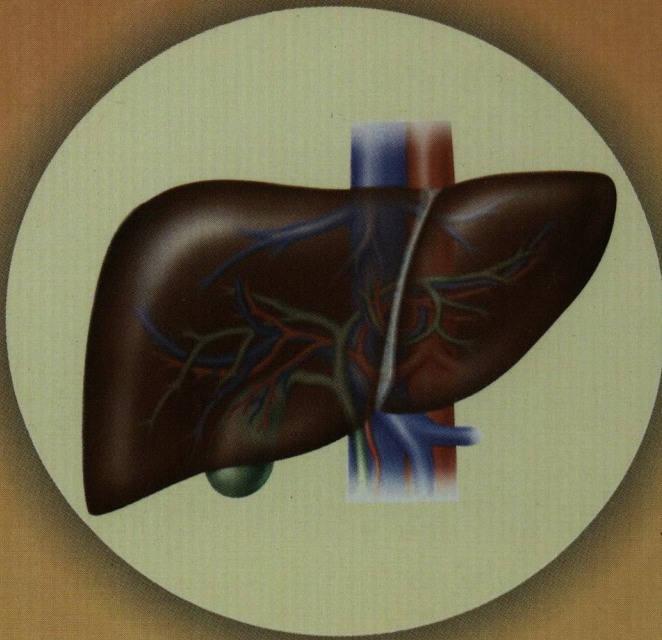


Ayurvedic Management of

HEPATITIS

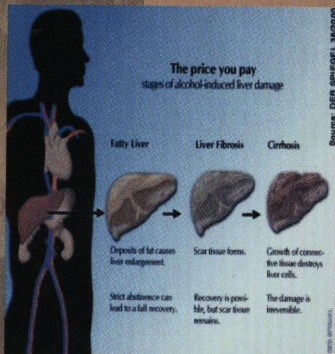
(YAKRIT VRIDDHI)



CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES
Ministry of AYUSH
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)
Government of India

According to Ayurveda viciated blood and kapha dosha are main course of yakrita vriddhi Hepatitis is a condition of yakrita vriddhi.

NIDANA (ETIOLOGY)



FAULTY DIET HABITS & LIFESTYLE

- Consumption of unwholesome, dry, stale and more spicy food
- Excessive and regular consumption of alcohol
- Infections (Viruses - Hep. A, B, C, D, E)
- Improper use of certain drugs

Signs & Symptoms

- Abdominal pain
- Abdominal distension
- Heaviness in abdomen
- Loss of appetite
- Low grade fever
- Fatigue
- Anaemia
- Thirst
- Jaundice



Management

Panchakarma - Cleansing Therapy
Some important Drugs -



Shigru (*Moringa oleifera*)

Patola (*Trichosanthes dioica*)

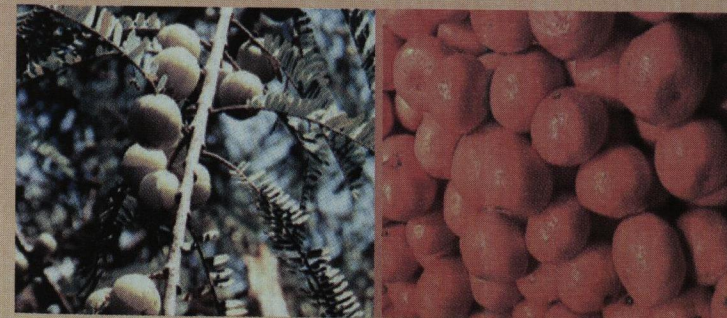
Ayurvedic Medicine:

- Katuki (*Picrorhiza kurroa*)
- Bhumyamalaki (*Phyllanthus amarus*)
- Punarnavasava
- Arogya vardhini vati



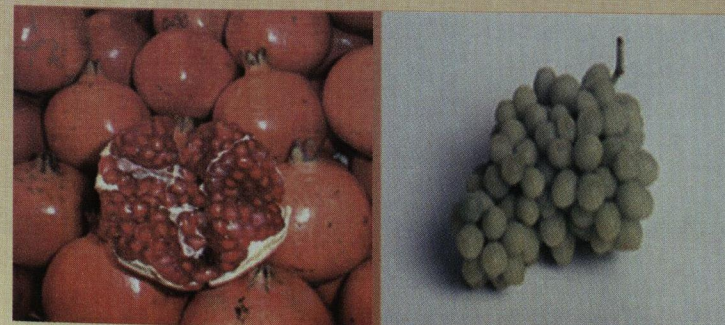
Pathya (DOs)

- ✓ Patient may be kept on restricted diet for few days
- ✓ Food consists of - Sali variety of rice, Yava (Barley) Mudga (Moong dal), Cows milk, butter milk
- ✓ Ardraka (Ginger), Rasona (Garlic), Leaf & fruit of Patola (*Trichosanthes dioica*), Punarnava (*Boerhavia diffusa*), Leaves of Shigru (*Moringa oleifera*) Leaves of Makoy (*Solanum nigrum*)
- ✓ Fruits - Amla, Anar (Pomegranate), Draksha (Grapes), Papita (Papaya), Santra (Orange), Nimbu (Lemon) etc



Amla (*Phyllanthus emblica*)

Orange (*Citrus reticulata*)



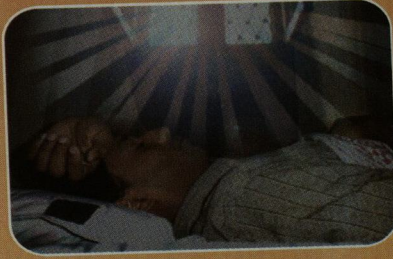
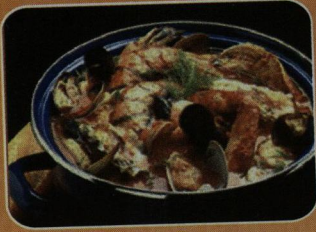
Dadima (*Punica granatum*)

Grapes (*Vitis vinifera*)



Apathya (Don'ts)

- X Fatrich, heavy diet
- X Food with pesticide contamination
- X Excessive consumption of alcohol
- X Excessive exercise
- X Day time sleep



CCRAS Contribution

Clinical studies to demonstrate the efficacy Ayurvedic Medicine

- Combination of Punarnava Mandura and Arogya vardhini vati
- Katukyadi yoga
- Kumari asava

Further information can be obtained from :

Director General

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