

- Largest Organ of the body- LIVER
- The Homoeopathic Liver Remedies
- Clerodendron infortunatum
- Evidence Based Homoeopathy

HomeoBuzz

CONTINUING MEDICAL INFORMATION

Vol. 16, No. 02, May 2020, Total No. of Pages 16

Dear Readers,

In the words of Raghuram Rajan, former governor of the Reserve Bank of India, "It is said, India reforms only in crisis." He points out that critical scenarios reveal our weakness on healthcare and economic reforms. But India has proved at many such earlier testing times, that with correct and focused approach, it can overcome any crisis successfully.

The world looks upon us, as the Prime minister tries hard to sail the ship of a billion population through rough seas. A lot of economic reforms need to be precipitated out of political introspection, to keep this ship going through.

Amidst the tug of war situation of health and economic affairs, we at B.Jain are balancing both by contributing equally to either ends. We are homoeopathic pharmaceutical group, contributing uninterrupted production of preventive medicines and at the same time our Sanitizers and Hand rubs are under continuous production using best ingredients according to the guidelines of WHO. Our entire team, is dedicated towards supplying these health care essentials undeterred by the limitations of global Lockdown. B.Jain proudly stands up with consistent zeal at these challenging times too.

We strive hard as the country needs both lives and currency to keep moving ahead. Covid is not going to disappear soon... hence it is necessary that all of us accept this reality and learn to live in a disciplined way, maintaining a safe distance with each other, while at home or at work.

Let's not give shelter to the virus....India, stay home, stay safe... but keep introspecting, innovating and creating!

Kuldeep Jain
Chief Editor

Dear Doctors,

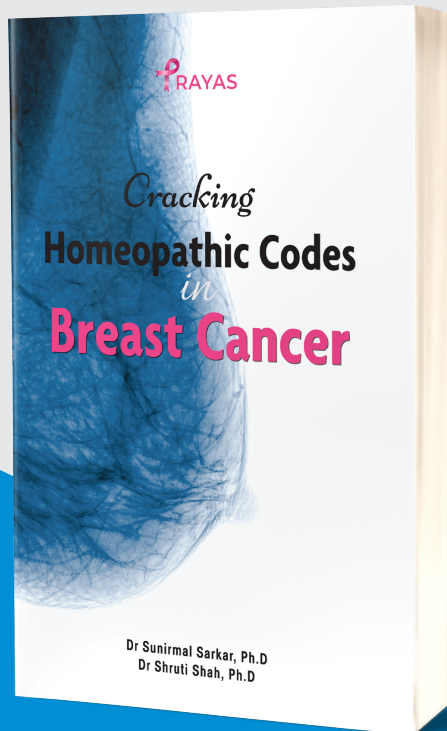
We all know, virus is the most clever biological form, which behaves in a prodigious manner and overtakes all that is living in any form. Their power lies in the fact that they are the link between living and non living forms. It does not matter what the name of virus is, but what matters is its route of transmission into our body and its behavior thereafter. Viral diseases, have always taken a heavy toll on their first appearance, be it AIDS, Ebola, Swine flu, Measles, mumps, chicken pox, small-pox, polio, Hepatitis A,B,C,D and E and now Covid.

A 71yr old virologist, who was one of the discoverers of Ebola virus in 1976, recently got down with Covid-19. He has been fighting infectious diseases throughout his career, but his Covid encounter made him feel the most vulnerable and all that he wishes for the world is, that may we get Covid Vaccine as soon as possible.

When will the vaccine arrive is still a question, but till that time homoeopathy and other AYUSH streams are offering their knowledge of naturally available and affordable immunity boosters through various medical posts. AYUSH has recently put up the result of 6210 quarantine individuals who were given AYUSH preventives during a 14 day quarantine period (2625 were given homoeopathic treatment and 3585 were given Ayurvedic preventives). None of the above individuals were tested positive for covid at the end of the study except 11 persons who did not take complete preventive course. These results are highly encouraging and urge for taking up Homoeopathy and other AYUSH therapies with greater seriousness to overcome health crisis like Covid.

Dr. Vasundhara
Editor

A Map To Deal With Breast Cancer Cases



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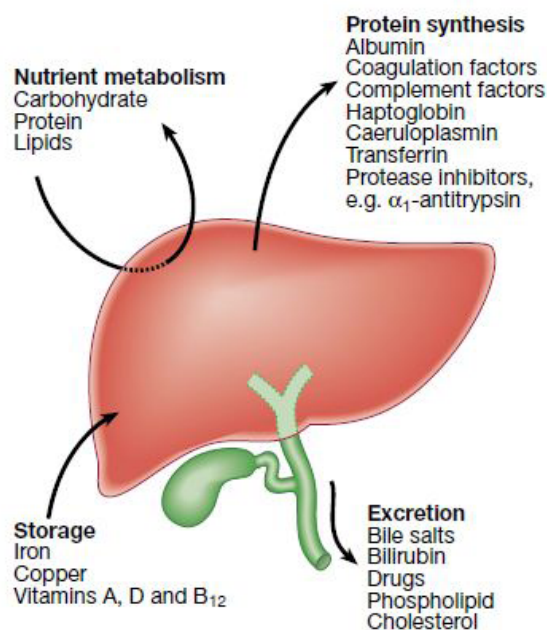
LARGEST ORGAN OF THE BODY- LIVER

The liver is the largest organ in the body positioned in the right upper quadrant of the abdominal cavity just beneath the right lung and is covered by the rib cage in front. It weighs around 1.36 kg , has a rubbery texture and is reddish brown in color. It is classically divided into left and right lobes by the falciform ligament, but a more useful functional division is into the right and left hemilivers, based on the hepatic blood supply.² The liver receives 80% of it's blood supply from the hepatic artery and the remaining 20% via the portal vein, which drains blood from the gut. The functional unit of the liver is the hepatic acinus. A hepatic acinus has a central vein and a peripheral unit of portal tract containing hepatic artery, portal vein and bile duct linked radially by hepatic sinusoids.

Functions of Liver

Liver has a marked regenerative capacity and helps in detoxification, regulation of protein, carbohydrate and lipid metabolism and production of digestive enzymes. To further illustrate its functional importance, following are the major roles played by liver:

- It produces bile which helps in absorption and digestion of fat , cholesterol and certain vitamins.¹
- It absorbs and metabolizes bilirubin formed after the breakdown of haemoglobin.¹
- Bile produced in liver helps in absorption of Vit K which is critical for blood clotting mechanism.¹
- Carbohydrates are stored in liver as glycogen. For immediate supply during body's energy requirements , glycogen is converted into glucose and released into the blood stream.¹
- Liver also serves the purpose of a reserve for vitamins and minerals. It stores Vit A, D, E, K, B12 and minerals such as iron as "ferritin" and copper.¹
- It also helps to filter out unrequired and harmful compounds from the body like certain hormones(estrogen, aldosterone) , alcohol and drugs.¹



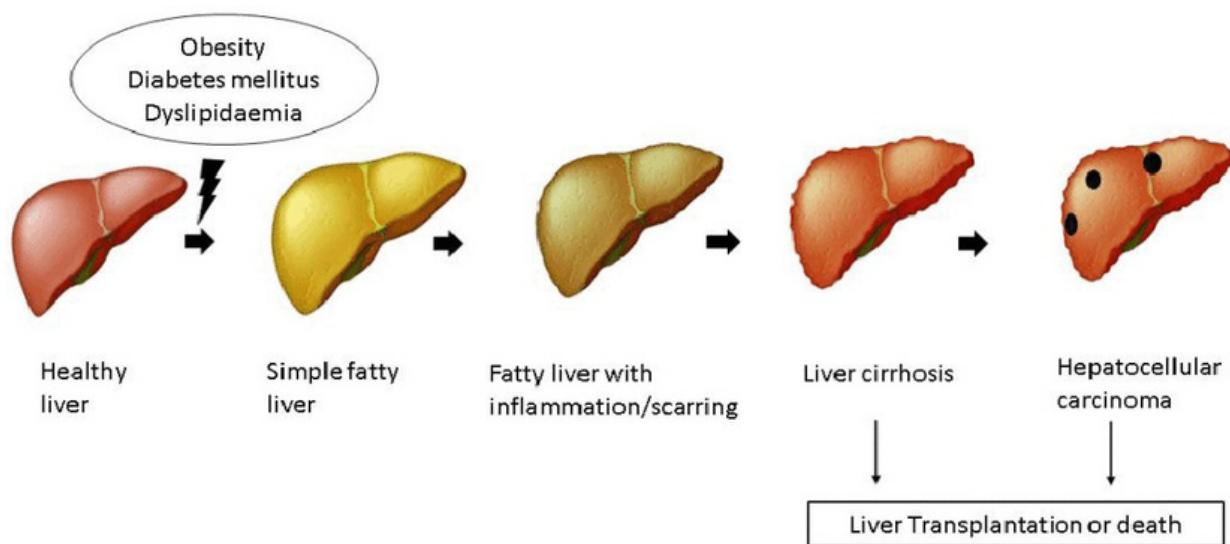
Important functions of the liver

LARGEST ORGAN OF THE BODY- LIVER

- Immunologically liver plays vital role in guarding the body from the parasites entering through the gut with the help of Kupffer cells found largely in it.¹
- Liver produces albumin, a carrier protein for steroids, fatty acids and thyroid hormones in the blood and also helps in stabilizing extra-cellular fluid volume.¹
- Liver produces angiotensin a hormone required for increasing blood pressure.

LIVER DISORDERS

- Worldwide, 1 in 40 deaths are due to liver disease or primary liver cell cancer. In developed countries, the most common cause of liver disease is alcohol abuse, although with the rise in obesity rates, the incidence of non-alcoholic fatty liver disease (NAFLD) is rapidly increasing too. In developing countries, infections caused by hepatitis viruses, often complicated by hepatobiliary cancer, and those caused by parasites, are responsible for most chronic liver disease.²
- Diseases majorly affecting liver can be infective, infestive, inflammatory, autoimmune, degenerative and infiltrative in nature.
- Fascioliasis is Liver-fluke infestation commonly seen in tropical regions.¹
- Hepatitis is liver inflammation which can be viral, toxic or autoimmune in origin.¹
- Most common is fatty liver disease which can be alcoholic or non-alcoholic in origin.¹
- Cirrhosis is the destruction of liver cells due to fibrosis resulting from chronic affections like hepatitis, alcohol abuse and exposure to hepato-toxins for a longer duration.¹
- Hepatocarcinoma and cholangiocarcinoma are the sixth most common type of cancer and one of the leading cause of death due to cancer worldwide.¹



HEPATITIS

- The inflammation of liver is known as Hepatitis which is most commonly viral in origin. Other causes of hepatitis include certain medical conditions, heavy alcohol use, or drug intake and exposure to hepatotoxins. Hepatitis A, B and C are 3 variants of this infection, each having different etiologies, routes of transmission and course of action. Amongst these hepatitis B and C have tendency to become chronic and can lead to cirrhosis, liver failure or liver cancer.

LARGEST ORGAN OF THE BODY- LIVER

In Hepatitis A people usually recover without any lasting liver damage over a period of few weeks.

- Fatty liver disease is building up of fat in liver and this can be of 2 types- 1). Non Alcoholic Fatty Liver Disease (NAFLD) and 2). Alcoholic Fatty Liver Disease or Alcoholic steatohepatitis.
- **NAFLD.** Liver is the organ majorly responsible for fat metabolism which it does effectively in normal quantities of dietary fat intake. But in obesity, diabetes mellitus, dyslipidaemia like disorders where there is excess of fats to be digested liver starts accumulating fat in it's tissues resulting in NAFLD.
- **ALCOHOLIC FATTY LIVER DISEASE.** Alcohol consumption effects on all the organs of the body but has a major impact on liver which has to work in order to eliminate it from the body. Besides it also cause hypertriglyceridemia, which in turn also has to be metabolized by the liver. This dual pressure , received by liver becomes insurmountable, in case of heavy quantities of alcohol intake, on a regular basis for a pronged duration and results in fatty liver inflammation and ultimately "Cirrhosis" .
- **CIRRHOSIS.** It is the replacement of healthy liver tissue by scar tissue due to chronic inflammatory conditions resulting from viral hepatitis, Alcoholic /Non alcoholic steatohepatitis and any causative factor damaging liver tissue.
- **HEPATOCELLULAR CARCINOMA.** According to a Medscape article , "HCC is now the third leading cause of cancer deaths worldwide, with over 500,000 people affected."³ It is a primary liver cell carcinoma resulting from chronic liver affections, obesity , alcohol abuse, iron storage diseases and cirrhosis.

HISTORY, EXAMINATION & INVESTIGATIONS

In case of any abnormality in digestion for a longer duration associated with fever, abdominal pain, weight loss, weakness, yellow pigmentation of skin, with pale or creamy stools and excretion of high colored urine proper history of the case should be taken and a thorough examination should be done . History of exposure to intravenous drugs or blood transfusion, travel to hepatitis endemic areas, birth place and family history of liver disease, autoimmune disease history, history of inflammatory bowel disease or Alcohol consumption should be properly investigated. During examination clinical signs of liver disease should be looked out for such as jaundice of skin and sclera, scratch marks on skin (itching), spider naevi, parotid swelling and xanthesma on face. Hands must be examined for clubbing, leuconychia, dupuytren's contracture, flapping tremors (hepatic encephalopathy) and palmar erythema . Keen observation is must to rule out alcohol smell or fetor hepaticus, emaciated frame, distended abdominal veins or unlikely abdominal distention, loss of body hair and gynaecomastia in males. In case of suspicion a CBC , liver function test and sonography should be advised along with dietary management, bed rest and alcohol abstinence. A CT and MRI are advised in suspected cases of malignancy to mark any focal lesion and confirm it's etiology.²

MANAGEMENT

The aim in liver pathologies is to cut down upon the workload of liver and provide nutritional supplements through dietary management along with conservation of energy through bedrest. Following is the recommended management for liver diseases.

- Limiting protein intake in advanced liver diseases will help lessen the building up of waste products to be eliminated by liver though good sources of protein should be consumed in

moderation like turkey, fish, tofu, eggs, cheese, beans, seeds and nuts and dairy products.⁴

- Salt should be cut down upon to avoid fluid retention in body leading to ascites.⁴
- Sugar intake should be lessened too as it only causes rise in blood sugar levels.⁴
- Fats which are largely metabolized in liver should be completely restricted specially the saturated variety.⁴
- Excess iron also gets accumulated in liver and leads to hepatitis and it's complications hence should be avoided.⁴
- Fruits and vegetables should be taken in good amount to provide for body's need for vitamins and minerals. Green leafy vegetables like Kale, spinach and cabbage are good at reducing fatty acids , helping the liver to a great extent, but their right amount should be taken in order to avoid overdosing of iron.⁴
- Complex carbohydrates provide the energy needed by the body along with fibres, vitamins and minerals like zinc. Brown rice, oat-meal, whole oats, wheat and rye are examples of complex carbohydrates.⁴
- Lastly alcohol should be strictly abstained from in any liver pathology as it hastens up the destruction of tissues.
- Homoeopathy being natural and a minimalistic treatment is quite effective in relieving liver ailments. Omeo liver helps in strengthening and re-boosting liver functions naturally and safely. The ingredients are well known remedies indicated in a variety of acute as well as chronic liver ailments. It helps in healing the liver tissue and and reestablishes it's normal functions.

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LIVER



Indications:

Medicated Syrup

- Loss of appetite
- Poor digestion
- Persistent nausea and vomiting
- Pain in liver region
- Fatty degeneration of the liver
- Bad effects of excessive alcohol consumption
- Debility

Composition

Carduus marianus	∅	5%v/v
Chelidonium majus	∅	2%v/v
Andrographis paniculata	∅	5%v/v
Hydrastis canadensis	∅	2%v/v
Taraxacum officinale	∅	2%v/v
Podophyllum peltatum	∅	2%v/v
Ipecacuanha	∅	2%v/v
Excipients		q.s.
Alcohol content		12%v/v

Dosage: Adults >12years old - 2 teaspoons, 3 times a day. Children <12years old - 1 teaspoon, 3 times a day or as prescribed by the physician.



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“The Healing touch” of B.Jain

Omeo™ **Aesculus** Ointment

Indications:

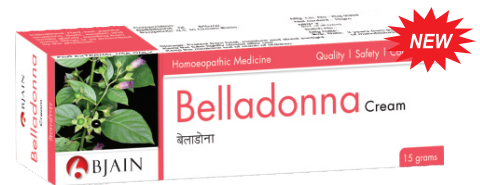
- Painful swelling in anus, haemorrhoids.
- Burning, Sticking, smarting pain in rectum and constipation.
- Bleeding from rectum.



Belladonna Cream

Indications:

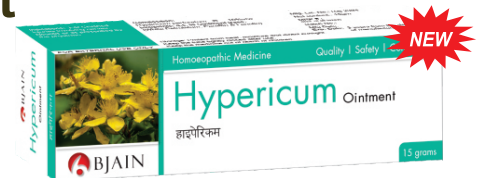
- Red, hot, painful eruptions.
- Boils, swollen and tender glands.
- Swelling from insect stings.



Hypericum Ointment

Indications:

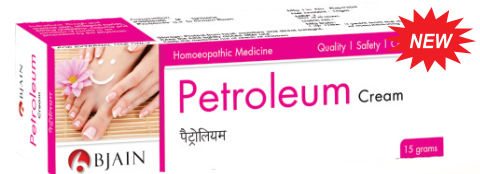
- Crushed injuries involving nerves.
- Neuritis



Petroleum Cream

Indications:

- Rough and cracked skin
- Chapped hands
- Itching chilblains
- Eczema and psoriasis of hands



Ruta Ointment

Indications:

- For Sore Tendons.
- Painful, stiff and swollen joints.



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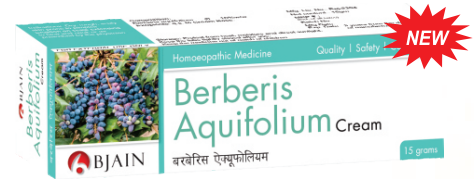
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Cream

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- Eruption on scalp extending to face and neck.



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Therapeutics of liver disorders

1. ABIES CANADENSIS

- Indigestion. Liver disorder.¹
- Sensation as if the liver were small and hard; as if bile were deficient.¹
- Burning in rectum. Constipation.¹
- Dose: First to third potency.¹

2. ARSENICUM ALBUM

- Liver and spleen enlarged and painful.²
- Ascites and anasarca. Abdomen swollen and painful.²
- Gradual loss of weight from impaired nutrition.²
- Cannot bear the sight or smell of food. Nausea, retching, vomiting, after eating or drinking.²
- Dose: Low attenuations in gastric, intestinal, and kidney diseases. Third to thirtieth potency.¹

3. BRYONIA

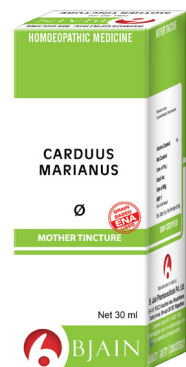
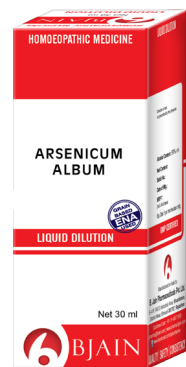
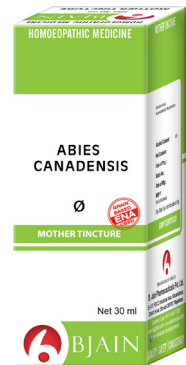
- Tongue coated yellowish, dark brown; heavily white in gastric derangement. Bitter taste.¹
- Stomach sensitive to touch. Pressure in stomach after eating, as of a stone.¹
- Liver region swollen, sore, tensive. Burning pain, stitches; worse, pressure, coughing, breathing.¹
- Constipation; stools hard, dry, as if burnt; seem too large.¹
- Urine- Red, brown, like beer; scanty, hot.¹
- Dose -First to twelfth attenuation.¹

4. CARDUUS MARIANUS

- Liver enlarged and indurated, threatening dropsy or cancer. Constipation, with hard knotty, clay coloured stool or diarrhoea.³
- Left lobe sensitive, nausea or vomiting, gall-bladder swollen or hard or painful, stitches, in left side of stomach.³
- It is an intercurrent remedy with other indicated remedies. It is specific in initial and chronic condition both.³
- Dose : Tincture and lower potencies.¹

5. CHELIDONIUM

- Jaundice, gall-stones and hepatitis: There is a bruised aching pain felt at the inferior angle of the right scapula, and pain either of an acute or dull character, in the hepatic region with tenderness of the liver.⁴
- Face -Yellow; worse nose and cheeks.²
- Constipation. Stools, hard, round balls like sheep's dung, bright yellow, pasty, clay-colored. Stools float in water.⁵



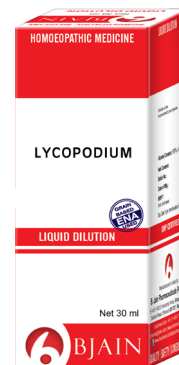
THE HOMOEOPATHIC LIVER REMEDIES

- Tongue yellow with imprint of teeth, large and flabby.⁵
 - Dose : Tincture and lower attenuations.²
- 6. CHINA**
- Much flatulent colic; better bending double. Tympanitic abdomen.²
 - Flatulence; belching of bitter fluid or regurgitation of food gives no relief.²
 - Pain in right hypochondrium. Gall-stone colic.²
 - Liver and spleen swollen and enlarged. Jaundice.²
 - Stool - Undigested, frothy, yellow; painless; worse at night, after meals, during hot weather, from fruit, milk, beer. Difficult even when soft.²
 - Dose -Tincture, to thirtieth potency.²
- 7. CHIONANTHUS**
- When liver is indurated and enlarged, jaundice, frequent urination, tight feeling, about around intestines, constipation, clay-coloured stool, threatening malignant state, skin yellowish with itching sometimes spleen enlarged.⁵ Yellow conjunctiva.²
 - Gall-stone colic; sensation like a string tied around intestines in umbilical region, every once in a while it is suddenly drawn tight and then gradually loosened; somewhat amel. by lying on stomach and abdomen.⁶
 - Urine- Large amount of high specific gravity; bile and sugar in urine. Urine very dark.²
 - Dose - Tincture and first attenuation.²
- 8. HYDRASTIS**
- Torpor of the liver, with pale, scanty stools. Jaundice from structural disease of the liver.⁷
 - Catarrhal inflammation of the mucous linings of the gall bladder, biliary ducts, etc.⁷
 - Gripping, with light acrid stools. Constipation, with piles.
 - Dose - Tincture, to thirtieth attenuation.⁷
- 9. IRIS VERSICOLOR**
- This remedy is indicated in hepatic derangement, when there is violent sick headache.⁸
 - The stools may be watery and of a yellowish-green color, mixed with bile or oily particles.⁴
 - There is pain in the hepatic region and gripping pain in the bowels.⁸
 - There is a loss of the appetite with the vomiting of sour bitter material. The urine is dark red.⁸
 - Dose- Tincture to thirtieth potency.²



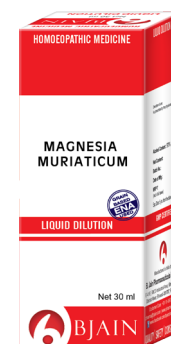
10. LYCOPODIUM

- Pressure and tension in liver; esp. on satisfying one's appetite.¹
- Violent gall-stone colic. Inflammation and induration of the liver.¹
- Dropsical swelling of the abdomen. Incarcerated flatus.¹
- Small stool, with the sensation as if much remained behind, followed by excessive and painful accumulations of flatulence.¹
- Faeces : pale and of a putrid odour; thin brown; pale green mixed with hard lumps.¹
- Dark urine with diminished discharge. Greasy pellicle on the urine. A very severe pain is felt in the back every time before urinating, which ceases when the urine flows.¹
- Worse, right side, from right to left, from above downward, 4 to 8 p.m.²
- Dose: The 6th to 200th potency, and higher, in not too frequent doses.²



11. MAGNESIA MURIATICUM

- A liver remedy with pronounced characteristic constipation. Especially adapted to diseases of women, with a long history of indigestion and uterine disease; children who cannot digest milk.²
- Liver enlarged with bloating of abdomen; Pressing pain in liver; worse lying on right side.²
- Constipation of infants during dentition; only passing small quantity; stools knotty, like sheep's dung, crumbling at verge of anus.² Pale, yellowish, or earthy complexion.¹
- High-coloured urine, loaded with lithates, accompanies the uterine symptoms.¹
- Dose - Third to 200th potency.²



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Compiled by:
Dr. Vasundhara
 Editor
 B.JAIN PHARMACEUTICALS PVT. LTD.



CLERODENDRON INFORTUNATUM



Synonym : Clerodendron viscosum Vent

Known as : Bhand

Part used : Leaf

Distribution : Common throughout India

Clinical : Gastric trouble, fever.

Indications :

- Nausea is a prominent symptom, associated with watering in mouth-ptyalism.¹
- Diarrhoea associated with nausea. Stools are liquid, deep yellow, frothy.¹
- Colic due to worm affections.¹
- Fever with enlargement of liver and spleen fever comes in the afternoon; burning sensation is felt in the eyes and face.¹

Prescribed dose² : Mother tincture, 3x, 6, 30.

Research Corner

Antihyperglycemic activity:

A study has shown preclinical antihyperglycemic activity of dose dependent treatment of methanolic extract of clerodendrum infortunatum leaf in streptozotocin induced diabetic rats. It has been observed that, increase in blood glucose level after the treatment with streptozotocin, has brought to normoglycemic level after 15 days of treatment of methanolic extract of the plant leaf at 500 mg/kg b.w. dose and which has shown comparable effect exerted by the reference drug, glibenclamide, at the dose of 0.5 mg/kg b.w. Along with this data methanolic extract of the plant leaf restored the other parameters towards normal levels in a dose-dependent manner, like body weight, GOT, SGPT, and SALP in diabetic rats. Experimental results also confirm root extract (500mg/kg) reduced blood glucose level.³

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EVIDENCES SUPPORTING HOMOEOPATHIC TREATMENT OF LIVER DISORDERS

1. A Hepatitis C Virus (HCV) nosode was developed and tested on 24 HCV +ve individuals in an open-label observational study to identify the role of alternative treatment option in the management of Hepatitis C by decreasing viral load and improving health parameters. On administering the HCV nosode to HCV+ve participants, the mean viral load showed a decline from week 12 to week 24. The median viral load decreased by half, from 1,557,567.50 IU/mL to 789,265.50 IU/mL. The appetite was improved with a gain in weight seen in most of the participants, but the study showed double population. A bigger proportion of participants showed marked improvement while a lesser number of non-responding participants showed an increase in the viral load from 12th to 24th week. The study concludes with the outcome that HCV viral load was undoubtedly affected by the intervention of **HCV nosode** but as there were few participants showing increase in the viral load in later weeks, it suggests that more studies with uniform baseline characteristics and more individualistic approach in regard to potency of the nosode used, need to be taken up in order to support usage of alternative nosode therapy.¹
2. A case report of successful treatment of Chronic Viral Hepatitis with High-dilution medicine was published in GLOBAL ADVANCES IN HEALTH AND MEDICINE in 2012, which states two cases treated by practitioners using homoeopathic medicinal protocols developed by the Prasanta Banerji Homoeopathic Research Foundation in Kolkata India. This study showed 2 well-documented cases of progressively declining acute and chronic viral hepatitis that responded to treatment with medicines prescribed as per the Banerji Protocol. The treatment protocol used **Chelidonium majus 6x and Thuja 30c** as the main medicines. Cases were confirmed on the basis of standard hepatitis antibody and viral measurements. Cases were followed up for more than 2 years with measurements of Viral counts, Liver enzymes and other relevant biomarkers of Liver disease. Both the cases were alive and functionally normal till 2 years of initiating the treatment. The report concludes, recommending further clinical trials using this homoeopathic treatment protocol to explore their therapeutic potential in the treatment of Viral hepatitis.²
3. A regular article was found on the efficacy of potentized homoeopathic drug (**Arsenicum album-30**) in reducing cytotoxic effects produced by arsenic trioxide in mice: IV. Pathological changes, protein profiles, and content of DNA and RNA. This article showed that Arsenicum album 30 could revive both liver and testis showing pathological conditions, of mice injected with arsenic trioxide. Thus the study concludes substantiating the efficacy of Arsenicum album 30 in reducing arsenic induced damage to protein and nucleic acids and also infers the mechanism of homoeopathic drug action through expression of regulatory genes.³

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