





**“A CLINICAL STUDY IN THE MANAGEMENT OF BAHUPITTA  
KAMALA WITH BHUNIMBADI CHURNA.”**

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**ABSTRACT:**

Kamala is described in ancient Ayurvedic Granthas like Charaka Samhita, Sushruta Samhita, Madhav Nidana, etc. in the context of Panduroga. To study various clinical symptoms of Bahupitta Kamala. To observed the effect of Bhunimbadi churna in Bahupitta Kamala. To observe any possible adverse effect of Bhunimbadi churna if reported during the study. Out of 30 patients' good improvement was seen in 04 patients. Moderate improvement was seen in 26 patients. By using Bhunimbadi churna on Bahupitta kamala symptoms as, Netra pitata, Mutra pitata, Twak Pitata, Nakha Pitataa, Mukha pitata, Mala Pitata, Avipak, Trushna, Indriya daurbalya were got the 50% to 75 % relief. The present study was conducted with limited time, limited facilities and limited number of patients. A study of larger groups of patients may help to comprehend the mode of action of the trial drug. After treatment we can conclude that Bhunimbadi churna can be used as one of the drugs of choice for better relief in symptoms. Bahupitta kamala is one grievous problem in the world because of which patient is always in trouble. P.G. scholars working on horizon of Ayurveda may have a ray of hope to treat patients of bahupitta kamala give a helping hand to mankind.

**KEYWORDS:** Panduroga, Bhunimbadi churna, Bahupitta kamala

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**INTRODUCTION:**

Ayurveda has been practiced in India since thousands of years. In this era of industrialization and life-threatening competition the life style of mankind has been drastically changed. The incidence of the disease is increasing day by day due to change in life style and eating habits. Kamala is described in ancient Ayurvedic Granthas like Charaka Samhita, Sushruta Samhita, Madhav Nidana, etc. in the context of Panduroga. Kamala is named as "Harima" in Atharvaveda. Ayurveda referred Kamala as Paitik Nanatmaja Vyadhi. Shakhshrita Kamala is mainly due to avarodhajanya samprapti in which avarodha may due to Vaata dosha and Kapha dosha. Koshthashakhshrita Kamala is mainly due to dushti of pitta dosha with dushti of Rakta, Mansa dhatu & Yakruta as mool sthana. In Ayurveda Bahupitta Kamala can be compared with hepatocellular Jaundice because of similarity in signs and symptoms. Jaundice is the hallmark symptom of liver disease and perhaps the most reliable marker of severity. Patients usually report darkening of the urine before they notice scleral icterus. Fatigue is the most common and most characteristic symptom of liver disease. In this study **Bhunimbadi Churna** which is easily available, cost effective, classical & authentic mentioned in Ashtang Hridaya selected for the study. **Objectives:** To study the Role of "Bhunimbadi Churna" with Gudambu in the management of Bahupitta Kamala. To study various clinical symptoms of Bahupitta Kamala. To observe the effect of Bhunimbadi churna in Bahupitta Kamala. To observe any possible adverse effect of Bhunimbadi churna if reported during the study. **Methods:** Total number of 30 patients diagnosed Bahupitta kamala who fulfill the inclusive & exclusive criteria selected by random sampling methods.

**MATERIALS & METHODS****Preparation of Drug**

Bhunimbadi churna is prepared as per classical preparation of Churnakalpana as per Sharangdhara Samhita. The drug was prepared under my observation. The genuine raw drug/material were bought from reliable Pharmacy and a complete quality control check was done. The prepared medicine was found to be sufficient for the trial group of patients i.e., 30 patient.

**METHOD:**➤ **Study design & sample size calculation: -**

- Patient will be selected from OPD & IPD of our kayachikitsa department.
- Total number of 30 patients diagnosed Bahupitta kamala who fulfill the inclusive & exclusive criteria selected by random sampling methods.
- Among of all selected written consent taken after giving them information about proposed effect of drug used in research.
- Proper case history taken according to the assessment criteria. Follow up will be taken (0-5-15 days).
- Appropriate statistical tests were applied to the data available & analysed to present result.

**Sampling Method:**

Total 30 clinically diagnosed patient of Bahupitta kamala were selected according to inclusive criteria with simple random sampling method irrespective of gender, religion, occupation, economy status and marital status.

Patient were treated by Bhunimbadi churna

**Criteria for Assessments and Results:****Selection criteria:****Inclusive criteria:**

1. Patients representing signs and symptoms of Bahupitta kamala.
2. Patient in age group 16 to 60 yrs.
3. Patient selection was irrespective of sex,

religion and socio-economic status will be taken.

4. Patients who are willing for trial & consent for Treatment

#### Exclusive criteria:

1. Patient with Rudhpatha kamala, Kumbhakamala, Halimaka etc.
2. Patients belonging to age group below 16 and above 60 years.
3. Patients with any major illness or kamala associated with other systemic diseases.
4. Pregnant and lactating women.
5. Patients hypersensitive to any drug.
6. Patients having Diabetes mellitus.

7. Signs of hepatic coma.
8. Patients who do not agree to give Consent.

#### Withdrawal Criteria:

- 1) Patients not giving regular follow up.
- 2) Any reaction occurs due to trial drug

**Informed consent** -The subject undergoing this study was informed about the nature and purpose of study and written consent of every patient was taken on especially prepared case paper.

1)	Drug	Bhunimmadi churna
2)	No. of patient	30
3)	Route of Administration	Oral
4)	Dose	3 gm
5)	Kala	Apankali
6)	Anupan	Gudambu
7)	Duration	15 Days
8)	Follow up	on 5 <sup>th</sup> day-10 <sup>th</sup> day-15 <sup>th</sup>

**Subjective Criteria** - Grading system of symptoms (Assessment Criteria).

#### 1. Netra Pitata

0	Normal	Absent
1	Mild	Occasionally
2	Moderate	Can be seen in sunlight
3	Severe	Can be seen without sunlight

#### 2. Mutra Pitata

0	Normal	Normal urine colour
1	Mild	Yellowish
2	Moderate	Dark yellow coloured urine
3	Severe	Dark coloured (Brown) urine

#### 3. Twaka Pitata

0	Normal	Absent
1	Mild	Mild yellow
2	Moderate	Can be seen in sunlight
3	Severe	Can be seen without sunlight

#### 4. Nakha Pitata

0	Normal	Absent
1	Mild	Mild yellow
2	Moderate	Can be seen in sunlight without blanching
3	Severe	Can be seen without sunlight without blanching

### 5. Mukha pitata

0	Normal	Absent
1	Mild	Mild yellow
2	Moderate	Can be seen in sunlight
3	Severe	Can be seen without sunlight

### 6. Mala Pitata

0	Normal	Normal colour
1	Mild	Yellow
2	Moderate	Absolutely yellowish
3	Severe	-

### 7. Avipak

0	Normal	Normal appetite
1	Mild	Loss of Appetite
2	Moderate	Heaviness in Abdomen
3	Severe	Heaviness along with abnormal bowel movements/Nausea

### 8. Trushna

0	Normal	Absent
1	Mild	Frequently Thirsty but thirst quenches on consuming water
2	Moderate	Frequently Thirsty but thirst does not quench on consuming water
3	Severe	Thirsty along with dry tongue

### 9. Indriya Daurbalya

0	Normal	Fresh
1	Mild	Feels tired by some working
2	Moderate	Long rest
3	Severe	Feels tired without work

## OBSERVATIONS AND RESULTS

### Statistical Analysis

#### 1. Netra pitata: -

Table no 1. shows Student's Student's 't' test for Netra pitata.

	N	Mean	SD	SE Mean
<b>B.T.</b>	30	2.533	0.507	0.0926
<b>A.T.</b>	30	0.833	0.592	0.108
<b>Difference</b>	30	1.700	0.466	0.0851
<b>e</b>				
<b>95% lower bound for mean difference: 1.526</b>				
<b>TO 1.874</b>				

**T-Value = 19.977; P-Value = 0.000; (P<0.001)**  
**DF=29**

In case of Netra pitata symptom, mean score before treatment is 2.533 while that after treatment is 0.833. It shows that there is decrease in Netra pitata symptom by given treatment. To decide whether this difference is significant or not Student's 't' test for paired data was

applied. We found that T-Value is 19.977 and P-Value is 0.000. Since P is less than 0.001, it means that, highly significant results observed by Bhunimbadi churna on the symptom Netra pitata in Bahupitta kamala.

## 2. Mutra Pitata: -

Table no 2. shows Student's Student's 't' test for Mutra Pitata.

	N	Mean	SD	SE Mean
<b>B.T.</b>	30	2.300	0.466	0.0851
<b>A.T.</b>	30	0.867	0.346	0.0631
<b>Difference</b>	30	1.433	0.504	0.0920
<b>95% lower bound for mean difference: 1.245 to 1.622</b>				
<b>T-Value = 15.577; P-Value = 0.000; (P&lt;0.001)</b>				
<b>DF=29</b>				

In case of Mutra Pitata sympto, mean score before treatment is 2.300 while that after treatment is 0.867. It shows that there is decrease in Mutra Pitata symptom by given treatment. To decide whether this difference is significant or not Student's 't' test for

paired data was applied. We found that T-Value is 15.577 and P-Value is 0.000. Since P is less than 0.001, it means that, highly significant results observed by Bhunimbadi churna on the symptom Mutra Pitata in Bahupitta kamala.

## 3. Twak Pitata: -

Table no. 3. shows Student's 't' test (paired) for Twak Pitata.

	N	Mean	SD	SE Mean
<b>B.T.</b>	30	2.433	0.504	0.0920
<b>A.T.</b>	30	0.800	0.484	0.0884
<b>Difference</b>	30	1.633	0.490	0.0895
<b>95% lower bound for mean difference: 1.450 to 1.816</b>				
<b>T-Value = 18.252, P-Value = 0.000, (P&lt;0.001), DF = 29</b>				

In case of Twak Pitata symptom mean score before treatment is 2.433 while that after treatment is 0.800. It shows that there is decrease in Twak Pitata symptom by given treatment. To decide whether this difference is significant or not Student's 't' test for

paired data was applied. We found that T-Value is 18.252 and P-Value is 0.000. Since P is less than 0.001, it means that, highly significant results observed by Bhunimbadi churna on the symptom Twak Pitata in Bahupitta kamala.

## 4. Nakha Pitataa: -

Table no. 4. shows Student's 't' test (paired) for Nakha Pitataa

	N	Mean	SD	SE Mean
<b>B.T.</b>	30	2.067	0.521	0.095
<b>A.T.</b>	30	0.800	0.407	0.0743
<b>Difference</b>	30	1.267	0.293	0.106
<b>95% lower bound for mean difference:</b> 1.049 to 1.484				
<b>T-Value = 11.894 P-Value = 0.000, (P&lt;0.001), DF = 29</b>				

In case of Nakha Pitataa symptom, mean score before treatment is 2.067 while that after treatment is 0.800. It shows that, there is decrease in Nakha Pitataa symptom by given treatment. To decide whether this difference is significant or not

Student's 't' test for paired data was applied. We found that T-Value is 11.894 and P-Value is 0.000. Since P is less than 0.001, it means that, highly significant results observed by Bhunimbadi churna on the symptom Nakha Pitataa in Bahupitta kamala.

##### 5. Mukh Pitata: -

Table no. 5. shows Student's 't' test (paired) for Mukha Pitata.

	N	Mean	SD	SE Mean
<b>B.T.</b>	30	2.533	0.507	0.0926
<b>A.T.</b>	30	0.833	0.531	0.0969
<b>Difference</b>	30	1.700	0.651	0.119
<b>95% lower bound for mean difference:</b> 1.700				
<b>T-Value = 14.297, P-Value = 0.000, (P&lt;0.001), DF = 29</b>				

In case of Mukha Pitata symptom, mean score before treatment is 2.533 while that after treatment is 0.833. Estimate of difference is 1.700. It shows that, there is decrease in Mukha Pitata symptom by given treatment. To decide whether this difference is significant or

not Student's 't' test for paired data was applied. We found that T-Value is 12.682 and P-Value is 0.000. Since P is less than 0.001, it means that, highly significant results observed by Bhunimbadi churna on the symptom Mukha Pitata in Bahupitta kamala.

##### 6. Mala Pitata: -

Table no. 6. shows Student's 't' test (paired) for Mala Pitata

	N	Mean	SD	SE Mean
<b>B.T.</b>	30	2.400	0.563	0.103
<b>A.T.</b>	30	0.833	0.461	0.0842
<b>Difference</b>	30	1.567	0.568	0.104
<b>95% lower bound for mean difference:</b> 1.354 to 1.779				
<b>T-Value = 15.099, P-Value = 0.000, (P&lt;0.001), DF = 29</b>				

In case of Mala Pitata symptom mean score before treatment is 2.400 while

that after treatment is 0.833.. It shows that, there is decrease in Mala Pitata

symptom by given treatment. To decide whether this difference is significant or not Student's 't' test for paired data was applied. We found that T-Value is 15.099 and P-Value is 0.000. Since P is

less than 0.001, it means that, highly significant results observed by Bhunimbadi churna on the symptom Mala Pitata in Bahupitta kamala.

#### 7. Avipak: -

Table no. 7. shows Student's 't' test (paired) for Avipak

	N	Mean	SD	SE Mean
<b>B.T.</b>	30	2.533	0.571	0.104
<b>A.T.</b>	30	0.833	0.592	0.108
<b>Difference</b>	30	1.700	0.651	0.119
<b>95% lower bound for mean difference: 1.457 to 1.943</b>				
<b>T-Value = 14.297; P-Value = 0.000; (P&lt;0.001) DF=29</b>				

In case of Avipak symptom, mean score before treatment is 2.533, while that, after treatment is 0.833.. It shows that, there is decrease in Avipak symptom by given treatment. To decide whether this difference is significant or not Student's 't' test for paired data was

applied. We found that T-Value is 14.297 and P-Value is 0.000. Since P is less than 0.001, it means that, highly significant results observed by Bhunimbadi churna on the symptom Avipak in Bahupitta kamala.

#### 8. Trushna: -

Table no.8. shows Student's 't' test (paired) for Trushna

	N	Mean	SD	SE Mean
<b>B.T.</b>	30	1.867	0.434	0.0793
<b>A.T.</b>	30	0.633	0.556	0.102
<b>Difference</b>	30	1.233	0.568	0.104
<b>95% lower bound for mean difference: 1.021 to 1.446</b>				
<b>T-Value = 11.886, P-Value = 0.000, (P&lt;0.001), DF = 29</b>				

In case of Trushna symptom, mean score before treatment is 1.867, while that, after treatment is 0.633. It shows that, there is decrease in Trushna symptom by given treatment. To decide whether this difference is significant or not Student's 't' test for paired data was

applied. We found that T-Value is 11.886 and P-Value is 0.000. Since P is less than 0.001, it means that, highly significant results observed by Bhunimbadi churna on the symptom Trushna in Bahupitta kamala.

#### 9. Indriya daurbalya: -

Table 9. shows Student's Student's 't' test for Indriya daurbalya.

	N	Mean	SD	SE Mean
<b>B.T.</b>	30	2.300	0.466	0.0851
<b>A.T.</b>	30	0.867	0.346	0.0631



<b>Difference</b>	30	1.433	0.504	0.0920
<b>95% lower bound for mean difference:</b> 1.245 to 1.622				
<b>T-Value</b> = 15.577; <b>P-Value</b> = 0.000; (P<0.001)				
<b>DF</b> =29				

In case of Indriya daurbalya symptom, mean score before treatment is 2.300 while that after treatment is 0.867. It shows that there is decrease in Indriya Daurbalya symptom by given treatment. To decide whether this difference is significant or not Student's 't' test for paired data was applied. We found that T Value is 15.577 and P-Value is 0.000. Since P is less than 0.001, it means that, highly significant results observed by Bhunimbadi churna on the symptom Indriya daurbalya in Bahupitta kamala.

#### **Total Effect of Therapy:**

The total effect of therapy is evaluated by taking relief in percentage of each

Sr. No.	Symptom	B.T.	A.T.	Relieved	Relief in %
1.	Netra pitata	76	25	51	67.10
2.	Mutra Pitata	69	26	43	62.31
3.	Twak Pitata	73	24	49	67.12
4.	Nakha Pitataa	62	24	38	61.29
5.	Mukha Pitata	76	25	51	67.10
6.	Mala Pitata	72	25	47	65.28
7.	Avipak	76	25	51	67.10
8.	Trushna	56	19	37	66.07
9.	Indriya daurbalya	69	26	43	62.31

In **Netra pitata** symptom of 30 patients of Bahupitta kamala before treatment score was 76 and it comes down to 25 after received treatment. Means relieved by 51. i.e., 67.10 % relief for Netra pitata symptom of Bahupitta kamala by Bhunimbadi churna.

In **Mutra Pitata** symptom of 69 patients of Bahupitta kamala before treatment score was 69 and it comes down to 26 after received treatment. Means relieved by 43. i.e., 62.31% relief for Mutra Pitata symptom of Bahupitta

patient. Out of 30 patients' good improvement was seen in 04 patients. i.e., 13.33 %. Moderate improvement was seen in 26 patients. i.e., 86.67 %. Mild improvement was seen in 0 patients. i.e., 0.00%. Every patient has got the relief as explained in the above improvement group. Nobody was found in unchanged or no improvement group.

**Effect of therapy according to relief in Symptoms score:** Table 5.4.3. shows Relieved score and relief in % in Symptoms of Bahupitta kamala by Bhunimbadi churna.

kamala by Bhunimbadi churna.

In **Twak Pitata** symptom of 30 patients of Bahupitta kamala before treatment score was 73 and it comes down to 24 after received treatment. Means relieved by 49. i.e., 67.12% relief for Twak Pitata symptom of Bahupitta kamala by Bhunimbadi churna.

In **Nakha Pitataa** symptom of 30 patients of Bahupitta kamala before treatment score was 62 and it comes down to 24 after received treatment. Means relieved by 38. i.e., 61.29% relief

for Nakha Pitataa symptom of Bahupitta kamala by Bhunimbadi churna.

In **Mukha pitata** symptom of 30 patients of Bahupitta kamala before treatment score was 76 and it comes down to 25 after received treatment. Means relieved by 51 i.e., 67.10% relief for Mukha pitata symptom of Bahupitta kamala by Bhunimbadi churna.

In **Mala Pitata** symptom of 30 patients of Bahupitta kamala before treatment score was 72 and it comes down to 25 after received treatment. Means relieved by 47 i.e., 65.28.% relief for Mala Pitata symptom of Bahupitta kamala by Bhunimbadi churna.

In **Avipak** symptom of 30 patients of Bahupitta kamala before treatment score was 76 and it comes down to 25 after received treatment. Means relieved by 50. i.e., 67.10 % relief for Avipak symptom of Bahu pitta kamala by Bhunimbadi churna.

In **Trushna** symptom of 30 patients of Bahupitta kamala before treatment score was 56 and it comes down to 21 after received treatment. Means relieved by 34. i.e., 66.07% relief for Trushna symptom of Bahupitta kamala by Bhunimbadi churna.

In **Indriya** daurbalya symptom of 69 patients of Bahupitta kamala before treatment score was 26 and it comes down to 43 after received treatment. Means relieved by 61. i.e., 62.31% relief for Indriya daurbalya symptom of Bahupitta kamala by Bhunimbadi churna.

## DISCUSSION:

**Plan of the study:** In the present study, In the present study, maximum no. of patients i.e., 11 were from the age group 32-38 yrs. Followed by 06 in 18-24 yrs, 07 in 25-31 yrs, 3 in 39-45 yrs, 3 in 46-52 yrs and 0 in 53-60 yrs. After the study it was found that, on the observation it was found that, maximum no. of patients i.e., 18 were having Avipak followed by 07 having

vishamagni, 03 having tikshnagni and 2 having samagni. Avipak may be the cause of Bahupitta kamala as Avipak indicates the predominance of agnimandya which is the chief cause of Bahupitta kamala. Koshtha: After the study it was found that, on the observation it was found that, maximum no. of patients i.e., 17 were having Madhya koshtha followed by 06 having krura koshatha, 05 having mrudu koshatha and 02 having sama koshatha. Madhyam koshtha is commonly found inkapha prakruti.

## Clinical Observations:

- 1) **Netra pitata** – On the 1<sup>st</sup> day 16 patients, 14 patients, were having grade 3, 2, respectively Netra pitata symptom. Progressively severity of symptom goes in decreasing. As on the last 15<sup>th</sup> day 00 patients of grade 3 and 3 patients in grade 2 while grade 0 patients were found to be increased i.e., 08 patients and 19 patients in grade 1.
- 2) **Mutra Pitata** – On the 1<sup>st</sup> day 09 patients were found who having grade 3 Mutra Pitata symptom of bahupitta kamala followed by 21 having grade 2, 0 were having grade 1 and 0 patients in grade 0. While on the last 15<sup>th</sup> day 04 patients were found in grade 0, 26 patients in grade 1 and 0 patients in grade 2. No one in the grade 3
- 3) **Twak Pitata-** On the 1<sup>st</sup> day 13 patients were found who having grade 3 Twak Pitata symptom of Bahupitta kamala followed by 17 having grade 2, 00 were having grade 1 and 00 in grade 0. While on the last 15<sup>th</sup> day 07 patients were found in grade 0 and 22 in grade 1. 1 patient in grade 2 No one in the grade 3.
- 4) **Nakha Pitata** - On the 1<sup>st</sup> day 05 patients were found who having grade 3 Nakha Pitata symptom of Bahupitta kamala followed by 22 having grade 2, 03 were having grade 1 and 00 in grade

0. While on the last 15<sup>th</sup> day 05 patients were found in grade 0 and 25 in grade 1. No one in the grade 3 and 2.

- 5) **Mukha pitata**- On the 1<sup>st</sup> day 16 patients were found who having grade 3 Mukh pitata symptom of Bahupitta kamala followed by 14 having grade 2, 00 were having grade 1 and 00 in grade 0. While on the last 15<sup>th</sup> day 07 patients were found in grade 0, 21 in grade 1. and 2. IN grade 2 and Noone in the grade 3.
- 6) **Mala pitata** - On the 1<sup>st</sup> day 13 patients were found who having grade 3 Mala pitata symptom of Bahupitta kamala followed by 16 having grade 2, 01 were having grade 1 and 00 in grade 0. While on the last 15<sup>th</sup> day 06 patients were found in grade 0 and 23 in grade 1 and 1 patient of 2 grade. No one in the grade 3.
- 7) **Avipak** - On the 1<sup>st</sup> day 17 patients were found who having grade 3 Avipak symptom of Bahupitta kamala followed by 12 having grade 2, 01 were having grade 1 and 00 in grade 0. While on the

last 15<sup>th</sup> day 08 patients were found in grade 0 and 19 in grade 1, 03 in grade 2 and No one in the grade 3.

- 8) **Trushna**- On the 1<sup>st</sup> day 01 patients were found who having grade 3 Trushna symptom of Bahupitta kamala followed by 24 having grade 2, 05 were having grade 1 and 00 in grade 0. While on the last 15<sup>th</sup> day 12 patients were found in grade 0 and 18 in grade 1. 1 in grade 2 No one in the grade 3.
- 9) **Indriya daurablya** – On the 1<sup>st</sup> day 09 patients were found who having grade 3 Indriyadaurbalya symptom of bahupitta kamala followed by 21 having grade 2, 0 were having grade 1 and 0 patients in grade 0. While on the last 15<sup>th</sup> day 04 patients were found in grade 0, 26 patients in grade 1 and 0 patients in grade 2. No one in the grade 3.

**Statistical Analysis:**

Table no. 11 Shows Statistical Analysis by Student's't' Test for Paired Data in various symptoms of Bahupitta kamala.

		Symptom			
		(1) Netra pitata	(2) Mutrapitata	(3) Twak Pitata	(4) Nakha Pitata
BT	Mean	2.533	2.3000	2.433	2.067
	SD	0.507	0.466	0.504	0.521
	SE Mean	0.0926	0.0851	0.0920	0.095
AT	Mean	0.833	0.867	0.800	0.800
	SD	0.592	0.346	0.484	0.407
	SE	0.108	0.0631	0.0884	0.0743
Statistical Values	t value	19.977	15.577	18.252	11.894
	P value	0.000	0.000	0.000	0.000
	Significance	P<0.001	P<0.001	P<0.001	P<0.001
		Symptom			
		(5) Mukh pitata	(6) Mala Pitata	(7) Avipak	(8) Trushna
BT	Mean	2.533	2.400	2.533	1.867
	SD	0.507	0.833	0.571	0.434
	SE Mean	0.0926	0.103	0.104	0.0793
AT	Mean	0.833	0.833	0.833	0.633
	SD	0.531	0.461	0.592	0.556

	<b>SE Mean</b>	0.0969	0.0842	0.108	0.102
<b>Statistical Values</b>	<b>t value</b>	14.297	15.099	14.297	11.886
	<b>P value</b>	0.000	0.000	0.000	0.000
	<b>Significance</b>	P<0.001	P<0.001	P<0.001	P<0.001

(N – 30, DF -29)

Statistical Analysis by Student's 't' test for paired data in Netra pitata symptom of Bahupitta kamala shows the 't' value was 19.977, P value 0.000. As P is less than 0.001, it means highly significant results were observed by Bhunimbadi churna the symptom of Netra pitata in Bahupitta kamala. Likewise 't' values for mutra pitata, Twak Pitata, Nakha Pitata, Mukhmadhurya, Mala Pitata, Avipak, Trushna were calculated by student's 't' test for paired data and noted in the table.

#### **Total Effect of the Therapy:**

1. The total effect of therapy is evaluated by taking relief in percentage of each patient. Out of 30 patients' good improvement was seen in 04 patients. i.e., 13.33 %. Moderate improvement was seen in 26 patients. i.e. 86.67 %. Mild improvement was seen in 0 patients. i.e. 0.00%. Every patient has got the relief as explained in the above improvement group. Nobody was found in unchanged or no improvement group.
2. As for Netra pitata symptom Bhunimbadi churna shown the 67.10% relief followed by 62.31% for Mutra Pitata, 67.12% for Twak Pitata, 61.29% for Nakh pitata, 67.10% for Mukha pitata, 65.28% for Mala Pitata, 67.10% for Avipak, 66.07% relief for Trushna and 62.31% relief for Indriya daurbalya symptom of all 30 patients of Bahupitta kamala
3. By using Bhunimbadi churna on Bahupitta kamala, symptoms as Netra pitata, Mutra Pitata, Twak Pitata, Nakha Pitata, Mukha pitata, Mala Pitata, Avipak, Trushna and Indira daurbalya were got the 50% to 75 % relief

#### **Probable Mode of Action:**

Bhunimbadi churna has Snigdha, Tikshna, Laghu and ruksh Guna and has properties like Agnideepan, Aampachan, Anuloman, Lekhan, Ruchikar, Shothahar etc. By these properties bhunimbadi churna is beneficial for Virechana. It reduces Pittaprapakopa as well as reduces signs and symptoms of Bahupitta Kamala and improves digestion. Overall, very good relief found in almost all the patients in present study which is remarkable. It proves that Bhunimbadi Churna with Gudambu is very effective in the management of Bahupitta Kamala.

#### **CONCLUSION:**

Without finding some conclusion on any study, it would not become successful in its aims. And a scientific discussion on clinical study definitely gives rise to some fruitful conclusions. Conclusions drawn from present work are as follows:

1. The total effect of therapy is evaluated by taking relief in percentage of each patient.
2. Out of 30 patients' good improvement was seen in 04 patients. Moderate improvement was seen in 26 patients. Mild improvement was seen in 0 patient.
3. As for Netra pitata symptom Bhunimbadi churna shown the 67.10% relief followed by 62.31% for Mutra Pitata, 67.12% for Twak Pitata, 61.29% for Nakh pitata, 67.10% for Mukha pitata, 65.28% for Mala Pitata, 67.10% for Avipak, 66.07% relief for Trushna and 62.31% relief for Indriya daurbalya symptom of all 30 patients of



- Bahupitta kamala.
4. By using Bhunimbadi churna on Bahupitta kamala symptoms as, Netra pitata, Mutra pitata, Twak Pitata, Nakha Pitata, Mukha pitata, Mala Pitata, Avipak, Trushna, Indriya daurbalya were got the 50% to 75 % relief.
  5. The present study was conducted with limited time, limited facilities and limited number of patients. A study of larger group of patients may help to comprehend the mode of action of the trial drug.
  6. In the future, additional studies may be performed to take the present issue further in a proper perspective and future possibilities of reduction of modern drug requirement.
  7. After treatment we can conclude that Bhunimbadi churna can be used as one of the drugs of choice for better relief in symptoms. Bahupitta kamala is one grievous problem in the world because of which patient is always in trouble. P.G. scholars working on horizon of Ayurveda may have a ray of hope to treat patients of bahupitta kamala give a helping hand to mankind.
  8. For further evaluation of this particular drug in case of Bahupitta kamala post graduate scholar of upcoming generation should undertake the project to evaluate Bhunimbadi churna by increasing the dose. It would be worthwhile if the duration of treatment in trial group is increased along with dose. It is in the mind that if drug is administered three times, it will be even more beneficial.

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