

WORLD LIVER CONFERENCE 2018

May 25-26, 2018 | New York, USA

Clinical evaluation of hepatoprotective effect of *Bhumyamalki (Phyllanthus amarus)* and *Phaltrikadi* decoction (an ayurvedic herbal composition) in patients of acute viral hepatitis

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Background: Hepatitis infection has become a major worldwide health problem because the potential nature of course of the disease to cirrhosis and the hepatocellular carcinoma (HCC). Acute viral infection is the most common cause of all forms of hepatitis. The viral hepatitis have been thought to be self-limiting in nature but sometimes majority of patients of viral hepatitis have been observed ending up with a serious complications like hepatic failure, etc. So, the clinical study was planned to evaluate the hepatoprotective effect of *Bhumyamalki (Phyllanthus amarus)* and *Phaltrikadi* decoction (an Ayurvedic herbal composition) on scientific parameters.

Aim and objectives: To clinically evaluate the hepatoprotective effect of *Bhumyamalki (Phyllanthus amarus)* and *Phaltrikadi* decoction in patients of acute viral hepatitis.

Materials and Methods: This prospective, clinical trial was conducted at Department of Medicine, Desh Bhagat Ayurvedic College & Hospital, Mandi Gobindgarh, Punjab. Only those patients were selected for clinical trial, who presented themselves with anorexia, nausea, vomiting, low grade fever, weakness, dark urine, jaundice and tender hepatomegaly with abnormal liver function test (LFTs). Each

patient was subjected to series of laboratory tests such as serum bilirubin, AST, ALT, serum alkaline phosphatase, HbSAg, HCV and liver ultrasound before treatment, after 15 days of treatment and after one month of treatment to know the extent of liver damage as well as the rate of response to trial drugs. In the clinical trial, three groups of patients of viral hepatitis have been studied to evaluate the hepatoprotective effect of *Bhumyamalki* and *Phaltrikadi* decoction. The first group was given 50 ml of freshly prepared *Bhumyamalki* decoction, made from 10 gm of crude drug, twice daily. The second group was given a standardized decoction of herbal composition *Phaltrikadi* decoction, in a dosage of 50 ml made from 10 gm of crude drug, twice daily. The third group was given 100 gm of glucose powder daily.

Observations and Results: The trial was conducted for one month and liver functions test were periodically evaluated to assess the hepatoprotective effect of drugs under trial. At the end of the trial, group first and second exhibited hepatoprotective efficiency over the control.

Conclusion: Thus it can be concluded that *Bhumyamalki* and *Phaltrikadi* decoction drugs are effective in the management of acute viral hepatitis.