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A clinical study of Trivritta Leha in the management of Bahupitta Kamala with special reference to Serum Bilirubin level

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Abstract

This clinical study was carried out to study the therapeutic effect of virechana by Trivrit Leha in the patients suffering from Bahupitta Kamala by selecting 30 patients in OPD and IPD of Department of Kayachikitsa of our hospital. Patients were given Trivrit Leha for 14 days and effect was evaluated on pre-test and post- test design. Statistically significant results were seen in the subjective signs & symptoms and objective parameter Sr.Bilirubin Level, giving a conclusion that Virechana by Trivrit Leha is a very effective treatment for Bahupitta Kamala.

Keywords: Bahupitta Kamala, Trivritta Leha, virechana, Sr. Bilirubin level

1. Introduction

In this era excessive consumption of spicy food, junk food and alcohol increasing day by day. Eating outside increases risk of infectious diseases by contaminated food and water. These factors are responsible for developing hepatocellular jaundice. This disease is affecting large number of population in India. Modern medical science does not have specific treatment for it. Cardinal feature of this disease is jaundice and associated features are nausea, anorexia, fatigue [1]. In ayurveda bahupitta kamala can be compared with hepatocellular jaundice because of similarity in sign and symptoms. Kamala in Ayurveda is described as accumulation of pitta in the body which can be correlate with hyperbilirubinemia. All the great Indian laureates Maharshi Charak, Sushruta and Vagbhata have described the yakrit roga (liver disorders). Charaka has mentioned the detailed description of kamala roga in connection with liver diseases. Ayurveda with its tradition of thousands of years mentioned several herbal medicines which are very much praised in the treatment of liver diseases. In ayurvedic classics Kamala has been described as pitta predominant disorder [2]. Acharya Charaka has mentioned virechana is best mean for Kamala vyadhi, he has also quoted "KAMALI TU VIRECHANAM" [3]. As drug Trivritta possess best sukhvirechana property, it is chosen for study.

2. Materials and Methods

2.1 Design of Study: A open Randomised clinical study.

2.2 Inclusion Criteria

1. Patients having lakshnas of Kamala like Haridra-Netra Twak Nakha, Daha, Avipak, Dourbalya, Sadan, Aruchi.
2. Patient having raised Sr.Bilirubin Level (2mg/dl to 10 mg/dl).
3. Age: 20year – 70 year.

2.3 Exclusion Criteria

1. Pateints of Obstructive Jaundice (due to cholelithiasis, carcinoma of liver/GB/pancreas)
2. Patients associated with other known critical conditions like Diabetes Mellitus, Cardiovascular diseases, TB, AIDS.

2.4 Assessment Criteria

Subjective Criteria: Haridra- Netra, Haridra-Twak, Haridra- Mutra, Aruchi, Daha, Avipak, Sadan, Dourbalya by gradation.

Objective Criteria: Sr.Bilirubin Level.

2.5 Drug Administration: Selected patients were given 10 gm of Trivrit Leha at Pratahkal for 14 days.

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2.6 Follow Up: Every patient was assessed for clinical improvement at 7th, 14th day.

3. Observations and Results

Thirty patients were selected for clinical study. 9 out of 30 patients were female and 21 were male.

Table 1: Effect of drug on Lakshnas of Kamala

S. No.	Lakshanas	No. of pts. BT	No. of pts. improved AT 2	% of pts. Improved
1	Haridra-Netra	30	25	83%
2	Haridra -Twak	22	20	90%
3	Haridra- Mutra	30	25	83%
4	Aruchi	28	26	92%
5	Daha	20	17	85%
6	Avipak	30	27	90%
7	Sadan	24	21	87%
8	Dourbalya	25	20	80%

Table 2: Total effect of drug

Remark	No. of Patients	Percentage %
Cured	19	63
Markedly improved	7	23
Moderately improved	4	14

Table 3: Effect of drug on Sr. Bilirubin Level

	BT	AT	BT-AT
Mean	6.98	2.05	4.93
SD	6.12	3.00	3.57
SE	1.12	0.55	0.65
T			7.12
P			$P<0.001$

4. Discussion

Kamala vyadhi is described by ayurved samhitas. Especially this is pitta predominant disorder. Pitta dosha and rakta dushti are pathological factors of kamala. Yakrut is mulsthan of rakta. Rakta and pitta has ashryaashryi sambandh and virechana is best treatment for pittaj disorders [4]. Acharya charak has described mrodu virechana chikitsa for bahupitta kamala [5]. So daily virechana is recommended. Virechana drug not only remove the doshas present in the stomach and large gut but also of the entire body [6]. Virechana dravyas having tikshna, ushna, sukshma, vyavayi, vikasi properties. These drugs reach the heart through its potency and thereby to entire dhamanis, onwards to big and small organs of the body. Due to presence of ushna property vishyandana in the body will be produced owing to the presence of acute property. All the vitiated pitta drive into koshtha. The presence of prithvi and jal mahabhuta and adhobhagahar prabhav doshas passes through anus [7]. Trivritta (*Operculina turpethum*) is best drug for virechana [8]. It is good for all persons having as it is sukhvirechan [9]. Trivritta having laghu, ruksha, tikshna gunas, katu tikta ras, ushna virya and pittaghna property. Lehya yogas of trivritta are used as virechana mentioned in charak samhita [10]. By these all properties and virechan action of drug Trivritta Leha removes vitiated pitta from body and relief of sign and symptoms of kamala vyadhi occurs. Serum bilirubin levels also decreases by this treatment.

5. Conclusion

On the basis of clinical and biochemical findings it is concluded that Virechana by Trivrit Leha is very effective in the management of Bahupitta Kamala. All the lakshnas of Bahupitta Kamala significantly relieved. And Sr.Bilirubin Level also significantly reduced by virechana. So virechana is best treatment is mentioned in samhitas for Kamala is proved very well by this study.

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