

## Hepatobiliary disorders – Ayurvedic perspective

Nishant Shukla

Shri V M Mehta Institute of Ayurved, Gardi Vidyapith, India

**Keywords:** Ayurvedic, Cancer, Oncology

### Abstract:

Kamla is a very common disease in our country. It is difficult to diagnose. On the off chance that appropriately analyzed, the Sadhya – asadhyat (Prognosis or treatability and seriousness) can be gauged without any problem. The patient additionally can be educated what treatment is to be given.

### Varieties:

Ayurvedic classics give two types of Kamla viz Koshashrit and Shakhashrit (Caraka sutra while in chikitsa 16 maharishi Caraka has classified the same in two different names (1) Koshtha – Shakhasrit and (2) Shakhashrit kamla are given. I may point out that Kamla can occur as a result of faulty treatment also; in other words, Kamla can also be produced as an iatrogenic disorder also. In the cutting edge science, a portion of the medications are considered as hepatotoxic medications. In Ayurved no such drugs like hepato – toxic drug is mentioned but faulty treatment can produce Kamla i.e. that line of treatment can be considered as hepato – toxic treatment. The author of this paper has gone over and treated a Kamla persistent, which was delivered because of careful treatment in draining heaps. Along these lines the determination and treatment turn out to be simple if legitimate history is accessible from the patient. The physician also should note the history properly. Main dosha involved is Pitta. Either the formation is not proper i.e. or the pitta is obstructed somewhere in the passage. Chakrapani has mentioned two types of Pitta – one is i.e. that pitta which is necessary for colouring Rasa and formation of blood. Other assortment is called Mala Ranjaka Pitta – for example which gives colour to the fecal matter.

It is necessary here to explain briefly the formation of Pitta i.e. Bile. Both Ayurved and present day science state that Pitta is delivered from Rakta. Rakta – Anu (R.B.C.), when dead, break into two sorts of hued specialists or synthetic compounds. They are Bilirubin and Biliverdin. The shade of Bilirubin is yellow while that of Biliverdin is green. When both are mixed the color becomes greenish yellow. This goes to yakrit i.e. liver. The colored agent gives color to the bile. Bile is collected in gall bladder. At the point when essential it goes to the digestive organs through normal bile pipe. This is the physiology of bile. Bile assumes an extremely extraordinary job in processing of fat ingested. The pancreatic juice, the secretion from the sub mucous glands of the small intestines and Bile, digests the food ingested. Any deformity at any level will deliver Ajeerna – acid reflux or dyspepsia. Bile assumes a job in absorption of fat. So if bile isn't appropriately shaped, the assimilation of fat will be ill-advised.

Any pathology, regardless of whether Doshic or Dhatujanya or natural sore will prompt Jaundice. For instance, unreasonable separate of R.B.C. will prompt extreme Bile Salt and Pigments. A portion of the Bile Pigments or salts will be used for the development of Bile; however the rest of the shades or salts will course in entire body, which will create greenish yellow colors in the body exceptionally, conjunctiva, Tongue nails and skin. Moreover, the urine and stool will also be yellow. This is called because pitta is present in stools, urine and the whole body.

According to modern science, this condition can be interpreted or compared with haemolytic Jaundice because there is excessive break down of Red corpuscles. The dosha provoked is Pitta. Any

## Extended Abstract

pathology of yakrit (Liver) or pleeha (spleen) may lead to non-utilization of pigments or salts and also cannot produce bile. The pigments or salts will circulate in the body; these will produce Kamla or yellow colour in the conjunctiva, nails, tongue and skin. In this condition the digestion especially that of fat will not take place, and there may be lack of colour in the stool. The colour of stool depends on what amounts of pigments are utilized for production of bile. In other words, Mala-Ranjaka-Pilta may range from small amount to absolute absence. The pathology of liver may be inflammatory or hardening. This condition is called infective hepatitis or Toxic hepatitis. The toxins may be due to some hepatotoxic drugs, food, or faulty treatment. This can be compared to Shakha-Shrita-Kamla according to Ayurveda.

Any pathology in storage of bile i.e. gallbladder e.g. inflammatory (cholecystitis), worm impactions, gallstones may be responsible for this variety. In the same way obstruction in the common bile duct may lead to obstructive Jaundice. The obstruction may be from outside for example pancreatic tumour, malignancy of stomach may press the bile duct or gall bladder and the flow of bile may not be proper. In the same way obstruction may be from inside e.g. cirrhosis of liver, cancer of liver or gall bladder. This can be interpreted as Shakhashrita Kamla. In this condition as Charaka says 'the obstruction of Pilta is due to Kapha-prakopa. Both these conditions i.e. Infective or toxic and obstructive jaundice are to be considered as Shakhashrita Kamla, Hepato-toxic, Jaundice may be due to drugs, diet or faulty treatment and the doshic condition should be assessed by the physician.

It should be clearly understood that all the organs of formation, collection or flow are involved in any type of Kamla. Haemolytic jaundice also damages liver and spleen. In the same way pathology of liver can produce haemolysis or obstruction in the biliary tract. But the name is given according to the maximum involvement of Dosha, dhatu, organ.

In both the types of Kamla, -Yellow tinge to the eyes, nails, mouth, tongue, according to severity is there. But the stools in Kostha Shakhashrita Kamla is yellow while in Shakhashrita Kamla, it depends on how much Bile is poured in intestines i.e. it may range from slight yellow to clay coloured (Til-posta-nibha). The term *til-posta-nibha* i.e. resembling the paste of til. This denotes two conditions (1) colour which is blackish white due to absence of Bile in stool and (2) Til paste like stool denotes that stools is full of oily substance due to improper digestion of fat. Thus, the stool is pasty with fat in it. While clay coloured denotes only colour of stool.

Other Symptoms In Kostha Shakhashrita Kamla, the symptoms are more paitik as there in prakopa of pitta, while in Shakhashrita Kamla, the symptoms are more of kapha Ama and Ajeerna (Indigestion). The symptoms of Kostha Shakhashrita Kamla are (1) Yellow (Greenish Yellow) conjunctiva, skin, nails and mouth (2) urine and stool are Rakta – peeta (reddish yellow) (3) the skin is like frog (*shankha*) i.e. white, slippery and dematous (4) Hatendriya i.e. functions of mouth and sensory organs are diminished. Other symptoms are burning sensation dyspepsia, debility, lassitude, anorexia and loss of weight. All the above are due to excessive pitta and pitta is circulating or collected in the whole body.