

*Health Research Article***Homeopathic Treatment for Jaundice****Dr. P. Prabhakar**

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Abstract

Jaundice is characterised by yellowish discolouration of the skin, sclera of the eyes resulting in the accumulation of excess amounts of bilirubin which is a waste product that is formed due to the breakdown of haemoglobin. Usually it is passed through the liver and excreted from the body. When the said bilirubin exceeds more than 3 mg./dl the discolouration of the skin starts and this can be managed by the life style. In chronic conditions in allopathy the surgical or long treatment is required and the expenditure involving in this cure is not within the reach of the common man. So cheaper, available homoeopathic medicines followed by the restricted diet can be suggested for the cure of this jaundice. Medicines viz. *Chelidonium* mother tincture, potencies of *Nux-vomica*, *Podophyllum* and *China* are advised for the cure.

Keywords: Jaundice, Bile pigments, Haemolysis, *Chelidonium*, *Nux vomica*, *Bellodonna*, *Podophyllum*

Introduction

The liver holds a significant role within our body as one of the vital organs. Its primary responsibility lies in the metabolism and detoxification of food, drugs, and chemicals. Jaundice is a condition characterized by yellowish discoloration of the eyes, skin, and bodily fluids due to elevated bilirubin levels (Henryk Dancygier, 2011). Jaundice is a condition where the skin and mucous membranes turn yellow due to elevated levels of bilirubin in the blood, a bile pigment. Bilirubin is produced as a result of the regular

breakdown of red blood cells in the body, where the heme part of the hemoglobin molecule is transformed into bilirubin through a chemical process (Abbas *et al.* 2016). Jaundice commonly presents as severe fatigue, high body temperature, and a throbbing head, loss of appetite, severe constipation, feelings of sickness, yellowing of urine, tongue, skin, and eyes, as well as a dull ache in the vicinity of the liver. Liver disease stands as a prominent contributor to sickness and mortality worldwide (Srivastav & Prajapati, 2023). Jaundice is a prevalent

liver disorder marked by yellow discoloration of the skin, mucous membranes, and the whites of the eyes as a result of elevated bilirubin levels in the bloodstream, a condition known as hyperbilirubinemia. Jaundice is a frequent liver ailment distinguished by yellowing of the skin, mucous membranes, and the sclera of the eyes caused by heightened bilirubin levels in the blood, a condition referred to as hyperbilirubinemia (Méndez-Sánchez et al. 2019).

The aim of this article is to discuss types of the jaundice and the herbal treatment. Jaundice is three types viz. 1) pre hepatic jaundice caused by hemolysis of RBCs 2) Hepatic jaundice caused by the abnormal metabolism and excretion of bilirubin by the liver and 3) Post hepatic jaundice caused due to the obstruction in the bile duct. The characters, causes and the details of the treatment are mentioned hereunder

Symptoms: Yellowish tinge to the skin, whites of the eye, pale colour stool, dark urine, itching skin, vomiting, nausea, loss of appetite, fatigue, abdominal pain, blood vomiting, fever and chill.

Causes:

- 1) **Pre hepatic jaundice:** This is due to haemolysis i.e. destruction of blood cells and may be due to a) congenital causes b) acquired causes or may be due to c) other causes.
 - a) Congenital causes:
 - Spherocytosis: RBCs are affected characterised by anemia, jaundice and enlarged spleen.
 - Elliptocytosis: Hereditary disorder when the RBCs are elliptical.
 - Congenital LCAT deficiency: Genetic disorder where the ability of the body

is disturbed in the formation of cholesterol.

- **Thalassemia:** Hereditary disorder where the body does not make enough haemoglobin.
- **Sickle cell anaemia:** Hereditary disorder that affects the shape of the RBCs.
- **Stomatocytosis:** RBCs are like stomata.
- **Echinocytes:** Notched RBCs.
- **Pyruvate kinase deficiency:** This results in lacking pyruvate kinase resulting in breaking of RBCs.

b) **Acquired causes:**

- **Microangiopathy:** Disease of microvessels and small blood vessels results in alternating microcirculation system.
- **Hemolytic uremic syndrome:** small blood vessels in the kidneys become damaged.
- **Disseminated intravascular clot:** This occurs when the proteins which control blood clotting become damaged.
- **Thrombotic thrombocytopenic purpura:** Formation of blood clots in small blood vessels.
- **Hypophosphatemia:** Where blood has low level of phosphorous leading to muscle weakness, respiratory or heart failure or coma.

c) **Other causes:**

- Auto immune hemolysis
- Long distance runners
- Infections like Malaria
- Chemicals like Nitrites
- Toxins such as smoke venoms
- Vit B₁₂ deficiency
- Folic acid deficiency

2) **Hepatic Jaundice:**

- **Wilson's disease:** A rare inherited disorder that causes copper to

accumulate in liver, brain and other vital organs.

- Hemochromatosis: An inherited condition where iron levels increase in the body.
- CrigierNajjar Syndrome: A serious condition characterised by hyperbilirubinemia.
- Gilbert's syndrome: A common harmless liver condition in which liver does not properly process bilirubin.
- Dubin-johnson's syndrome: This appears during adolescence or early adulthood.

Acquired causes:

- Pregnancy
- Malnutrition
- Non cancerous liver tumours
- Viral hepatitis
- Alcoholic hepatitis

3) **Post hepatic jaundice:** This is due to biliary obstruction outside the liver and the causes are -

Congenital causes:

- Biliary atresia: Blockage in the tubes that carry bile from the liver to the gall bladder.
- Cystic fibrosis: Inherited disorder that affects the cells that produce mucous, sweat and digestive juices.
- Pancreatic biliary malfunction: This results from the inability of the sphincter to contract and relax normally.

Acquired causes:

- Infections like Malaria
- Abnormalities seen in the bile duct.
- Strictures: Abnormal narrowing of the bodily passages.
- Choledocholithiasis: The presence of atleast one gallstone in the bile duct.

- Intra-abdominal tuberculosis: A type of TB that affects the duct, abdominal lymph nodes, solid organs in the abdomen like liver, pancreas and spleen.

Other causes: Trauma, AIDS, tumors, inflammation of gall bladder and pancreas.

For detecting jaundice the physical evaluation of the body, laboratory evaluation of complete blood count, Alanine transaminase test, aspartate transaminase test, gamaglutamiltransferase test and alkaline phosphotase test are to be conducted and evaluated.

Cure in Homoeopathy:

To avoid surgery in chronic conditions of Jaundice certain homoeopathic drugs are administered to avoid expenditure. Such medicines are available in homoeopathic shops where different potencies and tinctures are available which are within the reach of the common people. The undermentioned medicines are administered by me to different patients affected by jaundice.

A) **Chelidonium** :-



The mother tincture is prescribed as 8 to 10 drops in a spoonful of water twice a day for 10 days. This is prescribe when jaundice is accompanied

by pain in liver and other symptoms include yellow pigmented skin, especially constant pain under the inferior angle of right scapula, the white of the eye appears yellow, tongue and bitter taste in the mouth. The sore pain in the liver extends downwards from the lobe.

B) Nux-vomica:



When jaundice with diarrhoea is there Nuxvomica works well. The other symptoms are profuse dark colour fetid stool, severe pain in umbilicus, pale yellowish skin, yellow tongue and incomplete stool sensation.

Dosage: Nuxvomica 200 (daily 1 dose i.e.8 to 10 granules for 7 days)

C) Belladonna:--



The patient is active. Other symptoms like yellowing of the skin and eyes are

common but the patient experiences fever and chill.

Dosage: Belladonna 30 potency (8 granules twice a day for 7 days)

D)China:-



Jaundice with great weakness and exhaustion. Liver weakness due to alcohol consumption or poor diet.

Dosage: China mother tincture (8 to 10 drops in a spoonful of water twice a day for 10 days)

E) Podophyllum:-



When jaundice with pain in the liver better by rubbing, podophyllum is administered. Other symptoms are sensation of weakness or sinking in the stomach region followed by pain in the abdominal region which can be relieved by lying on the stomach region. Diarrhoea where foul greenish stool is noticed.

Conclusion:

Jaundice in primary stages can be cured by diet control and precautions as given earlier. When in advanced conditions after the blood examination and specified tests mentioned earlier, in allopathy surgery is advised and is not within the reach of the common man.

The cheaper way is the use of homoeopathic medicines available in the market as suggested earlier. The medicines viz., Chelidonium, Nuxvomica, Belladonna, China and Podophilyum are advisable along with th controlled diet jaundice can be recoverable. Good water intake is necessary to increase the bowel movement in order to let the evacuation of the toxins.

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