



A Single Case Study of Ayurvedic Management of *Yakraddalyudara* w.s.r. to Hepatomegaly

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ABSTRACT:

Ayurveda has many propositions to hepatobiliary diseases which are akin to modern understanding of hepatology. Besides elaborate clinical descriptions of various hepatic conditions, Ayurveda further proposes many herbal, Herbo mineral and dietary interventions to prevent and to manage such conditions. *Kalmegha*(*Andrographis paniculata*), *Bhumiamalki churna*, *Kutki churna*, are trusted drugs from Ayurvedic repertory which is variously used in many hepatic conditions. We had gone through a pilot study to evaluate its role in various hepatic conditions and found that it has a beneficial role in hepatocellular pathologies. The ayurvedic method aims to reduce disability while also easing symptoms. Here, we discuss a case of *Yakrddalyudara* that was effectively treated by *Ayurvedic* medicine.

Keywords : – *Yukrt vridhi, Halimak, Yakrddalyudara, Hepatomegaly*

INTRODUCTION

Hepatology is the branch of medicine which deals with the diseases of liver and biliary tract. Never in the history of mankind the liver has had been exposed to serious damage as it is now. Indiscriminate use of systemic drugs like tetracycline, paracetamol, antitubercular drugs, oral contraceptives of hormonal origin, chemicals used as food preservatives and agro chemicals are threatening the integrity of the liver. Further addiction to alcohol and other such preparations have aggravated the problem.¹ Undernutrition and malnutrition are important causes of damage of liver in the developing countries due to scarcity of food. Thus liver is not expected only to perform a wide

range of physiological functions, but it has also to protect itself against the environmental hazards, toxic medicines and chemicals. In spite of tremendous scientific advancement in the field of hepatology in recent years, more problems have been added rather than solved. Hence hepatology has emerged as a major discipline of medicine with in a short period. The major clinical manifestation of liver disorders is jaundice. In spite of having extra-ordinary capacity of regeneration in this organ, a slight ignorance may lead to fatal complications with grave prognosis. There is no rational therapy yet available in western conventional medicine for the cure of these diseases.



Usually supportive measures are practiced. Although the entity of liver as an organ and its function is not elaborated in *Ayurvedic* texts, a number of clinical conditions simulating different liver diseases as known today are described in *Ayurvedic* classics and subsequent writings.² In order to organise and to further develop this area of clinical medicine, it has been felt necessary to collect and codify the relevant literature from *Ayurvedic* texts and to treat the same critically to evolve a viable discipline of Clinical Hepatology in *Ayurveda* so that the useful therapeutics available in *Ayurveda* may be fruitfully generalized and extended to the care of patients suffering from different liver diseases. The present review will highlight the conceptual background and scope of its future clinical applications. *Ayurvedic* literature replete with various recent references which testify the effect of *Ayurvedic* medications for the treatment of liver disorders such as *Kamalet*, *Yakrtgata dosa*, *Yakrt Vrddhi* and *Yakrddalyudara*.³

Classification of Liver Diseases⁴ :

Ayurvedic literature has description of different liver diseases in different contexts. They can be classified as follows -

1. *Pratyaksha (Direct)* : (a) *Yakrt vrddhi* (Hepatomegaly) (b) *Yakrddalyudara* (Cirrhosis of Liver) (c) *Yakrtgata Dosa* (Chronic Hepatitis)
2. *Apratyaksha (Indirect)* : (a) *Kamala* (Jaundice) (b) *Halimaka* (jaundice complicated with fever) (c) *Panaki* (Jaundice complicated with Diarrhoea) (d) *Kumbha Kamla* (Jaundice complicated with ascites and Oedema) (e) *Alasa* (Chronic Hepatitis) (f) *Lagharaka* (Chronic Hepatitis) (g) *Lodhara* (Chlorosis) In *Ayurveda* distension of abdomen (*Udara vrddhi*) caused by the functional derangement of liver (*YakrtiaPradusti*) is known as *Yakrddalyudara*. This disease in *Ayurvedic* literature has been described along with *Plihodara* in the chapter of *Udara Roga*. *Bhava Prakaga* has mentioned an independent disease known as *Yakrtavrddhi* in addition to *Yakrddalyudara*. The relevant literature is being reviewed here to highlight the concepts of these diseases.

Direct Liver Diseases : - There are number of direct liver diseases in *Ayurveda*, which are described as here under. *Yakrt vrddhi* (Hepatomegaly). *Yakrddalyudara* (Cirrhosis of Liver) : As mentioned earlier signs and symptoms of *Plihodara* have been described in detail in all the *Ayurvedic* texts. As the symptoms and signs of

Yakrddalyudara are the same as that of *Plihodara*, therefore following symptoms and signs may also be constructed for *Yakrddalyudara* on the basis of *Plihodara*.

Symptoms of *Yakrddalyudara* :

Daurbalya (weakness), *Arochaka* (loss of appetite), *Avipaka* (indigestion) *Varco-mutra-graha* (retention of faeces and urine), *Tamattpravega* (feeling of darkness in front of eyes), *Pipasa* (thirst), *Angamarda* (dull ache in the body), *Chardi* (vomiting), *Murccha* (unconsciousness) , *Angasada* (fatigue of extremities), *Kasa* (cough), *Shwasa* (dyspnoea), *alpa jvara* (mild fever), *Anaha* (distention of abdomen), *Agnimandha* (diminished digestive power), *Karshya* (emaciation), *Asya-vairasva* (tastelessness in the mouth), *Parvabheda* (pain in joints), and *Kartha-vatagala* (pain in abdomen due to *Vata*), may be the symptoms of *Yakrddalyudara*.⁵

This study shows that the case of Hepatomegaly successfully managed by *Ayurvedic* treatment.

Signs of *Yakrddalyudara* :

Charaka mentions appearing of *Nila* (bluish), *Harita* (greenish), *Haridra* (deep yellow) coloured lines (may be veins) on the abdomen as the signs of this disease. The normal colour of the abdomen also changes to abnormal (*Vivarnya*) and it may become *Aruna* (red) (*Caraka Cikitsa*). *Sushruta* mentions *Ati-pandu* (severe anemia) as one of its signs (*Susruta Nidana*, 7:15:16). *Ayurvedic* management of Liver diseases: Inferences from a Clinical study. The principle of management of these diseases differs in *Ayurveda*, from western modern medicine. *Yakrt* (liver) is supposed to be the seat of *Raktavaha Srotasa* and *Pitta* is believed to be the *Mala of Rakta*. Hence the line of treatment adopted for the *Yakrt-Rogas* comprise of the measures used for the pacification of *Pitta Dosa*. Therefore, it is evident from the treatment measures described in classical texts, the maximum herbs are bitter (*Tikta*) is taste, which pacify the *Pitta Dosa*. *Kalmegha* is an *Ayurvedic* herbal drug used for liver disorders for a long time. *Kalmegha* is comparable to *Bhunimba* of classical period which is an ingredient of many classical herbal preparations viz *Phalatrikadi kasaya*⁶ commonly used for *Kamala* (Jaundice). However, in recent years a creditable work has been done on certain other drugs prescribed for liver diseases in *Ayurveda* by Chopra and Nadkarni (1955).

Present Complaints :

A 37-year old, Indian, married, nonsmoking, nonalcoholic

male consultant in Out-Patient Department of Rajkiya Ayurveda Mahavidhyalaya Chikitsalaya, Motichoutta, associated hospital of M.M.M Govt. Ayurved College, Udaipur for a complaint of stiffness in whole body especially in lower back, knee joint since 4 years and pain during movement, morning stiffness for 1 hours

Patient is also suffering from heaviness in abdomen gaseous abdomen, constipation, indigestion We subsequently started treatment in 8dec 2021 at Rajkiya Ayurveda Mahavidhyalaya Chikitsalaya, Motichoutta, Udaipur.

No any family history found of *Yakrddalyudara* (Hepatomegaly)

Clinical Findings :

The patient has several episodes of low back pain knee joint pain, followed by stiffness in whole body and especially in lower back in the morning.

Crepitation sound present in patients both knee joints.

The patient had gaseous abdomen pain and sometimes constipation.

Physical Examination :

The patient was found to be anxious with the followings – Appetite - moderate , *Vishmagni* (unstable digestive functions)

Sleep - disturbed

Koshtha - Krura Koshtha (bowel hard to purgate)

Micturition - normal.

Ashtavidha Pareeksha

Nadi - VP

Mutra – Samyak Mutra Pravritti

Mala – Sama

Jivha – Sama

Shabda – Samyak

Sparsha – Ruksha

Drika – Samanya

Akriti – Krishna

Dashvidha Pareeksha

Prakriti – Vatapitta

Sara (purest body tissue- Madhyam (medium)

Samhanana (body built) - Madhyam (medium)

Pramana (body proportion) - Sama (normal)

Satmya - Madhyam (homologation)

Satva (mental strength) - Madhyam

Vyayamshakti (to carry on physical activities) - Avara

(least capability)

Aharshakti and Jaranshakti - Madhyam (medium). (Food intake and digestive power)

Systemic Examination:

Asthivaha Srotodusti (pathology in bone) and *Majjavaha srotodusti* (pathology within the bone marrow) were the foremost prominent. The examination conjointly disclosed lower back, and flexion of each knee joints. There was a loss of the lateral and posterior flexions of the knee and stiffness in whole body.

Laboratory Investigations :

BC -11470/cmm

PV-12.2 fl

Conjugated bilirubin-0.62mg/dl

Unconjugated bilirubin -1.20 mg/dl

SGOT – 57.9U/L

SGPT- 110.4 U/L

Samprapti Ghatak

Dosha – Vata Pradhana Tridosha

Dushya – Rasa, Rakta, Asthi, Mamsa Srotasa – Annavaha, Raktavaha, Rasavaha, Asthivaha, Mamsavaha

Srotodushti lakshana – Vimargagamana (movement in abnormal pathways)

Vyadhi Marga – Madhyama (since joints are involved)

Agni – Agnimandya (weak digestion in stomach)

Ama – sama (associated with ama)

Udbhava

Sthana sthana (seat of origin) – Amashaya (stomach)

Sanchara (movement) – *Sarvanga* (all through the body),

Dhamani (arteries), *Srotasa* (all channels of transportation)

Vyakta Sthana (seat of manifestation) – *Asthi, Sandhi*

Sadhya Asadhyata – Kashtasadhya

Therapeutic Focus

This was a newly diagnosed case of *Yakrddalyudara* , So we have only given *Sanshaman Chikitsa*.(Table 1)

No contributing allopathic medication was given all along this whole treatment extent of time.

Follow-ups

Treatment of *Yakrddalyudara* (Hepatomegaly) is frequently longstanding & need consistent and attentive follow-ups. So, there were several follow-ups & now, the patient is under regular observation and oral treatment. The quality of life of the patient has enhanced. There is no impair of any symptoms and sign till last December 2021.

DISSCUSION

Thus, Ayurveda literature presents an extensive description of hepatobiliary diseases and their Ayurvedic Management. Apart from certain other drugs like *Sarvotobhdra ras*, *Kutaki* (*Picrorhiza kurrooa*), *Kalmegh churn* (*Eclipta alba*), and *Bhumyamalki Churna* (*Phyllanthus niruri*), are effective in various *Yakrt Rogas* (liver diseases).⁷ *Sarvotobhdra ras* :It has *tridhoshhar* property. *Kutaki churna*⁸ : Stress, anxiety, digestive issues, pain and inflammation, heart problems, liver anomalies or skin diseases, these ayurvedic herbs provide an absolute remedy for most health anomalies. *Bhumyamalki Churna* : It has anti-inflammatory, anti-oxidant property and hepato-protective action property and *Kaphapitta shamaka* property.⁹ *Kasni ark* : It is useful in diseases of the liver, excessive thirst, and urinary diseases. It reduces inflammation of the liver, and is effective in the treatment of hepatitis. *Patoladi kwath*: It is *tridodhnashak*, anti-inflammatory, purgative and pain relieving.¹⁰

CONCLUSSION

In the contemporary view of *Yakrddalyudar* it can be included as Hepatomegaly..In combine therapy group of *Sarvotobhdra ras*, *Kutaki*, *Kalmegh churna* and *Bhumyamalki Churna* along with *Kasni ark* and *Patoladi Kwath* has synergistic effect in the management of anti-inflammatory and hepatoprotective action property. These medicines are very effective treatment modalities and can be effective management of *Yakrddalyudara* (Hepatomegaly).

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Table 1 Represents *Sanshaman Chikitsa*.

| Medicine | Dose | Duration | <i>Anupan</i> |
|--|-------------------------------|----------|---------------------|
| <i>Sarvotobhdra ras</i> <i>Kutki churna</i> <i>Kalmegh churna</i> <i>Bhumyamalki churna</i> | 500mg 2 gm 1 gm 2 gm | 15 days | Luke warm water |
| <i>Kasni ark</i> | 4 tsp | 15 days | Same quantity water |
| <i>Patoladi kwath</i> | 10gm | 15 days | |