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Fatty liver disease and its homeopathic management

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Abstract

Fatty liver disease (hepatic steatosis) is an increasingly prevalent metabolic disorder characterized by excessive fat accumulation in hepatocytes. It can progress from simple steatosis to non-alcoholic steatohepatitis (NASH), fibrosis, and hepatocellular carcinoma. Homeopathy, being a system of individualized therapy, can provide supportive care to enhance liver function, improve digestion, and reduce systemic inflammation when used alongside diet and lifestyle modifications. This paper reviews the pathophysiology of fatty liver disease and discusses evidence-based homeopathic remedies and clinical approaches.

Keywords: Fatty liver, hepatic steatosis, homeopathy, hepatoprotective, holistic medicine

Introduction

Fatty liver means extra fat gets stored in the liver cells. It is very common today because of poor diet, lack of exercise, and stress.

There are two types

Alcoholic fatty liver - Caused by drinking too much alcohol.

Non-alcoholic fatty liver (NAFLD) - Caused by obesity, diabetes, or unhealthy lifestyle. If not treated, it can lead to liver inflammation and even cirrhosis (liver damage).

Fatty liver disease, is a global health concern associated with obesity, insulin resistance, dyslipidemia, and sedentary lifestyle. NAFLD affects nearly 25-30% of adults worldwide. The condition arises when lipid accumulation in hepatocytes exceeds 5-10% of liver weight, impairing hepatic function. Early diagnosis and management are essential to prevent progression to cirrhosis or hepatic carcinoma.

Pathophysiology

Fatty liver develops due to an imbalance between lipid uptake, synthesis, and clearance in hepatocytes.

Major mechanisms include

Increased free fatty acid influx from adipose tissue.

Enhanced de novo lipogenesis stimulated by insulin resistance. Decreased fatty acid oxidation due to mitochondrial dysfunction. Reduced VLDL secretion, leading to intrahepatic fat accumulation.

Clinical Features

Right upper abdominal discomfort or heaviness. Fatigue, malaise.

Dyspepsia and bloating.

Pain in the right side of the abdomen. Tiredness or weakness.

Loss of appetite.

Mildly elevated liver enzymes (ALT, AST). Ultrasound showing increased hepatic echogenicity.

Diagnosis

Ultrasonography: Bright liver pattern.

Liver function tests: Elevated ALT > AST in NAFLD.
Lipid profile: Increased triglycerides and cholesterol.

FibroScan or biopsy: For staging and ruling out fibrosis.

Homeopathic Management Chelidonium majus: Liver disorders with jaundice, pain under right scapula, yellow-coated tongue Classic right-sided liver remedy; desire for hot drinks.

Carduus marianus

Hepatic congestion, fatty liver, enlarged tender liver Bitter taste, nausea after fatty food

Lycopodium clavatum

Chronic liver disease with bloating, flatulence, 4-8 PM aggravation Craves sweets, warm drinks

Nux vomica

Sedentary life, alcoholism, irritability, digestive derangements Oversensitive, worse after stimulants

Phosphorus

Fatty degeneration, hepatitis, burning pain, craving for cold drinks Fear, weakness, early satiety

Calcarea carbonica

Obesity, sluggish metabolism, coldness, easy fatigue Craves eggs, indolent temperament.

Sulphur

Constitutional liver remedy, sluggish circulation, skin eruptions Heat, aversion to bathing.

Complementary Support

Dietary advice: Avoid alcohol, refined sugars, and fried food; increase fiber and antioxidants.

Lifestyle: Regular physical activity and stress management.

Detox measures: Adequate hydration and sleep support hepatic regeneration.

8. Conclusion

Fatty liver is a lifestyle-related problem that can be reversed with proper diet, exercise, and regular homeopathic treatment.

Homeopathy helps to improve liver function naturally and promotes overall health without side effects. Individualized therapeutic approach to stimulate hepatic regeneration and restore systemic balance.

Conflict of Interest

Not available

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