

## Liv.52 in General Practice

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Liv.52 is an indigenous drug with the following constituents:

*Capparis spinosa* (**Kabra**)

*Cichorium intybus* (**Kasni**)

*Solanum nigrum* (**Makoi**)

*Cassia occidentalis* (**Kasondi**)

*Terminalia arjuna* (**Arjun**)

*Achillea millefolium* (**Gandana**)

*Tamarix gallica* (**Jhau**)

**Mandur bhasma.**

Though the pharmacology and mode of action of Liv.52 is not known, clinically it has proved to be non-toxic, economical, effective, well-tolerated indigenous preparation. It is mainly a hepatic stimulant, choleric and tonic. As Liv.52 has regenerative, stimulative effect on liver, it is useful and effective in many of the gastro-intestinal diseases.

I have found it to be of value in the following conditions:

**1. Jaundice:** In jaundice it is very necessary that liver tissue returns to normal as early as possible. In infective hepatitis broad-spectrum antibiotics are useful, but the regeneration of the tissue can be rapidly obtained by Liv.52 only. After the diagnosis of jaundice, Liv.52 with other drugs rapidly controls the disease and makes the convalescent period shorter.

In neonatal jaundice too, Liv.52 is equally effective and safe.

**2. Amoebic Hepatitis:** After treating the amoebic part, Liv.52 helps liver to return to normal condition earlier. It is used, therefore, after the active treatment of amoebic hepatitis.

**3. Cirrhosis of Liver:** The response of cirrhosis of the liver to Liv.52 is much better than to any of the known drugs. It is an economical and effective drug for cirrhotic liver. In early stages of cirrhosis, it gives very good recovery and the clinical response is seen within a fortnight.

**4. Flatulence and Dyspepsia:** This may be of any aetiology but it is seen that Liv.52 definitely reduces flatulence and dyspepsia; thereby it improves appetite and feelings of comfort.

**5. Anorexia:** Many times anorexia is due to sluggish liver, improper digestion, flatulence, etc. Liv.52, because of its action on liver and as a good choleric, improves appetite and reduces anorexia. At times, the cause of anorexia may not be found and may not be related to the reasons narrated above; even then Liv.52 is found effective to reduce the anorexia.

**6. General Tonic:** The foregone findings showed that Liv.52 improved appetite and helped digestion, it was used as a general tonic and adjuvant to other drugs even in malnutrition. It definitely improved the health. In malnutrition patients with Liv.52 recovered earlier than patients without Liv.52.

**7. Allergy:** There is a school of thought that this is caused when the liver fails to remove the allergens in the body and the allergic condition does not improve with sluggish liver—Liv.52 was used in such conditions along with other anti-histaminics. The response was quicker and better which was then maintained with Liv.52 only.

With the same thinking, Liv.52 was used to combat infantile eczema, which is a very patience-killing condition. The baby improves with normal drugs, but always with repeated relapses. In many of my infant patients I have used Liv.52 freely. My practice to treat such cases is to give them corticosteroids along with Liv.52. If secondary infection is present, it is also treated simultaneously. The response is remarkable after a week. A week or two is taken to taper the doses of corticosteroids and ultimately to be cut off. Afterwards the patients are maintained only on Liv.52 for the next two months. In my practice with this regime practically no relapses are seen.

### **DOSES**

In all the conditions narrated above the doses used were 5-10 drops t.d.s. and 10-15 drops t.d.s. in younger and older children respectively. In adults 1-2 tablets t.d.s. was the dose.

To summarise: Liv.52 is economical non-toxic, well-tolerated indigenous drug, having its action mainly on regeneration of liver. It is found useful in a number of conditions viz., jaundice, flatulence, dyspepsia, malnutrition, cirrhosis of liver, anorexia, constipation, infantile eczema and itching etc.