

EVIDENCE-BASED AYURVEDIC MANAGEMENT OF FATTY LIVER DISEASE (YAKRIT VIKAR): A CASE REPORT

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ABSTRACT

The reason for a major global public health concern is rising rates of obesity, sedentary lifestyles, poor eating habits, and metabolic syndrome, fatty liver disease (FLD). FLD is caused by increasing the level of lipids, especially triglycerides, within hepatocytes. If not treated this condition can develop into cirrhosis fibrosis, non-alcoholic steatohepatitis, and in extreme cases, hepatocellular cancer. Initially it does not show any symptoms, but patients may feel systemic metabolic abnormalities, mild dyspepsia, weariness, and heaviness in the right hypochondrium. Instead than treating the metabolic and intestinal abnormalities, modern care generally relies on pharmacological interventions, dietary restrictions, exercise, and lifestyle changes. In Ayurveda, FLD can be correlated with *Yakrit Vikar* or *Medo Yakrit Vridhhi*, a condition arising due to *Kapha-Pitta* predominance, *Meda Dhatu* vitiation, impaired

Agni (digestive fire), and accumulation of *Ama* (metabolic toxins). Blockage in *yakrit* and *medovaha srotas* causes Fatty infiltration along with systemic metabolic dysfunction. In this case report describes a 45 year old man who has diagnosed with Grade 2 fatty liver based on liver function tests and ultrasound and then taken Ayurvedic therapy regimen for 60 days. Shamana therapy using hepatoprotective herbs, *Virechana* for purgation, *Snehapana* for internal oleation, and *Deepana-Pachana* to enhance *Agni*. The patient's reports have improved after the treatment, lipid profile improved, hepatic fat decreased, liver enzyme

levels returned to normal, and clinical symptoms significantly improved. This study demonstrates the potential of Ayurveda as an effective supplementary medicine.

KEYWORDS: Fatty Liver Disease, *Yakrit Vikar*, *Virechana*, Ayurvedic Management, *Medo Rog*, Liver Detoxification, Case Study.

Ayurvedic Perspective

Fatty liver is explained in Ayurveda as *Yakrit Vikar* or *Medo Yakrit Vriddhi*, which cause due to imbalance between *Kapha* and *Pitta Dosha* results in the accumulation this is *sanchaya* of *Meda Dhatu* and obstructed *Agni*.

Pathogenesis involves

Dosha: Predominantly *Kapha* and *Pitta*; *Kapha* leads to *Meda* (fat) accumulation, while *Pitta* causes inflammation and metabolic disturbance.

Dhatu: The liver gets accumulated with fat, which affects *Meda* and *Rasa Dhatu*.

Srotas (Channels): *Medovaha Srotas* (fatty tissue channels) and *Yakrit Srotas* (liver channels) gets obstructed due to increase in *Ama* and *Meda Dhatu* which gets buildup and causes obstruction.

Digestive Fire (Agni): Metabolism gets hampered due to weak digestive/metabolic fire (*Mandagni*), which causes systemic fat storage and toxin buildup (*Ama*).

Clinical features include symptoms like heaviness in the right hypochondrium, fatigue, loss of appetite, dyspepsia, lethargy, and bloating. Ayurveda emphasizes sequential management: *Deepana-Pachana* (digestive enhancement), *Snehapana* (internal oleation), *Virechana* (therapeutic purgation), and *Shamana* (pacifying therapy) to restore *Dosha* balance, remove toxins, and rejuvenate tissues.^[6]

REVIEW OF LITERATURE

Ayurvedic herbs and procedures have been extensively studied for their hepatoprotective and metabolic effects:

1. *Picrorhiza kurroa*, also known as *Kutki*, having hepatoprotective, antioxidant, and anti-inflammatory qualities. Clinical and experimental research has studied that *Kutki* can normalize liver enzyme levels, decreases hepatic fat deposition, and enhance liver functioning.^[7]

2. Boerhavia diffusa, also known as *punarnava*, has hepatoprotective, lipid-lowering, and diuretic properties. it is effective in lowering *Meda Dhatu* and enhancing lipid metabolism.^[8]
3. Glycyrrhiza glabra, also called as *Yashtimadhu*, has hepatoprotective, anti-inflammatory, and antioxidant properties which protects hepatocytes from inflammation and oxidative damage.^[9]
4. Charaka Samhita and Sushruta Samhita has shown the role of *Virechana* in eliminating excess *Pitta-Kapha* from *Yakrit* and *Medovaha Srotas*, which enhances liver function and metabolism.^[10]
5. According to recent clinical research, hepatic fat content, liver enzymes, lipid profile, and patient-reported outcomes can all be much improved by sequential Ayurvedic treatment that combines digestive enhancers, detoxification, and hepatoprotective medicines.^[11]

CASE PRESENTATION

Patient Profile

- **Age/Sex:** 53-year-old male
- **Occupation:** IT Engineer
- **Lifestyle:** Sedentary, irregular diet, occasional alcohol intake
- **Chief Complaints:** Fatigue, heaviness in right upper abdomen, mild dyspepsia
- **Past History:** Obesity, appendectomy
- **Family History:** Father had type 2 diabetes and hypertension
- **Dietary Habits:** Frequent consumption of fried and oily food, low intake of vegetables and fruits, high carbohydrate diet

- **Examination**
 - BMI: 29 kg/m²
 - Mild hepatomegaly
 - Tenderness in right hypochondrium
 - Slight pallor, dull complexion

- **Investigations**
 - Ultrasound: Grade 2 fatty liver
 - Liver Function Tests: AST 52 IU/L, ALT 60 IU/L, ALP 145 IU/L
 - Lipid Profile: Total cholesterol 220 mg/dL, Triglycerides 180 mg/dL

Ayurvedic Diagnosis and *Samprapti Ghataka* Table no 1 -

<i>Samprapti Ghataka</i>	Findings in Patient	Interpretation
Dosha	<i>Kapha-Pitta predominance</i>	<i>Kapha</i> leads to <i>Meda</i> accumulation; <i>Pitta</i> contributes to hepatic inflammation and metabolic imbalance
Dushya	<i>Meda Dhatu, Rasa</i>	Fat accumulation in liver and systemic metabolic derangement
Srotas	<i>Yakrit & Medovaha Srotas</i>	Obstruction and sluggish flow leading to fatty infiltration
Agni	<i>Mandagni</i> (impaired digestive/metabolic fire)	Poor digestion, systemic <i>Ama</i> formation
Adhatu	<i>Meda Vriddhi</i> (increased fat tissue)	Manifestation as fatty liver
Srotodushti	<i>Sanga</i> (blockage)	Lipid accumulation, impaired metabolism

60-Day Treatment Plan

Phase 1 – *Deepana-Pachana* (Days 1–10)

- **Objective:** Enhance *Agni*, reduce *Ama*, prepare body for oleation
- **Formulations**
- ***Trikatu Churna*:** 3 gm with warm water before meals
- ***Avipattikar Churna*:** 5 gm at night for mild constipation
- **Dietary Advice:** Light, easily digestible meals; avoid oily, fried, and heavy foods; increase intake of green vegetables and boiled pulses

Phase 2 – *Snehapana* (Days 11–20)

- **Objective:** Internal oleation to mobilize Doshas and soften accumulated *Meda*
- **Formulation:** ***Ksheerabala Taila* with Milk** – 40–50 ml/day, gradually increased
- **Monitoring:** Daily assessment of bowel movements, appetite, sleep quality, and general well-being

Phase 3 – *Virechana* (Days 21–25)

- **Objective:** Therapeutic purgation to expel excess *Pitta* and *Kapha*, cleansing *Yakrit* and *Medovaha Srotas*
- **Formulation:** ***Trivrit Avaleha*** 20–30 gm
- **Post-Virechana Care:** Light diet (rice gruel, medicated ghee), rest, monitoring for electrolyte balance, hydration, and bowel regularity

Phase 4 – Shamana Therapy (Days 26–60)

- **Objective:** Strengthen liver, reduce *Meda Dhatu*, regulate metabolism, prevent relapse
- **Formulations**
- **Kutki Churna:** 2 gm twice daily with warm water
- **Punarnava Mandura:** 500 mg twice daily
- **Yashtimadhu Churna:** 3 gm before meals
- **Lifestyle Modifications:** Moderate exercise (walking, yoga), avoidance of alcohol, fried food, high sugar intake, and maintenance of regular meal timings

Treatment Rationale Table 2.

Formulation/Form	Ayurvedic Properties	Modern Pharmacological Action	Purpose in FLD
<i>Trikatu Churna</i>	<i>Ushna, Deepana, Pachana</i>	Stimulates digestion, lipid metabolism	Reduce <i>Ama</i> , enhance <i>Agni</i>
<i>Avipattikar Churna</i>	<i>Laghu, Tridosha Hara</i>	Mild laxative, anti-inflammatory	Relieve constipation, cleanse liver
<i>Ksheerabala Taila</i>	<i>Snigdha, Snehana, Balya</i>	Antioxidant, hepatoprotective	Internal oleation for Dosha mobilization
<i>Trivrit Avaleha</i>	<i>Virechana, Kapha-Pitta Hara</i>	Laxative, detoxification	Purgation, remove excess <i>Kapha-Pitta</i>
<i>Kutki Churna</i>	<i>Tikta, Laghu, Yakrit Shodhana</i>	Hepatoprotective, improves liver enzymes	Reduce hepatic fat, strengthen liver
<i>Punarnava Mandura</i>	<i>Rasa, Rasayana, Medohara</i>	Diuretic, lipid-lowering, hepatoprotective	Reduce <i>Meda</i> accumulation, rejuvenate liver
<i>Yashtimadhu Churna</i>	<i>Sweet, Snigdha, Pitta-Kapha Hara</i>	Anti-inflammatory, antioxidant, liver protectant	Protect hepatocytes, reduce inflammation

OBSERVATION AND RESULTS**Subjective Findings**

- Fatigue significantly reduced
- Appetite normalized
- Right upper abdominal heaviness resolved
- Sleep quality and overall energy levels improved
- Mild improvement in digestion and bowel regularity

Objective Findings- Table no 3.

Parameter	Before Treatment	After 60 Days	Remarks
Ultrasound Liver Fat	Grade 2	Grade 1	Significant improvement
AST (IU/L)	54	38	Reduced
ALT (IU/L)	60	44	Reduced
Total Cholesterol (mg/dL)	225	180	Improved lipid profile
TG (mg/dL)	180	150	Improved
BMI	29	26	Mild reduction

DISCUSSION

A metabolic condition called fatty liver disease is brought on by lifestyle choices and systemic imbalances. Ayurvedic medicine places a strong emphasis on treating the underlying causes, with particular attention to tissue cleaning, metabolic restoration, and dosha balance.

Mechanism of Sequential Therapy

1. *Deepana-Pachana*: metabolizes *Ama*, increases digestive fire (*Agni*), and gets the body ready for oleation. *Meda* buildup is decreased by improved metabolism.
2. *Snehapana*: Fat deposits and *Doshas* can be eliminated during *virechana* which get softens by Internal oleation.
3. *Virechana*: Reduces hepatic fat deposition, improves liver function, balances *Yakrit* and *Medovaha Srotas*, and gets rid of excess *Pitta-Kapha*.
4. *Shamana* Therapy: Medicinal plants which act as Hepatoprotective improve lipid profiles, lower oxidative stress, fortify liver cells, and stop relapses.

Modern Correlation

- **Kutki (Picrorhiza kurroa)**: Reduces AST, ALT; hepatoprotective, anti-inflammatory.^[7]
- **Punarnava (Boerhavia diffusa)**: Lipid-lowering, diuretic, prevents *Meda* accumulation.^[8]
- **Yashtimadhu (Glycyrrhiza glabra)**: Antioxidant, anti-inflammatory, hepatoprotective, relieve gastric symptoms such as heartburn, peptic and duodenal ulcer.^[9]

This integrated approach shows better efficacy compared to single-modality therapies, as it beneficial for improving metabolism, detoxification, and tissue rejuvenation simultaneously.

Literature Support

Kutki, *Punarnava*, and *Yashtimadhu* are Hepatoprotective, anti-inflammatory, and lipid-

lowering properties which are confirmed by clinical research. Sequential therapy is recommended by classical Ayurvedic writings, which gives the importance of preparation (*Deepana-Pachana*), detoxification (*Snehapana, Virechana*), and stabilization (*Shamana*) for long-term effects.^[10-11]

CONCLUSION

The 60-day Ayurvedic treatment protocol along with using ayurvedic concepts and panchakarma therapies - *Deepana-Pachana, Snehapana, Virechana*, and *Shamana* therapy led to:

- Improvement in clinical symptoms (fatigue, abdominal heaviness)
- Reduction in hepatic fat (Grade 2 → Grade 1)
- Normalization of liver enzymes (AST, ALT)
- Improvement in lipid profile and BMI

This case demonstrates the efficacy of Ayurvedic treatment for fatty liver disease. With an emphasis on tissue strengthening, metabolic improvement, and purification, sequential therapy offers comprehensive and long-lasting results by addressing both symptoms and underlying causes. To validate these results and standardize NAFLD therapy procedures, larger-scale clinical investigations are advised.

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