

Ancient Indian Ways to Detoxify Your Liver

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The liver is a vital organ in the human body that is in charge of a variety of function such as immunity, digestion, detoxification, metabolism, and vitamin storage, among others [1]. The liver is one of the few organs that can regenerate after being damaged. Even after having up to 90% of liver removed, the liver can recover to its original size. As a result, a normal person's liver can only be three years old [2].

Internal cleansing and detoxification are ideas that have been around for a while. It has become clear in modern times that our capacity to detoxify substances is of crucial relevance to our general health as society has been more exposed to harmful compounds. By encouraging better liver function, we can largely increase detoxification [3,4].

The liver plays a crucial role in our body's detoxification process, filtering out toxins and waste products to maintain overall health and well-being [3]. In Indian traditional medicine systems like Ayurveda, several practices and ingredients have been used for centuries to support liver health and promote natural detoxification. In this article, we will explore some of the ancient Indian ways to naturally detoxify your liver and enhance its function.

Importance of detoxing your liver

In today's world, extended exposure to toxins or impaired liver function as a result of increased stress, alcohol use, smoking, and an unbalanced diet could increase the risk of liver disorders such as fatty liver disease, hepatitis, or liver cirrhosis.

Liver-the body's main detoxification organ-allow the body to cleanse itself when things are normal. The body loses its tonicity when the toxin clearance process is overworked and becomes clogged. Thus, a "detox" pause is required.

A detox programme will specifically assist us in regaining lost energy, maintaining good health, and eradicating minor symptoms that are typically indicative of intoxication, such as fatigue, lack of focus, skin issues, digestive issues, and even weight gain.

Indian ancient ways to cleanse liver

Balanced diet

Eating a balanced and clean diet is crucial for liver health and detoxification. Include plenty of fresh fruits, vegetables, whole grains, and legumes in your meals. Avoid processed foods, excessive sugar, and unhealthy fats. Indian cuisine offers a wide variety of nutritious options such as lentils, beans, bitter vegetables like bitter melon and fenugreek leaves, neem, and spices known for their liver-protective properties like cumin, coriander, curry leaves, garlic, ginger and fenugreek [15].



Figure a

Ayurvedic supplements

Indian herbs and spices are known for their medicinal properties and have been used in Ayurveda for liver detoxification. The liver-protective properties of milk thistle are frequently promoted and is recommended to take one tablet daily for 7 days. People

with liver disease frequently utilise it as a supplemental therapy. Turmeric, a golden spice, contains curcumin, which has potent antioxidant and anti-inflammatory effects. It helps in reducing liver inflammation and promoting liver cell regeneration and can be used in day-to-day cooking. Other beneficial herbs and spices include licorice in the form of, dandelion root in the form of tea, and Indian gooseberry (amla) in the form of amla juice or amla powder (in water).

Triphala, an Ayurvedic herbal formulation, consists of three fruits - amla, haritaki, and bibhitaki. It is widely used in Ayurveda for its detoxifying properties and overall digestive support. Triphala helps in cleansing the liver, promoting regular bowel movements, and improving digestion. It can be consumed as a powder mixed with warm water or taken in capsule form, preferably at night.



Figure b

Kansa machine

Kansa machine massage is a highly effective technique for unwinding and overall wellness. To cure the underlying cause of practically all medical conditions, it stimulates the nerves and improves blood circulation. In the body, the liver is primarily in charge of detoxification, which it does by naturally filtering toxins out of the blood. According to Ayurveda, using the kansa machine to particular marma or reflex sites on the feet may aid to enhance the flow of energy and advance general wellbeing [9].

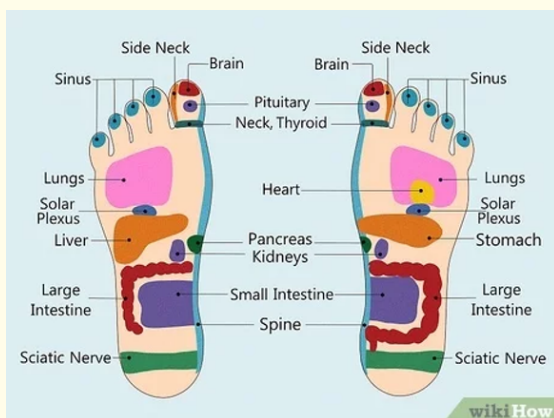


Figure c



Figure d

Acupuncture

Acupuncture treatments on a regular basis are a fantastic approach to regulate liver energy. Without causing any negative effects, it aids in the holistic balancing of the body. Acupuncture can reduce pain, improve energy flow throughout the body, clear blockages and stagnation, and support healthy liver function, all of which will help the body detoxify more efficiently.

The liver 3 point (LR 3), where the tendons meet between the big and second toes on the top of each foot, aids in liver detoxification. The liver, the main organ engaged in detoxification, is helped to regulate and rejuvenate by alternately tapping this area on each foot. Large Intestine 4 (LI 4) is yet another point for liver detoxification. This point is situated between the thumb and forefinger on each hand. Toxins are removed from the body through the bowels and digestive tract when this point is stimulated.

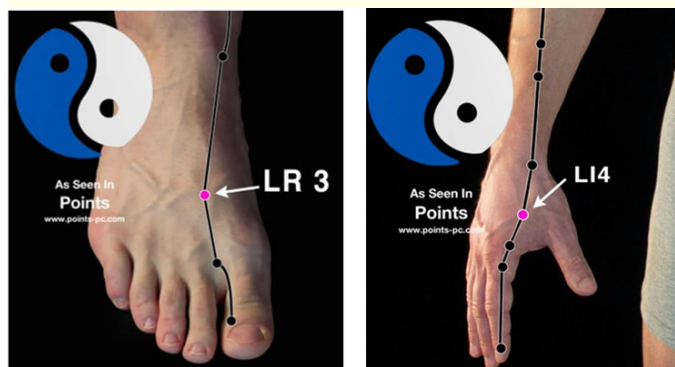


Figure e

Acupressure

Traditional Chinese Medicine (TCM) uses the acupuncture point LR13, commonly referred to as Zhangmen or Camphorwood Gate. It is situated on the abdominal wall, more precisely in the lower abdomen just below the free end of the eleventh rib. According to TCM, LR13 may have an impact on the liver meridian and its functioning. This location is said to be stimulated in order to balance liver qi (energy) and advance liver health. Various liver-related disorders, such as liver stagnation, liver heat, and liver qi insufficiency, are frequently treated with it in TCM [10].

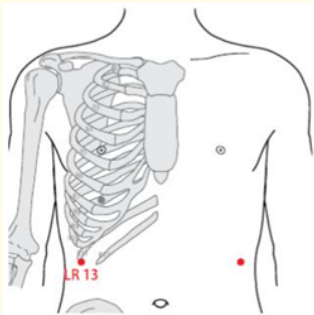


Figure f

To activate acupressure point LR13

- Locate the 11th rib's lower boundary on your abdomen. This is the position of LR13.
- To apply strong, moderate pressure to the spot, use your fingers or thumb. You can either hold the pressure constant or move in circles.
- For one to three minutes, or for however long feels comfortable, apply pressure.
- Breathe deeply, unwind, and stimulate the spot at the same time.

Nabhi Kriya/Oiling the belly button.

The term "nabhi kriya" describes a yoga technique that involves manipulating the navel or belly button. The liver is said to benefit from its cleansing and balancing properties, as well as the rest of the body. Nabhi kriya normally entails rubbing oil on the belly button and then gently massaging or moving the area in circular patterns. Castor oil has been found useful for detoxifying liver as it includes ricinoleic acid, which is an important fatty acid that promotes the passage of chemical energy within the body and has a detoxifying impact on the liver [5].

Bio resonance meta therapy

In the past, saints connected to the frequencies of the universe through their meditative powers. In accordance with the same idea, this bioresonance therapy device, which is recognised as the best restorative, non-invasive therapy, will assess your body's frequencies, compare them to those often observed in healthy individuals, and produce results that will indicate to a bioresonance practitioner what is wrong. You may see changes in your health as the abnormal frequencies are later restored to normal over the course of a few sessions using the same machine [6,7].

Following the principle of our ancient saints, this technique has now been scientifically proven where sound energy is being used to treat various medical conditions. After abnormal frequencies in liver cells are detected, the power of Bioresonance therapy can be used to return them near to normal according to the conditions

[11]. For liver treatment, sound energy of 741 Hz is used which helps in [14]

- Cleansing and detoxification
- Reverse fatty liver
- Improves bile production and excretion.
- Heal and regenerate liver.
- Enzyme activation



Figure g

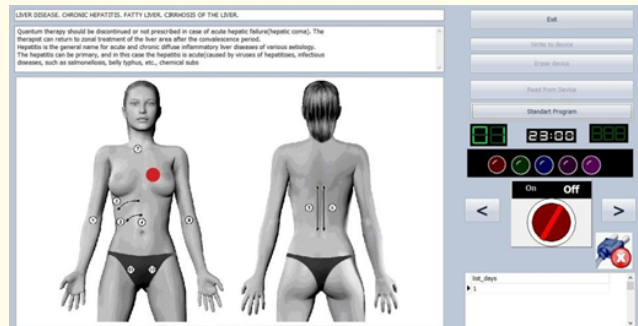


Figure h

Incorporating these Indian detoxification methods into your lifestyle will assist maintain liver health, improve detoxification capacity, and promote general well-being. However, before making any big changes to your food or lifestyle, you should always see a health care expert, especially if you have any underlying health concerns.

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