**Title:** Ayurvedic Treatment for Hepatitis C

**Length of Time:** 60 minutes

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**Short Description:** Hepatitis C is one of the more difficult chronic diseases to treat because the Hepatitis C virus is one of more persistent pathogens that we know. On the other hand, the advantage of eradicating it from the body is helpful for preventing liver cirrhosis and liver cancer. Ayurvedic approach encompasses a complete enhancement of the patient’s lifestyle to optimize the natural healing systems. Herbal therapies supplement this effort on behalf of the body’s innate healing capacity. I have seen tremendous benefit of natural therapy, with and without the use of conventional drug therapies. In this presentation, I will discuss the principle treatments for optimizing immune function, liver function, overall health, and vitality of the Hepatitis C patient.

**Objectives:**

* History and background of Hepatitis C infections
* Conventional model of treatment and their effects
* Ayurvedic principles for treatment of Hepatitis C
* Nutrition, Exercise, Breathing and Yoga for optimizing health
* Discussion of Ayurvedic herbal interventions in Hepatitis C
* Discussion of cases and clinical studies demonstrating efficacy of Ayurvedic approach

**Outline:**

**History and Background of Hepatitis C**

* Hepatitis C is a disease of the liver caused by the hepatitis C virus (HCV). It is estimated that over 3.9 million people in the US and over 200 million people worldwide have Hepatitis C Virus (HCV).
* There are at least six distinct HCV genotypes (genotypes 1–6) and more than 50 subtypes have been identified. Genotype 1 is the most common HCV genotype in the United States.
* **Recently Sofosbuvir** (brand name **Sovaldi**) is a drug developed by [Gilead Sciences](http://en.wikipedia.org/wiki/Gilead_Sciences) used to treat [hepatitis C](http://en.wikipedia.org/wiki/Hepatitis_C) infection. In combination with other therapies, Sofosbuvir can effectively cure hepatitis in 90 percent of patients.
* Cost of SOVALDI can be up to $168,000.00
* Combination therapy with pegylated interferon and ribavirin had been the standard of care until May 2011
* Triple therapy adding either telaprevir (Incivek) or boceprevir (Victrelis) to the combination of pegylated interferon plus ribavirin was FDA-approved for the treatment of genotype 1, chronic hepatitis C.
* Approximately 15% of patients infected with acute hepatitis C will recover completely from the infection. The remaining patients are expected to become chronic carriers of HCV.
* Approximately 20% of patients will develop cirrhosis of the liver after 20 years:
	+ 2-4% will develop hepatocellular carcinoma.

**Ayurvedic principles of treatment**

* Nutrition: Guidelines for getting the most nutrition out of your food.
	+ Discussion of functional foods that support the liver and the immune function.
	+ Food preparation and food combination that promote health
* Exercise: Individualized exercise plan for each constitution
	+ Slow exercise for Vata dominant constitutions
	+ Moderate but invigorating exercises for Pitta dominant constitutions
	+ Vigorous activities for Kapha dominant constitutions
* Yoga: Role of yoga in promoting detoxification and vitality in movement.
	+ Stress reduction through combination of yoga, meditation and yogic breathing exercises.

**Herbal interventions for Hepatitis C**

* *Phyllanthus amarus*
* *Andrographis paniculata*
* *Boerhaavia diffusa*
* *Eclipta alba*
* *Emblica officinalis*
* *Picrorhiza kurroa*
* *Tephrosia purpurea*
* *Swertia chirata*
* *Calotropis gigantean*
* *Raphanus sativa*
* *Berberis artistata*
* *Terminalia Arjuna*
* *Belleric myrobalan*
* *Terminalia cheluba*
* *Solanum nigrum*
* *Mormordica charantia*
* *Tinospora cardifolia*