone

- Luke warm infusion of danti, sprinkled with the powder of 1 anjali of kasm-
ryamor mixed with the paste of 1 anja-
li of draksa.

- The patient suffering from kamala should take aragvadhā added with sun-
thi, 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 pāla of danti mixed with 1 pāla 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 hri-
daya** (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, lavana and am-
la 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 Samhita

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

After snehana, Virechan is given with amla swaras and trivrit

Yapana and anuvasana vasti, kshira vasti given.

Yuktipurvay prayoga of arista (munakka and other dravya) to increase jatharagni is advised.

Halimaka roga chikitsa in Astanga Hridaya

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 bhojan which alleviates pitta and vatadosha.

Yapan vasti, kshira vasti and anuvasana vasti given.

To increase the jatharagni intake of ahaya avehya and vijaya avalehaya should be advice.

Kumbha kamala rogachikitsa in Astanga Hridaya

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

Kumbha kamala chikitsa in Susruta Samhita

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 laghara-ka.

Early morning yoga used in Kamala roga

The patient suffering from kamala should take in the morning the decoctions of triphala, guduchi, devadaru 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 roga**
Swaras of kismis/amalaki used as drinks.

**Pathyaahara for kamala roga in Charak Samhita**
- Purana Sali
- Yava, Godhma mixed with yusa of mudga, adhaki and masura.
- Jangala mamsa rasa

**Pathya in Kamala roga in Susruta Samhita**
- Asava and Arista- gaudanaristan, madhvasavah, mutrasavah, ksarasavah.
- Jangala mamsa rasa with amalaki or badara fruit
- Sopha nasak dravya-devdaru, sunthi
- Sali rice, yava.

**Pathya in Kamala roga in Astanga Hridaya.**
- 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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