



HEB

Journal of Research in Indian Medicine
An Official Publication of Bureau for Health & Education Status Upliftment
(Constitutionally Entitled as Health-Education, Bureau)

JRIM

Review study on Ayurvedic intervention in the management of *Kamala* W.S.R. Jaundice

¹Swati Dhiryar ²Rama Kant Yadava, ³Arshath jyothi P.S.

¹Post Graduate Scholar Department of Kayachikitsa, AIIA

²Associate professor Department of Kayachikitsa, AIIA

³Medical Officer Department of Kayachikitsa, AIIA

Email Id: serviceb@gmail.com

Abstract

Jaundice is a disease it involves an increase in bilirubin and causes yellowness of skin, mucous membranes, and conjunctiva. Presentation of Jaundice with peripheral yellowing of the eye sclera, also called scleral icterus, is best appreciated when serum bilirubin levels exceed 3 mg/dl^[1]. Based on pathology, Jaundice is classified into three categories these are 1. Pre-hepatic Jaundice, 2. Hepatocellular Jaundice, 3. Post hepatic jaundice. In Ayurveda, Jaundice is described as *Kamala vyadhi*. It has been described as aggravated *pitta* disorder. **Objective:** To review existing human case reports and clinical trials for Kamala (Jaundice) treatment through Ayurveda interventions.

Design: The literature research comprised an electronic database from January 2016 to December 2021. The research comprised MEDLINE, PubMed, The Cochrane Library, Google scholar, Ayush research portal, and D.H.A.R.A. database. Search terms were used “*Kamala*,” “*Ayurveda*,” “*Panchakarma*,” no limits were used. The search strategy was adapted for each database as necessary. Only trials on humans and literature with the English language were included in the review. The study applied inclusion criteria while screening the records. **Intervention:** Treatment with any regimen of “*Ayurveda*”.

Outcome measures: Number and results of studies identified in the review. **Results:** Thirty-one articles were screened; Fifteen human trials met inclusion criteria. Ayurvedic treatment and *Panchakarma*-based procedures effectively relieve symptoms and normalize the liver function test in patients with *Kamala* (Jaundice). Nine studies were published as a case report, 3 were single-arm clinical studies, two were double studies, and one had three arms. 8 out of 15 clinical studies used *Panchakarma* as management of *Kamala*, 7 used *Virechana* in management. Almost all studies used Sr.

bilirubin as an assessment of *Kamala* except one study. One study reported side effects of drugs were no such data reported in other studies reported no side effects during management.

Key words: *Kamala*, Jaundice, *Panchakarma*, Ayurveda

Access this Article Online	Quick Response Code: 
Website: http://heb-nic.in/jrim	
Received on 19/03/2022	
Accepted on 02/04/2022 © HEB All rights reserved	

