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Review Article

### APPLICATION OF VIRECHAN IN RAKTADUSTIKAR VYADHI W.S.R TO HEPATIC DISEASES – A REVIEW ARTICLE

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#### ABSTRACT

Ayurveda emphasizes on preservation & maintenance of complete health. It prescribes a way to attain state of positive health. For that Ayurveda described Daily & seasonal regimen. But due to indulgence of diet by which *Dosha* will aggravate & these body humours get vitiated & body suffers from various diseases. *Kamala*/Jaundice is one of them. It is described almost in all *Ayurvedic* treatises as complication of *Panduroga* or independent disease. The line of treatment *Kamala*/Jaundice *Virechan* (purgation therapy). In modern medicine Jaundice is symptom which is characterized by hyperbilirubinemia. Osmotic laxative is one remedy for jaundice. The aim of this study was to prove the *Ayurvedic* basic principle *Virechan* in modern perspective by literary research.

**Keywords:** Hepatic encephalopathy, Jaundice, *Kamala*, *Raktadustikar Vyadhi*, *Virechan*.

#### INTRODUCTION

Ayurveda the science of life is a time tested treasure of knowledge that has been handed down to us from our great ancestors. The wisdom the foresightness and pragmatic attitude structured in the classics aims for total positive health including physical, mental, spiritual wellbeing and combating with illness. Most of Ayurvedic treatises describes the *Raktadustikar Vyadhi* (Diseases). Hepatic diseases are seen in *Raktadustikar Vyadhi* (Diseases). *Kamala* (Jaundice) is one of them. *Kamala* (Jaundice) is due to over consumption of spicy, oily, food. In today's 21 century most of the persons are careless pertaining to his/ her own health. Dietary ethics, seasonal regimen, & daily regimen are not followed by them. Specially maintaining the dietary ethics is big challenge in front of them. Junk food, fast food, oily food are common in their diet. These types of food can include under the category of *Matra-Desh-Kala SayongVirudh* as per Acharya *Charak*. It is one of the most common cause for vitiating the *Raktadhatu*. *Raktadhatu* is extremely important for the sustenance for the life. It is therefore needed to protect this *Dhatu* by every possible measure. As body humours are the responsible for

creation of living the body, fourth entity named *Raktadhatu* also takes part in origin, sustaining it & are responsible for death<sup>1</sup>. If this *Raktadhatu* is vitiated due to environment & dietary causes leads to disturbances in homeostasis & may develop the *Raktadustikar Vyadhi* in the body. Due to vitiation of *Raktadhatu* many disorder can see. Among them *Kamala*/Jaundice is one of them<sup>2</sup>. *Kamala*/Jaundice is the disorder which can see as complication of *Pandu* or independent disease. Many *Ayurvedic* treatises mentioned *Kamala* as complication of *Pandu* or independent disease. While treating the *Kamala*/Jaundice many therapy are put forwarded by different authors of Ayurvedic classics. Acharya *Charak* described treatment for *Kamala*/Jaundice are *Raktamokshan*, *Virechan* & *Upavasa*<sup>3</sup>. But treatment of choice for *Kamala*/Jaundice is *Virechan*<sup>4</sup>. As their mutual relationship between *Pittadosha* & *Raktadhatu*, when *Pittadosha* is vitiated ultimately *Raktadhatu* is also vitiated *Virechan* is best therapeutic procedure for *Pittadosha*. So by giving the *Virechan* along with *Raktadhatu Pittadosha* also subside. Similar thought is also read in modern medicine regarding the liver disease. Jaundice is yellow discoloration of tissue resulting from deposition of bilirubin<sup>5</sup>. It is disease

which is characterized by increase in serum bilirubin & osmotic laxative is one of the treatment for it. Osmotic laxative can be considered as *Virechan* therapy.

So this little effort to prove the basic concept in modern medicine perspective.

#### AIM & OBJECTIVES:

- To prove the *Ayurvedic* Basic concept in modern medicine perspective.
- To correlate the basic principle with modern medicine.

### MATERIALS AND METHODS

This is conceptual type of research. All sorts of references has been collected and compiled from various available *Ayurvedic* classics texts like *CharakSamhita*, *Sushrut Samhita* and available commentaries on it. Literature is also compiled from Modern physiology text book & modern medicine. Research article is also searched from various websites related to *Raktadustikar Vyadhi*, *Virechan* & osmotic laxative. All matter is analysed and attempt has been made to draw some conclusions.

### DISCUSSION

*Kamala*/Jaundice is *Raktadustikar* (which is vitiated due to *Raktadhatu*) disease which include under the liver diseases. In modern physiology after life span of 120 days RBC is destroyed in reticuloendothelial system particularly in spleen & haemoglobin is released in plasma. Haemoglobin is degraded in & split into globin, iron, & porphyrin. Globin & iron are reused for the synthesis of new molecule of haemoglobin. The pigment part porphyrin is converted in to green pigment called biliverdin. In human being most of biliverdin is converted into yellow pigment bilirubin<sup>6</sup>. When there is excess destruction of RBC due to pathological condition more amount of biliverdin is converted in to bilirubin that leads to hyperbilirubinemia known as jaundice. Same pathophysiology is also seen in *Kamala*. When patients suffering from *Pandu* (anaemia- destruction of RBC) indulges the Pitta aggravating diet & regimen, aggravated *Pittadosha* burns the *Raktadhatu* & develop the disease *Kamala*<sup>7</sup>. The sign & symptoms of *Kamala* as per *Ayurveda* & Jaundice in modern medicine almost same. It is characterized by the eyes, skin, nails & face of the patient becomes exceedingly yellow due increase level of bilirubin in serum may be due haemolysis<sup>8</sup>. The line of treatment for *Kamala* in *Ayurvedic* treatises is purgation therapy. Same thing is also seen in case of Jaundice & hepatic encephalopathy as per modern medicine. Both diseases are included under the liver diseases. They mentioned the osmotic laxative should be given to the patient of Jaundice & hepatic encephalopathy. Because ammonia absorption can be decreased by the administration of osmotic laxative which was formed in these disease Osmotic laxative actually diminish the ammonia production through its direct effect on bacterial metabolism. Lowering of blood ammonia & other toxin level by decreasing the absorption of proteins & nitrogenous waste product from intestine is the aim of treatment in these diseases<sup>9</sup>. So according to *Ayurveda* osmotic laxative can be treated as or one of the form of

*Virechan* therapy. Both sciences explain the same line of treatment but in different language.

### CONCLUSION

From above literature & discussion it is concluded that *Kamala*/Jaundice is disease vitiated due to *Raktadhatu*. The *Virechan* (purgation therapy) is best treatment for *Kamala*/Jaundice. The treatment which is mentioned in modern medicine is same as in the *Ayurvedic* Classics. So basic principle of *Ayurveda* is proved in modern medicine perspective literarily.

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