



RESEARCH ARTICLE

MANAGEMENT OF CHRONIC LIVER DISEASE WITH HOMEOPATHY

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ABSTRACT

This Chronic liver disease refers to a progressive condition affecting liver function due to factors like fatty liver, infections, or toxin exposure, often leading to inflammation and fibrosis. A 24-year-old male came to Dr Batra's Panchkula clinic with grade 1 fatty liver and a 4-year history of elevated liver enzymes sought homeopathic treatment. Within just one month of homeopathic intervention, his liver function tests normalized, highlighting the potential of a holistic approach to manage CLD effectively while improving overall health and immunity.

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INTRODUCTION

Chronic liver disease is a long-term condition characterized by progressive damage to liver tissue. It commonly manifests as fatigue, jaundice, abdominal pain, and metabolic disturbances, gradually impairing liver function. Contributing factors include lifestyle habits, genetic predisposition, and underlying health conditions. CLD can lead to complications such as cirrhosis, portal hypertension, or liver failure if left untreated. Early diagnosis and holistic management are crucial to prevent progression and improve the patient's quality of life.

Case Profile: A 24-year-old male presented with a 4-year history of persistently elevated liver function tests, with no major history of liver infections or hepatitis. An ultrasound revealed a fatty liver. The patient was born prematurely at 7 months, with underdeveloped lungs, leading to recurrent cold, cough, and fever throughout his life. He has been intermittently on allopathic medications due to low immunity. His current symptoms include frequent sneezing with cold and cough.

Life space: A 24-year-old male is preparing for competitive government exams after completing a B.Tech degree. He has a strong sense of individuality and avoids friendships, believing they can lead to negative influences or unnecessary expenses. He prioritizes self-improvement, enjoys reading about investments, and aspires to settle early in life. Despite his reserved nature, he is emotionally expressive and confides in his mother about his health fears, driven by past family experiences with illness. His father passed away from mouth cancer seven years ago, which deeply influenced his cautious approach to health. He prefers solitude and avoids socializing, fearing the potential for bad influences. He dislikes when conversations are interrupted, especially when people prioritize others over him. He exhibits a controlled temperament, rarely expressing anger outwardly, and has a practical mindset, focusing on what others typically overlook. Earlier, he enjoyed playing football, but now he dedicates his time to improving his health and future prospects.

Physical General:

Appetite	Good
Cravings	Salty
Aversions	None specified
Thirst	Less, < 1 liter/day
Likes	Cold water
Perspiration	On exertion
Urine	Normal, 5-6 times/day
Stool	Satisfactory
Diet	Non-vegetarian, stopped 1 year ago
Thermals	Ambithermal
Sleep	Sound sleep, but always feels sleepy
Dreams	None specified

Past History

Birth History: Premature, incubated for liver formation frequent illness requiring antibiotics.

Family History: His family history includes hypothyroidism in his mother and throat cancer in his late father.

Case analysis: Reportorial totality.

Repertory used	Rubrics selected
Kent Repertory	Mind – Abrupt Mind – Activity desire – creative activity Mind – Ailments from – discord between chief and subordinates Mind – anger - easily

Repertory Screenshot

Remedies	f/c.	nux-v.	lach.	nuclm.	staph.	ars.	aur.	calc.	graph.	sep.	sulph.	hep.	heuroin.	sil.ac.	lign.	cham.	phos.	merc.	plat.	puis
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Symptoms Covered	5	4	4	4	4	3	3	3	3	3	3	3	3	3	2	2	2	2	2	2
Intensity	10	10	6	6	5	5	5	5	4	4	4	3	3	3	5	4	4	3	3	3
Result	5/10	4/10	4/6	4/6	4/5	3/5	3/5	3/5	3/4	3/4	3/4	3/3	3/3	3/3	2/5	2/4	2/4	2/3	2/3	2/3
Clipboard 2																				
MIND - ABRUPT	1	3	2	1	2	1		3	1	2	1	1	1	1		1		1	1	2
MIND - ACTIVITY - desires activity - creative activity	1		2		1		1	1			2		1				2	2		
MIND - AILMENTS FROM - deceived; from being	3	2	1	3	1		3			1					4					1
MIND - AILMENTS FROM - discords - chief and subordinates; between	2	2	1	1			3		1		1	1		1						
MIND - ANGER - easily	3	3		1	1	1	1	1	2	1		1	1	1	1	3	2			2

Selection of Remedy

Remedy	Reasons
Lachesis 200 Cholestrinum 6x	<ul style="list-style-type: none"> • Lachesis 200: Suitable for the patient’s emotional expressiveness, fear of impending illness, and tendency to avoid company. Lachesis also addresses the aggravation from cold water and sour/spicy foods, along with the recurrent throat pain and fever. • Chelidonium 6X: Ideal for the patient's history of elevated liver function tests and fatty liver, along with his premature birth and underdeveloped liver, addressing liver-related issues and assisting in improving liver function.

Miasmatic Approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Mind – Abrupt	Yes			
Mind – Activity desire – creative activity	Yes			Yes
Mind – Ailments from – discord between chief and subordinates	Yes	Yes		
Mind – Anger – Easily	Yes		Yes	

MATERIALS AND METHODS

Kent Repertory

Results

Month	Progress	Prescription
1 st Month	Weight 47.2 kg, liver functions improved, reports normal, no weakness	SAC-L 30C, 2 doses 2/1 Days, Cholesterinum 6X, 2 doses 2/1 Days
2 nd Month	75% improvement, active, taking care of diet and lifestyle	SAC-L 30C, 2 doses 2/1 Days, Cholesterinum 6X, 2 doses 2/1 Days
3 rd Month	75% improvement, no weakness, overall better	SAC-L 30C, 2 doses 2/1 Days, Cholesterinum 6X, 2 doses 2/1 Days

DISCUSSION & CONCLUSION

A 24-year-old male with elevated liver function tests and a history of fatty liver improved significantly with homeopathic treatment, including Sac Lac and Cholesterinum. His LFTs normalized within four months, demonstrating the potential of homeopathy in managing liver conditions and highlighting the importance of addressing diet and immunity.

Acknowledgments

I take this opportunity to thank those who have helped and supported me personally and professionally during this case study.

The transformation

BEFORE TRANSFORMATION

Test Description	Observed Value	Reference Values
LIVER FUNCTION TEST (LFT)		
Total Bilirubin	1.68	≤ 1.2 mg/dL
Direct Bilirubin	0.59	≤ 0.3 mg/dL
Indirect Bilirubin	1.09	≤ 0.9 mg/dL
Aspartate Transaminase (SGOT)	129	≤ 35 U/L
Alanine Transaminase (SGPT)	275	≤ 45 U/L
Alkaline Phosphatase (ALP)	57	30 - 120 U/L
Total Protein	7.81	6.5 - 8.5 g/dL
Serum Albumin	4.27	3.4 - 5.2 g/dL
Serum Globulin	3.54	2.1 - 3.8 g/dL
A/G Ratio	1.21	0.9 - 2
Gamma Glutamyl Transpeptidase	90	11 - 61 U/L

AFTER TRANSFORMATION

TEST	RESULT	UNITS	NORMAL RANGE
Total Bilirubin	0.5	mg/dl	0.1-1.0
Direct Bilirubin	0.1	mg/dl	0-0.30
Indirect Bilirubin-Calculated	0.4	mg/dl	0.40 - 0.80
Method: Jendrassik & Grof Method			
SGOT	49.7	IU/ml	5-34
SGPT	96.5	U/L	0-40
Method: IFCC Method			
ALKALINE PHOSPHATASE	39.3	IU/L	53-165
Adults Male: 53 - 165 Female: 42 - 136 Children: 350 - 585 (3 - 17 Years)			
Method: p-Nitrophenyl Phosphate Method			
TOTAL PROTEINS	6.8	gms/dl.	6.0-8.3
Method: Biuret Method			
ALBUMIN	4.1	gms/dl.	3.2-5.2
Method: BCG Dye Method			
GLOBULIN	2.7	gms/dl	2.3-3.5

22.08.2024 LFT:

Total Bilirubin 1.68mg/dl
Direct Bilirubin 0.59mg/dl
Indirect Bilirubin 1.09mg/dl
SGOT 129
SGPT 275

23.09.2024 LFT:

Total Bilirubin 0.5 mg/dl
Direct Bilirubin 0.1 mg/dl
Indirect Bilirubin 0.4 mg/dl
SGOT - 49.7
SGPT - 96.5

Patient testimonial

TESTIMONIAL

DR BATRA'S POSITIVE HEALTH CLINIC PVT. LTD.

DATE: 08/9/24
NAME: Dhruv Sharma
PATIENT ID: 110008371186
CONSULTING DOCTOR: Dr. Ambreen Rashid
TREATMENT: Homeopathy
DURATION: 1 month
BRANCH: Panchkula
REMARKS:

Myself Dhruv. I have suffering from chronic liver disease with altered LFT, also having very weak immunity. After coming here in Dr. Batra's my L.F.T came to normal and Energy levels also improved. Looking forward for great healing with Dr. Batra's.

Thanks Dr. Ambreen and Panchkula Staff

SIGNATURE:

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