



International Research Journal of Ayurveda & Yoga

SJIF Impact Factor : 5.167
 ISRA Impact Factor 0.415
 ISSN : 2581-785X
 Website : <http://irjay.com>
 Email : editor.irjay@gmail.com

Volume- 3, Issue- 4

Review Article

Ayurveda Management of Alcoholic Hepatitis

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Article received on-30 March
 Article send to reviewer on-18 April
 Article send back to author on-20 April
 Article again received after correction on -29 April

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ABSTRACT-

In Indian population Chronic alcoholism and Alcoholic Hepatitis are commonly encountered. Excessive and chronic intake of alcohol causes liver damage and subsequent Hepatitis. In Ayurveda it is called *Madhyajanya Yakrit Vikara* resembles kamala which is a *pittajanya vyadhi*. *Madya* effects as a poison if a person drinks it in appropriate manner The metabolite of alcohol i.e acetaldehyde causes damage to hepatocytes and causes inflammation of the liver leading to increased formation

of liver enzymes and serum bilirubin in the circulating blood. It causes yellowish discolouration of conjunctiva, urine and skin. There will be symptoms like loss of appetite, body ache, mild fever, weakness in the lower limbs and often itching. Ayurveda management in this include stoppage of alcohol followed by *Vyadhi pratyhanika chikitsa*, adequate rest, *Pathy-apathya prayoga*, walking daily, use of hepato-protective drugs, *Satvavajaya chikitsa*, counseling and *Pranayama* therapy. Alcoholic hepatitis cases can be successfully treated by *Ayurveda medicines*. In this paper *Ayurveda* treatment of Alcoholic hepatitis is discussed in detail.

Key words: *Madya, Madyatyaya, ojus* Alcoholic hepatitis,

INTRODUCTION:

Alcoholism is a very big rising problem in the world. According to W.H.O 38.3% of the global population consumed alcohol. Around 30% of the total population in India consumed alcohol in the year 2010. Alcoholic hepatitis due to alcoholism is a common disease seen in Indian population. Now even younger generation is prone to chronic alcoholism.¹ Alcohol, acute alcoholism, chronic alcoholism and alcohol withdrawal has been mentioned in *Ayurveda* under the heading of *Madhya, mada, madatyaya and panapkaram* respectively. Chronic toxicity of alcohol has been classified into *vataj, pittaj, kaphaj and tridoshaj madatyaya*. According to *Ayurveda Vata and pitta dosha vikriti* along

with *vatahava, sanghavaha, annavaha and rasavaha srotas vikriti* will be found in chronic toxicity of alcohol. *Ayurveda Acharyas* describes the symptoms of *Madatyaya* as *Haridra mootrata, haridra varn twak, akshi, nakha, Mookha, and whole body.*² *Agnimandya, aruchi, bhrama, sometimes raktanetrata, shotha all over the body, daha, avipaka, dourbalya, angasada, and karshya*³. Modern science describes that chronic alcoholism causes initially alcoholic hepatitis. In *Ayurveda* it is called *Madhyajanya Yakrit Vikara* resembles *kamala* which is a *pittajanya vyadhi*. The patients present with signs and symptoms like loss of appetite, yellowish urination, abdominal pain, itching all over the body,

weakness. In hepatocellular jaundice where chronic alcoholism is a main cause.

AIMS AND OBJECTIVES:

1. To evaluate the etio-pathogenesis of Alcoholic hepatitis
2. To study the role of Ayurveda drugs and formulations in the management of Alcoholic hepatitis.

MATERIALS AND METHODS:

Material:-Relevant literature is referred in *Samhitas, Sangraha granthas* and contemporary literature along with personal experiences.

Methodology:- Review study

Literature related to the title is explored from all reliable *Ayurvedic* journals and internet. Conclusion has been drawn from systemic analysis, comparison and rationale.

Ayurvedic management of Alcoholic hepatitis :-

In the management of alcoholic hepatitis there is a lot of medicine described in the *Ayurvedic* texts. For the management of Alcoholic hepatitis drugs indicated in the management of *kamla, kumbkamla pandu roga* are also considered. The drugs selected in the management of alcoholic hepatitis must have the properties mentioned in Table 1.

Table-1 Properties of medicine used in the management of alcoholic hepatitis.

1. Hepatoprotective	9. <i>Rasayana</i>	18. <i>Kashaya rasayukta</i>
2. Hepatic stimulants	10. <i>Tiktarasayukta</i>	19. <i>Medhya</i>
	11. <i>Madhura rasayukta</i>	20. Antistress
3. <i>Virechana</i>	12. <i>Ojaskara</i>	21. Adaptogenic
4. <i>Sramsana</i>	13. <i>Vayasthapana</i>	22. <i>Buddhivardhaka</i>
5. <i>Malavatanulomana</i>	14. Immunomodulator	23. Memory booster

6. <i>Pittahara</i>	15. Immunity booster	24 <i>Swaravatrna prasadaka</i>
7. <i>Poshaka</i>	16. Anti-infective	25. <i>Kantikaraka</i>
8. Nutritive	17. Antimicrobial	26. <i>Kamalahara (Vyadhi Pratyanka)</i>

Table-2 List of drugs and their specific action.

Action	Drugs
Hepato-protective	<ol style="list-style-type: none"> 1. <i>Bhumyamalaki swarasa</i> 2. <i>Katuki kwatha</i> 3. <i>Arogyavardhini vati</i> 4. <i>Pancha tikta kashaya</i> 5. <i>Kirata tikta kashaya</i>
Hepatic stimulants	<ol style="list-style-type: none"> 1. <i>Katukarohini kashaya</i> 2. <i>Kumari Asava</i> 3. <i>Arogyavardhini vati</i> 4. <i>Kirata tikta kashaya</i> 5. <i>Phalatrikadi kashaya</i> 6. <i>Panchatikta kashaya</i>
Virechana	<ol style="list-style-type: none"> 1. <i>Triphala tablets</i> 2. <i>Panchasakara choorna</i> 3. <i>Shatsakara choorna</i> 4. <i>Trivrit leha</i> 5. <i>Draksha kalka</i>
Sramsana	<ol style="list-style-type: none"> 1. <i>Panchasakara Choorna</i> 2. <i>Sonamukhi Choorna</i>

	<ol style="list-style-type: none"> 3. <i>Triphala Kwatha</i> 4. <i>Trivrit Choorna</i> 5. <i>Avipattikara Choorna</i>
<i>Malavatanulomana</i>	<ol style="list-style-type: none"> 1. <i>Triphala kwatha</i> 2. <i>Triphasla Choorna</i> 3. <i>aragwadha kashaya</i> 4. <i>Phalatrikadi Kashaya</i>
<i>Pittahara</i>	<ol style="list-style-type: none"> 1. <i>Kharjuradi mantha</i> 2. <i>Kharjura phala</i> 3. <i>Shadanga paniya</i> 4. <i>Ushiradi Peya</i>
<i>Poshaka , nutritive</i>	<ol style="list-style-type: none"> 1. <i>Godugdha</i> 2. <i>Ashta Kshira</i> 3. <i>Shatavari guda</i> 4. <i>Shatavari swarasa</i> 5. <i>Ashwagandha choorna</i> ⁴
<i>Rasayana</i>	<ol style="list-style-type: none"> 1. <i>Godugdha</i> 2. <i>Phalatrikadi Kashaya</i> 3. <i>Narikela jala</i> 4. <i>Bhumyalaki Kashaya</i>
<i>Tikta rasayukta</i>	<ol style="list-style-type: none"> 1. <i>Mahatiktaka kashaya</i> 2. <i>Pancha tikta kashaya</i> 3. <i>Kirata tikta kashaya</i> 4. <i>Kakamachi swarasa</i>
<i>Madhura rasa yukta</i>	<ol style="list-style-type: none"> 1. <i>Kharjuradi mantha</i> 2. <i>Amalaki Choorna</i> 3. <i>Goksheera</i>

	<ol style="list-style-type: none"> 4. <i>Shatavari rasayana</i> 5. <i>Shatavari swarasa</i>
<i>Ojaskara</i>	<ol style="list-style-type: none"> 1. <i>Gokshira</i> 2. <i>Yashti madhu choorna</i> 3. <i>Masha saktu nirmita Kalpana</i> 4. <i>Kharjura phala</i> 5. <i>Drakshadi kwatha</i> 6. <i>Drakshadi leha</i>
<i>Vayasthapana</i>	<ol style="list-style-type: none"> 1. <i>Guduchi kwatha</i> 2. <i>Amalaki Choorna</i> 3. <i>Chyavanaprashavaleha</i> 4. <i>Amritadi Kashaya</i>
Immunomodulator or immunity booster	<ol style="list-style-type: none"> 1. <i>Guduchi Kashaya</i> 2. <i>Amritottara Kashaya</i> 3. <i>Makaradhwaja</i> 4. <i>Mrityunjaya RASA</i>
Anti infective or Antimicrobial	<ol style="list-style-type: none"> 1. <i>Guduchi Kashaya</i> 2. <i>Phalatrikadi Kashaya</i> 3. <i>Pancha tikta Kashaya</i> 4. <i>Mahatiktaka kashaya</i>
<i>Kashaya rasa yukta</i>	<ol style="list-style-type: none"> 1. <i>Triphala Kashaya</i> 2. <i>Haritaki Choorna</i> 3. <i>Manjishtadi Kashaya</i> 4. <i>Asanadi Kashaya</i>
<i>Medhya or Budhivardhak,</i>	<ol style="list-style-type: none"> 1. <i>Manduka parni swarasa</i> 2. <i>Shankhapushpi syrup</i>

	<ol style="list-style-type: none"> 3. <i>Yashtimadhu Choorna</i> 4. <i>Guduchi Kashaya</i> 5. <i>Jatamamsi Choorna</i>
Anti-stress	<ol style="list-style-type: none"> 1. <i>Manasa mitra vataka</i> 2. <i>Sarpagandha vati</i> 3. <i>Jatamamsi Choorna</i> 4. <i>Tagara tablets</i> 5. <i>Saraswatarishta</i> 6. <i>Ardraka Kashaya</i> 5 7. <i>Muniprajna tablets</i> 6
Memory booster	<ol style="list-style-type: none"> 1. <i>Medhya vati</i> 2. <i>Brahmi swarasa</i> 3. <i>Ashwagandha Choorna</i> 4. <i>Kooshmandavaleha</i> 5. <i>Ashwagandhadi leha</i>
Swaravarna prasadaka and kantivardhak	All <i>rasayana</i> drugs are also <i>swaravarna prasadaka</i>
Kamala hara	<ol style="list-style-type: none"> 1. <i>Godanti bhasma</i> 2. <i>Phalatrikadi kashaya</i> 3. <i>Guduchi kAshaya</i> 4. <i>Yakrudari louha</i> 5. <i>Yakrud plihari louha</i> 6. <i>Arogyavardhini vati.</i>

DISCUSSION:

Chronic use of alcohol causes liver damage which give rise to alcoholic hepatitis. This is of great concern as due to low moral attitudes, even young people go for alcohol and get addicted to it. Chronic alcoholism not only causes health hazards but also makes the person lose money, isolated from the society, mental disorders and antisocial activities. . He gets conflicts among his close relatives and get hatred from them. He will lose responsibility and gets monetary loss. Ayurveda too include *Madatyaya* as a disease and detailed elaboration along with sign and symptoms has been given in *Ayurvedic Samhitas*. Alcoholic hepatitis is the second stage of Alcoholic Liver Disease. In this condition , there will be inflammation of the liver by the toxic metabolite of alcohol. Acetaldehyde formed after the metabolism of ingested alcohol, damages the hepatocytes and results in inflammation. There will be increased levels of SGOT , SGPT and serum total bilirubin. In Ayurveda it is called *Madhyajanya Yakrit Vikara* which is a *pittajanya vyadhi*. *Madya* effects as a poison if a person drinks it in unwholesome manner, irrespective of time of consumption, quantity, without considering its guna and too in

matradhikya. When taken in appropriate quantity *Ojus* is completely afflicted and produces the adverse effects of *Mada*. There is no description of *Madhyajanya Yakrit vikara* (alcoholic liver disorders) as a separate entity in *Ayurvedic texts* but while describing *lakshanas of Madatyaya* the symptoms described is clearly correlated with this disease. There are endless medicine described in the management of Alcoholism and the symptoms arise due to its excess intake. These hepatoprotective, hepatic stimulant and immunomodulatory drugs and formulations protect the liver cells from further damage by the acetaldehyde and helps in the restoration of the organ .

CONCLUSION:

From the review of the above it is concluded that *Ayurveda* have potential to manage the patient of alcohol toxicity and addiction by using therapeutic drugs and procedures to calm down withdrawal effect to reverse toxicity and rehabilitation. *Ayurveda* is traditionally skill full in treating liver diseases since centuries and the drug toxicity appears to be less as compared to conventional medicine. Thus Ayurveda will play a major role in the management of alcohol induced hepatitis and to make addiction free world.

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