

Fatty Liver Disease: A Homoeopathic Perspective

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Abstract-

An poor lifestyle is the root cause of many modern health issues. A disorder where the liver accumulates fat is known as a fatty liver. Depending on the patient's symptoms, I will recommend one of these top homoeopathic remedies for fatty liver, which may help the patient's health improve or return to normal. In terms of size, the liver is second to none. One reversible form of liver disease is fatty liver, which is characterized by the presence of vast vacuoles of triglyceride fat build up in the liver's cells due to steatosis. Among the many alternative and complementary medical practices, homoeopathy ranks high. The holistic approach takes into account the principle of individualization and the similarity of symptoms while choosing a treatment. A thorough understanding of fatty liver disease and its treatment via homoeopathic medicine and general management is presented in this review paper.

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

INTRODUCTION

One of the metabolic culprits is the liver. Every part of the body may be affected by fatty liver, making it a truly global illness. liver, people who drink too much alcohol, and those who are overweight (with or without diabetes) may have fatty liverdisease. is a disorder that may be reversed, in which aberrant retention of lipids inside cells leads to the accumulation of enormous vacuoles of triglyceride fat in the liver. Despite the many consequences of insulin resistance, it is a typical result of modern living. Other disorders that affect fat metabolism are also linked to the syndrome. Alcoholic and non-alcoholic fatty liver diseases have many morphological features, including microvesicular and macro vesicular fatty alterations that manifest

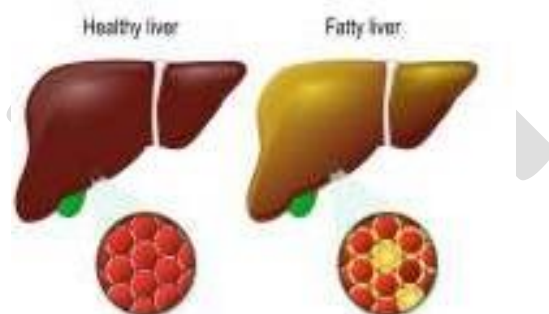


Fig. Healthy & Fatty Liver

at various times. Fatty liver disease may be classified as Alcoholic Steatosis, Non-Alcoholic Fatty Liver Disease (NAFLD), and Non-Alcoholic Steatohepatitis, the more severe forms of which are a component of alcoholic liver disease, and Alcoholic Steatohepatitis (NASH).

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, Jejuno-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

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.

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.

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

Nux vomica - Homeopathic remedy for fatty liver with pain in abdomen after eating. Nux vomica is great for any

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abdominal problem including fatty liver caused by excessive consumption of alcohol. urge to move bowels, which passes off – chilly – irritable “leave me alone!”

Cardus marianus – One to three times a day for up to two weeks.

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.

Sepia - Patient grey and worn out – hormonal hot flushes – emotionally flat/nauseous.

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.

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 -

Dr. Hahnemann placed a tremendous focus on the entire body participation in sickness, and the liver and related disorders play a vital role in homeopathic treatment. First line care of fatty liver includes making dietary and lifestyle changes; homeopathic medications provide safe, effective, and time-tested remedies. Based on the information presented here, homeopathy is an effective treatment for fatty liver disease symptoms and also plays an important role in avoiding a return of the condition.

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