

Liv.52 in Anorexia of varying Aetiology

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AIM OF THE STUDY

Anorexia is a common complaint with varying aetiology seen in daily practice. We undertook this study to evaluate the effects of Liv.52 in 20 patients aged between 2-40 years.

MATERIAL AND METHODS

Twenty patients attending our out-patient clinic regularly, whose main presenting symptom was anorexia, were included in this trial. They were regularly followed up for 8 weeks.

Routine clinical examination, blood, urine and stool investigations along with plain X-ray of the abdomen were done in all the cases. Five patients with cirrhosis of the liver further underwent liver function tests. Likewise 2 peptic ulcer cases were subjected to barium meal series to clinch the diagnosis.

The break-down of the patients was as follows:

Condition	No. of patients
Chronic peptic ulcer	7
Cirrhosis of liver	5
Infective hepatitis	3
Anaemia with malnutrition	5
	20

All these 20 patients were administered either Liv.52 syrup or drops. The dosage was either 2 teaspoonfuls, t.i.d. or 10 drops t.i.d. daily, according to the age and body weight, along with specific therapy for the respective clinical condition. Regular follow-up was done.

OBSERVATIONS AND RESULTS

Out of the 7 patients with chronic peptic ulcer who were treated with Liv.52 syrup along with antacid therapy, 5 showed increase in appetite and improvement in taking solid diet after 2 weeks. One patient showed improvement in appetite after 3 to 4 weeks. Another patient showed no improvement even after 4 weeks' treatment and this patient developed nausea and vomiting. Further investigation showed pyloric obstruction for which he was advised surgery.

Out of the 5 patients with chronic cirrhosis of the liver due to chronic alcoholism, 3 showed remarkable improvement in appetite after taking Liv.52 syrup for one week. One patient showed improvement after 2 weeks. One more showed improvement only after 4 weeks, since this patient was advised less intake of protein and fat and a salt-free diet as was warranted by his clinical condition.

The 3 patients with infective hepatitis showed improvement in appetite after 3 weeks with Liv.52 syrup and their liver function tests were also normal after 4 weeks.

The last group of 5 patients suffering from anaemia with malnutrition was treated with Liv.52 along with a high protein diet, vitamins, minerals and anthelmintics. Two of these patients aged 2 years were given Liv.52 drops instead of the syrup.

In this last group the period of response varied from 1 to 6 weeks after Liv.52 therapy since it involved multiple aetiological factors. But all the patients showed slow and steady improvement in appetite and increase in food intake with marked improvement in their weights after 2 months.

CONCLUSION

Out of the 20 patients in this study, 18 showed marked improvement in appetite between 1 to 6 weeks. Only one patient who had pyloric stenosis was advised surgery. Another case of advanced cirrhosis of the liver did not respond.

Liv.52 either syrup or drops in adequate dosage, is a very useful additive in symptomatic treatment of anorexia of varied aetiology.