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“A CLINICAL CASE STUDY ON MADYAJANYA BAHUPITTA KAMALA WITH SPECIAL REFERENCE TO ALCOHOLIC LIVER DISEASE WITH JAUNDICE AND HEPATITIS”**Dr. Swati Shelke¹, Dr. S. B. Jamdhade², Dr. Pradnya Jamdhade³ Dr. Gangadhar Polawar⁴**

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ABSTRACT:

Bahupitta Kamala is a subtype of Kamala described in Ayurveda. Madyajanya Bahupitta Kamala arises due to excessive alcohol intake, leading to aggravated Pitta and Rakta dushti, affecting liver function. It closely correlates with Alcoholic Liver Disease presenting with Jaundice and Hepatitis. Clinically, it manifests as yellow discoloration of the sclera and skin, Agnimandya, Daurbalya, and Mutra-Peetata.

Modern management mainly focuses on symptomatic relief and abstinence, whereas Ayurveda emphasizes a holistic approach targeting root causes. This article explores Ayurvedic perspectives of etiology, pathogenesis (Samprapti), and clinical features, along with correlation to contemporary diagnosis. Therapeutic interventions include Nidana Parivarjana, Shamana using hepatoprotective formulations like Bhumyamalaki, Guduchi, and Kutki, along with Pathya-Apathya guidelines. A case-based analysis demonstrates significant improvement in symptoms and liver function parameters, suggesting Ayurveda as an effective, safe, and integrative approach in managing alcohol-induced liver disorders.

KEY WORDS:- Madyajanya Kamala, Bahupitta Kamala, Kamala, Alcoholic Liver Disease, Jaundice, Hepatitis, Yakrit Vikara.

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INTRODUCTION

In ancient Ayurvedic samhitas, Kamala is described as a clinical condition closely resembling jaundice in modern medicine. In modern terms, jaundice becomes evident when bilirubin exceeds 3 mg/dL¹. Madyajanya Bahupitta Kamala is a specific type caused by excessive intake of madya (alcohol), leading to marked aggravation of pitta dosha. Continued indulgence in pitta-vardhaka factors, such as alcohol, accelerates the progression from Pandu to Kamala². Clinically, patients present with Arochaka (loss of appetite), Avipaka (indigestion), Agnimandya (reduced digestive fire), fatigue, and yellow discoloration of skin, eyes, and urine. This condition primarily affects the yakrit (liver) and rakta dhatu, disturbing overall systemic health³. Ayurvedic texts emphasize that proper management through medicines, diet, and lifestyle modifications—especially avoidance of alcohol—can effectively treat the condition and prevent recurrence. Management focuses on Nidana Parivarjana, pitta-shamana, and yakrit-protective therapies⁴. According to Charaka, Kamala is not an independent disease but an advanced stage of Pandu roga⁵. In contrast, Sushruta describes Kamala as both an independent disease and a complication of Pandu⁶. While Vagbhata also considers it a distinct disease entity⁷. Chakrapani classifies Kamala into the Bahupitta and Alpapitta types. Madyajanya Kamala falls under Bahupitta Kamala (Koshthashakhashrita), characterized by excessive accumulation and spread of vitiated pitta⁸. It is categorized as Pittaja Nanatmaja Vyadhi and Rakta Pradoshaja Vyadhi, indicating involvement of both pitta and blood tissue⁹.

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AIM & OBJECTIVES

- To evaluate the efficacy of Ayurvedic management in the treatment of a case of Madyajanya Bahupitta Kamala in correlation with Alcoholic Liver Disease (ALD) presenting with jaundice and hepatitis.
- **Present Case Report**

A 54-year-old male patient presented to the outdoor patient department of the Kayachikitsa department on 01/04/2026 at D.M.M. Ayurved Mahavidyalaya and L.K. Ayurved Rugnalaya, Yavatmal, Maharashtra. The complaints develop gradually, one after the other, and are only worsened by allopathic treatment. He was diagnosed with ALD with jaundice and hepatitis following an examination.

With the following main complaints

1. Udarshool – mild to moderate pain for 3 months
2. Pitavarni Mutrata since 2 months
3. Daurbalya since 20-25 days
4. Arochaka since 16-17 days
5. Mutra daha since 15 days
6. Asamyak Malapravrutti since 8-10 days
7. Jwaranubhuti 3-4 days

- **History of Present Illness:**

The patient was apparently well one month ago, after which he started experiencing Udarshool (abdominal pain). The pain was gradual in onset and persisted over time. Subsequently, he developed associated symptoms such as Pitavarni Mutrata (yellowish discoloration of urine), Daurbalya (generalized weakness), Asamyak Malapravrutti (irregular bowel habits), Arochaka (loss of appetite), and Mutradaha (burning micturition), Icterus present in the eyes, and yellowish discoloration all over the skin.

As the symptoms progressively increased in severity, the patient sought medical consultation and presented to the Kayachikitsa O.P.D. of L.K. Ayurvedic Hospital for further evaluation and management.

NO/H/O- DM/Asthma/HTN/Thyroid

NO H/O- any major illness

Surgical History – No surgical history

No family history related to the patient's present illness

Addiction History – Alcohol consumption since 10-15 years

- **Rugna Parikshan**

- **Ashtavidha Parikshan**

1. NADI- 90/Min
2. MALA- Malavshambh
3. MUTRA – Mutradaha and Pitavarnata
4. JIVHA – Saam
5. SHABDA– Spashta
6. SPARSH –Samshitoshna
7. DRUKA – Peetabh
8. AAKRUTI – Madhyam

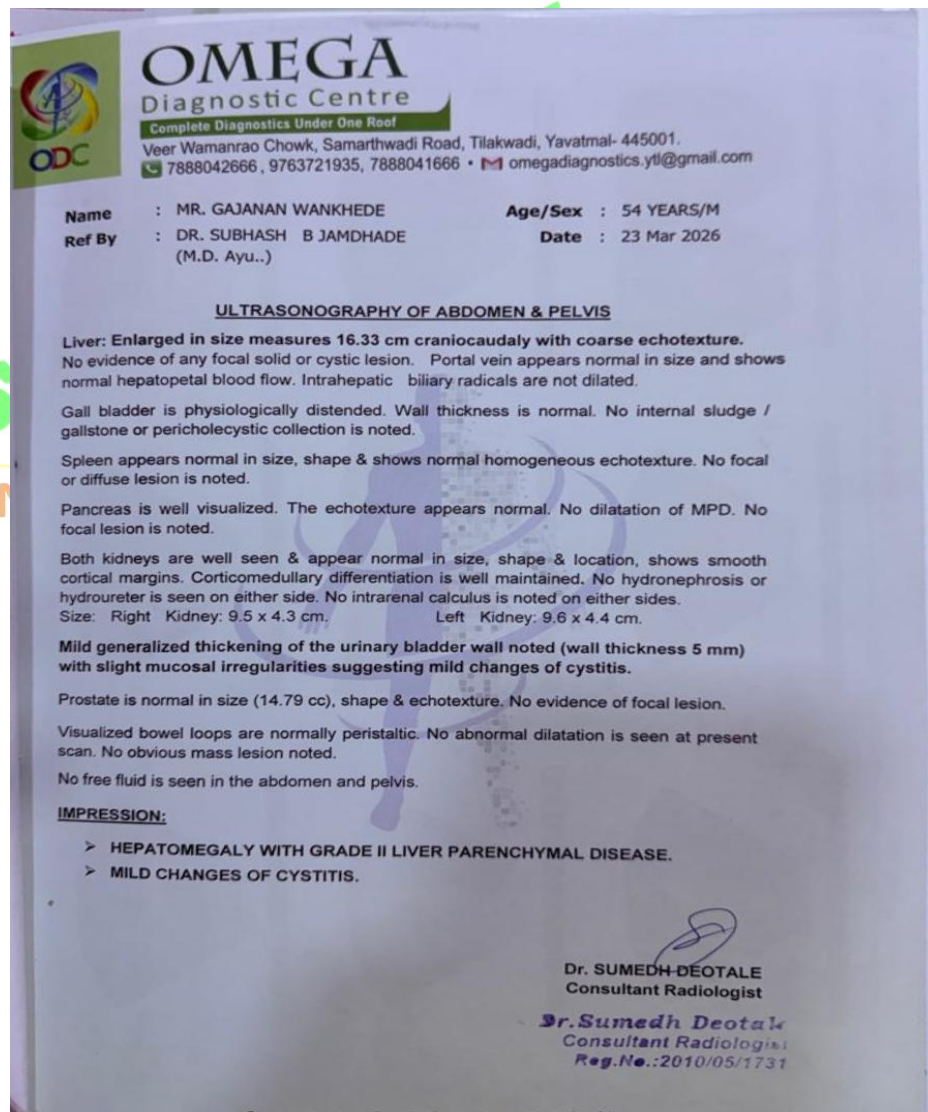
9. B.P- 140/80 mmofHg
10. Pulse -90/Min
11. Temperature –Afebrile(96.6°f)
12. RR – 20/min


• **SYSTEMIC EXAMINATION :**

- CVS- S1S2 Sounds audible, No murmur sound.
- CNS- Conscious and Oriented.
- RS- AEBE, Clear

• **Local Examination :**

- P/A –Soft, Generalized tenderness present, and liver palpable
- Bulbar conjunctiva- Icterus present
- Yellowish Discoloration of nails and skin





CHINTAMANI

COMPUTERISED PATHOLOGY LAB

Dr.Ojal Awandkar (Dudhe)
MD (pathology)


Mainde Chowk, Yavatmal
TIME : 8 A.M. to 11 P.M.
SUNDAY : 8 A.M. to 9 P.M.

Sample - Collected in Lab/Received from outside

NAME :	MR. GAJANAN WANKHADE	AGE :	54Yrs.
REF. BY :	Dr. RTAYADE SIR	SEX :	Male
DATE :	02/04/2026		

BIOCHEMISTRY

TEST NAME	RESULTS	UNIT	REF. RANGE
<u>Bilirubin</u>			
total	17.2	mg/dl	0.2- 1.0
indirect	10.5	mg/dl	0 - 0.25
direct	6.7	mg/dl	



Dr.Ojal Awandkar (Dudhe)
MD (pathology)

Accuracy of Pathological diagnosis is based on interpretation of immuno-biochemical ELISA, RIA & other reactions which are influenced by several factors. The most sophisticated Computerised Blood Analyser Techniques are subject to unaccountable variations. ● Blood Group RH typing Subject to variations depending upon Du variats and presecece of interfering agglutinins in patient blood. ● Histopathology/Cytology in Case of Malignancy/rare lesion to obtain second/multiple opinions at. ● Samples are sent from hospital and outside also Lab to lab variations should always be considered.

- **Samprapti Ghataka**

1. Dosha-Pitta.
2. Dushya-Rakta and Mansa.
3. Adhithana-Kostha(Mahasrotasa) and shakha.
4. Srotas- Rasavaha srotas, Raktavaha srotas, Annavaha srotas, Purishvaha srotas, mutravaha srotas.
5. Srotodushti- Vimarga gamana.
6. Vyadhimarg- Aabhyanantar
7. Koshth-Krur

Here, Madyajanya Bahupitta Kamala was diagnosed on the basis of symptoms and signs described in the classics of Ayurveda, along with investigation reports.

- **DIAGNOSIS**

- **Ayurvedic diagnosis:** Bahupitta kamala
- **Subtype:** (Madyajanya Bahupitta Kamala).
- **Differential diagnosis:** Ruddhpath kamala, Pittaj kamala, Halimaka, Pandu, Yakrit Vikara.
- **Modern correlation:** Alcoholic liver disease with jaundice and hepatitis.

- **MATERIAL AND METHODS:**

- **Method** –Single Case Study
- **Material:** Ayurved literature samhitas and Journals.

➤ **SHAMAN CHIKITSA**

	Drug	Dose	Anupana	Kala
1.	Triphala Guggul	500mg	Koshnajal	Vyanodane
2.	Punarnava Guggul	500mg	Koshnajal	Vyanodane
3.	Arogyavardhini vati	250mg	Koshnajal	Vyanodane
4.	Kamadudha Vati	250mg	Koshnajal	Vyanodane
5.	Sutshekhar Ras	250mg	Koshnajal	Vyanodane
6.	Bhrungraj churna Guduchi churn Kutaki churna Bhumyamlaki churna	1gm each	Koshnajal	Vyanodane
7.	Kamalahar kwath	30ml	Koshnajal	Vyanodane
8.	Sukhvirechan churna	3gm	Koshnajal	Nishakale

- **Results:**
- **After 11days of starting ayurvedic treatment report as follows**

➤ **Results**

		Before(02/04/26)	After(13/04/26)
1.	Total Bilirubin	17.2 mg/dl	7.9 mg/dl
2.	Bilirubin direct	10.5 mg/dl	5.8 mg/dl
3.	Bilirubin Indirect	6.7 mg/dl	2.1 mg/dl

DISCUSSION

- **Combined Effect in Madyajanya Bahupitta Kamala Vyadhi**

1. **Detoxification:**

Formulations such as Triphala Guggul, Punarnava Guggul, and Aarogyavardhani Vati assist in eliminating accumulated toxins (Ama) from the body and enhance digestive function (Agni deepana).

1. **Liver Support:**

Aarogyavardhani Vati and Punarnava Guggul play a significant role in maintaining liver health by improving hepatic function and regulating bile secretion.

1. **Pitta-Pacifying Action:**

- Formulations like Sutshekhar Ras, Kamdudha Ras, help in balancing aggravated Pitta, thereby reducing r loop such as yellow discoloration, excessive heat, and burning sensation.

- Drugs like Guduchi and Bhringraj are effective in alleviating aggravated Pitta, thereby helping to control the primary pathology of Kamala (jaundice).

1. **Anti-inflammatory and Rejuvenative Effect:**

- **Triphala Guggul**

→ **Strong anti-inflammatory due to Guggulu + Triphala**

→ **Useful in reducing shotha and detoxification**

Also has Rasayana effect due to Triphala (especially for the gut and tissues)

- Arogyavardhini Vati

→ Mild to moderate anti-inflammatory

→ Acts on the liver, improves metabolism, and reduces inflammatory pathology

Improves liver function → indirectly promotes dhatu nourishment. These medicines work together to decrease inflammation and promote rejuvenation of the liver, aiding in faster and more effective recovery.

1. **Liver Detoxification and Repair:**

Kutki, along with Bhringraj, act synergistically to detoxify the liver, promote bile regulation, and support regeneration of hepatic cells.

✓ **Bhumyamalaki (Phyllanthus niruri)**

One of the best liver tonics

Reduces bilirubin, useful in Kamala (jaundice)

Antiviral (helpful in hepatitis)

1. **Improved Digestion:**

Kutki and Guduchi enhance Agni (digestive fire), remove Ama (toxins), and facilitate proper bile flow, thus relieving symptoms like nausea, heaviness, and indigestion.

1. **Rejuvenation and Strengthening:**

Guduchi and Bhringraj function as Rasayana, aiding in tissue nourishment, boosting immunity, and accelerating recovery.

• **Diet and Lifestyle Advice:**

1. **Diet:**

The patient should be advised to follow a Pitta-shamaka ahara, avoiding oily, spicy, sour, and fried foods. Preference should be given to light and cooling items such as moong dal, along with supportive measures like papaya leaf extract to aid liver function.

1. **Lifestyle:**

Proper rest and adequate hydration are essential for recovery. Strict avoidance of alcohol and processed foods is necessary, as they aggravate Pitta and further impair liver function.

CONCLUSION

From the above discussion, it can be inferred that there was a significant improvement in the signs and symptoms of Madyajanya Bahupitta Kamala following appropriate management.

Importance of early diagnosis and Ayurvedic management:

Timely identification and proper Ayurvedic intervention help in faster recovery and prevent the progression of the disease into a chronic stage.

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