



## AYURVEDIC TREATMENT OF LIVER CIRRHOSIS AT PLANET AYURVEDA

**Dr. Vikram Chauhan<sup>1\*</sup> and Dr. Meenakshi Chauhan**

<sup>1</sup>(M.D. Ayurveda Dravyaguna), B.A.M.S, N.D.D.Y.

<sup>2</sup>(M.D. Alt. Medicine), B.A.M.S (Gold Medalist).



**\*Corresponding Author: Dr. Vikram Chauhan**

(M.D. Ayurveda Dravyaguna), B.A.M.S, N.D.D.Y.

Article Received on 25/06/2024

Article Revised on 15/07/2024

Article Accepted on 05/08/2024

### ABSTRACT

Liver Cirrhosis is a condition in which there is a scarring or fibrosis in the Liver due to long term damage of the Hepatocytes or Liver Cells. In Ayurveda, Liver Cirrhosis is an effectively manageable condition, which is considered as challenging according to Modern Medical Science. In Ayurveda the major target is on Pitta Elimination which is carried out by a specific method which is known as Virechana or Medicated Purgation. This article is about the patient diagnosed with Liver Cirrhosis and treated with Ayurvedic Medications at Planet Ayurveda by keeping Virechana Therapy as the main line of treatment. A pure Ayurvedic treatment is given to the patient and in her Fibroscan reports it has been noticed that with the treatment given to her by Planet Ayurveda, the Fibroscan comes back normal. This is a review of the Non-alcoholic Liver Cirrhosis case of a 54 years old female who followed a particular diet chart and Ayurvedic Treatment provided by Planet Ayurveda.

**KEYWORDS:** Liver Cirrhosis, Ayurvedic Treatment, Virechana, Planet Ayurveda, Indian Echinacea, Yakrit Plihantak Churna, Liver Detox.

### INTRODUCTION

The term Cirrhosis is derived from the Greek word Kirrhos, which means "of yellow colour" and it is similar to the term sclerosis. The word Cirrhosis is commonly used which literally means Scarring or Sclerosis. There is no single definition or classification for cirrhosis yet that is suitable or satisfactory for all clinicians or pathologists.<sup>[1]</sup> Liver Cirrhosis and Chronic Hepatitis are considered as two main interventions of Chronic Parenchymal Liver Disease and both are related closely because some conditions of Chronic Hepatitis may progress to Liver Cirrhosis.<sup>[2]</sup> Liver Cirrhosis can occur at any age and often leads to prolonged illness. It is one of the important factors that can lead to death and manifests itself majorly in younger adults. Clinical features include Fatigue, weight loss, weakness, muscle cramps, non-specific digestive issues like nausea, anorexia, vomiting, gas, abdominal distention, etc. Associated conditions include Hepatomegaly, Jaundice, Ascites, Portal Hypertension, Hepatic Encephalopathy, etc.<sup>[3]</sup> Investigations that are usually important for diagnosing Liver Cirrhosis include Plasma Transaminase, Plasma Alkaline Phosphatase, Plasma Bilirubin, Plasma Albumin. Imaging tests are required to analyse complications such as Liver Biopsy.<sup>[4]</sup> If we talk about treatment of Liver Cirrhosis in Modern Medical System, they directly say there is no treatment that can reverse Liver Cirrhosis, treatment can just improve the

general health of the the patient and manage symptoms only and can prevent complications.<sup>[5]</sup>

Traditional system of Medicine is working hard to give people a healthy living. This mission is also started by Planet Ayurveda from the year 1999 with the Aim of Har Ghar Ayurveda - To make Ayurveda reach over the whole Planet. With this Aim of Dr. Vikram Chauhan we started this organisation from a very small surface but now we - A Planet Ayurveda family serving people worldwide in different countries of this Planet Earth. If we talk about Liver Cirrhosis it's a challenging situation for Modern Medicine but for the Ayurvedic Medical System it's miraculously manageable. Ayurveda is such a science which proves this wrong and for that we have an example about which we are going to mention in this study - A Case Study of the patient treated at Planet Ayurveda with Ayurvedic Medications. In Ayurveda there is no such direct correlation of Liver Cirrhosis and can be taken under Udara Roga (Abdominal Disorders) includes various conditions explained in Ayurveda, let's discuss those terms. The first condition which is connected with Liver Cirrhosis as per Ayurveda is Kamala which is commonly known as Jaundice. The cause of Kamala (Jaundice) is said to be that if a person who is suffering from Anaemia, consumes more Pittaj Diet and follows a lifestyle that may aggravate Pitta Dosh.<sup>[6]</sup> Diet and lifestyle that may aggravate Pitta

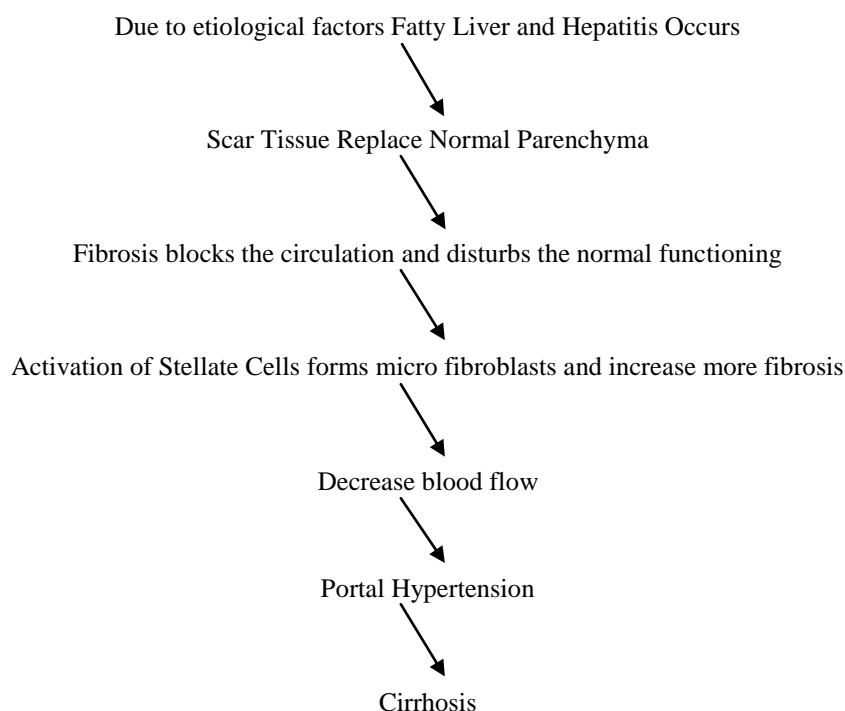
Dosha includes citrus fruits, onion, garlic, ginger, tomato, pulses such as kidney beans, black gram, soyabean, animal products, too much non-veg, Alcohol, wines, coffee, palm oil, packaged and processed food items, excessive anger, spending too much time in sun, etc. The second condition that is associated with Liver Cirrhosis is Kumbha Kamala; it is the chronic stage of Kamala (Jaundice). If there is no proper treatment given or delayed treatment given in case of kamala (Jaundice) it leads to chronicity.<sup>[7]</sup> The third condition related with Liver Cirrhosis in ayurveda is Yakritodara (Hepatomegaly), in this condition the Liver becomes enlarged.<sup>[8]</sup> Line of treatment for Liver Cirrhosis is to be done same as that of the treatment of Anaemia and Jaundice which is considered as Medicated Purgation (Virechana) with bitter and mild purgative herbs.<sup>[9]</sup> By keeping this in mind Planet Ayurveda is treating patients worldwide and getting positive results too.

### Pathophysiology of Liver Cirrhosis as per Modern Science and Ayurveda

#### Pathophysiology

##### Modern Aspect

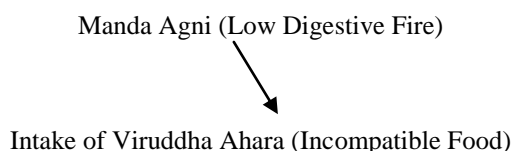
Cirrhosis is followed by Fatty Liver and Hepatitis, what actually happens in Cirrhosis, the scar tissue replaces the normal parenchyma. There is a specific role of Stellate Cell in development of cirrhosis, which usually stores Vitamin A. When the Hepatic Parenchyma damage due to inflammation of hepatic cells, this process activate the stellate cells and obstructs the blood flow and increase the fibrosis. Chronic injury leads to inflammation, necrosis and then fibrosis. This whole process mainly involves activation of Stellate cells, kupffer cells and damaged hepatocytes, other than that activated platelets are also involved.<sup>[10]</sup> Brief View is shown in the flow chart.

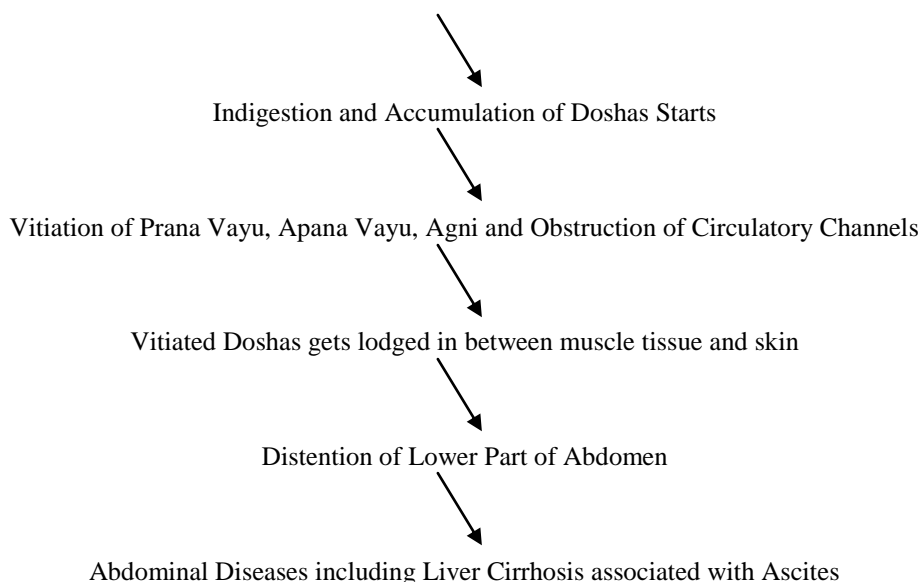


#### Ayurvedic Aspect

Pathophysiology of Liver Cirrhosis as per Ayurveda is considered to be same as the Pathophysiology of Udara Roga (Abdominal Diseases). The two main reasons for Udara Roga (Abdominal Diseases) are Agni Dosha (Defective Digestive Strength) and Mala Vriddhi (Increase in morbid matter or waste product). If the Agni (Digestive Fire) is low and a person intake viruddha ahara (incompatible food), leads to indigestion and after that the Doshas get accumulated. This further leads to

vitiation of Prana Vayu, Apana Vayu and Agni and obstruction of channels of circulation. Here Prana Vayu is one of the forms of Vata Dosha which is considered as Vital Force, Apana Vayu is another form of Vata Dosha which is responsible for elimination of wastes such as urine, faecal matter, etc from the lower part of the body. After that vitiated doshas get lodged between the muscle tissue and skin causing distention of the lower part of the abdomen and give rise to various abdominal diseases including Liver Cirrhosis associated with Ascites.<sup>[11]</sup>





## MATERIALS AND METHODS

**Case Study of a Patient:** A 54 years old, female patient visited Planet Ayurveda's OPD for the first time on 6th December, 2022. At that time she was diagnosed with Liver Cirrhosis and at that time she brought a Fibroscan report dated 21st October, 2022, showing CAP value 360 dB/m and E value 15.4 kPa. After taking treatment for almost 1 year and following a proper diet chart provided to her, the Fibroscan reports came back to normal showing CAP value 250 dB/m and E value 7.7 kPa. From here it reflects that Ayurveda can do impossible things possible and this is the beauty of Ayurveda in the field of Health.

### Patient Case Sheet

**Known Case of (K/C/O):** Liver Cirrhosis

### Diet Chart

Patient followed the diet chart mentioned in Table 1 strictly

**Table 1: Diet Chart for Patients of Liver Cirrhosis.**

To be Avoided	To be Consumed
<b>Lentils and Cereals</b>	
White refined flour and items made up of it	Brown Rice, Millet Chapati, Multi-grain Chapati made up of 50% wheat + 20% gram flour, 10% Barnyard Millet flour, 10% Soybean Flour + 10% Corn Flour, Split lentils (Green Gram and Red Lentil)
<b>All Milk Products to be avoided</b>	
<b>Vegetables</b>	
Ginger, Onion, Cucumber, Garlic, Tomatoes	Coriander, Spinach, Fenugreek Leaves, Mint Leaves, Turnip, Bottle Gourd, Round Gourd, Bitter Gourd, Ridge Gourd, Pumpkin, Boiled Carrot, Capsicum - in less quantity, Cooked Peas, Boiled Beetroot
<b>Dry Fruits</b>	
Cashew Nuts, Pistachio, Raisins	Almonds Max. 5, Figs 1, Dates 1 (All Soaked Overnight), Fox Nuts 5-10
<b>Fruits</b>	
All Citrus Fruits	Steamed Apple & Pear, Papaya, Avocado, Sapodilla, Banana - 1 in a Day, Amla, Guava - in less quantity and Peaches
<b>Spices</b>	
White Salt, Red & Green Chilies,	Fenugreek Seeds, Fennel, Cumin, Coriander, Black Pepper and Rock Salt & Turmeric - in less quantity

**No History of (N/H/O):** Diabetes Type II, Thyroid Issues and Hypertension

**Personal History of:** Hysterectomy

### Chief Complaint of (C/O) during 1 year of treatment:

Pain in right side of arm, Loss of Appetite, Burning and radiating pain in Umbilical region, Frothy Urine, Nausea, Heaviness in Head, Weight Loss, Constipation, Mild Burning Micturation. After one year of Treatment the patient was fine with these symptoms.

### Investigations

Various investigations including Fibroscan were done to evaluate the results.

<b>Flesh Foods</b>	
All Other Non-Veg	Egg Whites - 2 - For Non-Diabetic Only
<b>Others</b>	
Avoid Excessive Intake of Liquids, Juices & Soups and total liquid intake all day including Water should be 1-1.5 litres in case of Ascites	Green Gram Soup, Green Moong Dal Dosa, Semolina Idli, Poha, Millet Poha, Gram Flour Dhokla- Without Chashni, Plain Oats, Millet Porridge, Psyllium Husk, Veg Semolina

### Management

Pure Ayurvedic Treatment was Given to the Patient that is mentioned in Table 2 to Table 4

**Table 2: Treatment for 1st Month and 2nd Month.**

S. No.	Medicine Name	Dosage	Frequency	Vehicle
1.	Yakrit Plihantak Churna	1 teaspoonful	BD	Plain Water
2.	Indian Echinacea	2 capsules	BD	Plain Water
3.	Livo Plan Syrup	2 teaspoonful	BD	Plain Water
4.	Arogyavardhini Vati	2 tablets	BD	Plain Water
5.	Heartburn Capsules	1 capsule	BD	Plain Water
6.	Alkalo Plan Capsules	1 capsule	BD	Plain Water
7.	Amlycure DS Syrup	2 teaspoonful	BD	Plain Water
8.	Liv 52 DS Syrup	2 teaspoonful	BD	Plain Water
9.	Jaundex Tablets	2 tablets	BD	Plain Water
10.	Liv Bond Tablets	2 tablets	BD	Plain Water

**Table 3: Treatment for 3rd Month to 8th Month.**

S. No.	Medicine Name	Dosage	Frequency	Vehicle
1.	Yakrit Plihantak Churna	1 teaspoonful	BD	Plain Water
2.	Indian Echinacea	1 capsule	BD	Plain Water
3.	Liver Detox	2 capsules	BD	Plain Water
4.	Kalmegh Ghan Vati	2 tablets	BD	Plain Water
5.	Liv Plus Capsules	1 capsule	BD	Plain Water
6.	Kamdudha Ras (Plain)	2 tablets	BD	Plain Water
7.	Amlycure D.S. Syrup	2 teaspoonful	BD	Plain Water
8.	Livosyp D.S. Syrup	2 teaspoonful	BD	Plain Water
9.	Jaundex Syrup	2 teaspoonful	BD	Plain Water
10.	Jaundex Tablets	2 tablets	TD	Plain Water

**Table 4: Treatment for 9th Month to 13th Month.**

S. No.	Medicine Name	Dosage	Frequency	Vehicle
1.	Yakrit Plihantak Churna	1 teaspoonful	BD	Plain Water
2.	Indian Echinacea	1 capsule	BD	Plain Water
3.	Digestion Support	1 capsule	BD	Plain Water
4.	Livodin Tablets	2 tablets	BD	Plain Water
5.	Kpiviliv Tablets	2 tablets	BD	Plain Water
6.	Yakrit Sanjeevani Tablets	1 tablet	BD	Plain Water
7.	Swasthiliv Syrup	2 teaspoonful	BD	Plain Water
8.	Belaliv Syrup	2 teaspoonful	BD	Plain Water
9.	Panchsakar Churna	1 teaspoonful	OD	Plain Water
10.	Chandanadi Vati	2 tablets	BD	Plain Water
11.	Vasuliv Syrup	2 teaspoonful	BD	Plain Water

### RESULTS

Main Results that were noticed are in the Fibrosan report that is the normal E and CAP values. CAP value reduced from 360 dB/m to 250 dB/m and E value reduced from 15.4 kPa to 7.7 kPa.

### DISCUSSION

Liver is one of the important organs of our body and without it the human body is incomplete. Nowadays Liver Diseases are increasing to a large extent and the main reason behind the same is wrong diet and lifestyle. People nowadays do not look into this case seriously till their Liver Disease leads to various complications such as Ascites, Hepatic Encephalopathy, etc. Modern

Medical System is providing very expensive treatment for Liver Diseases but with no significant and successful results even after their last choice of treatment is Liver transplant. Ayurveda is a God's gift for healthy human beings which is proven at Planet Ayurveda by giving treatment to a number of Patients suffering from Liver Cirrhosis with various patent and classical Ayurvedic formulations.

Yakrit Plihantak Churna is the blend of eight Ayurvedic herbs and is a wonderful remedy for Liver Problems.<sup>[12]</sup> This churna helps in liver detoxification and rejuvenation and the main work of this churna is Virechana (Medicated Purgation) which is the main line of treatment of all Liver Conditions. Indian Echinacea

capsules and Kalmeghghan Vati is a single herbal formulation of Planet Ayurveda which is made with the herb Kalmegh (*Andrographis paniculata*). This herb consists of hepatoprotective, antioxidant and anti-inflammatory properties.<sup>[13]</sup> Arogyavardhini Vati is a classical ayurvedic formulation which is mentioned in classical texts beneficial in case of Liver Cirrhosis as it helps in cleaning body by purgation and reduces fat accumulation in the body.<sup>[14]</sup> Panchaskar Churna is a blend of 5 herbs and is a miraculous remedy with mild purgative properties. So this is beneficial in relieving symptoms associated with Liver Disease such as Constipation, Indigestion, Abdominal Distention, Abdominal Pain, etc.<sup>[15]</sup>

**Table 5: Ayurvedic Medications used during treatment and their specific actions.**

S. No.	Name of Medicine	Action
1.	Yakrit Plihantak Churna	Liver Detoxification and Liver Cell Rejuvenation
2.	Indian Echinacea	Hepatoprotective, Antioxidant and Anti-inflammatory
3.	Livo Plan Syrup	Promotes Liver Functions
4.	Heartburn Capsules	Acidity, Burning Sensation
5.	Alkalo Plan Capsules	Acidity, Burning Sensation, Burning Micturation
6.	Liver Detox Capsules	Liver Detoxification
7.	Kalmegh Ghan Vati	Hepatoprotective, Antioxidant and Anti-inflammatory
8.	Digestion Support Capsules	Indigestion, Loss of Appetite
9.	Panchsakar Churna	Constipation, Indigestion, Abdominal Distention, Abdominal Pain
10.	Chandanadi Vati	Burning Micturation, Frothy Urine
11.	Arogyavardhini Vati	Constipation, Fat Reduction
12.	Amlycure D.S. Syrup	Promotes Liver Functions
13.	Liv 52 D.S. Syrup	Promotes Liver Functions
14.	Jaundex Syrup	Jaundice
15.	Jaundex Tablets	Jaundice
16.	Liv Bond Tablets	Hepatoprotective and Liver Stimulant
17.	Liv Plus Capsules	Protects Liver Cells, Gas, Acidity, Restore Liver Functions
18.	Kamdudha Ras (Plain)	Acidity, Burning Sensation
19.	Livosyp D.S. Syrup	Loss of Appetite, Indigestion, Balances Bile Flow, Protects Liver Damage
20.	Livodin Tablets	Reduces Bilirubin, Increases Albumin and Detoxify Liver
21.	Kpiliv Tablets	Improves Digestion and Promotes Liver Functions
22.	Yakrit Sanjeevani Tablets	Sluggish Liver, Anorexia, Jaundice, Hepatitis
23.	Swasthi Liv Syrup	Reverse Liver Damage, Reduces Bilirubin, Improves Bile Flow
24.	Belaliv syrup	Stimulate Appetite, Metabolism and Detoxification
25.	Vasuliv Syrup	Prevent Damage of Liver Induced by Toxins and Viruses

## CONCLUSION

The motive of presenting this study is to make people know about the magic of Ayurveda. Where the Modern Medical System fails, Ayurveda makes miraculous changes and makes impossible things possible. This study reveals that the treatment of Liver Cirrhosis, which is impossible as per Modern medical system, is possible in Ayurvedic System or with traditional medicine. As per Ayurveda the main target is to eliminate excessive Pitta which is carried out by medicated purgation (Virechana). Planet Ayurveda provides the same treatment and provides successful results in treatment of Liver Cirrhosis patients, without subjecting them to any kind of side effects.

## ACKNOWLEDGEMENTS

In this case study on the Ayurvedic treatment for liver cirrhosis, I, Dr. Vikram Chauhan, would like to sincerely thank Dr. Meenakshi Chauhan for her significant involvement and cooperation. Her knowledge, commitment, and wisdom have been essential to this study's successful conclusion. I also want to express my gratitude to the entire staff at Planet Ayurveda for their unwavering help and support during this study project. Their dedication to quality and expertise have made this study much better. We especially thank the patient who took part in this research. Her commitment to following the treatment plans and sharing her experiences has been crucial in proving the effectiveness of Ayurvedic treatments for liver cirrhosis. Finally, I would like to

express my sincere gratitude to all of the study participants for their inspiration, belief in the potential of Ayurvedic treatment to produce notable health changes, and support.

## REFERENCES

1. Pathologic Basis of Disease, Stanley L. Robbins, M.D., Ramzi S. Cotran, M.D., Second Edition, The Liver and Biliary Tract, 1045.
2. Davidson's Principles and Practice of Medicine, 17th Edition, C.R.W. Edwards MA MD (Cantab) FRCPE FRCP FRSE, I.A.D. Bouchier CBE MD FRCP FRCPE FFPHM Hon FCP (SA) FI (Biol) FRSA FRSE, C. Haslett BSc (Hons) FRCPE FRCP, 17th Edition, 520. Diseases of Liver and Biliary System.
3. Davidson's Principles and Practice of Medicine, 17th Edition, C.R.W. Edwards MA MD (Cantab) FRCPE FRCP FRSE, I.A.D. Bouchier CBE MD FRCP FRCPE FFPHM Hon FCP (SA) FI (Biol) FRSA FRSE, C. Haslett BSc (Hons) FRCPE FRCP, 17th Edition, 524. Diseases of Liver and Biliary System.
4. Davidson's Principles and Practice of Medicine, 17th Edition, C.R.W. Edwards MA MD (Cantab) FRCPE FRCP FRSE, I.A.D. Bouchier CBE MD FRCP FRCPE FFPHM Hon FCP (SA) FI (Biol) FRSA FRSE, C. Haslett BSc (Hons) FRCPE FRCP, 17th Edition, 525. Diseases of Liver and Biliary System.
5. Davidson's Principles and Practice of Medicine, 17th Edition, C.R.W. Edwards MA MD (Cantab) FRCPE FRCP FRSE, I.A.D. Bouchier CBE MD FRCP FRCPE FFPHM Hon FCP (SA) FI (Biol) FRSA FRSE, C. Haslett BSc (Hons) FRCPE FRCP, 17th Edition, 526. Diseases of Liver and Biliary System.
6. Charaka Samhita, Acharya Vidyadhar Shukla and Prof. Ravi Dutt Tripathi, Volume II, Chikitsa Sthana Chapter No. 16, verse no. 34.
7. Charaka Samhita, Acharya Vidyadhar Shukla and Prof. Ravi Dutt Tripathi, Volume II, Chikitsa Sthana Chapter No. 16, verse no. 37-39.
8. Charaka Samhita, Acharya Vidyadhar Shukla and Prof. Ravi Dutt Tripathi, Volume II, Chikitsa Sthana Chapter No. 13, verse no. 37-38.
9. Charaka Samhita, Acharya Vidyadhar Shukla and Prof. Ravi Dutt Tripathi, Volume II, Chikitsa Sthana Chapter No. 16, verse no. 40.
10. JOUR, Suva, Manoj, 2014/03/20, 1, 6, (A brief review on Liver Cirrhosis: Epidemiology, Etiology, Pathophysiology, Symptoms, Diagnosis and Its Management), Inventi Rapid: Molecular Pharmacology.
11. Deka D. (Cirrhosis of liver: Review from Ayurvedic literature). J Ayu Herb Med., 2017; 3(2): 98-101.
12. Manoj Kumar Pandey, G. N. Singh, Rajeev Kr Sharma and Sneha Lata. (Standardization Of Yakrit Plihantak Churna: An Ayurvedic Polyherbal Formulation). Pandey et al, IJPSR, 2012; 3(1): 171-176.
13. Sachin Annasaheb Nitave and Dr. Kailasam Koumaravelou (Review On Pharmacological Investigation Of Kariyat) Nitave et al, WJPR, 2017; 6(1).
14. Bhaishajya Ratnavali, Kavidas Govind Das Sen, Edited with Siddhi Prada Hindi Commentary by Prof. Siddhi Nandan Mishra, G.A.M.S., H.P.A., [M.D. (Ayu.)], Ph.D., Sahityacharya, Chaukhamba Surbharati Prakashan, Varanasi, Volume I, Kushtharogadhikar, Verse 111-117, 871.
15. Rastantra Sar Evum Siddha Yoga Sangraha, published by Swami Shri Krishnanand Ji Maharaj, 26th Edition, Volume I, Churna Prakaran, 334.