

Jaundice Home Remedies and Natural Treatment

Jaundice is a disease of the liver that is characterized by yellowing of the skin and the sclera. It is caused by the high amount of bilirubin in the blood. Depending on the level of the bilirubin, the yellow pigmentation of the skin and the sclera may vary. This yellowness is seen even in the fingernails, stools and urine. The yellowness is an indication that the circulation of bile is in excess.

Some of the common symptoms that indicate something is wrong with the liver are loss of appetite, flatulence, diarrhea, pain in the abdomen and difficulty in breathing and coughing. There are some simple tips and home remedies that can help in the treatment of jaundice. In this article we will discuss some useful guidelines for treating jaundice.

Natural Home Remedies for Jaundice

1. Include Vitamin A rich foods in your diet such as leafy vegetables and fruits. Vitamin C is also required for tissue healing, as there is tissue destruction.
2. Ayurvedic medicines such as Liv 52 are very beneficial for the liver. Medicines containing bhui amla are also very useful to bring the serum bilirubin back to normal.
3. Dietary precautions and recommendations have to be followed for early and proper recovery from the jaundice.
4. Do not wander in the sun or sit beside a fire till your serum bilirubin returns to normal.
5. Do not take stress, get tense and angry or indulge in sex. All these factors aggravate pitta dosha according to Ayurveda, which is responsible for liver disorders.
6. Do not take irregular meals. It disturbs the digestive system and thereby affects the liver.
7. Walking fast or doing other heavy work just after having food is dangerous for the liver if done regularly. This is because the blood needed for digestion is diverted towards the other vigorous activities. Do work only 25-30 minutes after meals, especially in the afternoons.
8. A slow 10-15 minute walk after dinner will improve digestion. A good digestion prevents and helps in the treatment of many diseases.

Disclaimer: The reader of this article should exercise all precautionary measures while following instructions on the home remedies from this article. Avoid using any of these products or ingredients if you are allergic to it. The responsibility lies with the reader and not with the website or the writer.

Copyright © Ryan Mutt, All Rights Reserved. If you want to use this article on your website or in your ezine, make all the urls (links) active.

About the Author

Read [Home Remedies for Jaundice](#) to relieve discomfort. Lose your excess body fat using natural [Fat Loss Diet](#).

Source: <http://productsherbal.com>