

## ⊘ Apathya (Don'ts)

- X Fattish, heavy diet
- X Food with pesticide contamination
- X Excessive consumption of alcohol
- X Excessive exercise
- X Day time sleep



## CCRAS Contribution

Clinical studies to demonstrate the efficacy Ayurvedic Medicine

- Combination of Punarnava Mandura and Arogya vardhini vati
- Katukyadi yoga
- Kumari asava

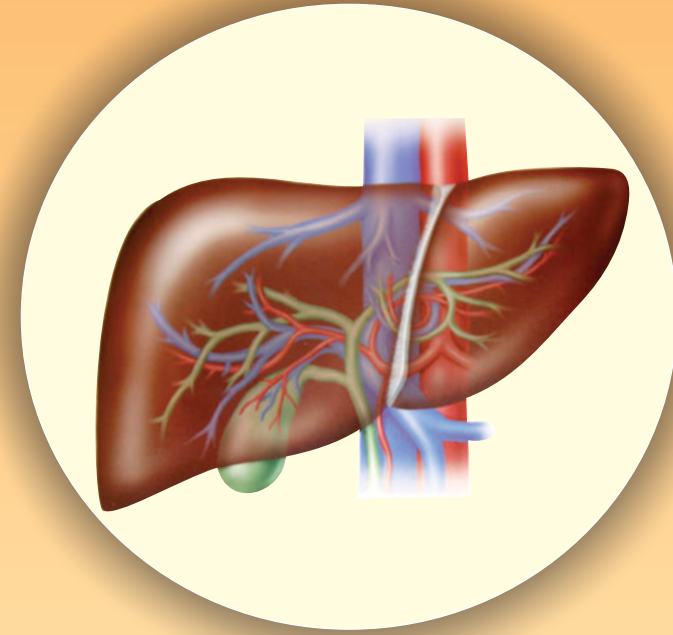
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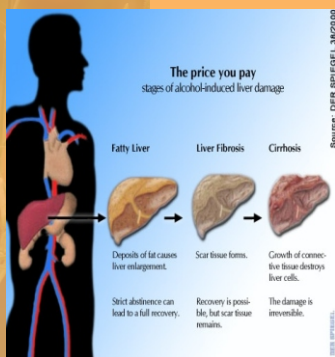
# Ayurvedic Management of **HEPATITIS** (YAKRIT VRIDDHI)



**CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES**  
 Ministry of AYUSH  
 (Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)  
 Government of India

According to Ayurveda viciated blood and kapha dosha are main course of yakrita vridhhi Hepatitis is a condition of yakrita vridhhi.

## NIDANA (ETIOLOGY)



### FAULTY DIET HABITS & LIFESTYLE

- Consumption of unwholesome, dry, stale and more spicy food
- Excessive and regular consumption of alcohol
- Infections (Viruses - Hep. A, B, C, D, E)
- Improper use of certain drugs

## Signs & Symptoms

- Abdominal pain
- Abdominal distension
- Heaviness in abdomen
- Loss of appetite
- Low grade fever
- Fatigue
- Anaemia
- Thirst
- Jaundice



## Management

**Panchakarma - Cleansing Therapy**  
 Some important Drugs -



Shigru (*Moringa oleifera*)



Patola (*Trichosanthes dioica*)

### Ayurvedic Medicine:

- Katuki (*Picrorhiza kurroa*)
- Bhumyamalaki (*Phyllanthus amarus*)
- Punarnavasava
- Arogya vardhini vati

## ✓ Pathya (DOs)

- ✓ Patient may be kept on restricted diet for few days
- ✓ Food consists of - Sali variety of rice, Yava (Barley) Mudga (Moong dal), Cows milk, butter milk
- ✓ Ardraka (Ginger), Rasona (Garlic), Leaf & fruit of Patola (*Trichosanthes dioica*), Punarnava (*Boerhavia diffusa*), Leaves of Shigru (*Moringa oleifera*) Leaves of Makoy's (*Solanum nigrum*)
- ✓ Fruits - Amla, Anar (Pomegranate), Draksha (Grapes), Papita (Papaya), Santra (Orange), Nimbu (Lemon) etc



Amla (*Phyllanthus emblica*)



Orange (*Citrus reticulata*)



Dadima (*Punica granatum*)



Grapes (*Vitis vinifera*)