



## “AN INTEGRATIVE AYURVEDIC APPROACH WITH VIRECHANA KARMA AND SHAMANUSHADHA FOR HEPATOMEGALY BY NAFLD IN YOUNG AGE, A SINGLE CASE STUDY”

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### ABSTRACT:

The most common disease in the world is Fatty liver in youngsters nowadays, due to Lipid accumulation, mostly triglycerides in liver cells it leads to increasing in liver weight.

A 26yr old female Grade 2 Fatty liver suffering with weakness, abdominal pain, bloating, heaviness and constipation admitted to the Hospital of Institute of Ayurveda Major SD Singh University, Bhojpur, Fatehgarh Farrukhabad, Uttara Pradesh, India. On examinations revealed altered Alanine transaminase, fasting blood glucose, total cholesterol, low density lipoprotein, and triglycerides. Patient was diagnosed Grade2 Fatty liver by Sono logically. Patient was treated with ayurvedic treatment. Patient was assessed for improvement in signs and symptoms, haematological parameters and quality of life. After 3 months significant improvement was observed in signs and symptoms. All the parameters were within normal limits. This case shows the value and potential of Ayurveda in managing non-alcoholic fatty liver disease and obesity.

**Keywords:** NAFLD, Obesity, Fatty liver, Alanine transaminase, fasting blood glucose, total cholesterol, low density lipoprotein, triglycerides

### INTRODUCTION

NAFLD is a disease of affluent society which increase in prevalence in proportion to rise in obesity<sup>1</sup>. Men and Women both are equally affected with hypercholesteremia it is reported that 32% of adult population in India affected by NAFLD. Insulin resistance and iron overload leads to inflammation

and fibrosis of Liver. In NAFLD the ALT is normally higher than the AST. Elevated ALP level is seen in 30% cases.<sup>2</sup> NAFLD are asymptomatic but detection by raised liver enzymes with symptoms like dyspepsia, malaise, anorexia, pruritis, obesity, irregular periods ALT is more than AST with Ultra sound changes Fatty liver and Hepatomegaly. In Ayurveda it is Yakruith vikara in Modern Medicine there is no effective medicines for NAFLD but in Ayurveda Virechana proves to be effective management of Yakruith vikaras.

## MATERIALS AND METHODS

Patient with symptoms of loss of appetite, obesity, irregular periods, acne on the face advised routine Blood examination like CBC, LFT, USG Abdomen and diagnosed as NAFLD by examining Agni and Koshta Snehana, Swedana followed by Virechana, samsarjana karma for 7 days. After samsarjana karma advised shamanaushadhis for 3 months Advised to repeat LFT and Usg Abdomen.

**Table no :1 Chikitsa Vivarana**

Sl.No	Shodhana/Shamana Chikitsa	Aushadhi	Dose/Duration
1.	Deepana/Pachana	Chitrakadi vati	1 Tid for 3days
2	Sneha Pana	Panchatikta Ghrita <sup>[3]</sup>	1 <sup>st</sup> Day = 30 ml 2 <sup>nd</sup> Day=60 ml 3 <sup>rd</sup> Day= 100ml 4 <sup>th</sup> Day= 120 ml
3.	Virechana	With Trivruth leha <sup>[4]</sup>	60grms
4.	Samsarjana karma	-	For 5 days
5.	Shamanoushadhi	Amrutotthara Kashaya <sup>[5]</sup>	15ml Tid After Food
		Tab Nirocil	1 Tid After Food
		Tab Arogyavardini vati <sup>[6]</sup>	2 Bid After food

**Table no :2 Result evaluation**

BMI, Body Weight, ALT and AST are evaluated before after treatment which are given in table before and after.

Parameters	Before Treatment	After Treatment
BMI	24.9 kg/m <sup>2</sup>	21.5kg/m <sup>2</sup>
Weight in Kg	59	51
ALT	101.70	70.70
AST	55.80	51.35
HbA1C	6.50	5.70
LDL CHOLESTEROL	108.32	99.42
HDL CHOLESTEROL	24.70	40.20

## DISCUSSION

NAFLD not treated properly leads to Liver cirrhosis and Carcinoma. In Ayurveda it is corelated with Yakruith vikaras due to Pitta Dosha. Virechan is effective treatment for Pitta Dosha vitiation there is no effective treatment in Modern Medicine. The remarkable change the parameters like LDL, HDL and Total Cholesterol. Hepatomegaly reduced with reduction of Fatty changes.

## CONCLUSION

The present case highlights that Virechana Karma <sup>[7]</sup>, when administered with proper Ayurvedic protocol, can play a significant role in reducing hepatomegaly in young individuals. Marked improvement in clinical symptoms, reduction in liver size, overall digestive and metabolic functioning were observed after the treatment. The outcome suggests that Panchakarma therapy, particularly Virechana may serve as a safe, effective, and holistic management approach for hepatomegaly in youngsters. However, larger clinical studies are recommended to validate these findings and establish standardized guidelines for its therapeutic use.

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