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UNANI MEDICINE FOR LIVER DISORDERS: A REVIEW OF NATURAL REMEDIES AND THEIR BENEFITS

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ABSTRACT

Liver disorders are a significant health concern worldwide. Unani medicine is a traditional system of medicine that has been used for centuries to treat various ailments. Unani medicine emphasizes the use of natural remedies to prevent and treat liver disorders. This review paper aims to provide an overview of the natural remedies used in Unani medicine to treat liver disorders and their benefits.

KEYWORDS: *Unani medicine, liver disorders, natural remedies, benefits*

INTRODUCTION:

Liver disorders are a growing concern worldwide, and the incidence of liver diseases is increasing at an alarming rate. Unani medicine is a traditional system of medicine that has been used for centuries to treat various ailments, including liver disorders. Unani medicine emphasizes the use of natural remedies to prevent and treat liver disorders. These natural remedies are derived from herbs, plants, and other natural sources and have been used for centuries to treat liver disorders. This review paper aims to provide an overview of the natural remedies used in Unani medicine to treat liver disorders and their benefits.

Natural Remedies Used in Unani Medicine for Liver Disorders: Unani medicine uses a wide range of natural remedies to treat liver disorders. Some of the commonly used natural remedies include:

1. Milk Thistle: Milk thistle is a herb that has been used for centuries to treat liver disorders. It is rich in antioxidants that help protect the liver from damage caused by free radicals. Milk thistle also helps regenerate liver cells and improve liver function.
2. Dandelion Root: Dandelion root is another herb that has been used for centuries to treat liver disorders. It helps improve liver function by increasing bile production, which aids in the digestion of fats. Dandelion root also has anti-inflammatory properties, which help reduce liver inflammation.
3. Licorice Root: Licorice root is a herb that has been used for centuries to treat liver disorders. It helps improve liver function by reducing inflammation and protecting liver cells from damage. Licorice root also has antiviral properties, which help fight viral infections that can damage the liver.
4. Turmeric: Turmeric is a spice that has been used for centuries in Unani medicine to treat various ailments, including liver disorders. Turmeric helps improve liver function by reducing inflammation and protecting liver cells from damage.

Benefits of Natural Remedies Used in Unani Medicine for Liver Disorders: The natural remedies used in Unani medicine to treat liver disorders have numerous benefits, some of which are:

1. Protection against liver damage caused by free radicals and toxins
2. Reduction in liver inflammation
3. Improvement in liver function
4. Regeneration of liver cells
5. Reduction in the risk of liver cancer
6. Protection against viral infections that can damage the liver

CONCLUSION:

Unani medicine provides an effective and natural way to prevent and treat liver disorders. The natural remedies used in Unani medicine have numerous benefits and have been used for centuries to treat liver disorders. Milk thistle, dandelion root, licorice root, and turmeric are some of the commonly used natural remedies in Unani medicine to treat liver disorders. Incorporating these natural remedies into a healthy diet and lifestyle can help prevent and treat liver disorders.

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