

BLOOD AND LIVER DISORDERS

(ĀYURVEDIC AND MODERN CONCEPT)

Preface

According to Āyurveda, the liver and the spleen are derived from blood, in the foetal life. According to modern medicine, blood is formed by the liver and spleen in early foetal life. This illustrates the close association between blood and the liver since foetal life. Āyurveda refers to only the cells in the blood as blood (*rakta dhātu*). The plasma i.e. the fluid in the blood is included in body fluids (*rasa dhātu*).

Āyurveda refers to blood as *jīva* (life) – ‘रक्तो जीव इति स्थितिः’. Five thousand years ago, Āyurveda mentions that oxygen is carried by blood cells – ‘प्राणाः शोणितं अनुवर्तन्ते’. In anaemia, when the haemoglobin content in the blood decreases, the functions of all the body cells are affected as they do not get adequate oxygen. In India, 70% pregnant women and children and 40% adult males suffer from anaemia. This affects their working Output and body resistance.

Anaemia is called as *panduroga* in Āyurveda. The word *pāndu* means white. In anaemia, the skin and the mucous membranes lose their red colour and appear whitish. Bleeding disorders are called as *raktapitta* in Āyurveda. The detailed description and treatment of both anaemia and bleeding disorders according to modern medicine as well as Āyurveda are given in this book.

Liver is called *yakrut* in Āyurveda. Both the words are meaningful. It is said that life depends on the liver. Here the word liver is used with a double meaning, that is liver as an anatomical organ of the body

and liver which implies one who lives, i.e. the lifestyle of an individual. The word *yakrut* is derived from ‘*yahâ*’ i.e. one and ‘*krut*’ which literally means ‘does’. Thus liver is one which performs important functions of the body.

The book elucidates the functions of the liver and description of jaundice according to modern medicine as well as *Âyurveda*. In India, laymen who are not qualified in *Âyurveda* prescribe one or two herbal medicines for the treatment of jaundice. Patients suffering from jaundice should not take treatment from such people as they are not conversant with the varied causes of jaundice and its complications.

Alcohol is toxic to the liver. Drinking alcohol in excess can give rise to acute alcoholic hepatitis, fatty liver, alcoholic intoxication and cirrhosis of the liver. It is difficult to overcome addiction to alcohol as in several cases, the addict is possessed by the soul of a deceased individual who fulfills his desire to drink alcohol through the medium of the addict.

The book also describes in detail hepatosplenomegaly, cirrhosis of the liver, oedema and ascites as per *Âyurveda* as well as modern medicine.

The book gives a list of *Âyurvedic* medicines which have proved to be useful in liver disorders by carrying out experiments on animals or clinical trials on patients. The book also gives measures to prevent liver disorders.

This book will prove useful not only to patients with blood and liver disorders but it will also be useful to haematologists, gastroenterologists, *vaidyas*, doctors, medical students and nurses. Everyone shall benefit by reading the book in keeping his blood and liver healthy.

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