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Ayurveda management of liver disorders

Shripathi Acharya G

Muniyal Institute of Ayurveda Medical Sciences, Manipal, India

Liver disorders are becoming common in both Indian populations as well as in the whole world. Either due to altered lifestyle, faulty food habits, environment pollution or due to psychological stress liver diseases incidence has been raised. Chronic Alcoholism or administration of hepatotoxic drugs will ultimately end up with liver disease. Alcoholic liver disease, viral hepatitis, cirrhosis of the liver and hepatocellular carcinoma are the common disorders seen. Ayurveda physicians give disease specific Ayurveda medicines, diet therapy, pathyapathya prayoga, use of hepatoprotective drugs, moderate exercises, and practice of yoga and pranayama in the management of liver disorders. Ayurveda physicians use Phalatrikadi kashaya, guduchi kwatha, arogyavardhini vati, bhumyamalaki choorna, kumari asava, and katuki kashaya and pravala panchamrita rasa in these patients. Ayurveda drugs and formulations are containing ingredients with actions like dipana, pachana, hepatoprotective, hepatic stimulant, rasayana, immunomodulator, anti-infective, antibacterial, bactericidal, and jivaniya actions. Wholesome diet is milk, fat free food, easily digestible food items, watergaurd, and radish. Unwholesome food is fat containing food, spicy, and condiments and excessive salt. Ayurveda medicines are having positive role in the management of liver disorders.

Key words: Ayurveda, Rasayana, Hepatoprotective, liver disorders.

Biography

Shripathi Acharya G is working as Director Academic in Muniyal Institute of Ayurveda Medical Sciences Manipal India since 23 years. He had done Post graduation in Kayachikitsa from Institute of Medical Sciences, Banaras Hindu University, Varanasi and PhD from Sampurnananda Sanskrit University Varanasi. He had authored 14 books on Ayurveda including Researches in Ayurveda and Updated Ayurveda. He had guided 15 PG scholars and authored more than 150 research and review papers which have been published in national and international peer reviewed journals so far. He had presented research papers in Philadelphia USA, Glasgow, UK, Beijing China, Singapore, Milan Italy, Colombo, Sri Lanka, Dhaka, Bangladesh and Chiang Mai, Thailand. He had also done oral presentations in webinars hosted in various cities like Hong Kong, Amsterdam, Johannesburg, London, Paris, Zurich, Taipei, Bangkok, Koulalampur, Washington and Manchester. He had received prestigious awards like Research excellence award, Hyderabad, Eminent educationist award, Bangalore, Teaching excellence award, Mumbai, Best paper award, Belgaum, Best Ayurveda Nephrologist award, BHU, Dhanvantari award, USA, Aryabhata award Newdelhi, Global Shanthi Samman award 2021, Srinagar, and Rashtra Prerana award, Indore He was a member of ISPOR, New jersey, SFE, Kolkata, Vigyan Bharathi, New delhi, and SVAK, Bangalore.

e: shripathi_acharya@yahoo.co.in