

## 12. KĀMALĀ (JAUNDICE)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Guḍūcī Kalka (Tinospora cordifolia)	Kalka	5 gm BD	Butter milk	B.P.N. Guḍūcī varga
2.	Trṃṃṃṃ (Operculina turpethum)	Cūrṃṃṃṃ	3 gm BD	sugar	S.S.Ut. 40/30.

### B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Triphalā swarasa (kwātha)	Kwātha	10 ml BD	Honey	S.S.Ma. K.1 <sup>st</sup> chapter

2.	Kumāryāsava	Āsava	20 ml BD	Equal Qty. of water after meals	S.S.Ma. K.10 <sup>th</sup> chapter 18-27
3.	Ārogyavardhanī Guṭikā	Vaṭī	250 mg BD	Water/ honey	R.S, 20/ 106-112
4.	Kalyāṇaka Guḍa	Avaleha	12 gm BD	Water/ milk	A.H.K. 2/71
5.	Phalatrikādi Kwātha	Kwātha	30 ml BD	Water	B.R. Pāṇḍu roga Cikitsā

### C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old rice, wheat, barley	Fried and difficult to digest articles of food
Pulses	Pigeon pea (arahara), green gram (mudga), masūra	Peas(maṭara), black gram (uḍada)
Fruits & vegetables	Papaya, banana, potato, āmalakī, pomegranate,	

	grapes, añjīra, apple, paravala, mango, harītakī	
Others	Clarified butter from cow's milk, cow's milk, butter milk, Punarnavā, guḍūcī	Excessive use of oil and clarified butter, mustard oil, betel, spices, rāī, hiṅgu, sesame, heavy food
Life style	Therapeutic purgation (virecana), unction, rest	Therapeutic blood letting, smoking, therapeutic emesis (vamana), suppression of natural urges, sudation, sexual indulgence, day sleeping, sunlight exposure, physical exercise, anger, excessive walking, excessive intake of water

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.