

Clinical Study on the Efficacy of Eranda Beeja Anjana in the Management of Kamala

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ABSTRACT

Medicine began as an act and gradually evolved as a science over the centuries. If we trace the history of medicine from modern medicine to antiquity, we will find medical knowledge has been divided to a very great degree from intuitive and observational proposition tempered by evaluating interpretations. Folklore medicine can be considered as part of traditional medicine which is mainly practiced by the trebles at home by simple measures based upon experience and knowledge handed over by generations by word of mouth. Folklore medicine are having more benefits like, it is impressive, easily available especially in kitchen and quite effective. Here an attempt is made to treat jaundice. Which is a symptom of liver disease and there is an increase of bilirubin circulating in the blood due to abnormal metabolism and excretion in the urine¹. By Anjana with erandabeeja for three times a week, morning on empty stomach to be administered.

KEYWORDS: Erandabeeja, Anjana, Liver disease

INTRODUCTION

Kamala is pittaja nanatmaja vikara and also raktapradoshajsa vikara Rakta and pitta are in ashraya ashrayee bhava. If pitta vitiates ultimately it vitiates rakta and produces pathological condition called kamala². The word kamala is derived from the root word Kamu, which means kanthi. The term lunatic means Nasha. Kanthim lunathi means, a pathological condition in which normal colour of skin is lost. hunger and appetite for a person is reduced. all malas get vitiated discoloured.

AIMS AND OBJECTIVE:

To review the therapeutic efficacy of eranda beeja Anjana in the jaundice³ (Kamala) and to assess the role of it in the management of Kamala.

GENERAL EXAMINATION

Icterus-Present
Tongue-coated
Cyanosis-absent
Edema-absent

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Clubbing-absent
Koilonychia-absent
Lymphenopathy-absent
Bp- 110/70mmHg
Temperature – 98°F
Pulse – 76B/min
Ht-5. 7FtWeight-60kg
Built- Moderate
RR-22b/MinRR-22b/Min

MATERIAL & METHODS:

Erandabeeja Anjana

Inclusion criteria⁴

- Symptoms should be in pakva or vyaktavastha.
- Patients having Nirama avastha of dosha.

Exclusion criteria⁵

- Krodhita, Shokapidita, shramita, bhayabeeta vyakti.
- Akshiraga, shula, shotha, sravayukta vyakti.

- Sama doshayukta avastha
- Should not perform in night time

STUDY CENTRE:

Taranath Government Ayurveda medical college
Ballari.

STUDY DESIGN:

Single case study.

INVESTIGATION:

LFT (Total bilirubin, Direct bilirubin, SGOT, SGPT, Alkaline phosphatase, Total protein, Albumin, Globulin, A/G ratio)

INTERVENTIONS:

Paste of Eranda majja rubbed over the water and apply to both eyelids. 3 sittings in a week.

Intervention 1 17/10/2021	Eranda beeja Anjana	C/O-Jwara, Aruchi, Agnimandhya O/E-Yellowish discoloration of sclera (++) Yellowish Discoloration of urine (++)
Intervention 2 21/10/2021	Eranda beeja Anjana	C/O-Moderate reduction of Jwara, Aruchi, Agnimandhya O/E-Yellowish discoloration of sclera (+) Yellowish Discoloration of urine (+)
Intervention 3 24/10/2021	Eranda beeja Anjana	C/O-No Jwara, No Aruchi, No Agnimandhya. O/E-No Discoloration of Sclers & Urine.

PROCEDURE:

Patient is advised to sit in a upright position In front of phycisian. By using left hand physician has to widen the eyelids of patient.

Apply the paste of Eranda majja over the index finger of right hand. With a gentle pressure apply it from medial canthus to lateral canthus⁶

Course of treatment

8 consecutive days

Assesment will be done on

Pretreatment that is Day 1

Post treatment that is Day 8

Assessment criteria

Assessment was done on the basis of subjective & objective parameters.

Subjective criteria

Reduction in the symptoms like jwara, aruchi, agnimaadhya.

Objective criteria

Investigations carried out before and after the treatment, Mainly includes LFT

RESULTS:

Reduction in symptoms like Aruchi, Agnimandhya, Jwara.

Biochemistry⁷

Liver function Test	Before Treatment	After Treatment	Normal range
Total bilirubin	4. 8	0. 9	0. 00-1. 00
Direct bilirubin	2. 9	0. 4	0. 0-0. 4
SGOT	256	45	0-55
SGPT	243	56	0-55
Alkaline phosphatase	196	80	100-250
Total protein	6. 4	6. 5	6-8
Globulin	3. 2	3. 2	3. 8-5
Albumin	2. 7	2. 4	2-3. 5
A/G Ratio	1. 0	0. 9	

DISCUSSION:

Kamala is pitta pradhana tridoshaja vyadhi, Mentioned under pittaja nanatmaja vikara. Where Rakta & Mamasa dhatu are also involved. In this patient pittakara ahara vihara leads to vitiation of

tridosha along with Rasa Rakta and Mamsa⁸ with purvarupa like jwara. Eranda phala majja has similar properties like tailam. Due to Madhura rasa, Madhura vipaka, Ushna veerya and gunas (Properties) like Teekshna (Penetrating action), Sukshma (Enters into

minute channels) and actions like deepana (Improves agni), Srotovishodhana (cleanses the channels), Vatakapha hara⁹ (Alleviates vata & kapha) As mentioned in the kaideva nighantu Eranda phala with its katu rasa and its ushna veerya, Deepana pachana actions helped to reduce symptoms like aruchi, Agnimandhya. Eranda phala is told as yakritpleehagna in kayadeva nighantu hence its action can be correlated in this case. Ricinus communis Linn. Famous as castor belonging family Euphorbiace is generally cultivated for its oil seeds. The all parts of plants viz Root, Bark, leaves, flower, Fruit, seeds, oil etc possess high medicinal value and traditionally used for the treatment of various ailments of human being. Eranda is highly useful in the treatment of a variety of common & chronic disorders.

CONCLUSION:

Kriyakalpa are well designed procedures to treat ocular disorders. Among them Anjana is used for both ocular as well as systemic diseases which was outlined by our ancient medical scholars as they were aware of the mechanism of blood aqueous barrier & blood brain barrier. Thus Anjana is mentioned in netra vikaras. as well as in some of systemic disorders. Anjana is simple therapeutic procedure among the kriyakalpas for the daily usage which will act as a chakshushya. i, e helps in maintaining good acuity. the purpose of this topic is to popularize the anjana and to creat awareness in the society. so that to overcome the lack of practical utility of medicated Anjana in clinical practice offcourse stillmore research work is needed to be done on the applied aspects of anjana in both ocular as well as systemic Diseases. Eranda Beeja acts as rechana. Hence by application of anjana it helps in eliminating the excess bilirubin.

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