15ᵗʰ World Congress on Gynecology, Obstetrics and Womens Health

17ᵗʰ International Conference on Traditional Medicine and Acupuncture

9ᵗʰ World Summit on Cancer Science and Oncology

May 26, 2022| Webinar

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Ayurveda management of alcoholic liver disease

Incidence of Liver disorders is increasing day by day in India as well as in the whole world. Chronic alcohol consumption will lead to diseases of multiple organs. Alcoholic liver disease is such a disorder which occurs due to chronic ingestion of alcohol. It is of three stages.

1. Alcoholic stenosis or fatty degeneration of the liver

2. Alcoholic hepatitis

3. Alcoholic Cirrhosis

Ayurveda medicine is effective in ALD. Use of disease specific Ayurveda medicines, practice of pathyapathya, diet therapy, panchkarma, counseling and practices of yoga and pranayama are beneficial in the management of ALD. Hepatoprotective hepatic stimulant, choalagauge, Rasayana, balya, brimhana, poshaka, nutritive, ojaskara and vayasthapana drugs is helpful in the management of ALD. Drugs like Arogyavardhini vati, Phalatrikadi Kashaya, pravala panchamrita Rasa, mukta panchamrita Rasa, Kamadugha Rasa, kharjuradi Mantha, katuki kashaya, triphala tablets, pravala pishti, mukta pishti, pravala bhasma, mukta bhasma and guduchi kashaya are useful in this disease.

The present paper highlights about the Ayurveda management of Alcoholic liver disease.

Key words: Alcoholic liver disease, Rasayana, Ayurveda.

Speaker Biography

Shripathi Acharya G is working as a Director (Academic), Department of PG Studies and Professor and HOD of PG and PhD department of Kayachikitsa, Muniyal Institute of Ayurveda Medical Science, Manipal. He worked as an Observer in RGUHS examination twice at COPS Manipal and Squad Chief, once at St John's Medical College, Bangalore.

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