



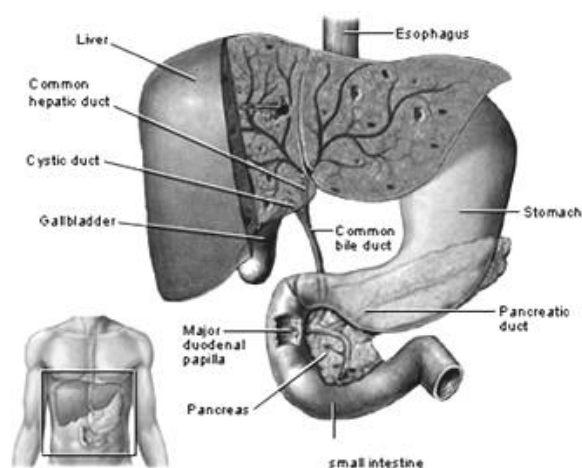
Cirrhosis of Liver

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Liver in human body is said to be a chemical laboratory, which performs many important functions, like production of bile, cholesterol and numerous enzymes along with storage of vitamins and minerals. It also destroys harmful substances and detoxifies drugs chemicals and toxins from bacterial infections. Many of the metabolic functions of the body occur primarily in the liver including the metabolism of cholesterol and the conversion of proteins and fats into glucose.

Cirrhosis of liver is characterized by a significant loss of cells. It is one of the most serious hepatic diseases in which the liver gradually contracts in size becoming hard and lethargic. Subsequently, the liver becomes virtually unfit for the biochemical functions and degenerates leading to liver failure and death.

Symptoms : Many people with mild Cirrhosis have no symptoms and appear to be well for years. However, in the early stage, it is marked by weakness, poor appetite, weight loss and frequent attacks of gas and indigestion, with occasional vomiting. Malnutrition normally results from a poor appetite and the impaired absorption of fats and fat soluble vitamins caused by the reduced production of bile salts. In the advanced stage, the patient develops a low grade fever, foul breath, jaundiced skin and distended veins in the abdomen. Reddish hair like markings, resembling



small spiders, may appear on the face, neck, arms and trunk. The abdomen becomes bloated, the mind gets clouded and there may be considerable bleeding from the stomach. Occasionally, the person may cough up or vomit large amounts of blood. High blood pressure is often associated with the disease. In some cases, kidney may also fail. Due to improper functioning of the liver, toxins build up in the blood, which can hurt the brain too. People with Cirrhosis are also more likely to get liver cancer.

Causes : Almost any chronic liver disease can lead to Cirrhosis. Excessive use of alcohol over a long period is the most potent cause of Cirrhosis of the liver. Poor nutrition can be another causative factor in the development of Cirrhosis, particularly



among the children. Other causes of Cirrhosis are excessive intake of highly seasoned food, toxins, metabolic deposits, habitual taking of quinine for a prolonged period in tropical climate, prolonged drug treatments, infection and diabetes. It may also result from a highly toxic condition of the system in general. In fact anything that continually overburdens the liver cells and leads to their final break down can be a contributing cause of Cirrhosis.

Remedies : Cirrhosis of the liver is irreversible but treatment of the underlying disease can stop the progression. Termination of alcohol intake is a must of it. Similarly, discontinuation of hepatotoxic drugs or removal of environmental toxins will stop progression. Chronic alcohol abusers often need treatment with vitamins, especially thiamin, to correct the deficiencies that may have resulted from chronic alcohol abuse. The treatment of Cirrhosis includes withdrawing toxic agents such as alcohol, receiving proper nutrition including supplement vitamins, and treating complications as they arise. Liver transplantation may help a person with advanced Cirrhosis.

Proper diet and vitamin B complex are considered essential for regenerating liver cells. In the early stages of Cirrhosis, a diet rich in high quality protein is necessary. The best proteins for liver patients are obtained from goat's milk, homemade cottage cheese, sprouted seeds and

grains and raw nuts, especially almonds. Vegetables such as beets, squashes, bitter gourd, tomato, carrot, radish and papaya are also useful in this condition with spinach juice or cucumber and beet juice, has been found beneficial in the treatment of Cirrhosis of liver. Fats should be restricted as their excessive intake may mar the patient's appetite and lead to gastro intestinal disturbances. In the later stage of the disease, high protein intake should be curtailed because of possible protein intoxication. Here, the diet should be rich in carbohydrates and intake of protein should be kept to the minimum to prevent protein deficiency.

The use of salt should be restricted. The patient should also avoid all chemical additives in food. The morning dry friction bath should form a regular daily feature of the treatment. Fresh air and sunbaths are also beneficial. The black seeds of papaya have been found beneficial in the treatment of Cirrhosis of the liver, caused by alcoholism and malnutrition. The liver cells have amazing regenerative power and all possible steps are necessary to enhance and stimulate this power through natural methods.

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