

LIVER DISORDER AND HOMOEOPATHY
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“To rise at six, dine at ten, sup at six and go to bed at ten makes a man live ten times longer.”

The famous 16th century proverb defines eat low calorie foods that can be easily digested. The liver is one of the most important organs in the human body and performs a number of metabolic functions that are essential to human life. The liver is a “multi-tasker” because it performs a wide variety of functions that include filtering toxic materials which can damage the body, processing of carbohydrates, protein and fats, manufacturing urea, the main substance of urine, storing of glucose and certain vitamins. The liver is extremely resilient and tough. In fact, it is the only major organ that can regenerate itself. But because the liver plays such an important role in metabolism, it is also subject to some disease conditions and illnesses which mainly include hepatitis, cirrhosis of liver, cholecystitis, cholelithiasis, cholangitis etc.

There are several causes for liver disorders and regrettably the prime cause starts in uterus, the mother’s womb. If the so called safe drugs are toxic to mother’s liver, also toxic to a fetus one. And the liver of the fetus is immature to deal with them. This can hardly give the child a good start in life. After birth if the baby is bottle fed then it’ll be fretful, windy and colicky. In adult life almost food materials taken by us contain some sort of preservative or artificial flavorings which are harmful to liver. Then we have the problem of medicines i.e. antibiotics, steroids, or sleeping pills. Even the manufacturers admit that they can have side effects i.e. nausea, diarrhea and rashes indicate that the whole digestive tract, including the liver is upset. Vitamins are also harmful if taken in uncontrolled quantities over a long period of time. Patient with depressions can no longer cope with detoxication hence liver disorder starts. This implies that liver has to devote a lot of its energies in detoxication and its constant exposures to toxins and infectious agents can cause serious and sometimes irreversible damage.

Homoeopathy is an efficient system of medicine which can treat these disorders with higher success rate. It is a science where results depend on precise assessment of individuality with a suitable Homoeopathic remedy. It has the tremendous advantage of a fistful of remedies that can actually put new life and efficiency in to a fagging liver.

In Homoeopathy, medicines have five main actions:

1. Appetite improvement.
2. Regulation of the bowel movements.
3. Enhanced functions of the liver.
4. Immediate relief to the symptoms.
5. Infusing a general sense of well-being.

In addition to various Homoeopathic medicines, the following general measures can follow:

- Mental relaxation through meditation, yoga.
- Avoiding addictive substances such as alcohol and tobacco.
- Regular physical exercises.
- Fast once a week.
- Eat till you feel just full.
- A baby often has more sense that its elders, when it is ill it doesn’t want to eat. So avoid food during the sick period.

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