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Ayurvedic treatment outcome for Chronic Liver diseases

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ABSTRACT

Currently available medical therapies for liver disorders have more systemic toxicity, cost effective and liver transplantation was advised to many cases. So many patients want to take ayurveda medication as last choice or as a choice due to poverty. We have documented more than 200 cases and found 40% cases are Non Alcoholic Fatty liver diseases followed by Cirrhosis of liver. There are more than three hundred herbo-mineral preparations in Ayurveda system of medicine for the treatment of jaundice and chronic liver diseases. More than 50% people of our country rely on Ayurveda and herbal medicine for liver diseases. Ayurveda medicine could represent a promising tool to postpone the need of liver transplantations, increase the QoL of patients with cirrhosis, and reduce overall treatment costs of Chronic liver diseases. Ayurveda also delivered sodhana (Purificatory treatment) by means of Panchakarma treatment. Rasayana therapy is very helpful in CLD. Diet has an integral role in Outcome of a CLD patient. Evidences are coming for remission of hepato-cellular carcinoma and reversal of fibrosis of liver with high life expectancy. So public participation as well as awareness for Ayurveda treatment in Chronic liver diseases are required. Proper training and modern skill development should be mandatory for of Ayurveda Physicians treating liver diseases . More evidences in terms of Ayurveda outcome studies are the need of the hour to create a hope for CLD Patients.

Key words: CLD, Cirrhosis, ALD, DILI, NAFLD, NASH, Kamala, Halimaka, Panaki, Yakrit Suska, Yakrit Vidradhi (Liver Abcess), Yakrit Granthi (Liver cyst), Yakrit Dalludara, Krimiija Yakruit Roga.

INTRODUCTION

Chronic liver diseases are disease process of liver which involves progressive destruction and regeneration of liver parenchyma leading to functional and structural changes in form of fibrosis

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and cirrhosis. Chronic liver disease refers to diseases of the liver which lasts over a period of six months. It consists of a wide range of liver pathologies which includes inflammation (chronic Hepatitis), reduction of size (Liver cirrhosis), Polycystic liver disease, and Hepato cellular carcinoma.^[1] It leads to various complications to end stage liver disease and hepatic failure. Ayurveda is traditionally skill full and treating liver diseases since centuries and the drug toxicity appears to be less as compared to conventional medicine. Yakrit is the root of Rakta vaha srotos and pitta is the mala (by product) of Rakta dhatu. Excess intake of Madya (Alcohol) said to be increase pitta and vitiate rakta dhatu and alter the architecture rakta vaha srotas.^[2] Ayurveda literature found Yakrit suska which may be compared with Cirrhosis of liver. Pandu, Kamala, Asmari, Yakrit vidradhi (Liver Abcess), Yakrit granthi (Liver cyst), Yakrit dalludara (Hepatitis

or hepato megalia), Jalodara, and Krimija yakruit roga are the various diseases described in Ayurveda literature. Kamala, Halimaka and Panaki are different stages of liver diseases. Ayurveda Practitioners have been practicing and claimed cure Chronic liver diseases successfully.^[3] Recent times Ayurveda medication induced liver cirrhosis publications^[4] are also came to purview of many Ayurveda Practitioners. It is interesting to note that Ayurveda Liver tonic (Livomyn) also reported induce liver injury by the same author.^[5] The author may be published the data without analyse the cause properly or to suprees the poularity of Ayurveda in CLD.

Currently available medical therapies for liver disorders have more systemic toxicity therefore physicians hesitate to administrate modern medicine for long term use.^[6] Clinical and animal research in this century has confirmed the efficacy of several medicinal plants and herbo-mineral compounds described in Ayurveda in the treatment of liver disease, it may be cause for patients with chronic liver disease seek primary or adjunctive herbal treatment and it is a common occurrence observed all over the globe. Chronic Liver diseases are the serious ailments and the medical treatment scenario is worsened day by day for lack of proven precise therapeutic regimens. There are many plants and their extracts that have been shown to possess hepato-protective activities. There are more than three hundred herbo-mineral preparations in Indian system of medicine for the treatment of jaundice and chronic liver diseases. More than 50% people of our country relay on Ayurveda and herbal medicine for liver diseases. Undoubtly Ayurveda herbs and products having defined biochemical active component can protect liver from oxidative stress, promote virus elimination, block fibrogenesis, anti inflammatory, immune-modulating, liver regenerating and inhibit tumour growth *in vitro* and *in vivo* studies. Ayurveda also delivered sodhana (Purificatory treatment) By means of Panchakarma treatment. Rasayana therapy is very helpful in CLD.

Central Ayurveda Research Institute of Hepatobiliary disorders, Bhubaneswar is premier Institute of

CCRAS, Ministry of AYUSH where various researches of liver has been growing and Researchers are working hard to generate evidences. We have documented more than 200 cases and found 40% cases are Non Alcoholic Fatty liver diseases followed by Cirrhosis of liver. So many case study and case series were reported regarding the efficacy of Ayurveda drug in Chronic Liver Diseases. The observation found that Fatty liver and NASH can be corrected within six months to one year of treatment along with lifestyle modification. Viral hepatitis is well managed with Ayurvedic herbs and sometimes patients are using antiviral therapy along with Ayurveda medication. Ayurveda treatment for Auto immune liver disease can block fibro genesis and regenerate the hepatocyte of liver by immune modulating herbs. Ayurveda treatment for Thrombocytopenia has back through a new treatment modality.^[7] Ayurveda treatment could be a potentially safe and effective complement in these cases of Alcoholic liver cirrhosis. It can be presume that Ayurveda treatment modalities block the fibro genesis of liver and regenerate the hepatocytes. It needs animal experiment. If replicated in clinical trial then Ayurveda medicine could represent a promising tool to postpone the need of liver transplantations, increase the QoL of patients with cirrhosis, and reduce overall treatment costs of ALD patient. Ayurveda can well manage hyperbilirumia and hyponatrimia arised due to Liver cirrhosis. Ayurveda treatment and Lifestyle modification is a very successful treatment strategy for NAFLD and NASH.^[8] Evidences are generated for Herbal treatment for Hepatis B infection.^[9] Many cases of advised liver transplant can managed well by Ayurveda and survival outcome is more than five years in our initial reports. Regading Hapato cellular carcinoma(HCC), Complete remission of HCC can be achieved by Ayurveda treatment and strict dietary schedule. Evidences are coming for better survival outcome with good quality of life in HCC.^{[10],[11]} Liver tumor markers like alpha feto protein (AFP) and organ specific auto immune markers like-antinuclear antibody (ANA)-HEp-2 are also reducing in Ayurveda medication as per our primary observation. Ayurveda has been using to treat several liver

ailments, but its efficiency is poorly documented by means of scientific studies. High number of Ayurveda liver tonics has been prescribing for chronic liver diseases and G.I. disorders by all systems of doctors. Thirteen classical Ayurveda formulations and eight medicinal plants mostly used by Ayurveda were reviewed along with scientific studies. Arogyavardhini vati is highest prescribing medicine in liver disorders. Liv 52 has own place in CLD with high number of publications. Haridra, Katuki, chireeta, punnanava, kiratatikta, Bhumi amalaki are commonest single herb used by the herbalist and Ayurveda physician in the treatment of Jaundice and other liver disorders.^[2] Lokanth rasa, Gomutra Haritaki, Tapyadi lauha, Sidhha Makaradwja, Sarbeswar rasa, Bruhat sutasekhar, kamadudha rasa, Potola katu rohinayadi kasaya, punnavadi kasaya, are the common prescribed medicines of Ayurveda for CLD. Diet plays an important role in the outcome of CLD. Takra (home made butter milk), Cow ghee (emulsified fat), milk, Mamasa Rasa (mutton juice), Lajja, potala, snake guard with moderate protein, low salt diet for six times a day shows better result in our practice. Water intake restricted to 800-1000ml depending on patient and concomitant diseases conditions. Sodium depletion, oesophageal bleeding, hypo albumin, ascites, sacropenia, portal hypertension, peritonitis, Infection and encephalopathy are most serious complications observed in our practice of CLD. Hyponatrimia can be manageable by rock salt mixed with butter milk. Elderly Alcoholic cirrhosis patients have worst outcome compared to other Cirrhosis patients. Alcohol obstinate is the prime factor for ALD. Knowledge of modern haematological and radiological investigations, Fibroscan, Prognostic scoring like Child–Pugh score, MELD score are very essential for Ayurveda doctors. Ayurveda doctor should manage the complications with help of hepatologist and gastroenterologist. Primary prevention, secondary and tertiary prevention should undertake individually and properly. Yogic exercise has significant role in Primary prevention, secondary and tertiary prevention of CLD. Panchakarma and Rasayana therapy has good outcome in RCT. The ayurveda treatment outcome in CLD is better

compared to modern system of medicine. It needs integration for better outcome. So public participation and awareness for Ayurveda treatment in Chronic liver diseases are required along with proper training and skill development of Ayurveda Physicians.^{[12],[13]} More evidences will create a hope for CLD Patients.

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