



KALMEGHA (ANDROGRAPHIS PANICULATA) AND KAMALA ROGA (INFECTIVE HEPATITIS) - A CLINICAL STUDY

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ABSTRACT

Kalmegh has been used very frequently in liver disorders. The detailed description of the kalmegh is mentioned in Brihattrayee. (Charaka, Sushruta and Vagbhatt Samhita). This drug also used as antidiarrheal, antipyretic, antimalarial, hepatoprotective and appetite stimulant. This indigenous drug has been selected for the study on the merit of its description in the Ayurvedic classics. Kamala (Jaundice) is the main presenting system of almost all liver disorders, but its genesis may be of multidimensional origins. Most of them leave the medicinal remedy and others need surgical intervention. As far as my study is concerned and deals with the indigenous medicinal management of Kamala. It is a grave problem of challenging morbidity and mortality due to its complications and long standing sufferings.

KEYWORDS - Kamala, Jaundice, Hepatitis, Kalmegha, FHF, Cirrhosis, Sakhashrita etc.

INTRODUCTION

Andrographis paniculata is an annual herb with height of 1-3 feet. Stem is quadrangular and smooth. Leaves are simple, parallel and green and exstipulate. Flowers are densely arranged in inflorescence. Fruits are Yavakara. Seeds are rectangular with shrunken, yellow or brown in color. Its whole plant is very bitter in taste. Due to presence of yavakara fruits and bitter herbs, it is generally known as Yavatikta. But actually it is Bhunimba. Whole plant is used for medicinal purpose, in the form of swarasa, powder, liquid satva and Kvatha. Two bitter substance viz, Kalmeghin and Andrographolid are derived from leaves.

It have Tikta rasa, laghu, Ruksha Guna, Ushna virya and Katu Vipaka. It pacify Pitta and Kapha due to Tikta Rasa. Ayurvedic Laureates Charaka, Sushruta and Vagbhatta have vividly recognized Kamala, which has got very much similar resemblance with jaundice of modern medicine because both have striking similarity in all respects as far as possible. Viral hepatitis is one of the most commonest acute liver disorder which is often followed by chronic liver cirrhosis, as well as fulminant hepatic failure.

Jaundice of viral origin is one of the major health problem in India. Viruses causing hepatitis has been labelled from Hepatitis A virus to Hepatitis G virus, but Hepatitis B virus (HBV) still continues to be the single most important cause of viral hepatitis in the developing and underdeveloped countries.

Kamala- Kamam Lati Hanti Iti Kamala - it means there is aversion for all desires in the patients of Kamala Roga. In kamala variation of pitta is more predominant. There is involvement of Mamsa Dhatu along with Rakta Dhatu, Dusti of Rakta in Kamala results dusti of ik srotas as well as moola.

Kamala is of two types viz, (1) Kosthashrita (2) Sakhashrita. But presentation of Kamala occurs in the Sakha, so there is one more Kamala i.e. Kosthasakhshrita. These are diagnosed mainly on the basis of purisha pariksha. In Sakhshrita Kamala there is Tilapistha vercha where as in Kosthasakhshrita raktapeeta purisha.

Kamala roga presented by the following sign and symptoms such as - Haridra, Netra, Haridra Twaka, Haridra Mukha, Raktapeeta mutra, Raktapeeta purisha, Bheka varna, Hatendriya, Avipaka, Daurbalya, Sadana, Aruchi and Utsah hani etc.

CLINICAL STUDY

My clinical trial was conducted in 10 patients of kamala roga attending outdoor and indoor department of Kayachikitsa, Major S.D. Singh PG Ayurvedic Medical College and Hospital.

Patient for this clinical study where selected who presented themselves with loss of appetite, nausea, vomiting, yellowish urination and eye, weakness and tenderness in hepatic area and in those patients whose liver function test (LFT) where found abnormal. LFT showing sudden rise of serum bilirubin, alkaline phosphatase, SGOT, SGPT are highly suggestive of infective hepatitis.

After administration of Kalmegh Kvatha 40-60 ml twice daily. Quick response within few days was observed. The end of trial i.e. after 4 weeks, improvement was observed both on clinical and biochemical parameters which is given below in tabular form.

Table 1 - Showing the incidence of clinical feature of 10 patients of Kamala Roga (Jaundice) and effect of Kalmegha Kvatha

Clinical features	C.Fs present in patients		Improvement in percentage
	Before treatment	After treatment	
Yellowish sclera	10	Nil	100
Yellowish urination	10	Nil	100
Anorexia	10	2	80
Fatigue	1	Nil	100
Malaise	10	Nil	100
Arthralgia	2	Nil	100
Mild fever	6	Nil	100
Pruritus	2	1	50
Enlarged tender liver	9	3	66.7
Pain in abdomen	6	1	83.3

Table 2 - Showing the effect of Kalmegha Kvatha on LFT of 10 patients of Kamala Roga (Jaundice)

L.F.Ts	BT Mean +/- S.D.	AT Mean +/- S.D.	Difference Mean +/- S.D.	't' and P value
S. Bilirubin	12.54 +/- 9.07	1.67 +/- 0.78	10.92 +/- 8.87	't' = 3.39 P < 0.01 Highly significant
S. Alkaline Phosphatase	251.55 +/- 53.03	116.00 +/- 28.55	135.55 +/- 56.51	't' = 7.58 P < 0.001

				Highly significant
S. SGOT	467.13 +/- 443.65	44.39 +/- 19.20	422.74 +/- 427.02	't' = 3.13 P < 0.02 Significant
S. SGPT	547.62 +/- 468.69	53.20 +/- 27.89	494.42 +/- 449.03	't' = 3.38 P < 0.01 Highly significant
S. Protein	6.58 +/- 0.59	7.04 +/- 0.43	0.46 +/- 0.26	't' = 5.59 P < 0.001 Highly significant
S. A:G ratio	0.94 +/- 0.24	1.23 +/- 0.25	0.29 +/- 0.13	't' = 7.04 P < 0.001 Highly significant

After considering all the factors of observations (Subjective as well as objective and laboratory) the total response of the drug was excellent. Out of 10 patients 60% were cured and 40% were relieved. All the patients were also suggested to continue the drug and strict diet regimen next 3 months or more accordingly.

CONCLUSION:

On the basis of clinical trial, it has been found that the drug kalmegh is an effective, safe, cheaper and everywhere available for the treatment of jaundice of infective origin, due to its cholagogue, appetizer, anti-inflammatory and regenerative property of hepatic tissues. It decreases the permeability of the hepatocellular membrane by which it decreases the edema of hepatic cells and maintains its normal structure and functions. So, it may be concluded that drug kalmegh has got cell stabilizing as well as hepato protective property.

CONFLICT OF INTEREST -NIL

SOURCE OF SUPPORT -NONE

REFERENCES:

1. Charaka Samhita - Chikitsa 16
2. Sushruta Samhita - Uttartantra 44
3. Astanga Hridaya - Chikitsa 16
4. Madhav Nidan - 8

