

sensitive, and accurate method for screening of most of the liver diseases. Unfortunately, conventional and synthetic drugs used in the treatment of hepato biliary diseases are inadequate and sometimes can have serious side effects.

Ayurveda Literature in Hepato Biliary Disorders

Ayurveda is a whole medical system that is based on various theories about health and illness and on ways to prevent, manage, or treat health problems. The liver is a well-known organ for Ayurveda. In Vedas, "Takima" or "Yakna" words are used for liver. The synonyms words like-Kalakhanda, Jyotisthana, Yakritkhanda, Yakritpinda, Raktadhara and Raktashaya are found in the ancient literature for liver. Yakrit comes from Sanskrit word i.e., yat (conversion) and krit (to do). It is also narrated as yakrit sabita (liver is sun) in vedic literature from the liver can be manifested as allergies, high cholesterol, hypoglycemia, constipation, digestive problems, or fatigue. If the imbalance continues for a long time, serious diseases of the liver, including hepatitis, cirrhosis, jaundice and cancer, could develop. Ayurveda mostly nomenclature the diseases as per functional abnormalities but yakrit roga, grahani, and hrud roga are named as per morphological and anatomical abnormalities.

Ayurveda classics like-Caraka Samhita, Susruta Samhita, Astanga Hrudaya, Gada Nigraha, Bhavaprakash, Madhava nidana, Chikitsa manjari, etc. had described the hepato biliary diseases either in kamala (Jaundice) or in Udara roga (abdominal disorders) context. A significant

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Phala trikadi kwatha

Phalatrikadi kvatha contains eight drugs which are having predominately Kamalahara properties like–Pitta-Kapha Shamaka, Yakriduttejaka, Shothahara, Pandurogahara, recana, dipana etc. Kvatha of Triphala (Amalaki, Haritaki and Bibhitaki), Amrita, Vasa, Tikta (Katuka), Bhunimba, and Nimba tvaka taken with Honey relieves Kamala and Pandu. is formulation used for fatty liver [31,32].

Yakrit plihantak churna

Yakrit Plihantak Churna is most effective herbal remedy to treat jaundice, liver damage, fatty liver, liver cirrhosis, etc. [33].

Amalaki grita

Administration of medicated ghee in chronic diseases is the one of the treatment principle of Ayurveda. Amalaki grita is administered to chronic liver diseases a patient who has good appetite. It has hepatoprotective property [34].

Panchagabya grita

It has wide range of application in Ayurveda. It is used in Kamala. It is hepato protective and antioxidant [35,36].

Rahitaka grita

It is good formulation in chronic diseases. It has chemo protective action [37].

Liv 52

Liv 52 brought a revolution in the biomedical and clinical research in liver diseases. It has 24 clinical papers and 92 experimental studies on liver disorders. It is the highest selling Ayurveda product in India and marketed in 25 countries. Liv 52 has significant effect on the prevention and treatment of viral hepatitis, prophylaxis of adverse effect of chemotherapy in tuberculosis, liver cirrhosis, alcoholic hepatitis etc. [38,39].

Andrographis paniculata(Kirata tikta)

A. paniculata plant extract could repair the hepatic injury and/or restore the cellular permeability, and reducing the toxic effect of ethanol induced liver toxicity and preventing enzymes leakage into the blood circulation. A recent study showed that andrographolide attenuated concanavalin A-induced liver injury and inhibited hepatocyte apoptosis. It has been reported to be effective in chronic hepatitis B viral infection [40,41].

Curcuma longa (Haridra)

The pharmacological properties of curcumin were reviewed recently and focused mainly on its anticancer properties. However, its beneficial activity on liver diseases. Curcumin attenuates liver injury induced by ethanol, thioacetamide, iron overdose, cholestasis and acute, subchronic and chronic carbon tetrachloride (CCl₄) intoxication; moreover, it reverses CCl₄ cirrhosis to some extent. The pleiotropic activities of curcumin derive from its complex chemistry as well as its ability to influence multiple signaling pathways, including

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