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Efficacy of homoeopathic medicines in liver cirrhosis (Chronic liver disease)

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Abstract

Efficacy of Homoeopathic medicines in Liver cirrhosis (Chronic Liver Disease). Liver does a lot of things that keep us healthy. It turns nutrients into chemicals body needs. It filters out poisons. It helps turn food into energy. So when liver doesn't work well, that can affect whole body. Different things can cause serious liver conditions. An interventional case study was undertaken at Sri Guru Nanak Dev Homoeopathic Medical College and Hospital, Ludhiana. The patient of all age group suffering from liver cirrhosis was taken in the study. Assessment and reassessment were based on symptomatic improvement and laboratory investigations, each case followed up at an interval of 30 days.

Keywords: liver cirrhosis, homoeopathic medicines, chronic liver disease, homoeopathy

Introduction

Cirrhosis is a chronic liver disease condition that is defined histopathologically and has a variety of clinical manifestations and complications. Cirrhosis is characterized by diffuse hepatic fibrosis and nodule formation.

Worldwide, the most common causes are chronic viral hepatitis, prolonged excessive alcohol consumption and NAFLD (Non-alcoholic fatty liver disease). Cirrhosis is the most common cause of portal hypertension and its complications. Portal hypertension is a significant complicating feature of decompensated cirrhosis.

Signs and Symptoms

The clinical presentation is highly variable. Some patients are asymptomatic and the diagnosis is made incidentally by ultrasound or during surgical procedure. Others present with isolated hepatomegaly, splenomegaly, signs of portal hypertension or hepatic insufficiency. When symptoms are present, they are often non-specific and include -

- Weakness,
- Fatigue,
- Muscle Cramps,
- Weight Loss,
- Anorexia,
- Nausea & Vomiting
- Upper Abdominal Discomfort.

Investigations

Blood tests for CBC (Complete blood count), PT (prothrombin time), Platelets, LFT (Liver function test), HBsAg, Anti.HCV;

- Ultrasound of abdomen;
- X-ray;
- ECG.

Dietary Management

Avoid all these things, like- >1.5-2 liter of liquid things in a day, >6mg of salt in a day, bakery product like – Bread, Biscuit & cold drinks for avoiding sodium content product, and Alcohol consumption. Vitamin E is beneficiary in some extent in this disease. Protein rich diet, like dairy product helps much for prolonging lifespan.

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Complications

- Ascites
- Hematemesis,
- Malena,
- Esophagogastric varices,
- Hepatic encephalopathy.

Materials and Methods

Study type: Prospective Intervetional study was conducted at Sri Guru Nanak Dev Homoeopathic Medical College and Hospital, Ludhiana.

Subject: Efficacy of Homoeopathic medicines in Liver cirrhosis (Chronic Liver Disease).

Inclusion Criteria: Individuals of any age group of both sexes, who have cirrhosis of liver associated with ascites, hematemesis and malena.

Exclusive Criteria: Cirrhosis of liver associated with encephalopathy.

Intervention: Both constitutional & clinical prescribing was conducted according to keynote Homoeopathic treatment of inductive method given by Dr. CFS Hahnemann and was recorded in case proper. For constitutional prescribing, totality of symptoms after complete case taking and for clinical prescribing, totality was formed on patho-physiological symptom and medicine was prescribed on the basis of uncommon, rare, peculiar, characteristic symptoms, mentioned in § 153 and also in § 209 in 5th & 6th edition of Organon of Medicine after proper case taking.

Study parameter: Efficacy of Homoeopathic medicines in Liver cirrhosis (Chronic Liver Disease).

Results: Total 50 patients were under Homoeopathic treatment, 18 patients showed marked improvement, 14 showed moderate improvement, 10 patients showed mild improvement and there was 8 patient without any improvement. The most frequently indicated medicines were Phosphorus, Aurum Met., Carduus, Apocy, Iod, Lyc, Ars. alb., Cinch, Lach, Mill, Nux v.

Analysis and observation

For the present study 50 cases presenting with symptoms of cirrhosis of liver disease were included of all age groups, both sexes and different socio-economic status at Sri Guru Nanak Dev Homoeopathic Medical College and Hospital, Ludhiana.

No of cases enrolled for study: 50

No of cases who continued the treatment: 50

Table 1: Effect of Homoeopathic medicines in cirrhosis of liver diseases.

Status after treatment	No. of patients	Percentage (%)
Marked improvement	18	36
Moderate improvement	14	28
Mild improvement	10	20
No improvement	8	16
Total	50	100

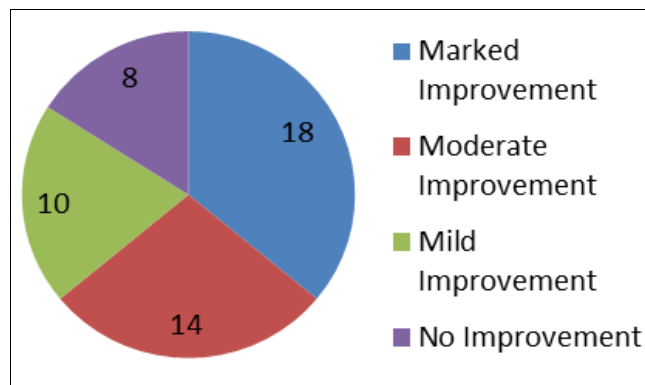


Fig 1: Figure of effect of Homoeopathic medicines in cirrhosis of liver diseases

Table 2: Distribution of patients according to the medicines indicated.

S. No.	Name of the Remedy	No. of cases	Percentage (%)
1.	Apocynum C.	4	8
2.	Arsenicum Alb.	3	6
3.	Aurum Met	5	10
4.	Carduus	5	10
5.	Cinchona	3	6
6.	Crotalus H.	2	4
7.	Fluoric acid	1	2
8.	Iodum	4	8
9.	Lachesis	3	6
10.	Lycopodium	4	8
11.	Millefolium	3	6
12.	Nux Vomica	3	6
13.	Phosphorus	7	14
14.	Sulphur	2	4
15.	Terebinthina	1	2

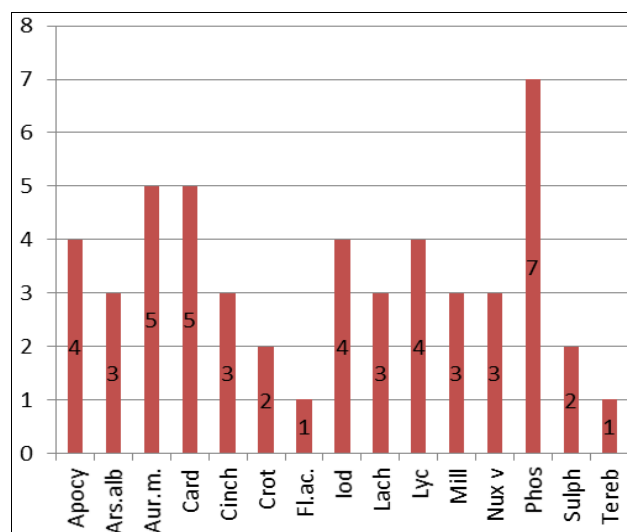


Fig 2: Figure of distribution of patients according to the medicines indicated

Discussion

If we prescribe on both constitutional prescribing and clinical keynotes prescribing according to severity and pathological condition of the patient, it effects the patient at holistic level along with improvement in chronic liver disease and palliation in severe cases, and it shows mild to moderate changes. The cases were followed up at intervals of one month. The second best medicine – placebo was given when improvement was being continued. Same

medicine with same or higher potency was given when standstill condition developed in the patient.

Conclusion

This study proved that Homoeopathic medicines are highly efficacious in Liver cirrhosis (Chronic Liver Disease).

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