

NON-ALCOHOLIC FATTY LIVER DISEASE (NAFLD) AND AYURVEDA

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Non-alcoholic fatty liver disease (NAFLD) is a condition with excessive liver fat deposition along with insulin resistance (IR). It is growing cause of liver injury globally and is present in developed and developing countries with more prevalence in the western countries. Histologically it is defined as steatosis in >5% of hepatocytes (liver cells)¹. Non-alcoholic fatty liver (NAFL) and non-alcoholic steatohepatitis (NASH) are the two distinct conditions with entirely different outcomes and prognosis. Non-alcoholic steatohepatitis (NASH) covers a broad spectrum of severities, including liver fibrosis and cirrhosis which may lead to hepatocellular carcinoma (HCC)². To diagnose the NAFLD it is mandatory to exclude the secondary causes and alcohol consumption. The maximum limit for the alcohol consumption is P30g per day for men and P20g for women³. In a person the alcohol consumption above these limits is an indication towards the alcoholic fatty liver disease (AFLD) or alcoholic steato-hepatitis (ASH). However, the damage to the liver due to alcohol depends upon many other co-factors like type of alcohol, duration of exposure, genetic pre-disposition and consuming patterns. But patients consuming alcohol in less dose as mentioned above may land in NAFLD due to metabolic risk factors which are more prominent causes than the alcohol⁴. Liver biopsy is the best method to confirm the diagnosis.
