



HOLISTIC APPROACH IN LIVER DISEASE THROUGH AYURVEDA AS PRIMARY HEALTH CARE

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ABSTRACT

Introduction- Health care is defined as a multitude of services rendered to individuals, families or communities by the agents of health services, for the purpose of promoting, maintaining, monitoring or restoring health. India is rapidly recognizing liver disease as a priority for Public Health. Because it alone was responsible for 18.3% of the two million deaths caused by liver disease worldwide in 2015, liver disease has a high burden in India.

Aims & Objectives- To improve the quality of life, promotion of healthy lifestyle and prevent progression of diseases.

Discussion- To embed Chronic liver disease management in routine primary care work must be aware of implementation challenges. Approach of many disciplines- nutrition, food technology, health administration, health education etc.

Conclusion- Ayurveda has a remarkable ability to improve public health and stop the global health situation from getting worse.

KEYWORDS: Health care, Liver disease, Healthy lifestyle.

INTRODUCTION

Ayurveda, an ancient Indian system of medicine, has been used for thousands of years to treat various health conditions, including liver diseases. The holistic approach of Ayurveda focuses on the overall health and well-being of an individual, rather than just treating the symptoms of a disease. Ayurvedic practitioners believe that liver diseases are caused by an imbalance of the three doshas (*Vata, Pitta, and Kapha*) in the body. Imbalances in these doshas can lead to the accumulation of toxins in the liver, which can cause liver damage and disease.

Primary health care is essential health care made universally accessible to individuals and acceptable to them, through their full participation and at a cost the community and country can afford. The Liver plays a central role in carbohydrate, lipid and amino acid metabolism, and is also involved in metabolizing drugs and environmental toxins. In UK, liver disease is the only one of the top causes of mortality that is steadily increasing. Mortality rates have risen substantially over the last 30 years, with a near-fivefold increase in liver-related mortality in people younger than 65 years. The liver champion's mandate is to support primary care to work towards better identification of patients at risk of, or in the early stages of liver disease. Increasing sedentary lifestyles and changing dietary patterns mean that the prevalence of obesity and insulin resistance has increased worldwide, and so fat accumulation in liver is a common finding during abnormal imaging studies and on liver biopsy. NAFLD is the leading cause of liver dysfunction in the non-alcoholic, viral hepatitis-negative population in Europe and North America, and is predicted to be the main etiology in patients undergoing liver transplantation during next 5 years. Overall NAFLD is estimated to affect 20-30% of the general population in western countries and 5-18% in Asia, with about 1 in 10 NAFLD cases exhibiting NASHⁱⁱⁱ. Mostly cases of chronic liver disease are preventable and treatable if caught early and lifestyle interventions are enacted. Currently around 70% of patients who present to accident and emergency departments with decompensated (end-stage) liver cirrhosis have had no previous diagnosis or management for their liver diseases. Ayurveda is a comprehensive natural health care system that originated in India more than 5000 years ago. It is still widely used in India as a system of primary health care, and to address healthcare throughout the course of life.

MATERIAL & METHODS

All the materials are collected from Samhitas, pubmed, articles etc.

NIDANA (CAUSES)

- Inadequate intake of food in quantity & Quality.
- Less exercise or lazy to exercise.
- Sedentary life styles.
- Excessive angerness.



- Irregularities in sleeping pattern.
- *Diwaswapna, Vegadharana etc.*
- *Samashana, Adhyasana, Vishmashana*

DIAGNOSIS & ASSESSMENT

Liver Function Tests:

- ALT (alanine transaminase)
- AST (aspartate transaminase)
- ALP (alkaline phosphatase)
- Bilirubin levels.
- Complete Blood Count (CBC):
- **Imaging Studies: Ultrasound**
- **CT Scan and MRI**
- **Fibro Scan**
- **Liver Biopsy**

MANAGEMENT

To address liver diseases through Ayurveda, a holistic approach is taken, which includes several components:

1. *Nidana parivarjana* (Avoid causative factors)

Diet: Ayurvedic practitioners recommend a diet that is rich in fresh fruits and vegetables, whole grains, and lean protein sources. Foods that are high in fat, sugar, and salt should be avoided, as they can increase the workload on the liver.

2. **Lifestyle changes:** Ayurvedic practitioners may recommend lifestyle changes such as regular exercise, stress reduction techniques such as meditation, and getting adequate sleep.

Diet

- ✓ Avoid processed and fried foods.
- ✓ Include plenty of fresh fruits and vegetables in your diet.
- ✓ Consume high-fiber foods such as oats, whole grains, legumes, nuts, and seeds.
- ✓ Avoid dairy products and red meat.
- ✓ Consume foods rich in antioxidants such as turmeric, garlic, ginger, and green tea.
- ✓ Drink plenty of water throughout the day.
- ✓ Consume herbal teas such as chamomile and licorice root tea.
- ✓ Include healthy fats such as olive oil, nuts, and avocados in your diet.
- ✓ Avoid alcohol and smoking.
- ✓ regular times throughout the day, typically three meals and two snacks. It is best to eat
- ✓ breakfast between 7-9am,
- ✓ lunch between 12-2pm, dinner between 6-8pm, and
- ✓ snacks between 10am-12pm and 4-6pm.
- ✓ Eating at regular times helps to maintain balance in the body and allows for better digestion.
- ✓ liver disease, a healthy *dincharya* (daily routine) is important for maintaining overall health and wellbeing. It should include:

1. **Herbal remedies:** Ayurvedic herbs such as milk thistle, turmeric, and dandelion root are often used to support liver function and promote detoxification. Each drug have special property like Anti-viral, Anti-inflammatory, Hepatoprotective, anti-oxidant, anti-viral, Stop progression of NASH.

Medicinal Plants with Ayurvedic Formulationⁱⁱⁱ

<i>Kalmegha</i>	<i>Karanja</i>	<i>Triphala churna</i>
<i>Kakmachi</i>	<i>Parijata</i>	<i>Arogyavardhini vati</i>
<i>Punarnava</i>	<i>Daruharidra</i>	<i>Jaloudarari ras</i>
<i>Kirattikta</i>	<i>Guduchi</i>	<i>Kutaki churna</i>
<i>Chitraka</i>	<i>Bhringraj</i>	<i>Avipattikar churna</i>
<i>Haridra</i>	<i>Mulethi</i>	<i>Punarnava mandoor</i>
<i>Ajwain</i>	<i>Pudina</i>	<i>Dhaniya</i>
<i>Jeera</i>	<i>Hingu</i>	<i>Katukyadi churna</i>
<i>Rasona</i>	<i>Adraka</i>	<i>Patola katu rohiniyadi kashaya</i>
<i>Haldi</i>	<i>Maricha</i>	<i>Phalatrikadi Kashaya</i>



2. *Panchakarma*

This is a detoxification process that involves a series of therapeutic treatments such as massage, herbal steam baths, and enemas. *Panchakarma* is used to eliminate toxins from the body and restore the health. *Panchakarma* can modulate the gut bacterial composition and modulate the lipid metabolism by bile acid synthesis.^{iv}

Snehana (Oleation)

Swedana (Sweating)

Vamana (Vomiting)

Virechana (Purgation)

Basti (Enema)

3. *YOGA, DHYANA, VYAYAMA*

Yoga, dhyana, and Vyayama can be beneficial for overall health, including liver health. Below are some yoga poses, meditation techniques, and exercises that can help improve liver health:

1. *Ardha Matsyendrasana* (Half Lord of the Fishes Pose): This pose helps to massage the liver, stimulate digestion, and improve blood flow to the liver. Sit with legs stretched out in front of you and bend the left leg, placing the foot outside the right knee. Place the right arm behind you and the left arm on the right knee, twisting your torso to the left. Hold for a few breaths and repeat on the other side.

2. *Pranayama* (Breathing Exercise): *Kapalbhati pranayama* is a breathing exercise that helps to detoxify the liver by increasing oxygen intake and blood flow. Sit comfortably and take a deep breath in, then forcefully exhale through the nose while pulling the stomach muscles in. Inhale passively and repeat this process for 10-15 minutes.

3. Meditation: Mindful meditation can help reduce stress and anxiety, which can be beneficial for liver health. Sit comfortably and focus on your breath. Whenever your mind wanders, gently bring it back to your breath. Practice for 10-15 minutes daily. Long term practice of meditation (minimum 12 weeks) decrease cravings for alcohol, nicotine, decrease peer pressure and reduce physical symptoms of withdrawal.

4. *Vyayama* (Exercise): Jogging, cycling, and swimming are all great exercises that can improve liver health. These exercises increase blood flow and oxygen intake. Physical exercise in moderate intensity can reduce fatty liver index, intrahepatic fat and reduce NASH.

Do's

Vegetables- Leafy vegetables, gourd, pumpkin, bitter gourd.

Oils- Mono Unsaturated Fatty Acid such as olive or canola oils, Poly unsaturated **fatty** acids present in sunflower, cotton seeds etc. Cut down intake of fat and fat-rich foods.

Shuk dhanya- *Yava, purana shali, Kodrava*

Shami dhanya- *Mudga, Masur*

Fruits- *Amalaki, Haritaki, Maricha, Pippali*

Ritucharya- ^v

Shishira- *Abhyanga, Swedana, Utsadana, Vyayama, Shiroabhyanga*

Basant- *Utsadana, Vyayama, Gandush, Kawal, Vamanadi*

Grishma- *Sheetal jal se snana*

Varsha- *Pragharsna, Udvartana, Snana, Basti*

Sharada- *Virechana, raktamokshana*

Getting adequate sleep each night.

Exercising regularly to maintain a healthy weight and improve overall health.

Don't's

- Avoid alcohol.
- Avoid beverages like tea and coffee.
- Avoid fried foods or foods that are oily.
- Avoid sugars that are refined, such as jams, artificial sweeteners, etc.
- Processed Meats or processed food.
- A sedentary lifestyle can make liver damage worse.
- Avoid *Ratrijagarana, Diwaswapna*.



DISCUSSION & CONCLUSION

Ayurveda is a holistic system comprising diet, Yoga, massage, herbal remedies, detoxification, meditation, lifestyle. Ayurveda improves not only person health but also their well being, behaviour and state of mind. Liver is one of the crucial organ for maintaining the body's health and well being, and its proper function is essential for a healthy life. Unhealthy diets change the gut microbiota, resulting in the production of pathogenic factors that impact the liver. If our liver is affected, it can lead to various health problems. Due to this, liver is unable to performs its functions properly. Ayurveda medication can improve the hepatic lipid metabolism, stop hepatic lipogenesis, regulate the mitochondrial function, modulate lipid metabolism by bile synthesis, modulate the hepatic inflammation through apoptosis, correction of gut bacterial composition.^{vi}

If we promote health by following *Dincharya, Ritucharya, Sadavritta, Ahara, Vihara, Panchkarma*, we can live healthy and prevent the progression of any disease.

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