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## Clinical Evaluation of Hepatoprotective Effects of Kalmegh (*Andrographis paniculata* Wall. Ex Nees) in Patients of Acute Viral Hepatitis

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Hepatitis is becoming a great problem for the medical world due to its variable etiology and clinical presentations. It is creating dangerous life threatening conditions and becoming a burden on the society. It may be a silent killer or continue as a benign disease leading to cirrhosis, hepatocellular carcinoma (HCC) and hepatorenal syndrome etc., if it is not treated properly. Acute viral infection is the most common cause of all forms of hepatitis. The viral hepatitis have been thought to be self limiting in nature but sometimes majority of patients of viral hepatitis have been observed ending up with a serious complications like hepatic failure etc. So, the present clinical study was planned to evaluate the hepatoprotective effect of Kalmegh (*Andrographis paniculata* Wall. ex Nees) on scientific parameters.

**Aim and objectives:** To clinically evaluate the hepatoprotective effect of Kalmegh (*Andrographis paniculata* Wall. ex Nees) decoction in patients of acute viral hepatitis. **Materials and Methods:** This prospective, clinical trial was conducted at Department of Medicine, Desh Bhagat Ayurvedic College & Hospital, Mandi Gobindgarh, Punjab. Only those patients were selected for clinical trial, who presented themselves with anorexia, nausea, vomiting, low grade fever, weakness, dark urine, jaundice and tender hepatomegaly with abnormal liver function test (LFTs). Each patient was subjected to series of laboratory tests such as serum bilirubin, AST, ALT, serum alkaline phosphatase, HbSAg, HCV and liver ultrasound before treatment, after 15 days of treatment and after one month of treatment to know the extent of liver damage as well as the rate of response to trial drugs. In the present clinical trial, two groups of patients of viral hepatitis have been studied to evaluate the hepatoprotective effects of Kalmegh (*Andrographis paniculata* Wall. ex Nees) The first group of 35 patients, was given 50 ml of freshly prepared Kalmegh (*Andrographis paniculata* Wall. ex Nees) decoction with 50 gm of glucose powder, made from 10 gm of crude drug, twice daily. The second group of 10 patients was given 100 gm of glucose powder daily.

### Biography

Dr. Harbans Singh has completed his M.D (Kayachikitsa) at the age of 30 years from Himachal Pradesh University, Shimla (India) and completed his PhD (Kayachikitsa) from Rajasthan Ayurveda University, Jodhpur (India) in 2008. He had worked as Associate Professor, Department of Medicine at Desh Bhagat University, Mandi Gobindgarh, Punjab (India). He is presently working as Research Officer (Ay.), Scientist-2 in Central Council of Research in Ayurvedic Science, New Delhi, Ministry of AYUSH, Government of India. He has more than 20 publications of National and International repute. He is engaged in various clinical research projects in the field of respiratory medicine and hepatology. He is also a member several national and international medical and research organizations..

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