

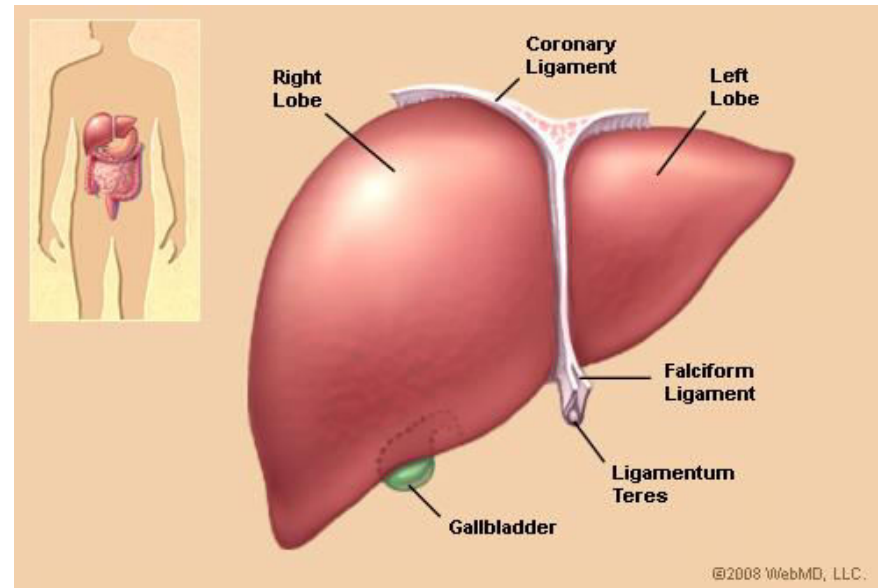


# Liver Care & Proveda

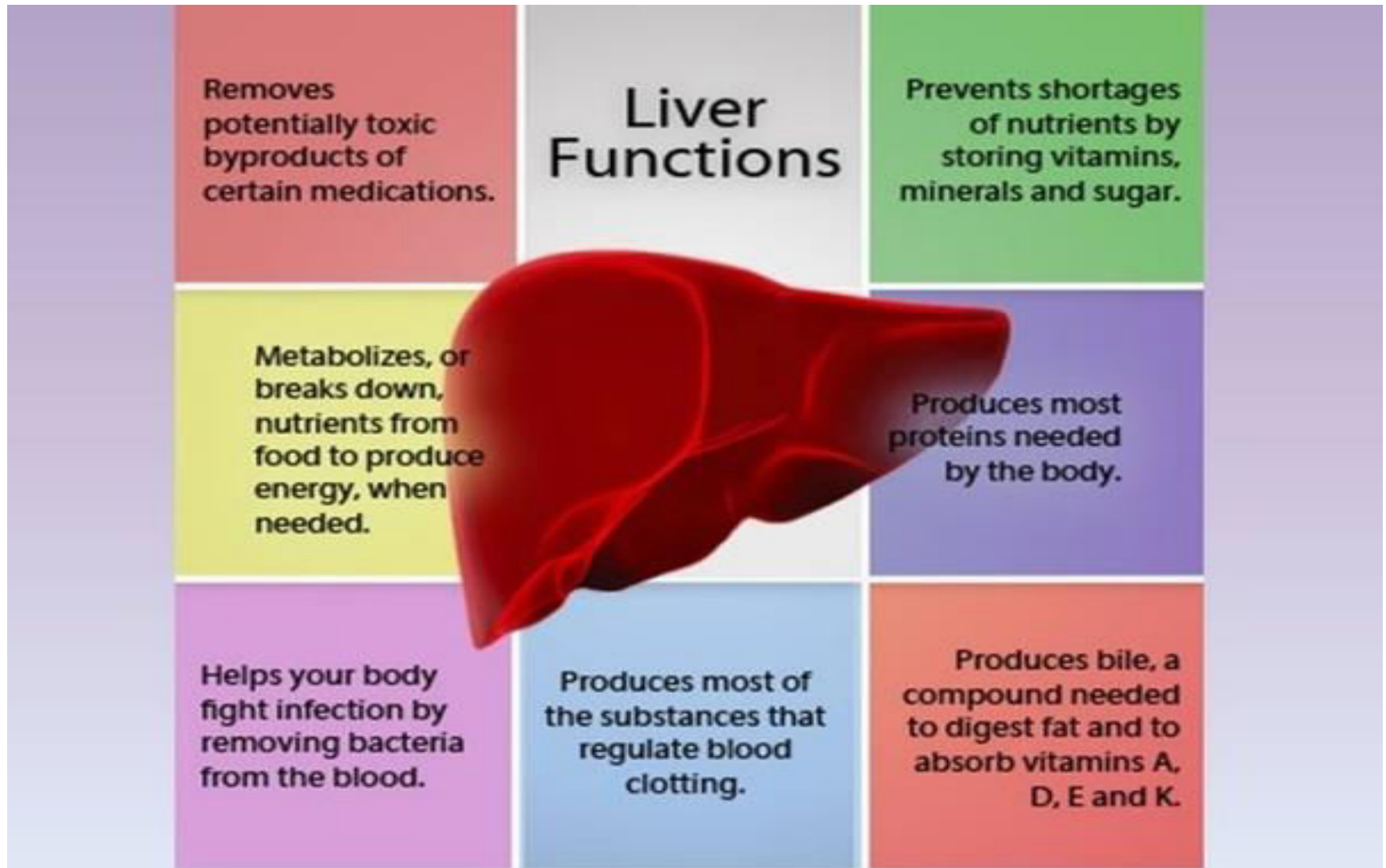
Purbangshu Chatterjee

# Liver

- The **liver** is an organ only found in vertebrates
- Liver detoxifies various metabolites, synthesizes proteins and produces biochemical necessary for digestion and growth
- In humans, it is located in the right upper quadrant of the abdomen, below the diaphragm.



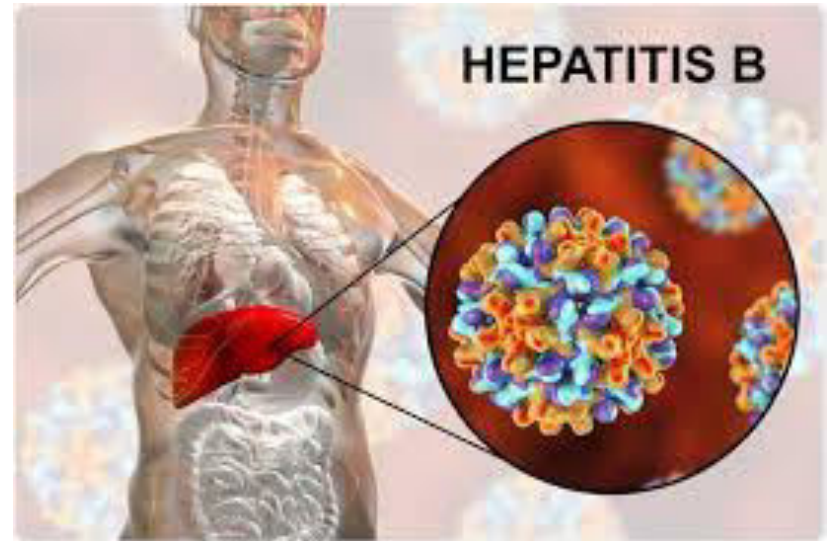
# Function of Liver



# How liver get damaged-1

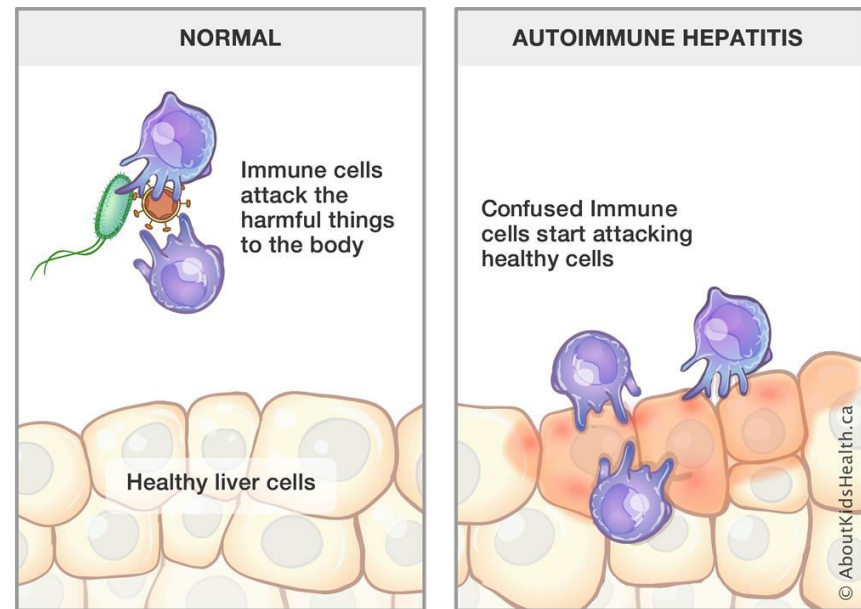
## Infection

- Parasites and viruses can infect the liver, causing inflammation that reduces liver function. The viruses that cause liver damage can be spread through blood or semen, contaminated food or water, or close contact with a person who is infected. The most common types of liver infection are hepatitis viruses, including:
  - Hepatitis A
  - Hepatitis B
  - Hepatitis C



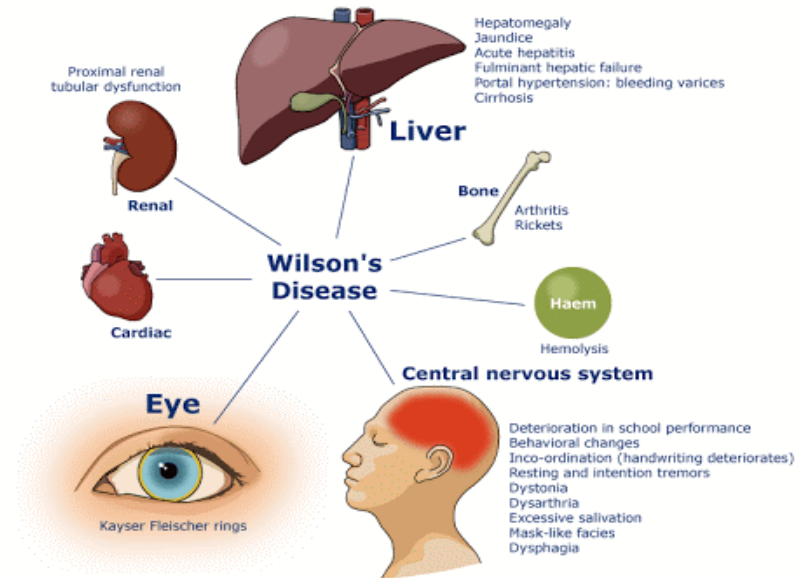
# How liver get damaged-2

- **Immune system abnormality**
- Diseases in which your immune system attacks certain parts of your body (autoimmune) can affect your liver. Examples of autoimmune liver diseases include:
  - Autoimmune hepatitis
  - Primary biliary cholangitis
  - Primary sclerosing cholangitis



# How liver get damaged-3

- **Genetics**
- An abnormal gene inherited from one or both of your parents can cause various substances to build up in your liver, resulting in liver damage. Genetic liver diseases include:
  - Hemochromatosis
  - Wilson's disease
  - Alpha-1 antitrypsin deficiency

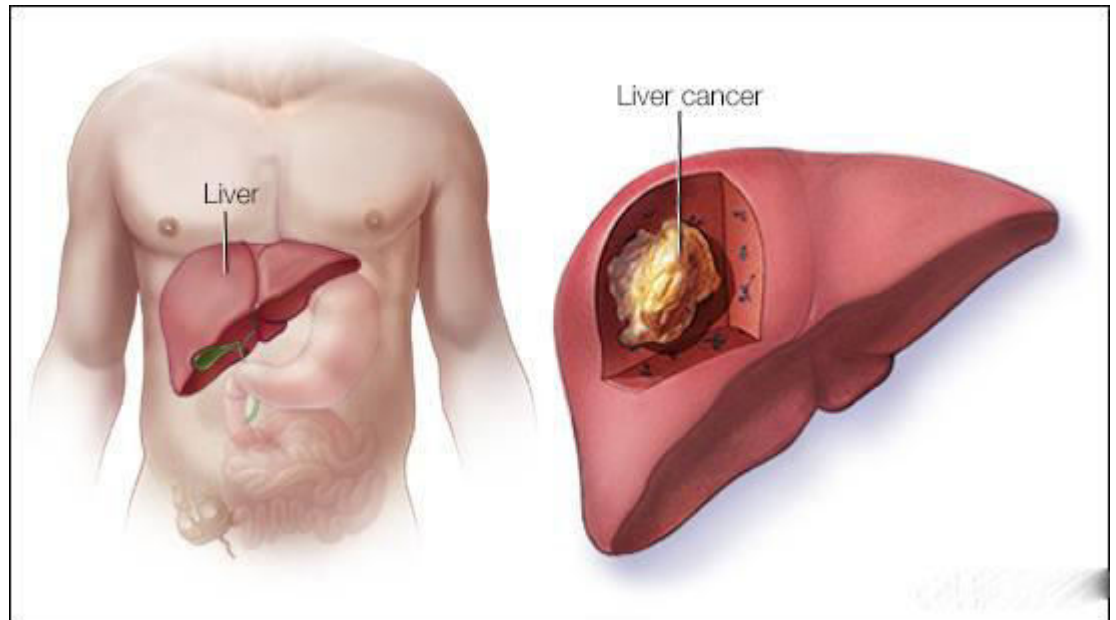


# How liver get damaged-4

## Cancer and other growths

Examples include:

- Liver cancer
- Bile duct cancer
- Liver adenoma



# How liver get damaged-5

## Other

- Additional, common causes of liver disease include:
- Chronic alcohol abuse
- Fat accumulation in the liver (non-alcoholic fatty liver disease)
- Certain prescription or over-the-counter medications
- Certain herbal compounds

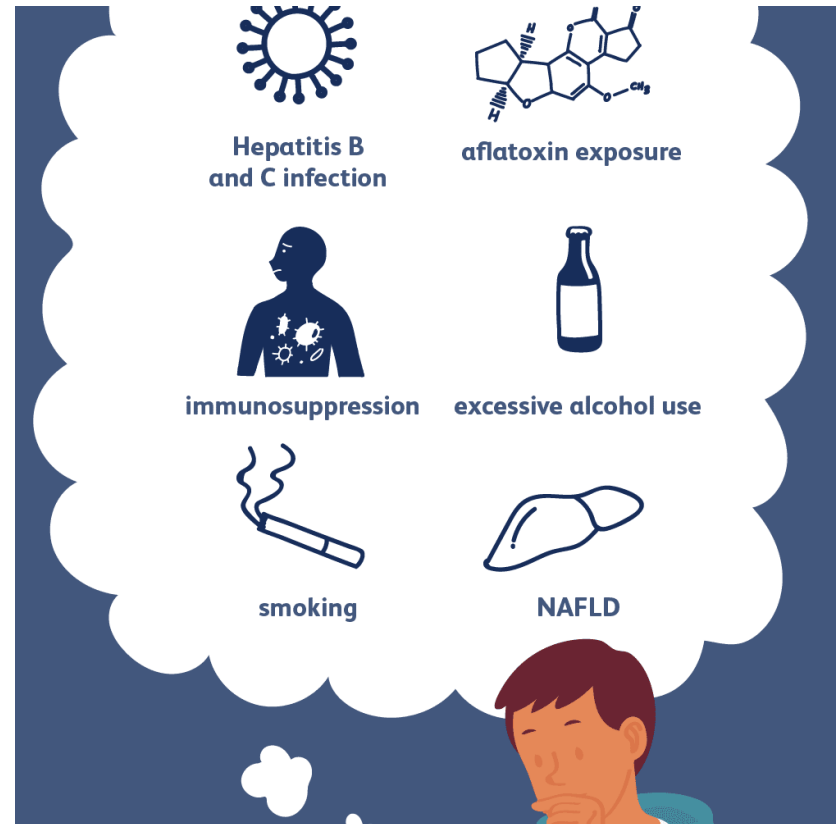


Non-Alcoholic Fatty Liver Disease (NAFLD)



# Risk Factors

- Factors that may increase your risk of liver disease include:
- Heavy alcohol use
- Obesity
- Type 2 diabetes
- Tattoos or body piercings
- Injecting drugs using shared needles
- Blood transfusion before 1992
- Exposure to other people's blood and body fluids
- Unprotected sex
- Exposure to certain chemicals or toxins
- Family history of liver disease



# Prevention

- **Avoid risky behaviour.** Use a condom during sex. If you choose to have tattoos or body piercings, be picky about cleanliness and safety when selecting a shop. Seek help if you use illicit intravenous drugs,
- **Get vaccinated.** If you're at increased risk of contracting hepatitis or if you've already been infected with any form of the hepatitis virus,
- **Use medications wisely.** Take prescription and non-prescription drugs only when needed and only in recommended doses. Don't mix medications and alcohol.
- **Avoid contact with other people's blood and body fluids.** Hepatitis viruses can be spread by accidental needle sticks or improper cleanup of blood or body fluids.
- **Keep your food safe.** Wash your hands thoroughly before eating or preparing foods.
- **Take care with aerosol sprays.** Make sure to use these products in a well-ventilated area, and wear a mask when spraying insecticides, fungicides, paint and other toxic chemicals.
- **Protect your skin.** When using insecticides and other toxic chemicals, wear gloves, long sleeves, a hat and a mask so that chemicals aren't absorbed through your skin.
- **Maintain a healthy weight.** Obesity can cause non-alcoholic fatty liver disease.

# Provida Products to Protect Liver

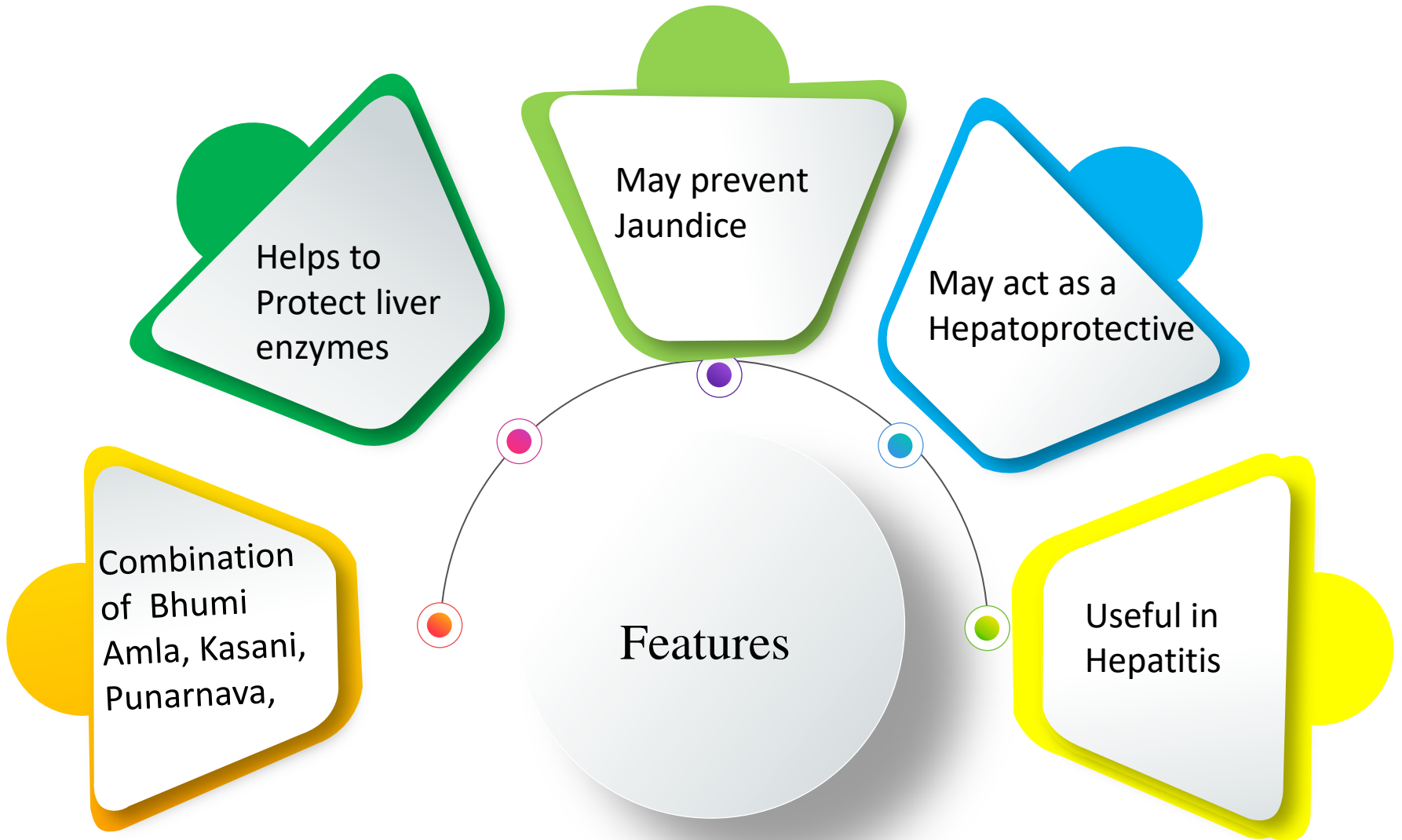
- Happy Liver Tablets
- Liver Care Syrup
- Curcumin
- Noni
- Red Aloevera



# Liver Care Syrup



# Liver care syrup



ISO, GMP, Halal Certified product

# Ingredients

## **Bhringraj**

- The antioxidants present in this herb lowers the toxic load on the liver

## **Kasni**

- Kasani (Chicory) is useful herb which can be used as a liver tonic to manage liver disorders like enlargement of the liver, fatty liver and jaundice

## **Erand**

- It helps in Liver cleansing

# Ingredients

## **Bhumiamla**

- Bhumi Amla helps in managing liver disorders and reverses any damage caused to the liver due to its hepatoprotective, antioxidant and antiviral activities.

## **Daru Haridra**

Daruharidra might help to protect the liver and prevent liver disorders as it maintains the level of liver enzymes.

## **Harad**

- Rich in hydrolysable tannins, phenolic compounds, and flavonoids which attributes to its therapeutic benefits.
- It has numerous medicinal benefits like its fruit extract is used for maintaining a healthy liver, colon and spleen.

## Benefits

- It detoxifies Liver
- Enhances Liver function
- Protects Liver Enzyme
- Helps in Indigestion
- Support the production of bile from the liver, reduces constipation
- Support regeneration of liver tissues
- Support the body to get rid of excess accumulated toxins that are stored in the liver and the kidney.



# Dosage and Instructions

Dosage : 1-2 teaspoons twice a day before meals

200ml:

