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## Clinical efficacy and safety of Bhui Amla (*Phyllanthous niruri*) in liver disease: A case series

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### Abstract

Liver (Kabid) is a vital organ in the body where every metabolic process occurs. Formation of Khilt (humour) occurs in the liver. According to doctrine of Unani medicine Liver is Sar Chasma of Quwate tabayiah. It is resemblance to Unsur "Naar" (fire), Khilt Safra (bilious humour) and with Fasl Saif (summer season) where as its temperament is Haar Yabis. When its mizaj deviates from normal to abnormal it leads to disease with various sign and symptoms like Zoaf-e-Isteha (loss of appetite), Matli-wa-Qai (nausea & vomiting), Zoaf-e-Aam (general weakness), Hikka (pruritis), Sehar (insomnia). Restore of mizaj as a normal depends upon Ghiza, Dawa etc.

Bhui Amla is a medicinal plant which is highly used for treatment of various liver disorder and also scientifically reported for various activity viz; antioxidant, immunomodulator, hepatoprotective, anti-hepatocellular carcinoma. So, above I contemplated a case series among 6 patients of liver disease with raised liver parameters. We concluded that, Bhui Amla is highly effective for the management Liver Disease. The present case series study is new vistas for researcher and conveys it to medical field for the better understanding and management of liver disease which are described in Unani classical text.

**Keywords:** Bhui Amla, liver disease, Amraaze Kabid, case series

### Introduction

Ancient Unani scholars were well aware about the significance of liver and considered it to be one of the dynamic organs responsible for the metabolic functions chiefly the production of Akhlat (humors) <sup>[1]</sup>. The temperament (Mizaj) of liver is hot and moist <sup>[2]</sup>. Due to changeable dietary habits, excessive consumption of fatty food, drugs (hepatotoxic) particularly alcohol etc., its mizaj is altered to barid (cold) or haar (hot), which is antagonistic to the liver <sup>[1, 3, 4, 5, 6, 7]</sup>. When abnormal or morbid materials accumulated in the liver which affects the normal functioning of liver and disturb the function like Quwate Jazeba, Quwate Maseka, Quwate Hazema and Quwate Dafeah and specially Hazme Kabdi <sup>[2, 5, 7]</sup>. Although the unbelievable advancement of allopathic medicine, the role of AUSH system of medicine has tremendous role to cure of different diseases. Out of Mawalide Salasa, plant based medicine are unique. Bhui Amla (*Phyllanthous niruri*) is such medicinal plant which is described in Unani literature in the name of Bhuti, Bhumi Amla, Bhum Amlak <sup>[8]</sup>. Bhui amla belongs to Euphorbiaceae family and it has been reported for various pharmacological activity viz; antioxidant, immunomodulator, hepatoprotective, antiviral, anticancer activity etc. <sup>[9]</sup>.

### Material Methods

This small study evaluates the safety and efficacy of Bhui Amla in the treatment of liver disease patients with Zoaf-e-Isteha, Nausea & Vomiting, and Weakness with abnormal Liver Function test. Before start the study informed consent was taken from the patients. Bhui Amla, was given dosages of 10 gm in the form of juice for 3 weeks.

For this study six adult patients (5 males and 1 female) in the age group of 20-40 years with mean age of 35.2 years with duration of 2 months to 5 months.

Exclusion criteria included other concomitant forms of liver Disease (Hepatocellular Carcinoma), Age Group < 18 years and >40 years and Pregnant and Lactating mother. The clinical efficacy was measured with Laboratory Based Parameters. All patients were followed up to assess response to treatment.

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**Table 1:** Distribution of patients by Gender, Numbers and Duration of Disease.

S. No	Genders	No of Patients	Duration of Disease
1	Males	5	3 months
2	Female	1	5months

**Table 2:** Distribution of patients by Gender, Numbers and Duration of Disease:

Parameters	Variables	Before Treatment	After Treatment
Objective* Parameters	SGOT	80	38
	SGPT	75	40
	Serum Bilirubin	2	1.1
	Alkaline Phosphatase	250	170
Subjective Parameters	Zoaf-e- Isteha	Moderate	Mild
	Nausea	Moderate	Nil
	Vomiting	Moderate	Nil
	Hikka	Severe	Mild
	Weakness	Moderate	Mild

Only average mean\*

### Discussion

Liver (Kabid) is a vital organ in the body where every metabolic process occurs and formation of Khilt (humour) occurs in the liver [2]. According to doctrine of Unani medicine Liver is seat of theof Quwate tabayiah [10]. It is resemblance to Unsur "Naar" (fire), Khilt Safra (bilious humour) and with Fasl Saif (summer season) where as its temperament is Haar Yabis [2]. When its mizaj deviates from normal to abnormal it leads to disease with various sign and symptoms like Zoaf-e-Isteha (loss of appetite), Matli-wa-Qai (nausea & vomiting), Zoaf-e-Aam (general weakness), Hikka (pruritis), Sehar (insomnia). Restore of mizaj as a normal depends upon Ghiza, Dawa etc. [1, 7]. After using the Bhui Amla in liver disease for the period of three weeks it was found that a significant result in both subjective and objective parameter and it is also scientifically reported for various activity viz; antioxidant, immunomodulator, hepatoprotective, anti-hepatocellular carcinoma [1, 11].

### Conclusion

Bhui Amla is a well known medicinal herb which is mostly used in tropical countries including India also. It has various pharmacological activities like antioxidant, immunomodulator, hepatoprotective, antiviral, anticancer activity etc. Most of the Unani physicians used for hepatoprotective purpose to cure liver diseases. However, this small open-label trial (case series study) suggest that *Bhui Amla*, used at daily dosages 10 gm in the form of juice with duration for 3 weeks, could be of therapeutic value in patients with liver Disease.

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### Conflict of interest

The authors declare that they have no competing interests.

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