

MANAGEMENT OF CHRONIC CHOLESTATIC LIVER DISEASE (RUDDHAPATH KAMLA) THROUGH AYURVEDA - A CASE STUDY**¹Dr. Suraj I. Shirsath and ²Dr. Shradha R. Kokare**¹Associate Professor - Department of Kayachikitsa, M. E. S. Ayurved Mahavidyalaya, Ghanekhunt – Lote, Taluka – Khed, District – Ratnagiri (M. S.).²Assistant Professor - Department of Swasthavrita, M. E. S. Ayurved Mahavidyalaya, Ghanekhunt – Lote, Taluka – Khed, District – Ratnagiri (M. S.).***Corresponding Author: Dr. Suraj I. Shirsath**

Associate Professor - Department of Kayachikitsa, M. E. S. Ayurved Mahavidyalaya, Ghanekhunt - Lote, Taluka - Khed, District - Ratnagiri (M. S.).

Article Received on 12/04/2021

Article Revised on 02/05/2021

Article Accepted on 23/05/2021

ABSTRACT

Liver is a vital and important organ in human being, its plays very crucial role in metabolism it's having both secretory and excretory functions. While there are many causes of liver diseases present clinically in a few distinct pattern usually classified as hepatocellular, cholestatic (obstructive) or mixed type. Liver diseases may be acute or chronic, progressive and reversible or progressive and Irreversible. There is no specific hepatoprotective regenerative drugs available in modern medicine till date, vice versa there are lot of Ayurvedic medicines which can be plays vital role in liver protection or repair. In Ayurveda there are two types of liver diseases (Kamla Vyadhi) Bhaupitta kamla & Ruddhapath kamla which is a same classification at modern medicines i. e. Hepatocellular & Cholestatic respectively. A 45 year old male patient was comes for ayurvedic management in M. E. S Ayurved college Hospital – Parshuram Rugnalaya in Kayachikitsa O.P.D. for his chronic cholestatic Liver Disease. i.e Ruddhapath Kamla & also he was suffering from knee joint effusion i. e Kroshtuk shirsha. He was treated with Ayurvedic treatment plan for one month. He got significant relief from his complaint like knee joint pain swelling effusion all over body itching generalized weakness anorexia also there is a positive changes in his stool colour that is from clay colour to normal colour stool. But as Kokan is remote area of Maharashtra, I could not find a long follow up of this patient after 1 month, otherwise it would have been a very good study. But with this case study we can conclude that chronic Cholestatic liver disease can be well manager with Ayurvedic medicine and ayurvedic concepts.

KEYWORDS: Chronic cholestatic liver disease, Ruddhapath Kamla, Ayurvedic intervention.**INTRODUCTION**

Liver disease / Hepatic disease is a type of damage disease of the liver. Whenever the course of problem last longing more than 6 month chronic liver disease each ensures.

Cholestasis is condition when bile cannot flow from the liver to the duodenum. The two Basic distinctions are obstructive types of cholestasis, one is mechanical obstruction like gallbladder stone, malignancy other is metabolic type of cholestasis disturbance in bile formation this is because of genetic, acquired, auto immune, drug-induced.

Typical Symptoms include itchiness, pruritus, jaundice, fatigue, right upper quadrant pain, dark urine, clay colour stool.

Same pathology, sign and symptoms are described by Acharya thousands year ago, call this disease as Ruddhapad Kamla. Path means channel, way from which someone can flow, means Pitta vahini, Pitta nalika, bile ductus from which bile- Pitta flows. Ruddha means of obstructed & Kamla means jaundice and related symptoms. According to charaka Kaphasamurchit vayu obstruct the pitta vahak Nalika, so pitta (Bile) cannot comes into the koshta, so the stool (Mala) not gets its natural colour. Hence colour of stool is clay colour which is described as a Tilpisthinaabh Malala pravartan, which is a classical sign of obstructive pathology of liver.

Hence Ayurvedic treatment consists of restrictions of Hetu Sevan, kaphagnachikitsa, samprapti bhang, Uses of katu, amla, lavan dravyas according to dosha pradhanya & as per prakruti of patient.

CASE REPORT**Patient basic information**

Name: xxx, Age: 45 years, Sex : Male, OPD No. 1416,
Date : 21 / 02 / 2019.

Complaints of

- 1) Itching all over body – since last 8 to 10 years, slightly increased from last month.
- 2) Mild generalized weakness – Since 4 to 5 years.
- 3) Mild anorexia: 1 Month
- 4) Right knee joint pain and swelling : since 2 months
- 5) Clay colours stool – since 8 to 10 years, with intermittent slightly changes in colour.

History of present illness

Patient suffering from above disease and complaints are since last 8 to 10 years. Taken treatment from various modern consultant, since last one month patient feeling mild increase in his symptoms. Someone is given reference him of our Ayurvedic hospital for ayurvedic management. Hence patient comes for routine check up and ayurvedic management with his all previous medical records.

Past history of

History of: cholecystectomy before 2 years, for GB stones.

No History of: DM / HTN / Asthma / COPD / IHD / MI / Thyroid Diseases etc.

No History of: Major illness other than this disease.

Addiction History: No any specific.

Family History: No any.

Clinical examination**O/E**

G. C.: fair, Afebrile, Pulse – 78 / min,

Blood pressure – 120 / 80 mm of Hg, Weight – 58 kg,

Mid icterus present, Non pallor, No clubbing, JVP – Normal, No lymphadenopathy,

No flapping tremors No pedal edema

Asthavidh Pariksha

Nadi: vaatkapthmak, Niyamit

Mal: Tilpisthinaabh Malpravartan

Mutra: samyak, Ishat pit varni

Jivha: Alpa saam

Shabda: Prakrut

Sparsha: samshitoshna

Drika: Alpa pit varni

Akriti: Madhyam

Local examination -Rt. Knee joint, Mild effusion +

Systemic examination

Respiratory system: AEBE, No Crepitation or wheeze

Cardiovascular system: S1 S2 Normal, no murmurs

Per abdomen: soft, Liver - nonpalpable, spleen - nonpalpable, kidney - nonpalpable

Central nervous system: oriented, planter flexor No E / O
Ataxia

Patients file reports**Liver biopsy reports****Histopathology**

Section showing extensive intrahepatic cholestasis. Approximately five portal areas are included with contain. Mild inflammation consisting of lymphocyte, few plasma cells and polymorphs. Interlobular bile ducts are not well appreciated three portal areas. Parenchyma shows rosettooid armament of lymphocytes. There is marked cholestasis within the bile canaliculi. No evidence of bile ductular proliferation, granuloma or fibrosis Special stains: prussian blue - negative for Iron. Elastic stains - No fibrosis Diagnosis: extensive intralhepatic cholestasis Serum markers: Dated - 26/11/2014

Serum Markers: HBSAG / HCV / HAV / HEV / HIV - Negative.

Mitochondria Antibody Test (AMA): Dated 26 / 11 / 2014

Diagnostic titre: 1: 1000 Result – Negative

Serum Immunoglobulin: Dated 2/ 12/ 2014

IgG – 713 mg / dl (Normal), IgM – 212.5 mg / dl (Normal)

IgA – 123.5 mg / dl (Normal)

LFT: Dated 24 / 12 / 2024

Sr. Billirubin level Total: 13.8 mg /dl sr. Billirubin level Direct: 7.1 m

Sr. Bilirubin level Indirect: 6.70 mg / dl SGOT: 88 U / L SGPT : 62 U/ L

Alkaline Phosphate level: 79 U /L Sr. protein level: 4.00 g / dl

Sr. Glonulin level : 2.70 g / dl

G6PD level: Dated 8 / 1 / 2019

258 U (Normal)

TSH level: Normal **CBC:** WNL **PTINR:** Normal

RADIO DIAGNOSTIC TEST**USG Abdomen & Pelvis**

Liver – Slightly smaller in size, Gallbladder – Echoreflective Calculus measuring 9.2 mm in long axis is noted in GB, GB wall Thick is 3.8 mm, Spleen – Normal, Pancreas – Normal, kidney – Both kidneys are normal in size, Urinary Bladder – Normal, Prostate – Normal

MR Cholangiopancreatography: Dated 27/11/2014 - Mild Hepatomegaly, Cholelithiasis

Treatment Given by Modern consultant

Tab. UDILIV 300 2 Bid, Tab. Essential 1Tds, Tab. Silybon 1400 1 Bid, Tab. Atarax 1 Hs

Surgical Procedure: Cholecystectomy Done Before 2 years.

Ayurvedic Treatment protocol

Shodhan chikitsa: Local Leech Application (Sthanik Jalokavacharan) done on Rt knee joint for pain & swelling & effusion.

Shaman chikitsa

TAB. **AROGYAVARDHINI** 500 MG BID WITH LUKEWARM WATER EMPTY STOMACH

TAB. **AMRUTADI GUGGUL** 500 MG BID WITH LUKE WARM WATER EMPTY STOMACH

TAB. **HARIDRAKHAND** 500 MG BID WITH LUKE WARM WATER EMPTY STOMACH

PHALTRIKADI KADHA 15 ML BID AFTER LUNCH WITH LUKEWARM WATER

TRIKATU CHURNA 1GM PLUS SAINDHAV LAVAN 500 MG BID GIVEN WITH NIMBU SWARAS

** Above medicine used for 1 months.

RESULT

After one month treatment, symptomatic & pathological Improvement seen in this patient.

Before Treatment

- 1) Itching All over Body +++
- 2) Generalised weakness ++
- 3) Anorexia +
- 4) Rt. Knee Jt. Pain & Swelling +++
- 5) Clay colour stool
- 6) Icterus +
- 7) Sr. Bilirubin Total 2.7 mg / dl
- 8) SGOT level 58.5 U/L
- 9) SGPT level 60.0 U/L
- 10) Alkaline Phosphate 200.00 U/L
- 11) Sr. Albumin level 3.8

After Treatment

- 1) Itching all over Body +
- 2) Generalised Weakness +
- 3) Appetite improve
- 4) Rt. Knee Jt. Pain & Swelling +
- 5) Mild Yellowish Colour Stool
- 6) No Icterus
- 7) Sr. Bilirubin Total 1.4 mg / dl
- 8) SGOT level 40.0 U/L
- 9) SGPT level 24 U / L
- 10) Alkaline Phosphate 168.5 U / L
- 11) Sr. Albumin level 4.00 U/L

Arogyavardhini

Arogyavardhini is Dipan, Pachan, Pathya, Hrudhya, Medovinashni, Malshudhikari, Kshudhapravartini, useful in kushta, jwara and all types of diseases. The drug has been mentioned Specially in Bhaishyajaratnavali in the context of Yakritvikara. Arogyavardhini has been used for centuries with claimed efficacy in Liver Disorders, Jaundice.

Ingredients –

Shuddh Parad (Detoxified Mercury), Shuddha Ghandak (Detoxified Sulphur), Loha Bhasma (Iron), Abhrak Bhasma (Mica), Tamra Bhasma (Copper), Amalaki (Emblica Officinalis), Haritki (Terminalia Chebulla), Bhibhitki (Terminalia bellerica), Shuddh Shilajatu (Asphaltum), Shuddh Guggul (commiphora wightii), Chitrak (Plumbago zeylanica), Katukki (Picrorrhiza Kurroa) Bhavana Neem patra swaras (Azadirachta indica).

Amrutadi Guggul

The Amrita Guggul is capable of checking 18 types of kushta, vata rakta, jaundice (Kamla), Amvata, Agnimandya, Bhagandar, Pratisaya, Splenomegaly & Problem of GIT.

Ingredients –

Guduchi (Amrita), Dashmula, Patha, Murvamula, Bala root, Katuki, Haridra, Eranda root, Triphala, purified Guggul, Sunthi, Pipali.

Haridrakhand Brihat

According to Bhaishajya Ratnavali Haridrakhand is very useful in curing Sita – Pitta, udarda, Kotha, Kandu, Pama, vicharchika, Jirnajvara, Krimi roga, Pandu & Shotha.

Ingredients

Haridra, Trivritta, Haritki, Raw sugar, Daru Haridra, Musta, Caraway seeds, Ajmoda, Bark of Chitrak, Katuki, White Cumin seeds, Pippali, Sunthi, Cinsmon Bark, Cardamom, Cassia leaves, Vidanga, Amrita, Vasa, Kustha, Triphala, Chavya, Dhanyak, Loha Bhasma & Abhrak Bhasma.

Phaltrikadi Kwath

Phaltrikadi Kwath when used with honey cures Kamla (Jaundice) & Pandu (Anaemia).

Ingredients

Triphala, Amrita (Guduchi), Vasa, katuki, Bhu – Nimba, Bark of Neem.

Amalki (Emblica Officinalis)

Pancha Rasa- Lavan varjita, Lahu – Ruksha, Madhur – Vipaki, Sheet – Virya, Rasayani, Tridoshhara. Having Antiviral, Antioxidant activity, Reduce SGOT, SGPT, serum & Hepatic Cholesterol.

Bibhitki (Terminalia Bellerica)

Kashaya Rasa, Ruksha – Laghu, Mahur – Vipaka, Ushna – virya, Tridoshhara.

Having Anti Oxidant, Anti microbial & Hepato protective property.

Haritaki (*Terminalia Chebula*)

Pancha Rasa- Lavan varjita, Laghu – Ruksha, Madhur - Vipak, Ushna – Veerya, Tridoshar
Antimicrobial, Diuretics, Cardiotonics,
Immunosuppressive effect.

Amrita / Guduchi (*Tinospora Cardifolia*)

Tikta – kashay, Guru – Snighda, Madhu – Vipaka,
Tridosha Shamak, Rasayan
Antioxidant, Its suppresses kuffers cells activation witch
is outcomes of liver injury. Immuno – Modulator hence
useful in cholestasis.

Vasa (*Adhatoda Vasica*)

Tikta, kashaya Rasa, Rukdha – Laghu, Katu – Vipak,
Sheet – Veerya, Kapha – Pitta shamak
Antiviral – Antibacterial, Hypoglycaemic, mucolytic,
useful in fever, liver enlargement.

Katuki (*Picrorrhiza Kurroa*)

Tikta Rasa, Ruksha – Laghu, Katu – Vipak, Sheet –
Veerya, Kapha – Pittahara
Antioxidant, Hepato protective, stimulste liver
regeneration.

Nimba (*Azadirchata Indica*)

Tikta – Kashay Rasa, Laghu, katu – Vipak, Sheet –
veerya, Kapha – Pitta shamak.
Anti – inflamamatory, Analgesic & Antipyretic Hepato
protective, Anti bacterial & Antiviral.

Trikatu Churna

As per Bhavprskash Trikatu is Agnidipak & useful in
Shwas, Kas, Skin diseases, Gulma, Meha (DM), Kapha,
Obesity, Medo rogs, Filriasis, Pinas. In short useful in
various obstructive conditions i. e. Strotorodha.

Ingredients –

Sunthi, Marich & Pippali

Saindhav Lavan

According to Bhavprskash Saindhav Lavan is Swadu,
Dipan – Pachan, Laghu, Snighda Ruchiksrsk, Dheet
Virya, Vrishya, Sukshma Srotogami, Netryam,
Tridoshhara.

CONCLUSION

1. Significant effect (symptomatic & in pathological lab reports) was observed in patients after one month Ayurvedic Treatment.
2. Given Drugs & Treatment is beneficial for Chronic CHOLESTSTIC LIVER DISEASE.
3. Need further more study with long follow up in future with large scale number of patients for scientific data collection.
4. No side effect were observed in the patient with given drugs and treatment.

REFERENCES

1. 'Arogyavardhini Vati '1, Drug no. 325, Shlok No 1306 to 1312, 142, Rasyogsagra of vaidya Hariprapannaji, Krishnadas Ayurveda series 7, Publisher – ChaukhambaKrishnadas Academy Varanasi.
2. 'Amrutadi Guggul' kustha Prakaranam, Chapter No. 54, Shlok No.222 to 227, 76, Bhaisajya Ratnavali of Govind Dasji Bhisagrata, The C.S.B. series 67 reprinted copy, Publishers – Chaukhamba Sanskriti Sansthan, Varanasi, 2009; 3.
3. 'Haridrakhand Brihat 'Sitapittoudardakoshta Adhikara Prakarnam, shlok no. 18 to 21, Bhaisajya Ratnavali of sri Govind Das, Commentry & Editor – pandit sri Lalchandrajai Vaidya, 8th edition, reprinted copy 2002, Publisher Motilal Banarsidas, Delhi, 1970; 602.
4. 'Phaltrikadi Kwath 'Pandurog chikitsa prakaranam, chapter no. 9, shlok no. 7, 79, Chakradatta of sri Chakrapanidatta with the 'Vaidya Prabha 'Hindi Commentry by Dr. Indradeva Tripathi, Editor Prof. Ramanath Dwivedi, Kashi sanskrit series 252, Publisher – Chaukhamba sanskrit bhavan, Varanasi.
5. 'Trikatu 'Haridkyadi varga, Shlok No. 62 & 63, 19, Bhavprskash Nighantu of sri Bhavmisra, Commented by Dr. K. C. Chunekar, series 28, Reprinted – 2004, Publisher – Chaukhamba Bharati Academy.
6. 'Saindhav Lavan ' Haridkyadi varga, Shlok No. 241, 155, Bhavprskash Nighantu of sri Bhavmisra, Commented by Dr. K. C. Chunekar, series 28, Reprinted – 2004, Publisher – Chaukhamba Bharati Academy.
7. 'Approach To The Patient with Liver Disease, 282: 1808 to 1813. Harrisons principles of internal medicines, 2, 16 Edition, Publisher -McGraw – Hill, United State of America.