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Homoeopathic Management of Fatty Liver Disease - A Review

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Abstract

In today's life a number of health problems are caused by an unhealthy lifestyle. One such condition is a fatty liver or collection of fat in the liver. Here i will review the some best Homoeopathic medicines for fatty liver ,that can help to reverse the condition of fatty liver & bring it back to Normal if prescribed to patient according to their similarity of symptoms. Liver is the second largest organ of the body . Fatty liver, also known as Fatty Liver Disease and it may defined as a reversible condition where large vacuoles of triglyceride fat accumulate in liver cells via the process of steatosis . Homoeopathic is one of the most popular and holistic systems of medicine. The selection of medicine is based upon the theory of individualization and symptoms similarity by using holistic approach. This review article is a precise knowledge of fatty liver disease and role of Homoeopathic medicines with general management in the treatment of fatty liver disease.

Key word- Homoeopathic Medicine, Fatty liver, General management.

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INTRODUCTION

Liver is known as the metabolic factory of the body. Fatty liver, also known as Fatty Liver Disease that may defined as a reversible condition where large vacuoles of triglyceride fat accumulate in liver cells via the process of steatosis (i.e. abnormal retention of lipids within a cell). It is a common outcome of today's lifestyle, Despite having multiple

causes. Fatty liver can be considered a single disease that occurs worldwide in those with excessive alcohol intake and those who are obese (with or without effects of insulin resistance).

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The condition is also associated with other diseases that influence fat metabolism. Morphologically it is difficult to distinguish alcoholic Fatty Liver Disease from non alcoholic Fatty Liver Disease and both show microvesicular and macro vesicular fatty changes at different stages. By considering the contribution of alcohol, fatty liver may be termed Alcoholic Steatosis or Non-Alcoholic Fatty Liver Disease (NAFLD), and the more severe forms as Alcoholic Steatohepatitis (part of alcoholic liver disease) and Non-Alcoholic Steatohepatitis (NASH).

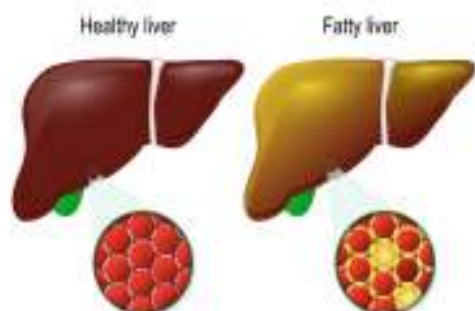


Fig. Healthy & Fatty Liver

Epidemiology - The prevalence of Fatty Liver Disease in the general population ranges from 10% to 24% in various countries. Hepatic steatosis detected by magnetic resonance spectroscopy is found in 31% of adults in the United States and in 33% of potential live liver donors undergoing liver biopsy. Ultrasonography detects fatty changes in the liver in 12.9%–16.4% of individuals. The prevalence of

steatosis tends to be higher among males and in certain ethnic groups (e.g., up to 45% of Hispanic people). Prevalence increases with age, from 2.6% among children to 26% among people 40–59 years old. NAFLD is more frequent among people with diabetes (50%) and obesity (76%), and it is almost universal among diabetic people who are morbidly obese. Obesity, diabetes and the metabolic syndrome are also risk factors for NASH and for advanced fibrosis on liver biopsy.

Etiology- Fatty liver a lifestyle problem. It has more to do with our diet which is becoming more and more saturated with fat and refined carbohydrates. Abundant intake of aerated drinks is another reason. On other hand Fatty it is commonly associated with Alcohol or Metabolic Syndrome (Diabetes, hypertension, obesity and dyslipidemia) but can also be due to any one of many causes.

Nutritional - Malnutrition, Refeeding Syndrome, total Parenteral Nutrition, severe weight loss, Jejunio-Ileal bypass, Gastric bypass, Jejunal diverticulosis with bacterial overgrowth.

Metabolic causes as -

Abetalipoproteinemia, glycogen Storage Diseases, Weber-Christian disease, Acute Fatty Liver of Pregnancy, Lipodystrophy. Drugs and toxins: Glucocorticoids, Tamoxifen, Amiodarone, Methotrexate,

Diltiazem, highly active Antiretroviral Therapy, Environmental Hepatotoxins (e.g., phosphorus, mushroom poisoning).

Other - Inflammatory bowel disease, HIV, Hepatitis C especially genotype 3 and Alpha 1-antitrypsin deficiency.

Sign & Symptoms- In many of the patients, there are hardly any symptoms. They come to know about the presence of this problem during a routine USG or while undergoing investigations for some other problem. In other patients, there are some vague and generalized symptoms. Only in advanced cases, where cirrhosis of liver happens, the symptoms become pronounced.

These are the main signs and symptoms of fatty liver-

- There is generalized fatigue and weakness.
- In some patients, there is loss of appetite.
- Slight pain in the right side of abdomen may be present in some cases.
- Nausea, indigestion and vomiting are also present in some patients.
- In some cases, there is redness of the palms.
- In advanced disease, jaundice may be present with yellowness of skin and eyes.

- Even in many cases the spleen may get enlarged.
- Liver enzymes may be increased. The reading of SGPT and SGOT or AST and ALT may be on the higher side.
- Triglyceride levels may also be on the higher side.

Diagnosis - Most individuals are asymptomatic and are usually discovered incidentally because of abnormal liver function tests or hepatomegaly noted in unrelated medical conditions. Others diagnose Based on the medical history supported by blood tests, medical imaging, liver biopsy.

General Management - A fatty liver occurs when you take in more fat and calories than your liver can process. An important part of the treatment of fatty liver is to maintain healthy lifestyle and lose weight. It makes sense to lose around 10% of one's body weight or according to BMI. Even half of that can improve the condition. Fatty liver often leads to a condition called insulin resistance. That means that your body has enough insulin but is not able to use it properly. That leads to increased glucose in your blood. The liver turns this glucose into fat. Increasing intake of certain healthy fats in your diet can help your body use the available insulin in a better manner. So increasing intake of Omega-3 fatty acids

and monounsaturated fats helps. These are found in fish, nuts, flaxseed, olives and green leafy vegetables. At the same time, one should avoid saturated fats which get easily deposited in the liver. These saturated fats are found in red meat, poultry, fried foods and sugary or aerated drinks.

Homoeopathic Approach - Homoeopathy is a scientific system of medicine have some very good medicines for the treatment of fatty liver. It is important to understand that homeopathy selects the right medicine on the basis of the holistic symptoms of the patient and not just the diagnostic name of the disease. These medicines are more specific in nature as like allopathy and act primarily on the disease process affecting the liver. Here, I am giving a short list of the some best homeopathic medicines for fatty liver. These are based on the totality of the symptoms of the patient and not just the name of the disease. Some of the most common Therapeutic & best using homeopathic medicines for fatty liver are in early disease:

Indigestion/right-sided

1. **Chelidonium** : This is used to treat a fatty liver accompanied by right upper abdominal pain. liver may be enlarged and the patient also usually suffers from constipation or experience nausea

and vomiting. Used 6c – one three times a day for up to three weeks. Stop treatment if bowels loosen. Stools should be dark and pass easily – pale stools show bile obstruction. Mag phos 30c; one twice a day after using Chelidonium. If pain is subacute/acute use.

2. **Mag phos**: At every 10 minutes for three to four doses then stop & wait. This can be repeated as required. Mag phos is specifically a muscle relaxant. Quite often there are other signs of muscle tension (for example cramps) in other parts of the body.
3. **Lycopodium** : Being a right-sided remedy is almost specific for liver and kidney clearance. There is sometimes a raised diastolic (lower level) blood pressure and patients are chilly – tired – windy – constipated – bloated after meals. They often keep going for a long time and become chronic sufferers before doing anything about themselves.

Pain – discomfort/ left-sided

1. **Nux vomica** - Homeopathic remedy for fatty liver with pain in abdomen after eating. Nux vomica is great for any abdominal problem including fatty liver caused by excessive consumption of alcohol. urge to move bowels, which

passes off – chilly – irritable “leave me alone!”

2. **Cardus marianus** –One to three times a day for up to two weeks.
3. **Phosphorous** - It used to treat cases of fatty acid which triggers regurgitation accompanied by sour belching. In some cases, the patient may also experience pain in the liver and excessive flatulence. Vomiting may also occur along with weakness while passing stool. long narrow stools – can be pale – a highly-strung patient – pale (hint of yellow) skin.
4. **Sepia** - Patient grey and worn out – hormonal hot flushes – emotionally flat nauseous.
5. **Lachesis** -Most often regarded as a left sided remedy, it is often indicated in portal congestion – shown by a sensation of feeling terrible on waking or after nodding off during the day. This is due to venous congestion that affects the liver circulation on lying down for any length of time. Quite often it is needed if other remedies fail to work.
6. **Sulphur** - Persons are often big eaters and drinkers. Liver problems can be of alcoholic origin. They find dietary regimes next to impossible. When treated with homeopathic Sulphur they can become less warm-bodied, less

loose-bowelled and often constipated. Here they need Nux vomica. After this they can do quite well on some herbal remedy.

Conclusion -

Liver and its diseases holds significant role in practice of Homoeopathic medicine and Dr. Hahnemann laid enormous emphasis on whole body involvement in disease Lifestyle changes and dietary modifications are the first line management of fatty liver & Homoeopathy medicines offers time proven, effective and safe remedial measures. In the light of present review it can be concluded that Homoeopathy is very proficient in managing all the symptoms of Fatty liver disease and further more plays a vital role in preventing relapse of the fatty liver disease.

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