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# Role of Ayurveda medicines in the management of Alcoholic Liver Disease

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## ABSTRACT

Due to faulty food habits and altered lifestyles, non communicable disorders are commonly occurring in modern India. Alcoholic liver disease is caused due to intake of excessive alcohol for prolonged period. The alcohol taken undergoes metabolic changes and acetaldehyde is formed which damages the liver. Initially liver cells get studded with fat droplets and leads to inflammation of the liver called Alcoholic hepatitis. If further alcohol is taken in excessive amounts, it leads to Alcoholic cirrhosis. In this condition some of the hepatocytes undergo necrosis followed by abnormal regeneration and formation of multiple nodules and extensive fibrosis. There will be decrease in liver function followed by emaciation of the body and ascites in alcohol liver disease. *Ayurveda* medicine has a better role and outcome. Use of hepatoprotectives, hepatic stimulant, *Rasayana* drugs. Choalaganges, *Tikta* and *Madhura Rasayukta* drugs, *Mootrala* drugs and protein supplementation are found effective in the management of Alcoholic liver disease. Present paper highlights the role of *Ayurveda* medicines in the management of Alcoholic liver disease.

**Key words:** Alcoholic liver disease, Hepatoprotectives, Mootrala drugs, Rasayana.

## INTRODUCTION

Alcoholic liver disease is commonly seen in Indian population. In recent years, the consumption of alcohol by Indian people has been raised. Due to altered lifestyle and behaviours. Modernization of lifestyle in urban areas has led to increase in alcohol consumption. Alcohol, after undergoing metabolism in the body forms acetaldehyde which is hepatotoxic agent. Hence

this leads to chronic damage to the hepatocytes with occurrence of ALD. Use of *Vyadhi Pratyani* *Aushadhis*, regular exercise, *Pranayama* and *Yogasana* practises, *Panchakarma* therapy, *Pathya Apathya Prayoga* and regular counselling showed better results in the management of ALD.<sup>[1,2]</sup>

### Clinical feature of ALD

#### a) Alcoholic steatosis

1. Loss of appetite
2. Constipation
3. Weakness
4. Lethargy

#### b) Alcoholic hepatitis

1. Icterus
2. Yellowish discolouration of skin, conjenitive and urine
3. Loss of appetite

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4. Abdominal pain
5. Itching
6. Lethargy
7. Altered consciousness

#### c) Alcoholic cirrhosis

1. Loss of appetite
2. Cachexia
3. Ascitis
4. Clubbing
5. Bilateral pedal edema
6. Hypoproteinaemia
7. Spider naevi
8. Telangectasia
9. Echymoses
10. Gynecomastia
11. Infertility

#### Single drugs

1. *Katuka (Picorrhiza curroa)*
2. *Kumari (Aloe Vera)*
3. *Guduchi (Tinospora cordifolia)*
4. *Dronapushpi (Leucas aspera)*
5. *Punarnava (Boerhaavia diffusa)*
6. *Moolaka (Raphanus sativus)*
7. *Alabu (Water gaurd)*
8. *Kakamachi (Solanum nigrum)*
9. *Haritaki (Terminalia chebula)*
10. *Vibhitaki (Terminalia bellarica)*
11. *Amalaka (Embllica officinalis)*
12. *Patola (Trichosanthus dioca)*
13. *Bhunimba (Andrographis paniculata)*
14. *Kharjura (Phoenix dactylifera)*

#### Formulations useful in ALD<sup>[3,4]</sup>

1. *Phalatrikadi Kashaya*
2. *Kumari Asava*
3. *Triphala Tablets*
4. *Arogyavardhini Vati*
5. *Kakamachi Swarasa*
6. *Guduchi Kwatha*
7. *Punarnava Mandoora*
8. *Triphala Mandoora*
9. *Pravala Panchamrita Rasa*
10. *Mukta Panchamrita Rasa*
11. *Pravala Pishti*
12. *Mukta Pishti*
13. *Pravala Moola Bhasma*
14. *Mukta Bhasma*
15. *Godanti Bhasma*
16. *Rohitakarishtha*
17. *Dronapushpi Swarasa*
18. *Punarnava Swarasa*
19. *Shweta Parpati*
20. *Kshara Parpati*
21. *Kharjuradi Mantha*

#### Actions of the drugs and formulations used in ALD

1. *Dipana*
2. *Pachana*
3. *Virechana*
4. *Mala Vatanulomana*
5. *Nutritive*
6. *Poshaka*
7. *Rasayana*
8. *Tikta, Madhura Rasayukta*
9. *Hepatic stimulant*

10. Mootrala
11. Digestive
12. Diuretic
13. Carminative
14. Supplementation of protein
15. Antistress
16. Adaptogenic
17. Medhya
18. Buddhivardhaka

#### Pathyas in ALD

1. High protein diet
2. Narikela Jala
3. Yava Manda
4. Moolaka
5. Alabu
6. Salt and water restriction

#### Apathyas in ALD

1. Alcohol
2. Vidahi, Guru, Vishtambhi Ahara
3. Fats like oil, ghee
4. Katu Ushna Viriyayukta Padartha
5. Excessive exercise
6. Irregular food habits

#### DISCUSSION

Alcohol liver disease is caused due to chronic ingestion of alcohol. Chronic intake of alcohol affects many organs such as stomach, liver, CVS, CNS and metabolism. Alcoholic liver disease is of three stages.<sup>[5]</sup>

1. Fatty degeneration of the liver or Alcoholic steatosis
2. Alcoholic hepatitis
3. Alcoholic cirrhosis

The toxic metabolic of the alcohol metabolism viz acetaldehyde causes damage to the hepatocytes leading ALD. Ayurvedic management includes uses of hepatoprotectives, hepatic stimulants; Rasayana drugs Tikta and Madhura Rasayukta substances. Dipana Pachana, Mootrala, Virechana and Malavatanulomana drugs. Common medicines used in such conditions are Phalatrikadi Kashaya, Arogyavardhini Vati, Yakridari Loha, Yakrit Plihari Loha, Kumari Asava, Guduchi Kashaya, Katuki Kwatha, Pravala Panchamruta Rasa, Mukta Panchamruta Rasa, Pravala Bhasma, Godanti Bhasma, Kharjuradi Mantha and Kamadugha Rasa.<sup>[6,7]</sup> Early stages of ALD are showing better results by Ayurveda treatment. These drugs help in correcting the liver function and also have nutritive and rasayana actions.<sup>[8]</sup>

#### CONCLUSION

Alcoholic liver disease can be better treated by Ayurvedic medicines. Use of hepato protective and hepatic stimulants proved beneficial in the treatment of ALD. The liver functions improved and the complications of ALD got reduced in severity. The general strength of the patient improved after treatment.

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