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## Holistic *Ayurvedic* Management of *Yakrit Vikar*: A Case-Based Study on Chronic Liver Disease

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### ABSTRACT

This case study highlights the therapeutic value of *Ayurvedic* treatment in managing Chronic Liver Disease (CLD) in a 65-year-old male patient with comorbid hypertension and coronary artery disease (CAD). The treatment approach included dietary and lifestyle modifications, *Panchkarma* therapies, and *Ayurvedic* formulations. The patient reported significant symptomatic improvement in fatigue, dyspnea, pedal edema, gastric disturbances, itchiness, and sleep irregularities. Fibro Scan results showed a reduction in liver fat content (CAP decreased from 261 to 207) and a notable decline in liver stiffness (from 18 to 14.3 kPa), indicating regression in hepatic fibrosis. *Ayurvedic* herbs like *Amalaki* (*Emblica officinalis*), *Guduchi* (*Tinospora cordifolia*), *Punarnava* (*Boerhavia diffusa*), *Haritaki* (*Terminalia chebula*), and *Neem* (*Azadirachta indica*) were instrumental due to their hepatoprotective, detoxifying, and immunomodulatory properties as explained through their *Rasapanchaka* characteristics. The *Ayurvedic* interventions appeared effective in improving liver function and quality of life in CLD, emphasizing *Ayurveda*'s potential as a complementary approach in chronic hepatic disorders.

**Keywords:** *Ayurveda*, chronic liver disease, hepatoprotection, liver fibrosis, *Panchkarma*, Fibro scan.

## INTRODUCTION

Liver cirrhosis is the end stage of many chronic liver diseases. It has compensatory and decompensatory phases. Compensated phase lasts for several years.<sup>[1]</sup> Decompensated cirrhosis leads to major complications including jaundice, variceal hemorrhage, ascites or encephalopathy.<sup>[2]</sup> Ascites is the most common presentation 50% of compensated cirrhosis develop ascites in 10 years.<sup>[3]</sup> Ascites treatment requires hospitalization, can lead to life-threatening complications, and needs liver transplantation. The development of ascites marks the onset of a worsened prognosis and increased mortality. Cirrhosis within the first year of diagnosis causes death in 15% and 40% will die in the first 60 months.<sup>[4]</sup> 10 years mortality is 34% to 66%. Alcohol consumption, viral hepatitis B & C, and metabolic syndrome related to obesity are the most common causes of cirrhosis. Around 1,472,000 deaths worldwide were attributed to liver cirrhosis in 2019, making up roughly 2.4% of all fatalities worldwide.<sup>[5]</sup> Liver disease frequency is increasing and a huge increase in the liver disease burden is expected. The global economic burden of liver cirrhosis is estimated to exceed 100 billion USD annually, including direct healthcare costs and productivity losses. Hepatic cirrhosis incidence in India could be high due to the high prevalence of Hepatitis B & C, fatty liver disease and even increasing trends in alcohol intake, including high prevalence of non-alcoholic disease even in children. The costs of hepatic cirrhosis on quality of life, loss of productivity and medical expenses are high.<sup>[6]</sup> Treatments are being tried to stop the progression from compensated to the decompensated stage. Liver transplantation is the only treatment for end-stage liver disease. Liver transplantation has high costs, high mortality and has scarcity of organ donors. In *Ayurveda*, liver is referred to as *Yakrit* (liver), governed primarily by *Ranjaka Pitta* (the subtype of *Pitta* responsible for coloring the blood), responsible for blood formation and metabolic transformation. Chronic liver disorders (*Yakrit Vikara*) are seen as the result of *Pitta Dushti* (vitiation of the *Pitta Dosha*), *Ama* accumulation (build-up of undigested toxins), and imbalance in *Rasa* and *Rakta Dhatus* (nutritive plasma and blood tissues, respectively). Classical texts like the *Charaka Samhita* and *Ashtanga Hridaya* describe conditions such as *Kamala* (jaundice), *Halimaka* (chronic jaundice with systemic complications) which correlate with modern liver diseases, including hepatitis and cirrhosis.<sup>[7]</sup> *Ayurvedic* management of *Yakrit Vikara* involves a holistic approach combining *Shodhana* (detoxification therapies), especially *Virechana* (therapeutic purgation), with *Shamana* (pacifying) therapies using hepatoprotective herbs like *Bhumyamalaki* (*Phyllanthus niruri*), *Kalmegh* (*Andrographis paniculata*), *Guduchi* (*Tinospora cordifolia*), and *Bhringraj* (*Eclipta alba*).<sup>[8]</sup> Formulations such as *Arogyavardhini Vati* and *Punarnavadi Mandura* are commonly used to restore *Agni* (digestive/metabolic fire), purify blood (*Rakta Shodhana*), and rejuvenate liver tissues (*Yakrit Rasayana*).

### Samprapti Ghataka of Yakrit Vikara in Ayurveda <sup>[9]</sup>

- **Dosha** - *Samaan Vata* (Subtype of *Vata*), *Pachak Pitta* (Subtype of *Pitta*).
- **Dushya** (*Pachakagni* (Digestive fire), *Ras* (Plasma) - *Rasdhatu* (Nutrient Fluid).
- **Adhisthaan (location of disease)** - *Amashaya* (Stomach), *Grahani* (Small intestine).
- **Strotas (Annavah)** - The disease involved *Amashaya*, *Grahani* and *Pakwashaya* (large intestine). *Srotas* seem to be the main concern but *Rasavah Strotas* (Plasma channels), which is the first *Ama* (toxin) produced due to *Agni* (digestive fire) may get involved.
- **Dushtiprakar (Type of Disease)** - *Sanga* (Obstruction)
- **Agni** (Digestive fire) - *Mandagni* (Weak Digestion)
- **Marga (Pathway):** *Abhyantra rogamarga* (Internal pathways of disease)

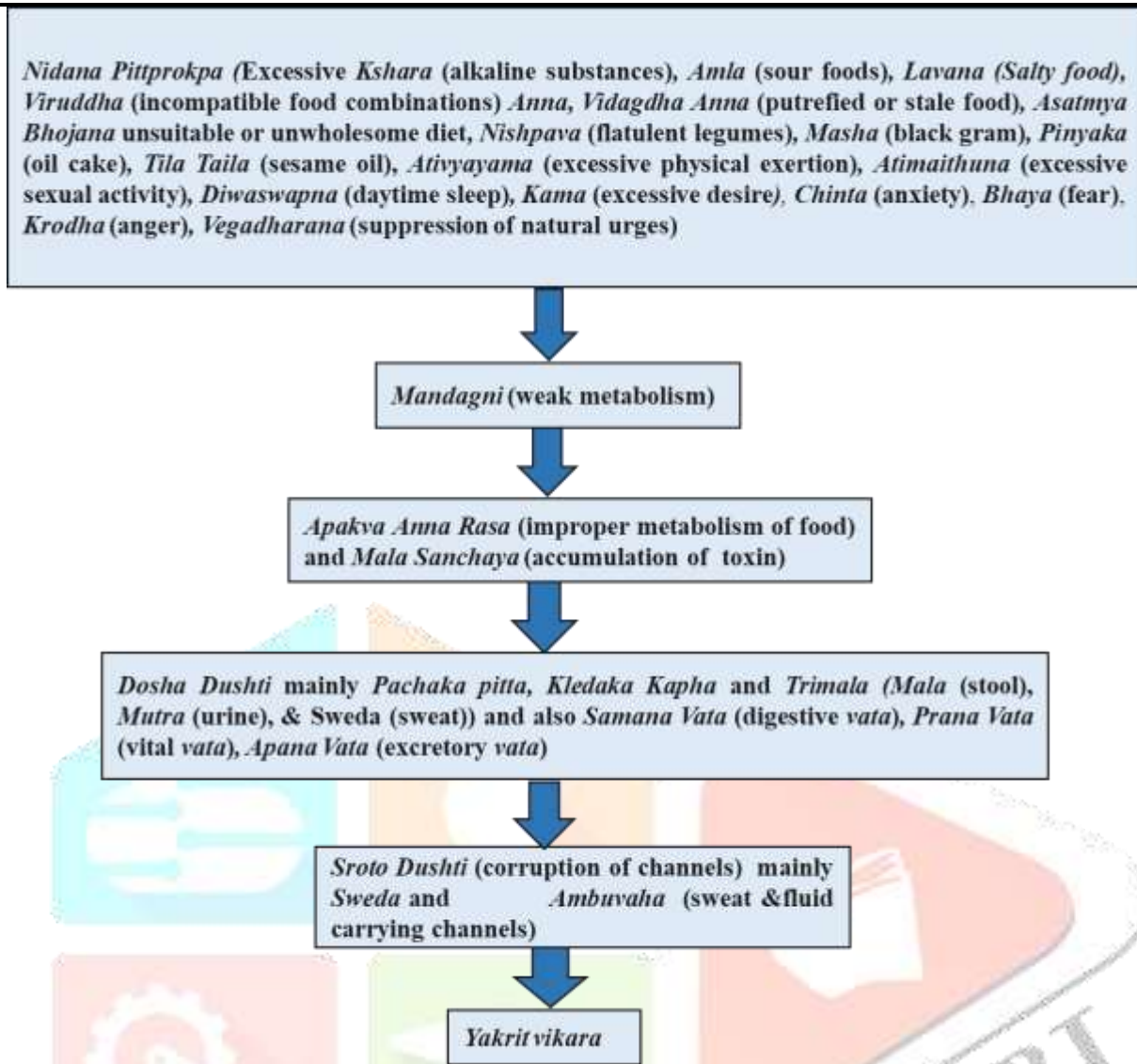


Figure 1: *Samprapti of Yakrit Vikara in Ayurveda*

## CASE REPORT

A 65-year-old male, a known case of chronic liver disease (CLD), hypertension, and coronary artery disease (CAD) for the past 11 years, visited Jeena Sikho Lifecare Limited Hospital, Derabassi, Punjab, India, on 23/07/2023. The patient presented with complaints of weakness, knee pain, fatigue, dyspnea on exertion, pedal edema, indigestion, generalized itching, and disturbed sleep. He was admitted to the hospital from 24/07/2023 to 30/07/2023 for evaluation and management.

## Vitals on the initial visit

1. **Blood Pressure:** 130/70mmHg
2. **Pulse Rate:** 78/min
3. **Weight:** 73kg
4. **Height:** 5'7"

**Table 1: Asthvidha Priksha on the first-day visit of the patient**

Parameters	Findings
<i>Nadi (Pulse)</i>	<i>VataPittaj</i>
<i>Mala (Stool)</i>	<i>Abadh (loose)</i>
<i>Mutra (Urine)</i>	<i>Ishatpeeta (Normal)</i>
<i>Jiwha (Tongue)</i>	<i>Saam (Coated)</i>
<i>Shabda (Speech)</i>	<i>Spashta (Clear)</i>
<i>Sparsha (Touch)</i>	<i>Anushna Sheeta (Normal temp.)</i>
<i>Drika (Eyesight)</i>	<i>Avikrit (Normal)</i>
<i>Akriti (Body shape)</i>	<i>Madhyam (Normal)</i>

## INTERVENTIONS

### Treatment Plan

**I Ahara Krama:** The dietary guidelines provided by Jeena Sikho Lifecare Limited Hospital included the following:

**a. Do's and Don'ts:**

1. Avoid eating after 8 PM.
2. Take a small bite of solid food and chew it 32 times to aid proper digestion and nutrient absorption.
3. Do not consume wheat, refined food, milk, milk products, coffee, tea, and packed food.

**b. Jala Sevan (Water intake):**

1. Take small sips of water.
2. Drink about 250ml of alkaline water 3 to 4 times a day.
3. Consume Herbal tea 300ml twice daily. To prepare 300 ml of Herbal tea, combine 2 cloves (*Trifolium pratense*), 2 cardamom pods, 10 black pepper seeds (*Piper nigrum*), 5 gm cinnamon sticks (*Cinnamomum verum*), and a half tea spoon of fennel seeds (*Foeniculum vulgare*) with hot water.
4. Drink Red juice made up Beetroot, Pomegranate and Carrot (100-150 ml).
5. Green juice composed of *Neem (Azadirachta indica)*, *Tulsi (Ocimum tenuiflorum)*, *Paan (Piper betle)*, *Karela (Momordica charantia)*, *Jamun (Syzygium cumini)*, *Sadabahar (Vinca rosea)* taken in quantities of 10 gm each, 200 ml water added, ground in a mixer grinder, filtered, and consumed in a quantity of (100-150 ml).
6. Living water: The approach involves a three-tiered filtration system using clay pots, each serving a specific purpose to purify and energize the water: Top Pot: Fill this pot with a mixture of small and large river stones, followed by charcoal made from burning wood. This layer acts as an initial filter, removing larger impurities. Middle Pot: Place a similar mix of stones here. Additionally, add *Moringa* seed powder (also known as drumstick or "*Sahjan*" powder), a silver vessel, a copper vessel, and *Rudraksha (Elaeocarpus angustifolium)*. *Moringa* seeds are known for their natural water-purifying properties,



while silver and copper are believed to enhance the quality of water. Bottom Pot: This pot remains unaltered and serves as the collection chamber for the purified water. Advised to drink as per the need.

7. Boil 2 liters of water to reduce it to 1 liter and consume.

**c. Aim to drink 1 liter of alkaline water daily (Procedure as follow):**

1. Setup the Glass Jug: Fill a clean jug with fresh drinking water.
2. Add Copper Vessel: Place a copper vessel or glass inside the jug.
3. Infuse Flavors: Add slices of carrot, cucumber, and lemon to the water.
4. Add Herbs: Include ginger slices, mint leaves, and coriander leaves.
5. Optional Spice: Add a slice of green chili for added flavor.
6. Let it Sit: Allow the mixture to sit for 12 hours.
7. Add *Amalaki* (*Emblica officinalis*) and Basil (*Ocimum tenuiflorum*): After 6 hours, add 3–4 pieces of *Amalaki* and a handful of Basil leaves. Let it infuse for 6 hours.
8. Ready to Drink: 3 to 4 times a day in divided portions

**d. Shooka Dhanya Sevan:**

1. Incorporate five types of millet into diet: (*Priyāṅava*) Foxtail (*Setaria italica*), (*Śyāmākā*) Barnyard (*Echinochloa esculenta*), (*Kodrava*) (*Paspalum scrobiculatum*) and Browntop (*Urochloa ramosa*).
2. Use only steel cookware for preparing the millets. Cook the millets only using mustard oil.

**e. Ayurvedic and Disciplined & intelligent Person's diet (DIP) includes:**

Time	Meal	Items Included
5:45 AM	Early Morning	Herbal tea, curry leaves (1 leaf per minute, up to 5 leaves), raw ginger, turmeric
9:00 – 10:00 AM	Breakfast	Steamed seasonal fruits (weight × 10 grams), <i>mugda yusha</i> , fermented millet shake (4–5 types)
11:00 AM	Morning Snack	Red juice (150 ml), ingredients include Carrot ( <i>Daucus carota</i> ), Beetroot ( <i>Beta vulgaris</i> )
12:30 – 2:00 PM	Lunch	Plate 1: Steamed salad (weight × 5 grams) Plate 2: Millet recipe
4:00 – 4:20 PM	Evening Snack	Green juice (100–150 ml), ingredients include Coriander leaves ( <i>Coriandrum sativum</i> ), Mint leaves ( <i>Mentha spicata</i> ), Spinach leaves ( <i>Spinacia oleracea</i> ), Curry leaves ( <i>Murraya koenigii</i> ), Tulsi leaves ( <i>Ocimum tenuiflorum</i> )

6:15 – 7:30 PM	Dinner	Plate 1: Steamed salad (weight × 5 grams), chutney, soup Plate 2: Millet khichdi
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#### f. Fasting:

1. One-day fasting per week.

#### g. Special Instructions:

1. Express gratitude to the divine before consuming food or drinks.
2. Sit in *Vajrasana* (a yoga posture) after each meal.
3. 10-minute slow walk after every meal.

#### h. Diet Types:

1. The diet comprises low-salt solid, semi-solid, and smoothie options.
2. Suggested foods include herbal tea, red juice, green juice, a variety of steamed fruits, fermented millet shakes, soaked almonds, and steamed salads.

#### II. Jeevana Vidhi:



#### Panchkarma Therapy

Panchkarma therapies were administered to patients from 24/7/23 to 30/7/23

##### 1. Matra Basti with Punarnava and Brahmi Oil <sup>[11]</sup>

**Procedure:** Warm *Punarnava* and *Brahmi* oil was administered rectally in a 90ml dose, with retention for enhanced absorption.

##### 2. Udar lepam <sup>[12]</sup>

**Procedure:** After the patient was in a comfortable supine position, the abdomen was evenly covered with a warm paste. Depending on the purpose of the treatment, the paste was either left to dry entirely or partially. The paste was carefully removed after 30 minutes, then a warm water rinse was performed. To maximized the effects, it was advised to rest and eat a light, easily digested diet after therapy.

##### 3. Shirodhara with Brahmi oil <sup>[13]</sup>

**Procedure:** The procedure began with the patient lying in a supine position, followed by the continuous pouring of warm *Brahmi* oil over the forehead from a *Shirodhara* pot from height of 6 inches. The oil flowed in a rhythmic stream over the *Ajna* (third eye) *chakra* for 45 minutes. This procedure was administered on alternate days, using 1 litre of oil maintained at 40°C.

#### 4. Udar Basti with Punarnava oil <sup>[14]</sup>

**Procedure:** The patient lay comfortably in the supine position, and *Punarnava* oil was warmed and applied to the abdominal region to relax the muscles and prepare the area for treatment. A dough barrier was formed around the navel to create a well that could hold the oil in place. The warmed *Punarnava* oil, maintained at 45°C, was then gently poured into the dough reservoir and retained for 15–30 minutes.

**Table 3: Medications Administered During Treatment**

Medicine Name	Ingredients	Therapeutic Effects as per ayurvedic literature
<b>Yakrit Shoth Har vati</b>	<b>Punarnava</b> ( <i>Boerhavia diffusa</i> ), <b>Kali mirch</b> ( <i>Piper nigrum</i> ), <b>Pippali</b> ( <i>Piper longum</i> ), <b>Vidang</b> ( <i>Embelia ribes</i> ), <b>Devdaru</b> ( <i>Cedrus deodara</i> ), <b>Haldi</b> ( <i>Curcuma longa</i> ), <b>Chitrak</b> ( <i>Plumbago zeylanica</i> ), <b>Vibhitaka</b> ( <i>Terminalia bellirica</i> ), <b>Amalaki</b> ( <i>Emblica officinalis</i> ), <b>Danti</b> ( <i>Baliospermum montanum</i> ), <b>Chavya</b> ( <i>Piper retrofractum</i> ), <b>Indrayava</b> ( <i>Holarrhena antidysenterica</i> ), <b>Black cumin</b> ( <i>Nigella sativa</i> ), <b>Kaiphali</b> ( <i>Myrica esculenta</i> ), <b>Kutki</b> ( <i>Picrorhiza kurroa</i> ), <b>Nishoth</b> ( <i>Operculina turpethum</i> ), <b>Saunth</b> ( <i>Zingiber officinale</i> ), <b>KakadSinghi</b> ( <i>Pistacia integerrima</i> ), <b>Ajwain</b> ( <i>Trachyspermum ammi</i> )	Supports <i>Yakrit Vikar Shaman</i> , (Liver Disorder Pacification) aids in <i>Pliha Vikar Nivarana</i> (Relief from spleen disorders), possesses <i>Shothahar Guna</i> (anti-inflammatory property), assists in <i>Vrikk Vikar Shaman</i> (alleviation or management of kidney disorders), helps in <i>Kamala Rog Shaman</i> (alleviation of jaundice), supports <i>Yakrit Kshaya Nivarana</i> (management of liver degeneration), acts as a <i>Mutral</i> , diuretic aids in <i>Shoth Shaman</i> (anti-inflammatory action), balances <i>Pandu Rog</i> (Anemia)
<b>Amal Pitt Har Powder</b>	<b>Mulethi</b> ( <i>Glycyrrhiza glabra</i> ), <b>Mentha</b> ( <i>Mentha piperita</i> ), <b>Hing</b> ( <i>Ferula asa-foetida</i> )	Enhances <i>Agni Deepan</i> (Digestive fire stimulation) provides <i>Shaman</i> (Alleviation), and supports <i>Sukha Prapti</i> (Attainment of well-being)
<b>Arogya Vati</b>	<b>Loh Bhasm</b> (Iron Ash), <b>Abhrak Bhasm</b> (Mica Ash), <b>Tamra Bhasm</b> (Copper Ash), <b>Amalaki</b> ( <i>Emblica officinalis</i> ), <b>Vibhitak</b> ( <i>Terminalia bellirica</i> ), <b>Haritaki</b> ( <i>Terminalia chebula</i> ), <b>Chitrak</b> ( <i>Plumbago zeylanica</i> ), <b>Kutki</b> ( <i>Picrorhiza kurroa</i> ), <b>Nimbu Patra</b> ( <i>Citrus limon leaves</i> )	Promotes Cell Regeneration acts as a <i>Rasayan</i> (Rejuvenation) and enhances <i>Vyadhikshamatva</i> (Immunity)
<b>GE-LIV Forte syrup</b>	<b>Bhringraj</b> ( <i>Eclipta prostrata</i> ), <b>Kachri</b> ( <i>Hedychium spicatum</i> ), <b>Kalmegh</b> ( <i>Andrographis paniculata</i> ), <b>Kutki</b> ( <i>Picrorhiza kurroa</i> ), <b>Vidanga</b> ( <i>Embelia ribes</i> ), <b>Nishoth</b> ( <i>Operculina turpethum</i> ), <b>Daruharidra</b> ( <i>Berberis aristata</i> ), <b>Chitrak mool</b> ( <i>Plumbago zeylanica</i> ), <b>Amalaki</b> ( <i>Emblica officinalis</i> ), <b>Sudarshan</b> ( <i>Crinum latifolium</i> )	Supports <i>Yakrit Vikar Shaman</i> , enhances <i>Vyadhikshamatva</i> (Immunity), aids in <i>Annavah Srotas Poshana</i> (Nourishment of the Digestive Channel), helps in <i>Amla Pitta Shaman</i> (Alleviation of Hyperacidity)
<b>Udar vikar Janya Rog Churan</b>	<b>Amalaki</b> ( <i>Emblica officinalis</i> ), <b>Guduchi</b> ( <i>Tinospora cordifolia</i> ), <b>Bhumi Amla</b> ( <i>Kaempferia rotunda</i> ), <b>Sarpunkha</b> ( <i>Tephrosia</i>	Supports <i>Udara Rog Shaman</i> (Treatment of Abdominal Disorders), aids in <i>Shool</i>

	<i>purpurea</i> ), <b>Vibhitak</b> ( <i>Terminalia bellirica</i> ), <b>Kutki</b> ( <i>Picrorhiza kurroa</i> ), <b>Haritaki</b> ( <i>Terminalia chebula</i> )	<i>Nivarana</i> (Pain Relief), enhances <i>Agni Deepan</i> (Digestive stimulant), helps in <i>Aadhmaan Shaman</i> (Relief from abdominal distension) and balances <i>Amla Pitta</i>
<b>Blood Purifier Syrup</b>	<b>Khadiraristha</b> , <b>Mahamajisthadi</b> <b>Kwath</b> , <b>Devdarvyadi</b> , <b>Takraristha</b>	Boosts <i>Vyadhikshamatva</i> (Immunity) and supports <i>Twak Poshana</i> (Skin nourishment)
<b>LIV-DS Capsule</b>	<b>Bhumi Amla</b> ( <i>Kaempferia rotunda</i> ), <b>Kasani</b> ( <i>Cichorium intybus</i> ), <b>Himsra</b> ( <i>Capparis spinosa</i> ), <b>Punarnava</b> ( <i>Boerhavia diffusa</i> ), <b>Guduchi</b> ( <i>Tinospora cordifolia</i> ), <b>Kakmachi</b> ( <i>Solanum nigrum</i> Linn.), <b>Arjun</b> ( <i>Terminalia arjuna</i> ), <b>Biranjaspaha</b> ( <i>Achillea millefolium</i> ), <b>Kasamard</b> ( <i>Cassia occidentalis</i> Linn), <b>Vidang</b> ( <i>Embelia ribes</i> ), <b>Chitrak</b> ( <i>Plumbago zeylanica</i> ), <b>Kutki</b> ( <i>Picrorhiza kurroa</i> ), <b>Haritaki</b> ( <i>Terminalia chebula</i> ), <b>Bhringraj</b> ( <i>Eclipta prostrata</i> )	Boosts <i>Agni Deepan</i> and promotes <i>Pakvashaya Poshana</i> (Large intestine nourishment)
<b>Rakt stambhan vati</b>	<b>Shudh Parad</b> (Purified Mercury), <b>Shudh Gandhak</b> (Purified Sulphur), <b>Hiradokhi</b> ( <i>Daemonorops draco</i> ), <b>Semal</b> ( <i>Bombax ceiba</i> )	Use for management of <i>Arsha</i> (hemorrhoids), <i>Raktameha</i> (hematuria), <i>Vidradhi</i> (abscess), <i>Urdhva Raktapitta</i> (hemoptysis), and <i>Asrigdara</i> (menorrhagia) due to its styptic, wound-healing, and anti-inflammatory properties
<b>JS-PLATOJEE Cap</b>	<b>Papaya</b> ( <i>Carica papaya</i> ), <b>Guduchi</b> ( <i>Tinospora cordifolia</i> ), <b>Sudarshan</b> ( <i>Crinum latifolium</i> ), <b>Arogyavardhini</b> , <b>Amalaki Rasayan</b> classical ayurvedic medicine, <b>Neem</b> ( <i>Azadirachta indica</i> )	Supports <i>Jwara Shaman</i> (Fever Reduction), aids <i>Vridhi</i> (Growth/Enhancement), enhances <i>Vyadhikshamatva</i> (Immunity), helps in <i>Krimi Rog Nivarana</i> (Parasitic Infection Control), and promotes <i>Agni Deepan</i> (Digestive Fire Stimulation)
<b>Vish Har Ras Syrup</b>	<b>Neem</b> ( <i>Azadirachta indica</i> ), <b>Guduchi</b> ( <i>Tinospora cordifolia</i> ), <b>Kalmegh</b> ( <i>Andrographis paniculata</i> ), <b>Papaya</b> ( <i>Carica papaya</i> ), <b>Wheatgrass</b> ( <i>Triticum aestivum</i> Linn.), <b>Punarnava</b> ( <i>Boerhavia diffusa</i> )	Supports <i>Shwasa Rog Shaman</i> (Respiratory Disorder Management), aids in <i>Prakritik Shodhan</i> (Natural Detoxification), and boosts <i>Vyadhikshamatva</i> (Immunity)
<b>Sama vati</b>	<b>Gokshura</b> ( <i>Tribulus Terrestris</i> ), <b>Shatavari</b> ( <i>Asparagus racemosus</i> ), <b>Kaunch</b> ( <i>Mucuna pruriens</i> ), <b>Amalaki</b> ( <i>Embllica officinalis</i> ), <b>Shunthi</b> ( <i>Zingiber officinale</i> ), <b>Jaiphal</b> ( <i>Myristica fragrans</i> ), <b>Ashwagandha</b> ( <i>Withania somnifera</i> ), <b>Vidarikand</b> ( <i>Pueraria tuberosa</i> ), <b>Beej band lal</b> ( <i>Sida cordifolia</i> ), <b>Akarkara</b> ( <i>Anacyclus pyrethrum</i> ), <b>Talmakhana</b>	Supports <i>Yakrit Vikar Shaman</i> (Liver Disorder Management), enhances <i>Agni Deepan-Pachan</i> (Appetite and Digestion Stimulation), aids in <i>Vibandh Nivarana</i> (Constipation Relief), boosts <i>Vyadhikshamatva</i> (Immunity),



	( <i>Asteracantha longifolia</i> ), <b>Musli</b> ( <i>Chlorophytum borivillianum</i> ), <b>Swarn makshik</b> , <b>Shilajit</b> ( <i>Asphaltum punjabicum</i> )	and helps in <i>Aruchi Shaman</i> (Loss of Appetite Management)
<b>Sanjeevani capsule</b>	<b>Sanjeevani vati</b> classical ayurvedic medicine , <b>Bhumiamla</b> ( <i>Phyllanthus niruri</i> ), <b>Ajwain</b> ( <i>Trachyspermum ammi</i> )	Supports <i>Jwara Shaman</i> (Fever Reduction), aids in <i>Yakrit Poshana</i> (Liver Nourishment), and helps in <i>Krimi Rog Nivarana</i> (Parasitic Disease Prevention)
<b>Divya Shakti Powder</b>	<b>Trikatu</b> ( <i>Zingiber officinale</i> , <i>Piper nigrum</i> , <i>Piper longum</i> ), <b>Triphala</b> ( <i>Phyllanthus emblica</i> , <i>Terminalia chebula</i> , <i>Terminalia bellirica</i> ), <b>Nagarmotha</b> ( <i>Cyperus rotundus</i> ), <b>VayVidang</b> ( <i>Embelia ribes</i> ), <b>Chhoti Elaichi</b> ( <i>Elettaria cardamomum</i> ), <b>TejPatta</b> ( <i>Cinnamomum tamala</i> ), <b>Laung</b> ( <i>Syzygium aromaticum</i> ), <b>Nisoth</b> ( <i>Operculina turpethum</i> ), <b>Sendha Namak</b> , <b>Dhaniya</b> ( <i>Coriandrum sativum</i> ), <b>Pipla Mool</b> ( <i>Piper longum</i> root), <b>Jeera</b> ( <i>Cuminum cyminum</i> ), <b>Nagkesar</b> ( <i>Mesua ferrea</i> ), <b>Amarvati</b> classical ayurvedic medicine, <b>Anardana</b> ( <i>Punica granatum</i> ), <b>Badi Elaichi</b> ( <i>Amomum subulatum</i> ), <b>Hing</b> ( <i>Ferula asafoetida</i> ), <b>Kachnar</b> ( <i>Bauhinia variegata</i> ), <b>Ajmod</b> ( <i>Trachyspermum ammi</i> ), <b>Sazzikhar</b> ( <i>Seidlitzia stocksi</i> ), <b>Pushkarmool</b> ( <i>Inula racemosa</i> ), <b>Mishri</b> ( <i>Saccharum officinarum</i> ).	Boosts <i>Ojas</i> (vitality) and energy levels and <i>Daurbalya</i> (weakness).
<b>Puroderm-G syrup</b>	<b>Neem</b> ( <i>Azadirachta indica</i> ), <b>Guduchi</b> ( <i>Tinospora cordifolia</i> ), <b>Manjistha</b> ( <i>Rubia cordifolia</i> ), <b>Sariva</b> ( <i>Hemidesmus indicus</i> ), <b>Khadir</b> ( <i>Acacia catechu</i> ), <b>Chopchini</b> ( <i>Smilax china</i> ), <b>Bakuchi</b> ( <i>Psoralea corylifolia</i> )	Supports Blood Purification <i>Rakta Shodhana</i> (Blood Purification).
<b>Maha charam Rog Har vati</b>	<b>Gandhak</b> (Sulphur), <b>Elaichi</b> ( <i>Amomum subulatum</i> ), <b>Dalchini</b> ( <i>Cinnamomum verum</i> ), <b>Tejpatra</b> ( <i>Cinnamomum tamala</i> ), <b>Nagkesar</b> ( <i>Mesua ferrea</i> ), <b>Guduchi</b> ( <i>Tinospora cordifolia</i> ), <b>Haritaki</b> ( <i>Terminalia chebula</i> ), <b>Vibhitak</b> ( <i>Terminalia bellirica</i> ), <b>Amalaki</b> ( <i>Emblica officinalis</i> ), <b>Bhangara</b> ( <i>Eclipta alba</i> ), <b>Shunthi</b> ( <i>Zingiber officinale</i> )	Promotes <i>Vrana Ropana</i> (Wound Healing), acts as a <i>Rakta Shodhak</i> (Blood Purifier), aids in <i>Vidradhi Shaman</i> (Abscess Management), supports <i>Shothahar</i> (Anti-inflammatory action), helps in <i>Sandhi Shool Nivarana</i> (Joint Pain Relief), and balances <i>Vatarakta</i> (Gout and Rheumatism)
<b>Cirro Care Capsule</b>	<b>Kutki</b> ( <i>Picrorhiza kurroa</i> ), <b>Punarnava</b> ( <i>Boerhavia diffusa</i> ), <b>Makoy</b> ( <i>Solanum nigrum</i> ), <b>Patol</b> ( <i>Trichosanthes dioica</i> ), <b>Ajwain</b> ( <i>Trachyspermum ammi</i> ), <b>Sounf</b> ( <i>Foeniculum vulgare</i> ), <b>Pudina</b> ( <i>Mentha spicata</i> ), <b>Nisoth</b> ( <i>Operculina turpethum</i> ) <b>Kampillak</b> ( <i>Mallotus philippinensis</i> ), <b>Gokhru</b> ( <i>Tribulus terrestris</i> ), <b>Draksha</b> ( <i>Vitis vinifera</i> ), <b>Arjuna</b> ( <i>Terminalia arjuna</i> ), <b>Aloe vera</b> , and <b>Rohitak</b> ( <i>Tecoma undulata</i> )	Beneficial in <i>Yakrit Vikara</i> (liver disorders) by supporting <i>Yakrit Shuddhi</i> (liver detoxification), enhancing <i>Agnideepana</i> (metabolism), and promoting <i>Ama pachana</i> (toxin elimination) for improved liver and digestive health.

<b>LIV Capsule</b>	<b>Balance</b>	<b>Bhumi Amla</b> ( <i>Phyllanthus niruri</i> ), <b>Punarnava</b> ( <i>Boerhavia diffusa</i> ), <b>Makoy</b> ( <i>Solanum nigrum</i> ), <b>Mandoor bhasam</b> (iron ash), <b>Guduchi</b> ( <i>Tinospora cordifolia</i> ), <b>Haritaki</b> ( <i>Terminalia chebula</i> ), <b>Bhringraj</b> ( <i>Eclipta prostrata</i> ), <b>Kasani</b> ( <i>Cichorium intybus</i> ), <b>Dhania</b> ( <i>Coriandrum sativum</i> )	Supports <i>Yakrit Vikar Shaman</i> (Liver Disorder Relief), enhances <i>Annavah Srotas Poshana</i> (Nourishment of Digestive Channels), aids in <i>Yakrit Vriddhi Shaman</i> (Liver Enlargement Management), helps in <i>Medorog Nivarana</i> (Obesity Control), supports <i>Agnisandhukshana</i> (Improvement of Digestive Fire), and aids in <i>Pitta Ashmari Shaman</i> (Relief from Pitta-related Urinary Stones)
<b>KanthSudhar Vati</b>		<b>khairsar</b> ( <i>Senegalia catechu</i> ), <b>Kapoor</b> ( <i>Cinnamomum camphora</i> ), <b>Supari</b> ( <i>Areca catechu</i> ), <b>Jaiphal</b> ( <i>Myristica fragrans</i> ), <b>Sheetalmirch</b> ( <i>Piper cubeba</i> ), <b>Elaichi</b> ( <i>Amomum subulatum</i> )	Supports <i>Mukh Pak Shaman</i> (Oral Ulcer Relief), aids in <i>Durgandhata Nivarana</i> (Bad Odor Removal), promotes <i>Mukh Rog Shamana</i> (Oral Disease Management), helps in <i>Vrana Ropana</i> (Wound Healing), and balances <i>Tundikeri Shaman</i> (Cold Sensation Relief)

Table 4: Medicine advised after discharge (30/7/23)

Medicine	Dosage with <i>Anupaan</i>
<b>Arogyavati Tablet</b>	2 Tablet BD ( <i>Adhobhakta</i> with <i>koshna jala</i> ) (After meal with Lukewarm water)
<b>LIV-DS Capsule</b>	2 Cap. BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )
<b>Divya Shakti powder</b>	Half a teaspoon HS ( <i>Nishikala</i> with <i>koshna jala</i> ) (At bed time with lukewarm water)

Table 5: Follow-up Medicine's (23/8/23) to (15/10/23)

Medicine (23/8/23)	Dosage with <i>Anupaan</i>	Medicine (15/10/23)	Dosage with <i>Anupaan</i>
<b>Arogyavati Tablet</b>	1 Tablet BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )	<b>Arogya vati Tablet</b>	1 Tablet BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )
<b>GE-LIV Forte syrup</b>	20ml BD ( <i>Adhobhakta</i> with <i>sam matra kosha jala</i> )	<b>GE-LIV Forte syrup</b>	20ml BD ( <i>Adhobhakta</i> with <i>sam matra kosha jala</i> )
<b>Udar vikar Janya Rog Churan</b>	One teaspoon BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )	<b>LIV-DS Capsule</b>	1 Cap. BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )
<b>LIV-DS Capsule</b>	1 Cap. BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )	<b>JS-PLATOJEE Cap</b>	1 Cap BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )
<b>Yakrit Shoth Har vati</b>	2 Tablet BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )	<b>Amal Pitt Har Powder</b>	One teaspoon BD ( <i>Pragbhakta</i> with <i>koshna jala</i> )

<b>Amal Pitt Har Powder</b>	One teaspoon BD (Pragbhakta with koshna jala)		
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**Table 6: Follow-up Medicine's (11/11/23) to (12/1/24)**

<b>Medicine (11/11/23)</b>	<b>Dosage with Anupaan</b>	<b>Medicine (12/1/24)</b>	<b>Dosage with Anupaan</b>
<b>Arogyavati Tablet</b>	2 Tablet BD (Adhobhakta with koshna jala)	<b>Arogyavati Tablet</b>	2 Tablet BD (Adhobhakta with koshna jala)
<b>Puroderm-G syrup</b>	20ml BD (Adhobhakta with sam matra koshna jala)	<b>Puroderm-G syrup</b>	15ml TDS (Adhobhakta with sam matra koshna jala)
<b>JS-PLATOJEE Cap</b>	2 Cap BD (Adhobhakta with koshna jala)	<b>JS-PLATOJEE Cap</b>	2 Cap BD (Adhobhakta with koshna jala)
<b>Divya Shakti powder</b>	Half a teaspoon HS (Nishikala with koshna jala)	<b>Kanth Sudhar vati</b>	1 Tablet QID
<b>Maha charma roghar vati</b>	2 Tablet BD (Adhobhakta with koshna jala)	<b>Sanjeevani capsule</b>	1 Tablet BD (Adhobhakta with koshna jala)
		<b>GE-LIV Forte syrup</b>	20ml BD (Pragbhakta with sama matra koshna jala)

**Table 7: Follow-up Medicine's (19/2/24) to (17/3/24)**

<b>Medicine (19/2/24)</b>	<b>Dosage with Anupaan</b>	<b>Medicine (17/3/24)</b>	<b>Dosage with Anupaan</b>
<b>Arogyavati Tablet</b>	2 Tablet BD (Adhobhakta with koshna jala)	<b>Arogyavati Tablet</b>	2 Tablet BD (Adhobhakta with koshna jala)
<b>Puroderm-G syrup</b>	20ml BD (Pragbhakta with sam matra koshna jala)	<b>LIV Balance Capsule</b>	1 Cap. BD (Adhobhakta with koshna jala)
<b>LIV-DS Capsule</b>	1 Cap. BD (Adhobhakta with koshna jala)	<b>GE-LIV Forte syrup</b>	20ml BD (Pragbhakta with sam matra koshna jala)
<b>Sanjeevani capsule</b>	1 Cap. TDS (Adhobhakta with koshna jala)	<b>Amal Pitt Har Powder</b>	One teaspoon BD (Pragbhakta with koshna jala)
<b>Yakrit Shoth Har vati</b>	2 Tablet BD (Adhobhakta with koshna jala)	<b>Grahni Har Vati</b>	2 Tablet BD (Pragbhakta with koshna jala)
<b>Amal Pitt Har Powder</b>	One teaspoon BD (Pragbhakta with koshna jala)		

**Table 8: Follow-up Medicine's (16/4/24) to (30/5/24)**

Medicine (16/4/24)	Dosage with <i>Anupaan</i>	Medicine (30/5/24)	Dosage with <i>Anupaan</i>
<b>Arogya vati Tablet</b>	2 Tablet BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )	<b>Arogya vati Tablet</b>	2 Tablet BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )
<b>Sama vati</b>	2 Tablet BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )	<b>JS-PLATOJEE Cap</b>	2 Cap BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )
<b>GE-LIV Forte syrup</b>	20ml BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )	<b>Divya Shakti powder</b>	Half a teaspoon HS ( <i>Nishikala</i> with <i>koshna jala</i> )
<b>Blood Purifier Syrup</b>	20ml BD ( <i>Adhobhakta</i> with <i>sam matra koshna jala</i> )	<b>Cirro Care Capsule</b>	2 Cap. BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )
		<b>Rakt Stambhak Vati</b>	2 Tablet BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )

**Table 9: Follow-up Medicine (18/7/24) to (24/8/24)**

Medicine (18/7/24)	Dosage with <i>Anupaan</i>	Medicine (24/8/24)	Dosage with <i>Anupaan</i>
<b>Arogya vati Tablet</b>	2 Tablet BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )	<b>Arogyavati Tablet</b>	2 Tablet BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )
<b>JS-PLATOJEE Cap</b>	2 Cap BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )	<b>GE-LIV Forte syrup</b>	20ml BD ( <i>Adhobhakta</i> with <i>sam matra koshna jala</i> )
<b>Syrup Blood Purifier</b>	20ml BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )	<b>Udar vikar Janya Rog Churan</b>	Half a teaspoon BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )
<b>LIV DS Capsule</b>	2 Cap. BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )	<b>Yakrit Shoth Har vati</b>	2 Tablet BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )
<b>Vish Har Ras Syrup</b>	20ml BD ( <i>Adhobhakta</i> with <i>sama matra koshna jala</i> )	<b>Amal Pitt Har Powder</b>	2 Tablet BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )
<b>Sama vati</b>	2 Tablet BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )		

## RESULTS

- The patient, a 65-year-old man with chronic liver disease (CLD), hypertension, and coronary artery disease (CAD), reported significant improvement in his general health following the *Ayurvedic* treatment plan. Over time, there was a notable decrease in the frequency and intensity of symptoms such as weakness, knee pain, fatigue, dyspnea on exertion, pedal edema, gastric issues, generalized itching, and disturbed sleep. These improvements were observed after the implementation of dietary and lifestyle modifications, along with *Panchkarma* therapy. Following the treatment, the patient's weight decreased from 73 kg to 66 kg.



- **Pedal edema Scale –**
  1. (1°: 2mm depression, barely detectable – Immediate rebound)
  2. (2°: 4mm deep pit – A few seconds to rebound)
  3. (3°: 6mm deep pit – 10 to 12 sec to rebound)
  4. (4°: 8mm very deep pit – >20 sec to rebound)
- **Pain Scoring Scale - (0 – No pain & 10 – Unimaginable pain)**
- **Fatigue Scoring Scale (0-10)-**
  1. 0- No Fatigue
  2. 1-3: Mild fatigue
  3. 4-6: Moderate fatigue (affects daily functioning)
  4. 7-8 Severe fatigue
  5. 9-10 Extreme fatigue (disabling, persistent exhaustion)
- **Itching Scoring Scale - (0 – No itch & 10 – Worst itch)**
- **Sleep Scoring Scale -**
  1. (0 – 2: Very bad)
  2. (3 – 4: Bad)
  3. (5 – 6: Disturbed sleep)
  4. (7 – 8: Good – 5 to 6 hrs. sleep)
  5. (9 – 10: Very good – 7 to 8 hrs. sleep)

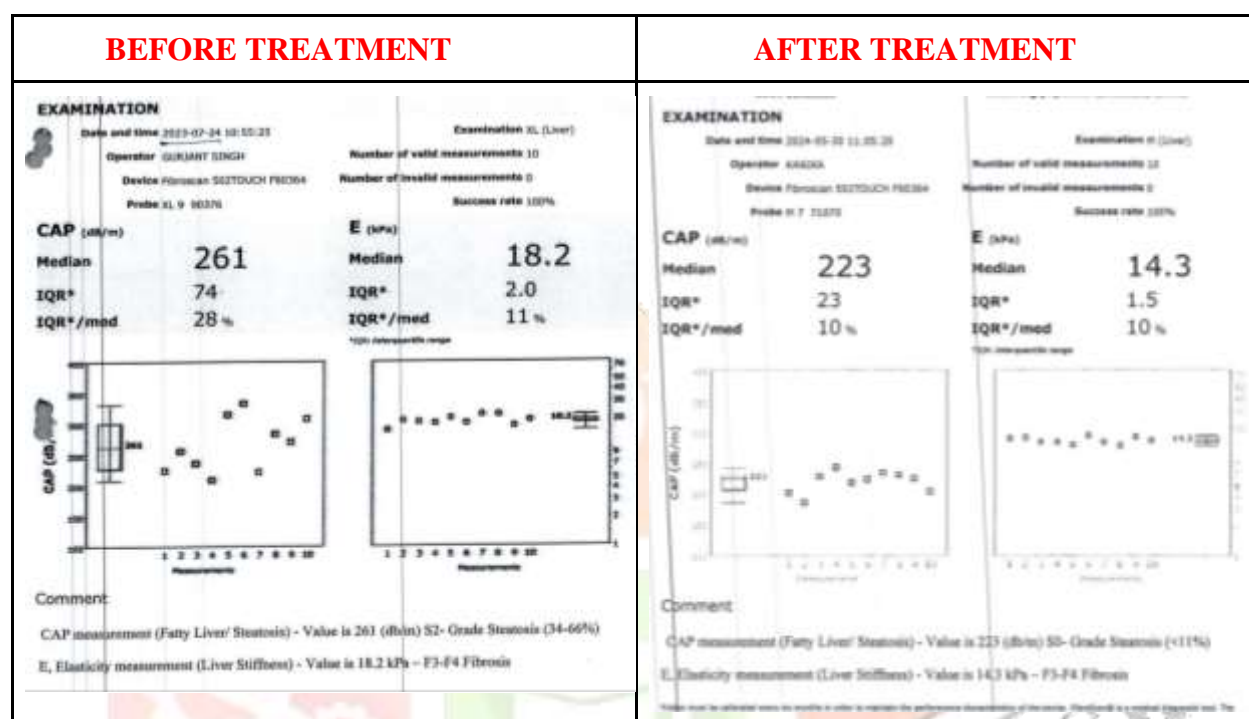
Condition	At Admission (24/7/23)	After 7 Days (30/7/23)
Generalized weakness	4/10	Relief (0/10)
Fatigue	5/10	Relief (0/10)
Dyspnoea on exertion	3/10	Relief (0/10)
Pedal oedema	2 <sup>0</sup>	Relief (0/10)
Gastric issues	4/10	Relief (0/10)
Itching over body	6/10	Relief (0/10)
Pain in knee	3/10	Relief (0/10)
Disturbed sleep	4/10	Relief (7/10)

**Table 10: Comparison of Fibro Scan before and after treatment**

Parameter	Findings Values	Normal Range
	<b>24/07/2023</b>	
<b>CAP (dB/m)</b>	261	< 238 dB/m (No steatosis)
<b>E (kPa)</b>	18.2	< 6.0 kPa (Normal liver stiffness)
	<b>30/05/2024</b>	

<b>CAP (dB/m)</b>	223	< 238 dB/m (No steatosis)
<b>E (kPa)</b>	14.3	< 6.0 kPa (Normal liver stiffness)

The Fibro Scan results show changes in CAP (Controlled Attenuation Parameter) and liver stiffness (E[kPa]) over time, indicating the liver's response to treatment. CAP, which reflects liver fat content, decreased from 261 to 223 by May, 2024 suggesting improvement. Liver stiffness (E[kPa]), a measure of fibrosis, decreased from 18.2 to 14.3 indicating a reduction in liver fibrosis and potential treatment effectiveness.



## DISCUSSION

In *Ayurveda*, eight types of *Udar Roga* are mentioned out of which *Yakrit Udar* represent liver disorder (*Yakrit Vikara*) arise mainly from the vitiation of *Pitta dosha*, especially *Ranjaka Pitta* (responsible for blood coloration and metabolism).<sup>[21]</sup> Key causative factors (*Nidana*) include excessive intake of sour, spicy, oily, and heavy foods consumption of alcohol (*Madya*), incompatible food combinations (*Viruddha Ahara*) and poor lifestyle practices like daytime sleep (*Divaswapna*), stress, and late night. These habits disturb *Agni* (digestive fire), leading to the formation of *Ama* (metabolic toxins), which accumulates in the *Yakrit* (liver). This disrupts *Rasa* (plasma) and *Rakta Dhatu* (blood), causing improper blood formation and liver dysfunction. The involved channels (*Srotas*) are *Raktavaha Srotas* (blood channels) and *Annavaha Srotas* (digestive channels), where obstruction (*Srotorodha*) leads to signs like jaundice (*Kamala*), chronic hepatitis (*Halimaka*), and liver cirrhosis (*Kumbha Kamala*). The disease progresses from localized *Pitta* aggravation to systemic involvement, impairing both *Jatharagni* (digestive fire) and *Dhatvagni* (tissue metabolism). Thus, the *Ayurvedic* pathogenesis (*Samprapti*) of liver disorders involves *Pitta* imbalance, *Ama* formation, *Dhatu dushti* (tissue vitiation), and *Srotas* blockage culminating in *Yakrit Vikara*. Fibro Scan results showed a decrease in CAP from 261 to 223 by May 2024, indicating initial fat reduction. Liver stiffness (E[kPa]) declined from 18.2 to 14.3 suggesting fibrosis reduction. These changes reflect the liver's response to treatment, showing initial progress with minor fluctuations. *Matra Basti* (including *Punarnava* and *Brahmi* oil) balanced *Vata dosha* by promoting intestinal lubrication, facilitating bowel movements, and allowing systemic absorption through colon. It supported the cleansing of liver by enhancing *Agni* and aiding in the elimination of *Ama*. Improved peripheral blood flow, decreased inflammation, and lymphatic drainage are all benefits of *Udar Lepam*, an external abdominal paste treatment. By soothing the muscles and nerves in the abdomen, improving digestion, and reducing bloating and

fluid retention, its skin absorption enables detoxification on a deeper level. Applying *Udar Basti* (including *Punarnava* oil) externally to the abdomen enhances lymphatic drainage, blood circulation, and digestive motility. It supports hepatic and renal processes indirectly by calming the digestive tract, controlling *Vata*, and aiding in the removal of excess fluid and pollutants.

**Table 11. Therapeutic effects according to the *Ras panchaka* of the ingredients**

<i>Ayurvedic Herbs</i> (Botanical Name)	Included Formulations	<i>Rasa</i> (Taste)	<i>Guna</i> (Qualities)	<i>Virya</i> (Potency)	<i>Vipaka</i> (Post-digestive Taste)	<i>Prabhava</i> (Unique Action)	Key Therapeutic Actions
<i>Amalaki</i> ( <i>Embolica officinalis</i> )	<i>Amal Pitt Har Powder, Arogya Vati, GE-LIV Forte Syrup, LIV-DS Capsule</i>	Sweet, Bitter, Pungent	Light, Dry	Cooling	Sweet	<i>Rasayana, Lekhana</i>	Rejuvenative, <i>Pitta</i> -balancing, liver detoxification, <i>Agni deepana</i> , immunity enhancement
<i>Guduchi</i> ( <i>Tinospora cordifolia</i> )	<i>Udar Vikar Janya Rog Churan, Maha Charma Roghar Vati</i>	Bitter, Pungent	Light, Unctuous	Hot	Sweet	<i>Tridosha-shamaka</i>	Immunomodulatory, antipyretic, blood detoxifier, supports liver function
<i>Punarnava</i> ( <i>Boerhavia diffusa</i> )	<i>Yakrit Shoth Har Vati, GE-LIV Forte Syrup, LIV Balance Capsule</i>	Bitter, Pungent	Light, Dry	Hot	Pungent	<i>Mutral, Shothahara</i>	Diuretic, anti-inflammatory, reduces edema, supports liver and kidney health
<i>Haritaki</i> ( <i>Terminalia chebula</i> )	<i>Arogya Vati, Maha Charma Roghar Vati</i>	Pungent, Bitter, Sweet	Light, Dry	Hot	Sweet	<i>Anulomana</i>	Laxative, digestive regulator, detoxification, enhances liver and gut health
<i>Neem</i> ( <i>Azadirachta indica</i> )	<i>Blood Purifier, Vish Har Ras Syrup, Puroderm-G Syrup</i>	Bitter, Astringent	Dry, Sharp	Hot	Pungent	<i>Krimi-Nashaka, Rakta-Shodhaka</i>	Antimicrobial, anti-inflammatory, blood purifier, manages skin and systemic infections

### NEED FOR FURTHER RESEARCH

1. **Lack of Clinical Evidence:** More robust clinical trials are needed to validate the efficacy of *Ayurvedic* formulations in chronic liver disease.
2. **Standardization Issues:** Herbal formulations require standardization to ensure safety, potency, and consistency.
3. **Mechanism of Action:** Scientific studies are needed to elucidate how key herbs like *Guduchi* and *Punarnava* exert hepatoprotective effects.
4. **Integration with Modern Medicine:** Research is required on combining *Ayurvedic* and allopathic treatments for better liver disease management.
5. **Long-Term Safety:** The long-term safety and possible herb-drug interactions of *Ayurvedic* treatments must be evaluated.

## CONCLUSION

A 65-year-old male patient with Chronic Liver Disease (CLD), Hypertension, and Coronary Artery Disease (CAD) presented with classical symptoms of *Yakrit Vikara*. Following just 7 days of *Ayurvedic* treatment, significant clinical improvement was observed across all parameters. Symptom scores showed marked reduction: generalized weakness improved from 4/10 to 0/10, fatigue from 5/10 to 0/10, dyspnea on exertion from 3/10 to 0/10, itching from 6/10 to 0/10, and disturbed sleep improved from 4/10 to 7/10. Additionally, pedal edema reduced from Grade 2° to 0, and other associated complaints such as gastric discomfort and joint pain resolved completely. These outcomes reflect the effectiveness of the integrative *Ayurvedic* intervention in delivering rapid and comprehensive symptomatic relief in a patient with multiple comorbidities. Vital signs were stable throughout treatment, though mild elevations in blood pressure and fatigue were noted initially. Diagnostic evaluation via FibroScan showed a CAP score (reflecting hepatic steatosis) initially at 261 to 223 over the course, indicating fat reduction. Liver stiffness (E[kPa]) 18.2 dropped to 14.3, suggesting a marked improvement in fibrosis and overall liver function. *Ayurvedic* management focused on correcting *Pitta Dushti*, *Agni Mandya*, and *Ama* accumulation, using *Panchkarma* therapies like *Matra Basti*, *Udar Lepam*, *Shirodhara*, and *Udar Basti* alongside potent formulations including *Yakrit Shoth Har Vati*, *Amal Pitt Har Powder*, and LIV-DS Capsule. *Ayurvedic* Herbs such as *Amalaki*, *Guduchi*, *Punarnava*, *Haritaki*, and *Neem* supported *Raktashodhana*, *Agni Deepana*, and *Yakrit Rasayana*, reflecting classical *Ayurvedic* principles.

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