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Homoeopathic management of elevated bilirubin levels in a 42-year-old male: A case report

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Abstract

This case report highlights the successful homoeopathic management of a 42-year-old male with elevated bilirubin levels associated with hepatic dysfunction. The patient, a chronic alcohol consumer, presented with weakness, trembling, and indigestion. After administering *Carduus marianus* 30C thrice daily for 7 days, there was a significant reduction in serum bilirubin from 3.6 mg/dL on 7th April 2025 to 1.5 mg/dL by 23rd April 2025.

Keywords: Homoeopathy, *Carduus marianus*, bilirubin, alcoholic liver dysfunction, hepatoprotection, case report

Introduction

Liver dysfunction due to chronic alcohol consumption is a major clinical challenge. Elevated bilirubin levels signal impaired hepatic detoxification and can lead to systemic symptoms like weakness, digestive disturbances, and neuro-muscular tremors. Homoeopathy offers several liver-specific remedies based on the totality of symptoms. *Carduus marianus*, known for its liver-protective properties, is frequently indicated in hepatobiliary conditions.

Case report

Patient Information

- **Name:** ABC
- **Age/Gender:** 42 years / Male
- **Marital Status:** Married
- **Date of First Consultation:** 07/04/2025

Chief Complaints

- Generalized weakness
- Trembling of hands
- Indigestion
- History of chronic alcohol consumption

General Appearance and Constitution

- Thin, emaciated
- Soft-spoken and mild-mannered

Personal History

- **Diet:** Non-vegetarian
- **Appetite:** Good.
- **Thirst:** 2-3 liters/day.
- **Bowel Movements:** 1-2 times/day, satisfactory.
- **Urine:** 6-7 times/day, normal.
- **Sleep:** Peaceful

Investigations

- **Laboratory Investigation on 7/04/2025**
- **Total Bilirubin:** 3.6 mg/dL

Homoeopathic Management

The case was approached with attention to both physical and constitutional traits. *Carduus marianus*, a well-known liver remedy, was selected based on the clinical picture of liver derangement in an alcoholic patient.

Remedy Selected

- *Carduus marianus* 30C, 5 globules TDS for 7 days
- Placebo for 1 week thereafter
- Patient was advised to stop alcohol and consume a liver-friendly diet (light and non-fatty foods).

HOSPITAL
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Program Education Society's
SHRI KAMAXIDEVI
HOMOEOPATHIC
MEDICAL COLLEGE
AND HOSPITAL
(Affiliated to Goa University)

Deptt. of Clinical Pathology Laboratory

Name : Purashant Gaonkar Age /Sex 49/M
Ref : Dr. Kauruk Date 07/04/2025

BLOOD BIOCHEMISTRY

INVESTIGATION		NORMAL RANGE
Sugar(Fasting)mg/dl.	70 - 110
Sugar (Post Prandial / Random)mg/dl.	upto 145
Ureamg/dl.	15 - 40
Creatininemg/dl.	0.6 - 1.4
Uric Acidmg/dl.	M 2.1 - 7.4 F 2.5 - 6.0
Total Cholesterolmg/dl.	150 - 230
H.D.L.mg/dl.	35 - 70
L.D.L.mg/dl.	upto 150
V.L.D.L.mg/dl.	upto 35
Triglyceridesmg/dl.	35 - 170
Cholesterol/H.D.L. Ratiomg/dl.	upto 4.5
Prothrombin timeSec	11 - 15
Total Bilirubin	<u>3.6</u> mg/dl	0.1 - 1.2
Conjugated Bilirubin	<u>0.9</u> mg/dl	0.1 - 0.4
Unconjugated Bilirubin	<u>2.7</u> mg/dl	0.1 - 0.8
S.G.P.T. (ALT)	<u>26</u> IU/L	5 - 40
S.G.O.T.(AST)	<u>35</u> IU/L	5 - 40
Alkaline PhosphataseIU/L	110 - 310
Total Proteinsgm/dl.	6 - 8
Albumingm/dl.	3.8 - 5.0
Globulingm/dl.	2.3 - 3.5
A/G Ratio	0.9 - 2.0
Serum CalciummEq/L	8 - 10

Lab. Technician [Signature] I/C Deptt. of Clinical Pathology Lab. [Signature]

Fig 1: Blood Biochemistry report

Before treatment (07/04/2025)

Total Bilirubin: 1.5 mg/dL

Follow-up and Outcome

Date of follow-up: 23rd April 2025

Follow-up (23/04/2025)

Subjective improvement

- Marked increase in energy levels
- Trembling and indigestion significantly reduced
- No new complaints

Repeat Lab Results on 23/04/2025

Discussion

Carduus marianus is a clinically valuable remedy for liver and gallbladder dysfunction. It covers symptoms arising from alcohol-induced hepatic strain, such as jaundice, bitter taste, poor digestion, and trembling. The remedy's sphere of action aligns well with cases presenting subacute liver damage without structural breakdown. In this case, improvement in both biochemical parameters and clinical symptoms confirmed its efficacy.

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Deptt. of Clinical Pathology Laboratory

Name : Purashant Gaonkar Age / Sex 49/M
Ref : Dr. Kairuk Bhatikar Date 23/04/2025

BLOOD BIOCHEMISTRY

INVESTIGATION		NORMAL RANGE
Sugar(Fasting)mg/dl.	70 - 110
Sugar (Post Prandial / Random)mg/dl.	upto 145
Ureamg/dl.	15 - 40
Creatininemg/dl.	0.6 - 1.4
Uric Acidmg/dl.	M 2.1 - 7.4 F 2.5 - 6.0
Total Cholestrolmg/dl.	150 - 230
H.D.L.mg/dl.	35 - 70
L.D.L.mg/dl.	upto 150
V.L.D.L.mg/dl.	upto 35
Triglyceridesmg/dl.	35 - 170
Cholesterol/H.D.L. Ratiomg/dl.	upto 4.5
Prothrombin timeSec.	11 - 15
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Conjugated Bilirubinmg/dl.	0.1 - 0.4
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Serum CalciummEq/L	8 - 10

Lab. Technician _____ I/C Deptt. of Clinical Pathology Lab. _____

Fig 2: Repeat Lab Results Blood Biochemistry

Conclusion

This case demonstrates the beneficial role of *Carduus marianus* 30C in managing hyperbilirubinemia associated with chronic alcohol use. It reinforces the importance of remedy selection based on pathological affinity and totality of symptoms. Early intervention with homoeopathy may reduce the need for stronger hepatotoxic medications and support natural hepatic recovery.

Declaration

Patients consent was obtained for the use of clinical data and images in this report.

Conflict of Interest

Not available

Financial Support

Not available

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