

AYURVEDIC TREATMENT OF ALCOHOLIC LIVER DISEASE

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ABSTRACT

Chronic Alcoholism is a common health problem in indian population . It leads Alcoholic Lives disease. ALD can be treated by Ayurveda by avoidance of causative factor , use of VyadhiPratyanikaAushadhis, rasayana drugs, use of Pathyapathya , dietitics, counselling and yoga therapy along with pranayama.

The present paper highlights the role of Ayurveda mefcines in ALD in detail.

Key words : Alcoholic Liver Disease. Hepatoprotective.

INTRODUCTION

ALD is caused to chronic ingestion of Alcohol for a longer time. It is charectorised by various degree of liver damage. It is seen in 3 stages.

1. Alcoholic steatosis.or fatty liver - There will be fat deposit in liver parenchyma.
2. Alcoholic hepatitis - There will be inflammation in hepatocytes.Because of toxic effect of alcohol there will be high liver enzymes and jaundice .
3. Cirrhosis of Liver - There will be considerable damage in the liver followed by extensive fibrosis and abnormal regeneration leading to formation of multiple nodules of different size.

Ayurveda medicine is effective in ALD. It will further check the damage of the liverby alcohol and relief from symptoms .However cirrhosis will respond to Ayurveda treatment in early stage but if treatment started at later stage it may end in malignancy or Carcinoma of liver. Cirrhotic patients often develop complications like ascitis, hypertension , pedal edema, hemorrhage

from oesophagial varices and sometimes liver failure.

Drugs used in Alcoholic liver disease.

1. Haepatoprotectives
2. Hepatic stimulants
3. Choalaguages
4. Rasayanas
5. Protein supplimentsr
6. Diuretics
7. Antihaemorrhagics or haemostatics
8. Pittahara
9. Tiktarasayukta
10. Mruduvirechana
11. Nutritives
12. Madhurarasayukta
13. Jivaniya
14. Ojaskara
15. Brihmana

Hepatoprotectives

1. Katukikwatha
2. Arogyavardhiniavati
3. Kumariasava

4. Kakamachiswarasa
5. Panchatiktakashaya
6. Guduchikwatha
7. Bhunimbadiakashaya
8. Herbadict tablet
9. Muniliv syrup

Yakruduttejeka {Hepatic stimulants }

1. Kalameghakashaya
2. Kiratatiktakashaya
3. Kumaryasava
4. Daruharidrakashaya
5. Arogyavardhini rasa
6. Yakrudariloha
7. Yakrudpleehariloha
8. Herbadict tablets
9. Muniliv syrup

Pitta virechaka

1. Kumaryasava
2. Katukichoorna
3. Kalameghakashaya
4. Panchatiktakashaya

Rasayana

1. Arogyavardhini rasa
2. Shatavariguda
3. Pippaliksheerapaka
4. Shunthiksheerapaka
5. Triphalakwatha

Protein suppliments

1. Cheese or Paneer
2. Milk
3. Mamsa rasa
4. Egg
5. Ajamamsarasayana
6. Masha yoosha

Mootrala (Diuretics)

1. Gokshurabeejachoorna
2. Punarnavaswarasa
3. Ksharaparpati
4. Punarnavasava
5. Trinapanchamoolakashaya
6. Usheerasava

Haemostyptic

1. Mocharasachoorna
2. Dhatakipushpachoorna
3. Lodhrasava
4. Bolabaddha rasa
5. Bola parpati
6. Pravalapishti
7. Muktapishti
8. Pravalabhasma
9. Muktabhasma
10. Kamadugha rasa
11. Pravalapanchamrita rasa
12. Muktapanchamrita rasa

Pittahara

1. Kharjuradimantha
2. Shadangapaniya
3. Usheerasava
4. Thriphalachoorna
5. Usheeradipeya
6. Kharjurasava
7. Kharjuraphala
8. Ksheerabalataila
9. Sarivadihima

Tiktarasayukta

1. Bhunimbadiakashaya
2. Panchatiktakashaya
3. Mahatiktakakashaya
4. Guduchyadiakashaya

Mruduvirechana

1. Haritakichoorna
2. Triphalachoorna
3. Trivrutchoorna
4. Shatsakarachoorna
5. Panchasakarachoorna
6. Abhayarista

Nutritive

1. Ksheerabalataila
2. Pippaliksheerapaka
3. Paneer
4. Butter
5. Mamsa rasa
6. Aja mamsa

Madhurarasayukta

1. Kharjuraphala
2. Drakshaphala
3. Narikelajala
4. Parushakaphala
5. Kharjuradimantha
6. Kharjurasava

Jeevaniya

1. Gokshura
2. Panir
3. Guduchikashaya
4. Parushakaphala
5. Kharjuradimantha
6. Kharjuraphala

Ojaskara

1. Goksheera
2. Panchaksheera
3. Navaneeta
4. Dadhi
5. Guduchikwatha
6. Balachorna
7. Kharjuraswarasa
8. Ikshuswarasa
9. Ksheerabalataila
10. Shatavariswarasa
11. Shatavariguda
12. Kooshmandavaleha
13. Chyavanaprashavaleha
14. Balarista
15. Ashwagandhaleha
16. Ashwagandharista

Brimhana

1. Kooshmandaswarasa
2. Ikshuswarasa
3. Mamsa rasa
4. Aja mamsyadirasayana
5. Mahishaksheera
6. Kooshmandavaleha
7. Ashwagandhapaka
8. Ashwagandharista

DISCUSSION

Alcoholic liver disease is comprised of 3 stages.

1. Alcoholic steatosis
2. Alcoholic hepatitis
3. Alcoholic cirrhosis

Ayurveda treatment includes nidanaparivarjana, Vyadhipratyanikaushadhis, hepatoprotectives, Virechana drugs, use of Pathyapathya, dietetics, Rasayana , Nutritives, Pittaharadravyaprayoga, daily walking, changing lifestyle and practice of Yogasanas and Pranayama. Alcoholic steatosis and alcoholic hepatitis can be successfully treated by Ayurveda medicine . Counselling and group discussion are helpful in the stoppage of alcoholism . Cirrhosis of the liver in beginning stage can be treated successfully. However in later stage of disease it may transform to incurable and malignancy.i.e.Hepatocellular carcinoma and become fatal.

CONCLUSION

1. ALD in earlier stage can be treated effectively by Ayurveda medicine .
2. Early stages of cirrhosis can be managed by Ayurveda medicine .
3. Later stages of cirrhosis often leads to carcinoma of liver.
4. Cirrhosis with ascitis, and general anasarca is difficult to treat by Ayurveda medicine .

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