

A Clinical Study of Alcoholic Liver Disease and its Homoeopathic Treatment

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Abstract: Alcoholism and Alcoholic Liver Disease is prevalent from centuries. It affects both mind and body. Alcoholic Liver Disease is a term that encompasses the liver manifestation of alcohol overconsumption, including fatty liver, alcoholic hepatitis, and chronic hepatitis with liver fibrosis or cirrhosis. Homoeopathic medicines work both for mental and physical condition of the patient suffering from alcoholic liver disease. An exploratory study was done on random 50 case of Alcoholic Liver Disease with period of six months at Sri Guru Nanak Dev Homoeopathic Medical College and Hospital, Ludhiana (Punjab). **Objective:** A Clinical Study of Alcoholic Liver Disease and its Homoeopathic Treatment. **Result:** Homoeopathic medicines respond very well in all three stage of alcoholic liver that are Alcoholic Fatty liver, Alcoholic Hepatitis and Alcoholic Cirrhosis. **Conclusion:** from this study it is concluded that following medicines Lyc, Fl-ac, Chin, and Nux-v were frequently used and showed excellent improvement in cases Alcoholic Liver Disease.

Keywords: Acoholic Liver Disease, Homoeopathy

1. Introduction

Alcoholic Liver Disease is the term used to describe the spectrum of liver injury associated with acute or chronic alcoholism. Manifestation can be fatty liver, alcoholic hepatitis and chronic hepatitis with fibrosis or cirrhosis. Alcohol remains the major cause of liver disease worldwide. Quantity and the duration of alcohol intake are the most important risk factors involved in the development of alcoholic liver disease. Indians develops cirrhosis with smaller quantity and duration of alcohol intake. Genetic predisposition, nutritional deficiencies, hepatitis C infection are the main risk factors.

Homoeopathy as a healing art looks into every person as a whole being not just his single part, in both health and disease, more so when fall ill. Each individual is different from another. It is therefore imperative that people respond in various ways when confronted with the same disease condition. Health implies both mental and physical well being. It would therefore be unfair on the part of the physician to focus all his attention on physical manifestation of the disease individual, while totally disregarding his mental and emotional aspects. Allaying the physical symptoms alone does not guarantee permanent cure. Hence, both mind and body symptoms were taken.

2. Material and Methods

Study Setup: A exploratory study was conducted on patients those attended OPD, IPD and peripheral dispensaries of Sri Guru Nanak Homoeopathic Medical College and Hospital, Ludhiana (Punjab).

Subject: 50 cases of alcoholic liver disease were taken for the study.

Inclusion Criteria: 30 to 70 years only male, of all socioeconomic status.

Exclusion Criteria: all paediatric cases, female cases, old aged and patient with other complication.

Assessment and Follow Up: Follow up has been taken at every 15 days.

3. Results

About 50 patients were involved in this study. Out of which, 6 patients were completely cured i.e. 12%, 33 patients about 52% have shown improvement and only 11 patients that is 36 %were not improved. Most prescribed medicines were Lyc, Fl-ac, Chin, Nux-v, Crot -h, Phos, and Sulph.

4. Conclusion

This study showed remarkable results with improvement in 33 cases and proper cure in 6 cases. It proved that Homoeopathic are very effective in alcoholic liver disease when prescribed on the basis of proper symptom similarity.

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Conflict of Interest

The author declares that there is no conflict of interest.

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