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**Review on Ashtang Hridayokta Patoladi gana with special reference to
Kamala.**

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ABSTRACT:

Patoladi gana is described in Ashtang Hridaya sutrasthana 15th chapter, Shodhanadigana sangraham adhyaya and this group of herbs contains Patola, Katurohini, Chandana, Madhusrava, Guduchi and Patha which balance mainly Kapha and Pitta Dosha. Patoladi gana is indicated in diseases like Kushtha, Jwara, Visharog, Arochaka, Kamala. The drugs in Patoladi gana are mostly of Tikta rasa and according to texts of Ayurveda, Tikta rasa has Vayu and Akash Mahabhoota as its dominant elements which are having properties like Ruksha, Shita, Sara, Laghu and hence helps to decrease kapha dosha, balance the heat caused by aggravated Pitta dosha and detoxify Rakta dhatu by their Raktaprasadana property. Kamala is a disease primarily of Pitta dosh and dushya Rakta Dhatu and hence Patoladi gana can be used for management of Kamala.

Key-Words: Patoladi gana, Kamala, Vayu, Shita, Tikta rasa.

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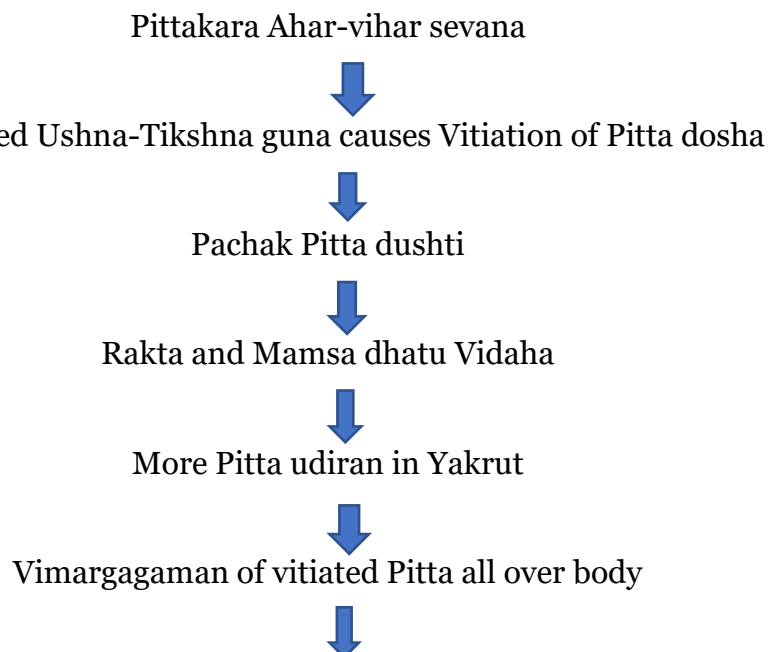
INTRODUCTION:

All diseases occur due to disequilibrium of dosha. If the dosha are in equilibrium state, health is maintained and disease cannot occur. Kamala is Raktapradoshaja vyadhi causes due to vitiated Pitta Dhosha results into yellowish discoloration of skin, eye, mucous membrane. Patoladi gana is indicated in diseases like Kushtha, Jwara, Visharog, Arochaka, Kamala. [1] It has properties like Ruksha, Shita, Sara, Laghu and hence helps to decrease kapha dosha, balance the heat caused by aggravated Pitta dosha and detoxify Rakta dhatu by their Raktaprasadana property. [2]

Kamala Nirukti:

“Kaman lati iti kamala” [3]

Here “Kaman” means ichha or desire and “Lati” means to diminish.

1.Koshthashakhashrit kamala: [4]

The condition in which desire of eating or doing any work get diminished. The classification of Kamala is based on origin and pathology. There are mainly 2 types of Kamala- Koshtashakhashrita kamala also known as Bahupitta kalama (Hemolytic jaundice) and Shakhashrita kamala called Ruddhapatha kamala (Obstructive jaundice). According to 2 different types, Samprapti of both kamala also different.

Samprapti (Pathogenesis)

Samprapti is the process of development of disease. Kosthasakhasrita Kamala is a next stage of Pandu rogi who continue to take Pittakara ahar vihar. According to Vagbhata, without Pandu roga also, Kamala may occur by consumption of Pittakara ahar-vihar.

Yellowish discoloration of skin, eyes, mucous membrane and urine, stool



Koshthashakhashrita/Bahupitta kamala

Dushita pitta mixes up with sthanik pitta leading to yellowish discoloration of Netra(eyes) twacha (skin), nakha(nails). Peeta varnata (yellowish discoloration) of mutra(urine)and varchas(stools) is due to increase in malaroopata of pitta in Koshtha. Different series of symptoms such as indigestion, burning sensation of the body, anorexia, senses get impaired.

2. Shakhashrita kamala (Ruddhpatha kamala) [4]

Hetu sevan



Vata-Kapha prakopa



Ruksha guna Pradhan vata dosha causes kapha samurcchana



Obstruction in channels passing pitta into koshtha



Vimargagaman of vitiated Pitta all over body



Yellowish discoloration of skin, eyes, mucous membrane



Shakhashrita kamala (Ruddhpatha kamala)

In Ashtang Hridaya Sutrasthan, 15th chapter Shodhanadi gana-sangraha, there is 33 groups of drugs have been enumerated for the management of various disease conditions and nomenclature of group is given by the drug mentioned at first. One of very important group of drugs is

Patoladi gana having six drugs namely Patola, Katurhini, Chandana (Sandalwood), Madhusrava, Guduchi (Tinospora) and Patha have been used in management of both types of Kamala to reduce vitiated Pitta.

AIM: Literary study of action of Drugs in Patoladi gana (Ashtang Hridayokta) in management of Kamala.

MATERIALS AND METHODS:

The Literary material related to patoladi gana drugs and Kamala has

Table no. 1 Drugs of Patoladi Gana :[5]

Sr. No.	Drug Name	Latin Name	Family
1.	Patola	<i>Trichosanthes dioica Roxb</i>	<i>Cucurbitaceae</i>
2.	Katurohini	<i>Picrorrhiza kurrao Royle ex</i>	<i>Scrophulariaceae</i>
3.	Chandan	<i>Santalum album Linn</i>	<i>Santalaceae</i>
4.	Madhushrava	<i>Marsdenia tenacissima W & A</i>	<i>Asclepiadaceae</i>
5.	Guduchi	<i>Tinispora cordifolia Wild</i>	<i>Menispermaceae</i>
6.	Patha	<i>Cissampelos pareira Linn</i>	<i>Menispermaceae</i>

Table no. 2 Pharmacological properties of Patoladi gana. [7]

Drugs	Rasa	Virya	Vipak	Guna	Karma/ Doshaghata	Prayojyanga
Patola	Tikta	Ushna	Katu	Laghu, Ruksha	Pittaghna, Raktashodhak	Patra- pittaghna Phala- tridoshaghna
Katurohini	Tikta	Sheeta	Katu	Laghu, Ruksha	Pittaghna	Mula (Bhaumik kanda)
Chandan	Tikta	Sheeta	Katu	Laghu, Ruksha	Pittaghna	Kand saar, Taila
Madhushrava	Tikta	Ushna	Katu	Guru, Ruksha	Tridoshaghna, Raktashodhaka	Mula
Guduchi	Tikta	Ushna	Madhur	Guru, Snigdha	Tridoshaghna	Kaanda
Patha	Tikta	Ushna	Katu	Laghu, Tikshna	Tridoshaghna, Raktashodhaka	Mula, Bhaumik Kanda

RESULTS:

Kamala aims at pittashamaka and raktashodhak chikitsa and Drugs in

been collected from Several Ayurvedic texts like Charaka samhita, Sushrut samhita, Ashtang Sangraham, Ashtanga Hridayam etc.

Patoladi gana are mostly of tikta rasa which is pittashamak and some drugs in patoladi gana are having

raktashodhak and raktaprasadan property. Hence useful in management of Kamala.

1. **Patola:** [8]

Root of Patol with its purgative action remove vitiated doshas from sukshma srotasas. Patol with its Raktashodhak property purify dushta rakta in kamala.

2. **Katurohini:** [10]

Katurohini with its Tikta rasa and Katu Vipak acts as appetizer, improves digestion and its sheeta Virya reduces vitiated pitta dosh in kamala.

3. **Chandan:** [9]

Chandan by its Sheeta virya helps to pacify Pitta.

4. **Madhushrava:** [10]

Ushna virya and Katu Vipak of Madhushrava helps to relieve obstruction in pittavahini due to Kapha in Ruddhapatha kamala and also having property of Raktashodhan.

5. **Guduchi:** [11]

Guduchi is useful kamala vyadhi with its rasaraktapachak action. It pacifies pitta dosh and relieves obstruction due to kapha and rakta because of its Tikta rasa.

6. **Patha:** [12]

Patha has the property of balancing Vata and kapha due to its Ushna

virya and Katu vipak. Hence effective in Ruddhapatha kamala.

DISCUSSION:

Bahupitta Kamala is caused by vitiated Pitta due to excessive intake of Pittakara ahar and vihar. Vitiated pitta burns normal Rakta and Mamsa dhatu. Due to ashrayashrayi bhav of Rakta dhatu and pitta dosh, both get vitiated more. On the other hand, in Ruddhapath kamala or Shakhshrita kamala there is Srotorodha (obstruction) in pittavahini due to kapha. Srotorodh leads to the vimargagaman of dushta pitta all over body except koshta, hence there is yellowish discoloration of twacha, Netra, mucous membrane not mutra and varchas. Drugs of Patoladi gana are Tikta rasa pradhan and used in mainly in Pitta-kapha disorders, Hence, effective in Koshthashakhshrita kamala. Vayu and Akash Mahabhoota are dominant elements in Tikta rasa having properties like Ruksha, Shita, Sara, Laghu Hence, sukshma srotogami. in nature, so relieves obstruction of pittavahini in Ruddhapatha kamala.

CONCLUSION:

The management of any disease according to Ayurveda can be divided into 3 parts-Nidana Parivarjana, Shodana-Shamana and Pathyapathya.

Patoladi gana is described in Ashtang Hridaya for management of kamala by shaman chikitsa. Patoladi gana drugs can be used in the form of kwath, kalka, Sneha, nasya, basti after assessing dodha, dushya etc. Hence, it is more beneficial while treating patients of kamala.

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