

P.H. Kulkarni

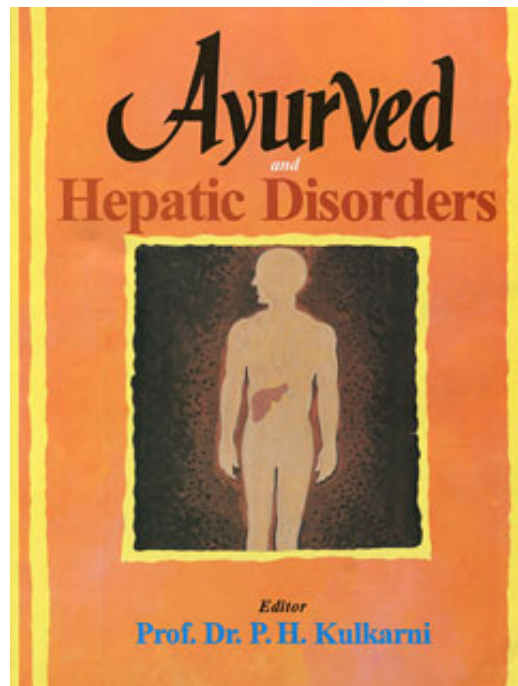
Ayurved and Hepatic Disorders

Reading excerpt

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of [P.H. Kulkarni](#)

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Hepatic Disorders

How To Treat Hepatitis With Ayurvedic Methods

Dr.Dandekar Govind

The disease hepatitis is known since centuries. The word hepatitis means an inflammation of the liver, the largest gland in our body. It is differentiated according to the different causes of the disease. The type of hepatitis that I have dealt with in my book is the viral hepatitis, or a liver inflammation that is caused by viruses. The treatment of a disease depends on the etiology of the disease and its pathology. In case of the virus hepatitis the causative agent is a virus; but it is not a single virus. It is a group of viruses, and each of these viruses causes a different type of the disease. There was a lot of research on these viruses in recent years; and to understand the problem of viral hepatitis, it is necessary to know about this research. At present we know about six or seven different types of viruses, and each of them has a peculiarity of its own.

The longest known virus is the vims A. This virus is contacted through unhygienic conditions and is transmitted through foods and drinks. Virus A is very infectious! In India and other tropical countries it is quite common. The clinical picture is well known. In a few days after the infection the patient generally develops fever, pain in the limbs, gastrointestinal symptoms, and then the typical jaundice. The infection with vims A is seldom fatal and generally the patient recovers in a few weeks or even months. It is a disease that never becomes chronic. General supporting treatment is sufficient for the great majority of cases. The hepatitis E takes also a similar course, and no chronic cases are known. Hepatitis D is also not very important.

But its is a different story with hepatitis B and C. First the better known hepatitis B. The causative vims is generally transmitted through blood and blood products like globulin and plasma, infected injection needles, but also by sexual intercourse. This disease is known now fora few decades; but the hepatitis C is only known since 1989. Previously they used the term "non A-non-B-Hepatitis", because the blood tests showed that it was neither virus



A nor virus B; but it was no doubt-a virus hepatitis. This hepatitis is seldom acute. The signs and symptoms are uncharacteristic, jaundice is absent for the majority of cases. Only blood tests show that a liver inflammation and destruction of liver cells is going on. Further tests show that the virus is present in blood; and a liver biopsy shows that the liver is damaged. Usually this disease is also transmitted through blood products, transfusion and infected needles. But there must be other modes of transmission, as many times no cause can be found out. In Germany we have about 8,00,000 infected persons carrying the virus. In India it may be similar or even worse.

It is very important to know these different types of viral hepatitis, because the symptoms and prognosis are very different. Hepatitis A may recover spontaneously and is never chronic; hepatitis B becomes chronic in about 10% of cases, but hepatitis C becomes chronic in over 70% and may lead to cirrhosis of the liver and even to cancer of the liver. The modern medicine treats the hepatitis C with interferon alpha and Ribhavin. Both are very costly and have many side effects. At present the chances of recovery are between 40% and 50%. How many will be cured in the long run is not jet known! A prophylactic vaccination against C is at present possible.

This was the situation as I considered the possibility of Ayurvedic treatment for this disease. In the modern medicine the treatment of an infection is to eliminate and to kill the causative organisms. That is how hepatitis C is being treated today, but the results are not very convincing. Can Ayurveda help ? The main difficulty is about the diagnosis. In the ayurvedic literature, there are references to two types of Kamala, Bahupitta kamala and rudhapatha kamala. The symptoms of bahupitta kamala can be compared with the viral hepatitis but there is no differentiation in the virus types and as you can very well imagine, one cannot compare the curse of hepatitis A with the cure of hepatitis C! It is also very difficult to diagnose hepatitis C with only clinical methods. Ayurveda has here another approach and another way of thinking. The primary cause of a disease is the derangement of the doshas and dhatus or doshu-dhatuvaishmya. The causes of this derangement are manifold. According to Sushrut there are seven different possible causes of a diseases. (You know them all). It is a common experience in an influenza epidemic that not every person, who comes into contact with the virus, gets it. It depends on the personal immunity of each individual. If we cannot kill the virus, then we must try to strengthen the resistance or the immunity of the patient. A patient who is having his dosha and dhatus in equilibrium will have a far better chance to cope with the infection than somebody who is not having this equilibrium.

In other words : we must try to increase the "health" of the patient. In this respect we have a lot of advice in Ayurveda. Only general instructions are not enough. We must give the instructions according to the constitution of the person. Ayurveda asks for a lot of modifications in the individual therapy. Every ayurvedic doctor knows that well-known Sutra-Deshan, Dushyam, palam. Kalain etc. I have tried to explain this with due modifications in



Hepatic Disorders

my book. The main difficulty for my treatment of hepatitis was, how to get the necessary medicines from India. A drug like Arogyavardhini was out of question! It is one of the important drugs in liver diseases, but anything that is containing even a small portion of mercury is prohibited here. If you give something like it here, you will be prosecuted. I could only use plants like phyllanthus niruri, pricrorrhiza kurroa, Curcuma longa, Tinospora cordifolia and a few more. Another basic difficulty in treating hepatitis C with ayurvedic methods is the diagnosis. In the modern medicine the diagnosis depends on the pathological anatomy or the cellular pathology. We have not any such diagnostic methods in Ayurveda. Ayurvedic diagnosis depends on the symptoms and signs of the disease; and here again symptoms in an acute condition. The hepatitis C is essentially a chronic condition! Sometimes there are no symptoms, which give us a lead to the disease. Or they are not specific such as dyspepsia or fatigue. Sometimes hepatitis in the modern medicine is compared with the kamala in Ayurveda. Kamala does not mean jaundice! Kamala means tiredness, slackness! But in the description of the disease it is a predominant symptom! It seems that only the acute form the disease is known in Ayurveda but not the chronic form of hepatitis C! one cannot use the treatments used in India as there are no reports available about the specific treatment of hepatitis C!

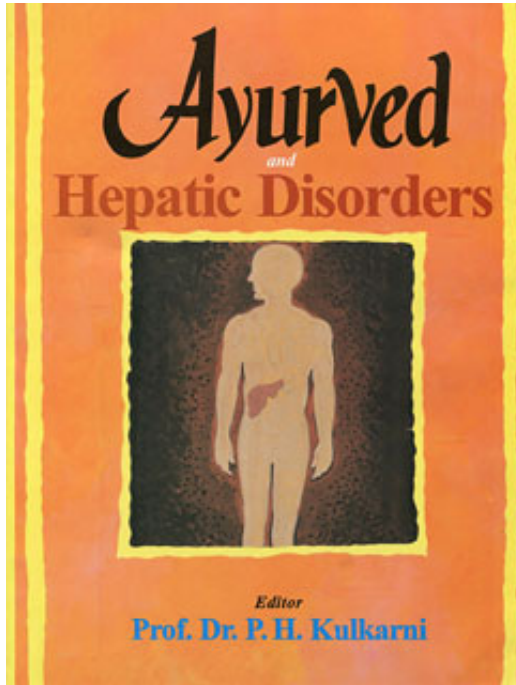
I have tried to bridge over the gap between Ayurveda and modern medicine in my book, but it was not easy and it may be not acceptable for many ayurvedic physicians.

My main object was to show that with ayurvedic methods you can increase the health of the patient and put him into a better position (salutogenesis) to cope up with his illness and disease.

The hepatitis C is a good example for this type of treatment.

Dr. Govind Dandekar

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