

Fatty Liver: A Homoeopathic Approach

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ABSTRACT

An unhealthy lifestyle causes a variety of health concerns in today's world. A fatty liver, or accumulation of fat in the liver, is one such ailment. The liver is the body's second largest organ. Fatty liver, commonly known as Fatty Liver Disease, is a reversible illness in which huge vacuoles of triglyceride fat build in liver cells through the steatosis process. This review article provides detailed information about fatty liver disease and the role of general management in its therapy.

Keywords: Life style, Obesity, Liver, Fat, Fatty Liver, Homoeopathy.

INTRODUCTION

The liver is considered as the body's metabolic factory. Fatty liver, also known as Fatty Liver Disease, is a reversible illness in which enormous vacuoles of triglyceride accumulate in liver cells due to steatosis (abnormal retention of lipids within a cell). Despite having various causes, it is a frequent result of today's lifestyle. Fatty liver is a singular condition that affects people all over the world who consume too much alcohol and are fat (with or without insulin resistance). The issue is also linked to other disorders that affect fat metabolism. Morphologically, it is difficult to discriminate between alcoholic and non-alcoholic Fatty Liver Disease, as both exhibit microvesicular and macrovesicular fatty alterations at different stages. Alcoholic steatosis or Non-Alcoholic Fatty Liver Disease (NAFLD) may be used to describe fatty liver, and the more severe variants as Alcoholic Steatohepatitis (part of

alcoholic liver disease) and Non-Alcoholic Steatohepatitis (NASH).

EPIDEMIOLOGY

In various nations, the prevalence of Fatty Liver Disease in the general population ranges from 10% to 24%. Magnetic resonance spectroscopy detects hepatic steatosis in 31% of adults in the United States and 33% of potential live liver donors undergoing liver biopsy. Ultrasound shows fatty abnormalities in the liver in 12.9% to 16.4% of people. The prevalence of steatosis is higher in men and in particular ethnic groups. The prevalence rises with age, from 2.6% in toddlers to 26% in those aged 40 to 59. NAFLD is more common in patients with diabetes (50%) and obesity (76%), and it is nearly universal in diabetics who are severely obese. NASH is also influenced by obesity, diabetes, and the metabolic syndrome.

AETIOLOGY

A fatty liver is frequently linked to alcohol consumption or the metabolic syndrome, which includes diabetes, hypertension, obesity, and dyslipidemia, but it can also result from any number of other factors.

Metabolic

Disorders related to glycogen storage, abetalipoproteinemia Acute fatty liver of pregnancy, Weber-Christian disease, and lipodystrophy

Nutritional

Significant weight loss, refeeding syndrome, jejunoileal bypass, gastric bypass, and

jejunal diverticulosis with bacterial overgrowth are all examples of malnutrition.

Toxins and drugs

Environmental hepatotoxins (such as phosphorous and mushroom poisoning), methotrexate, diltiazem, expired tetracycline, very active anti-retroviral medication, glucocorticoids, and tamoxifen

Alcoholic

Alcoholism is one of the main causes of fatty liver because it causes the liver to produce hazardous byproducts such as aldehydes when it processes alcohol. The most frequent occurrence of this syndrome is prolonged alcoholism.

Other

HIV, hepatitis C (particularly genotype 3), alpha 1-antitrypsin deficiency, and inflammatory bowel disease.

CLINICAL FEATURES

Mild fatty liver typically has no symptoms. During normal tests, it is unintentionally found. However, some people may experience symptoms that are frequently hazy.

- Malaise, or extreme suffering that makes a person wish to rest, even after moderate effort, fatigue
- Abdominal fullness and heaviness, especially in the upper right corner
- On occasion, pressure may cause pain in the liver.
- Unchecked fatty liver, however, can develop into the potentially fatal cirrhosis. After that, signs of liver failure start to appear.
- Jaundice, a yellowish skin pigmentation, and black urine.
- Loss of weight
- Nausea and diarrhoea
- Reduced appetite
- Abdominal distension (caused by ascites, an accumulation of fluid in the abdomen)

- This is an emergency if you have poor memory, attention problems, dull ideas, or mental disarray.
- Depression

DIAGNOSIS

Majority of people are Asymptomatic that are only detected by chance due to abnormal liver function tests or hepatomegaly unrelated to health issues.

The spleen may expand in numerous situations.

Liver enzyme levels could rise. The SGPT and SGOT or AST and ALT readings may be higher than normal.

Triglyceride levels could also be excessive. Others diagnose considering the medical history backed up by blood tests, medical imaging, and a liver biopsy

General Management

Maintaining a healthy lifestyle and losing weight are crucial components in treating fatty liver. Losing about 10% of one's body weight or in accordance with BMI makes sense. Even half of it will help the situation. Insulin resistance is frequently caused by fatty liver. This indicates that although your body has enough insulin, it is unable to use it effectively. Your blood's level of glucose rises as a result.

This glucose is converted to fat in the liver. Your body can more effectively utilize the insulin that is available if you increase the intake of some healthy fats in your diet. Therefore, increasing monounsaturated fat and Omega-3 fatty acid intake is beneficial. Fish, almonds, flaxseed, olives, and green leafy vegetables are good sources of them. Saturated fats should also be avoided because they can easily lodge in the liver. Red meat, poultry, fried foods, sugary or aerated drinks, and fried foods all include these saturated fats. Quit alcohol and smoking.

HOMOEOPATHIC MANAGEMENT

Homoeopathy is a scientific medical approach that has some excellent treatments

for fatty liver. It's critical to realize that homeopathy chooses the best treatment based on the patient's overall symptoms, not just the disease diagnostic label.

Similar to allopathy, these medications have a more specialized nature and focus exclusively on the disease process affecting the liver. Here is a list of some of the homeopathic treatments for fatty liver. These are based on the patient's entire symptom profile, not simply the disease designation

CHELIDONIUM

The right upper abdominal ache and tightness under the right shoulder are this medication's most frequent symptom. Additionally, the liver may expand. In this person, constipation is typical. As the stool moves through, it assumes the shape of hard balls. Along with nausea and vomiting, there is often an enlarged abdomen. The sufferer is impacted by their severe frailty. The best treatment for jaundice in a patient with fatty liver is chelidonium. The desire for really hot food and drinks is a typical symptom that supports choosing to have this treatment.

LYCOPodium

It is a natural remedy that can help with symptoms of fatty liver, such as gas and acidity. The patient complains of bloating or stomach distension after eating. Feeling of belly bloat. Belching that burns is another typical symptom. A modest bit of food can make you feel stuffed to the gills. The patient experiences pain and heaviness in the right upper part of the abdomen. The symptoms typically get worse in the evening. The person's condition is aggravated by farinaceous meals. It's possible that your cravings for sweets and hot beverages are abnormally intense.

PHOSPHORUS

When there is increased thirst along with other signs of a fatty liver, it is one of the best homeopathic treatments available. The patient finds warm water uncomfortable,

and as soon as it warms up in the stomach, they vomit it out. The patient is typically tall and slim. There is a light and empty feeling in the stomach. Lying on the left side makes the pain worse.

NUX VOMICA

When excessive alcohol consumption is the cause of fatty liver, homeopathy offers the most effective treatment. It is utilized to treat abdominal pain that begins a few hours after eating and resembles a stone in the stomach. Belching that tastes sour or bitter goes along with the discomfort. Constipation with an ineffectual need to urinate or poop is a key sign that Nux Vomica is the right treatment for fatty liver. On the other hand, the stool is uncomfortable and insufficient. Abdominal pain is relieved by-passing excrement, but the need to do so quickly follows. The patient has a craving for fatty, spicy, caffeinated, and alcoholic foods and drinks.

CALCAREA CARB

The person is overweight and flabby, with additional fat throughout their entire abdomen and in their liver. The extra fat in the liver can be effectively removed with this treatment. Digestion is especially slow in persons who have been constipated for a long time. Usually, the stomach is swollen. Milk should not be consumed by these folks. Among the documented constitutional symptoms are cravings for strange items like chalk and pencils or boiled eggs. Cold sensitivity and profuse head sweating are other symptoms.

BRYONIA

Liver region swollen, sore, tensive stitching and burning pain. Tenderness in abdomen with fatty liver., Constipation, stool hard and dry, with yellow pale skin.

CARDUS MARIANUS

For fatty liver. Soreness in liver region. itching of skin with yellowish discoloration. Pain in region of liver. left lobe very

sensitive., stool hard difficult, knotty, hyperaemia of liver with jaundice

CONCLUSION

Although fatty liver disease is a common condition, it needs to be treated very away to prevent serious long-term effects. The underlying etiology of fatty liver disease is the foundation of the conventional treatment. Fatty liver disease can be treated holistically with homeopathy by enhancing the liver's normal function without causing side effects or drug reliance.

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