

ORIGINAL RESEARCH PAPER

Ayurveda

HEPATOPATHY, AN AYURVEDIC APPROACH W.S.R BHAVAPRAKASHA

KEY WORDS: Bhavapraksha, Yakritvridhi, Yakrith, liver

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Hepatopathy is a leading disorder nowadays owing to the life style changes, food habits and occupational changes. Even mild alterations in daily routine shows remarkable outputs in treating liver disorders. Ayurvedic medications improve the metabolism and thus correcting the functions of liver. Bhavaprakasha samhita described four types of yakritroga and pleeharoga in pleeharogadhyayam. while describing the chapter, added several drug utilized for the metabolic disorders especially related to liver. This review meant to be exploring of such drug combinations which can be utilized for clinical and research purposes.

Combinations²

- Sukthi(oyster shell)+kshara+dadhi+ksheera combinations
- Masthu+ choornam of arkapatra and lavana after making putam
- 3 hingu+trikatuchoornam+kushtam+yavakshaara+saindh avamwithmatulungarasaam
- 4 Pippalichoornam after palashaksharabhaavita
- 5 Sanapramanam of shankachoornam and jambeerarasam
- 6 Sarapungamoolakalka+takra
- 7 Sahakara pakwa rasa(mango)+honey
- Rajikachoornam with salmalipushpa swinnam nisaparyushitarasam
- 9 Choornam of yavani,chitaraka, yavakshar,vacha ,danthimoola,pippali with any of usnambu/masthu/sura/aasava
- 10 Kshara of (vidanga,Krishna,abhaya) with water, in morning

DISCUSSION

These are the easiest preprations that can be shortlisted in pleeharogadhyaya and udara adhikara chikitsa of madhyamakhanda of Bhavaprakasha which are economically feasible.

combinations-

First group

drugs-Shukti, dadhi, ksheera, kshara

As shukthi is pittahara, it relieves all symptoms of pitta which is predominant in hepatic patients. Dadhi included in dadhi varga of bhavaprakasha nighantu -described as deepana (carminative), ruchiprada(taste inducer), help to relieve somewhaty gastric complaints of hepatic pathologies. ksheera included in dugda vargam, which breaks vatapitta samprapthi-by the property "vatapittaharam saram"

Second group

Drugs-mastu, arkapatra, lavana

Mastu included in dadhivargam, having propertiesbhaktabhilashakrith(increases appetite), srothovishodi (relieves blocks of srotas), bhinnanthi malasanchayam (removes constipation). Arkapatra (calotropis procera-Ascelpediaceae) included in guduchyadi varga having properties, as relieves" pleehagulmasles hmodarasakr ithkrimi" (hepatic and splenic disorders, abdominal disorders)

Third group

Drugs-hingu, trikatu, kushta, yava kshara, saindavam, matulungarasam

Hingu (ferula asafoetida-apiaceae family)included in harithakyadi varga having properties whiuch relieves vatakaphaharam, "soolagulma-udara anaha krimignam" which relieves spasmic pain, internal growths and abdominal disorders,upper abdominal distention,worm infestations etc.Trikatu included in hareetakyadi vargam, includes shunti, pippali, maricha itself act as deepanam (carminative)," gulmamehakaphasthoulyamedaslee padapeenasam"

All abdominal disorders, the disorders related to medas. Kushta(Saussurea Lappa-Asteraceae family)which relieves vatakapha disorders.

Saindavam(described inharitakyaadi vargam) which is tridoshara, and deepana (carminative)

Yavakshara (Yava-Hordeum Vulgare, Poaceae family), as yava having properties "slesmapittamedapranashanam" relieves medas and slesma and helps to relieve from pathogenesis of liver diseases.

Matulunga(included in Aamradiphala vargam)-Citrus media, Rutaceae family Which acts as hrithvisodanam-helps in treatment.

Fourth group

Drugs-pippali, palasha kshara

Pippali-(piper longum, piperaceae family)-haritakyadi varga Palasha (Butea Monosperma, fabaceae family)-Vatadi vargam As pippali mentioned in hareetakyadi varga, mentioned as udarahara (abdominal disorders), gulmahara (gall bladder diseases), pleehasoola (pain in hepatic disorders), it can be utilised a single drug for hepatic diseases.

Palasha kshara mentioned by Acharya Bavaprakasha as ksharasreshta, mentioned in vatadi vargam, helped in gulma (gall bladder disorders), can be utilised for hepatic disorders also.

Fifth group

Drugs-shankachoornam, jambeera rasam

Sanka-included in dathu-upadatu-ratna-uparatna-vishaupavisha vargam, mentioned as Pk haram, hence can be benefical to remove samprapthi of hepatic diseases.

Jambeera rasam(Citrus lemon, rutaceae family)

Included in Amradiphala vargam, it also decreases vatakapha vitiation, and help to increasesdigestive power (vahniman dhyahrith)

Sixth group

Drugs-sarapunga(Tephrosia purpura,fabaceae family) and

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takra Since sarapunga is included in Guduchyadi vargam of Bhavaprakasha nighantu, Acharya described it as "pleehasatru", enemy of hepatic and gall bladder disorders, there itself great proof for can be used for pleeha roga (hepatic and gall bladder disorders)

And in prayoga, acaharya described sarapunga as "yakrithpleehagulmavranavishaapaha", that it relieves all disorders related to abdomen.

Takra described in takravarga, mentioned as gulmanasanam, (relieves gall bladder diseases), pleehodara (relieves hepatomegaly), hence can divinely given for hepatic disorders.

Seventh group

Drugs-Sahakara (Aamra)-Mangifera Indica, Anacardiaceae family.

madhu Sahakara phala, if get pakwa, increases vahni (digestive power), if chooshita(make rasa from it), it relieves vatapitta, hence acts on breakage of samprapthi of hepatic disorders.

Madhu included in madhuvarga, acts as yogavahi for the sahakara rasa to act

Eigth group

Drugs-raajikachoornam, salmalipushpa

Rajika (Brassica juncea, Brassicaceae) mentioned in dhanya varga, relieves kapha pitta predominant dosha, and increase agni(Digestive power), relieves abdominal infections (koshtakriminhareth) Salmalipushpa(Bombax ceiba, Bombaceae)-included in pushpa under saakadi varga, relieves kapha pitta dosha acts simultaneously with that of rajika choornam. against hepatic diseases.

Nineth group

Drugs-Yavani, chitaka, yavakshara, vacha, danthimoola, pippali Yavani-(Tracheyospermum Ammi, Apiaceae family), described in hareetakyadi varga, mentioned as deepani (carminative), removes sleshmodara, gulma, pleeha, krimi (hepatic, gallbladder related pathologies and infections).

Chitraka(plumbago zeylanica, Plumbaginaceae family) included under haritakyaadi varga of Bhavaprakasha, mentioned as vatakaphahara and relieves oedema, hence it is teekshna strictly act upon oedematous hepatomegaly stages.

Yavakshara—as described in drugs of third group (Yavakshara (Yava-Hordeum Vulgare, Poaceae family), as yava having properties "slesmapitta medapranashanam" relieves medas and slesma and helps to relieve from pathogenesis of liver diseases.

Vacha(Acorus calamus. Araceace family), mentioned in hareetakyadi vargam, act as Vahnikrith(increased digestive power), vibandhaadmanasoolagni(relieves all abdominal conditions,plain etc)

Danthimoola-Baliospermuim montanum, Euphorbiaceae familyescribed in guduchyatdi vargam light carminative, relieve vata pitta samprapthi, also as shothaaharam (relevis hepatmegaly)

Pippali as same described in fourth group

As pippali mentioned in hareetakyadi varga, mentioned as udarahara(abdominal disorders), gulmahara(gall bladder diseases), pleehasoola(pain in hepatic disorders), it can be utilised as a single drug for hepatic diseases.

Tenth group

Drugs –vidanga, pippali, abhaya, Pippali as explained in 4th, 9th group as

As pippali mentioned in hareetakyadi varga, mentioned as udarahara(abdominal disorders), gulmahara(gall bladder diseases), pleehasoola(pain in hepatic disorders),it can be utilised as a single drug for hepatic diseases.

Vidanga (Embelia ribes, Myrsinaceae family) included under hareetakyadi vargam which acted to increase digestive power (vahnikrith), All abdominal organ related disorderssoola, gulma, meha, udara, sleshma, vata vibandhakrith)

Abhaya

Included in hareethakyadi vargam, (Terminalia chebula, Combetaceace family.), as mentioned has properties on shotha(inflammations), aanaha(distension),kamala pleeha soolam yakrithsoolam(pain experienced on hepatic, biliary, qall bladder disorders)

CONCLUSIONS

Hepatopathy is a growing medical issue nowadays. Since it is a lifestyle disorder, certain changes will occur even by the routine change, still medications are preferably adopted by the society. Ayurveda has various medications in hepatopathic conditions and this review meant to be the exploration of such drug combinations described in Bhavaprakasha.

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